



# Strategy - Retrieval Practice

## What is Retrieval Practice

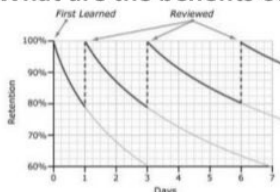
Retrieval Practice is the act of recalling learned information from memory. Everytime you retrieve something from your memory (e.g. a fact), it becomes deeper, stronger and easier to access in the future. It enhances your learning. Retrieval Practice is a powerful strategy which should be at the centre of all your revision.

"Using your memory, shapes your memory"



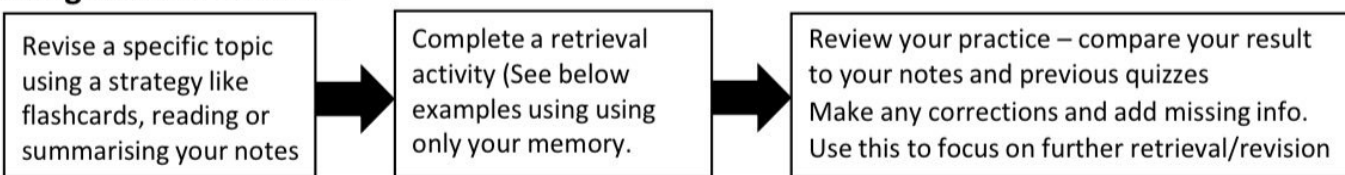
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## What are the benefits of Retrieval Practice?



- As we know, retrieval helps break the forgetting curve, it helps knowledge stick!
- It allows you to clearly identify gaps in your knowledge
- It helps you learn more, and apply your knowledge to new information.
- Regular testing builds your confidence over time

## Using Retrieval Practice



## Advice

Do	Don't
<ul style="list-style-type: none"> <li>• Practice the areas you struggle on &amp; need to improve</li> <li>• Use topic checklists (PLCS) or revision guides as a way to monitor your retrieval practice.</li> <li>• Move beyond recalling simple facts to detail/analysis</li> </ul>	<ul style="list-style-type: none"> <li>• Assume everything you've written is correct</li> <li>• Throw away your quizzes or brain dumps.</li> <li>• Avoid testing yourself on tough topics or keep testing yourself in easy ones. You want it to be difficult</li> </ul>

## Examples of Retrieval Practice

Below are several examples of you can use Retrieval Practice to support your revision.

<p><b>Brain Dump</b> Write out everything you know, about a topic (e.g. in a mind map) under timed conditions. Then use your notes to make any corrections or additions in another colour pen.</p>	<p><b>Self Quizzing</b> Answer questions on a topic, fill a diagram or complete gap fills, all from memory. Use your notes to make any corrections using a colour pen. Create your own quizzes or use those online e.g. Seneca/Quizlet/Carousel</p>	<p><b>Graphic Organisers</b> Complete a pre-made graphic organiser from memory, such as Round the Clock Revision or Cornell Notes. These allow you to structure your answer, providing opportunity to apply your knowledge in deeper ways.</p>
<p><b>Elaboration</b> Explain a narrative (story, process or cause/effect) to someone who has the notes, so they can check your answer. Create a visual guide to help you (Dual Coding) if you support you.</p> <p>Tell the story....</p> <p><b>Key Words</b> Evaporation Convection Condensation Precipitation Energy Warm/Cool Flow Vapour Fall/rise</p>	<p><b>Summarising</b> To check understanding, can you still still produce a summary of the key content e.g. the short/long term impact of the Munich Putsch, after a period of time (1-2 weeks)</p>	<p><b>Exam Questions</b> Answering exam questions from memory is a useful method as it requires you to draw multiple pieces of knowledge and skills together at once. You are doing more than recalling facts!</p>