

# **Becoming an Effective Learner**



## **Tomlinscote School**

**Being prepared for  
Year 11**

# Becoming an Effective Learner

## Getting Ready for Year 11

Each year, as a school, we try to improve our support systems for our students in the lead up to them sitting their GCSE exams.

Throughout this year, students have been trained in the world's most effective revision techniques. Our ambition is for our students to feel that they have the skills needed to enable them to confidently prepare for their upcoming GCSE exams.

For students to see the success that they deserve in a year's time, it is really important that students begin this preparation work now using part of the summer holiday to start. In this booklet, you will find the most effective strategies for them to begin to practice.

Students should:

- make Leitner flashcards for all of their subjects where content has to be learnt and is examined.
- familiarise themselves with the different exam syllabi content and practice papers.
- practice retrieval exercises based on the content that they have learnt since they started their GCSE subjects.
- Complete all home learning set by their different subjects for over the summer holidays.

By undertaking these things, your child will make an excellent start to their Year 11 studies and revision.

Please do encourage your child to complete the above activities. There is simply not enough time for them all to be completed during Year 11.

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**Top Tips for Students**  
**How to look after your well-being throughout Year 11.**

- Get a lot of sleep.
- Don't compare your test performance to anyone else. It really doesn't help your overall well-being. You should only be in competition with yourself.
- Eat well - your five a day will really help you to get through this year feeling great!
- Drink plenty of water – your brain absorbs less knowledge when it is dehydrated.
- Have a growth mindset approach to your studies. No matter what test results you achieve, listen to your teachers' advice and feedback and act on both!
- Get plenty of exercise. Any form of physical exercise will help your brain absorb more knowledge.
- Don't use your phone for an hour before you go to sleep.

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- Make sure that you have chill time built in with your friends and family.
- Practice Mindfulness.
- Chunk your revision into small periods of time.
- Time bond your revision.
- Schedule in treats/rewards every time you complete a certain amount of revision.

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**Links for Exam Boards/Specification (this is the content that you need to know) and links to specimen papers**

A good preparation activity over the summer is to download all the specifications and specimen papers for the subjects that you study. Have a revision folder for each subject so the materials are ready for you to use straight away.

Subject	Exam Board	Specification	Specimen Papers
Art & Design	AQA 8201	<a href="https://filestore.aqa.org.uk/resources/art-and-design/specifications/AQA-ART-GCSE-SP-2016.PDF">https://filestore.aqa.org.uk/resources/art-and-design/specifications/AQA-ART-GCSE-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Beauty & Hair	VTCT CO2A5	<a href="https://qualifications.vtct.org.uk/finder/qualfinder/1Qualification%20Specification/CO2A5.pdf">https://qualifications.vtct.org.uk/finder/qualfinder/1Qualification%20Specification/CO2A5.pdf</a>	<a href="https://qualifications.vtct.org.uk/finder/qualfinder/2Specimen%20Assessment%20Material/CO2A5.pdf">https://qualifications.vtct.org.uk/finder/qualfinder/2Specimen%20Assessment%20Material/CO2A5.pdf</a>
Biology	Edexcel 1BI0	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Biology_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Biology_Spec.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials</a>
Chemistry	Edexcel 1CH0	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Chemistry_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Chemistry_Spec.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials</a>

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Childcare	NCFE CACHE	<a href="https://www.ncfe.org.uk/media/u2epuqwy/603-3293-1-qualification-specification.pdf">https://www.ncfe.org.uk/media/u2epuqwy/603-3293-1-qualification-specification.pdf</a>	<a href="https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-cache-level-2-technical-award-in-child-development-and-care-773">https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-cache-level-2-technical-award-in-child-development-and-care-773</a>
Chinese (spoken Mandarin)	AQA 8673	<a href="https://filestore.aqa.org.uk/resources/chinese/specifications/AQA-8673-SP-2017.PDF">https://filestore.aqa.org.uk/resources/chinese/specifications/AQA-8673-SP-2017.PDF</a>	<a href="https://www.aqa.org.uk/subjects/languages/gcse/chinese-spoken-mandarin-8673/assessment-resources">https://www.aqa.org.uk/subjects/languages/gcse/chinese-spoken-mandarin-8673/assessment-resources</a>
Combined Science	Edexcel 1SCO	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_CombinedScience_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_CombinedScience_Spec.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials</a>
Computer Science	AQA 8525	<a href="https://filestore.aqa.org.uk/resources/computing/specifications/AQA-8525-SP-2020.PDF">https://filestore.aqa.org.uk/resources/computing/specifications/AQA-8525-SP-2020.PDF</a>	<a href="https://www.aqa.org.uk/subjects/computer-science-and-it/gcse/computer-science-8525/assessment-resources">https://www.aqa.org.uk/subjects/computer-science-and-it/gcse/computer-science-8525/assessment-resources</a>
Creative Media Production	BTEC BTaw2	<a href="https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/creative-media-production/2022/specification-and-sample-assessments/btec-tech-award-creative-media-production-2022-spec.pdf">https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/creative-media-production/2022/specification-and-sample-assessments/btec-tech-award-creative-media-production-2022-spec.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/creative-media-production-2022.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/creative-media-production-2022.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments</a>
DT	AQA 8522	<a href="https://filestore.aqa.org.uk/resources/design-and-technology/specifications/AQA-8522-SP-2017.PDF">https://filestore.aqa.org.uk/resources/design-and-technology/specifications/AQA-8522-SP-2017.PDF</a>	<a href="https://www.aqa.org.uk/subjects/design-and-technology/gcse/design-and-technology-8522/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/design-and-technology/gcse/design-and-technology-8522/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Drama	AQA 8261	<a href="https://www.aqa.org.uk/subjects/drama/gcse/drama-8261/subject-content">https://www.aqa.org.uk/subjects/drama/gcse/drama-8261/subject-content</a>	<a href="https://www.aqa.org.uk/subjects/drama/gcse/drama-8261/assessment-resources">https://www.aqa.org.uk/subjects/drama/gcse/drama-8261/assessment-resources</a>

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English Language	AQA 8700	<a href="https://filestore.aqa.org.uk/resources/english/specifications/AQA-8700-SP-2015.PDF">https://filestore.aqa.org.uk/resources/english/specifications/AQA-8700-SP-2015.PDF</a>	<a href="https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources">https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources</a>
English Literature	AQA 8702	<a href="https://filestore.aqa.org.uk/resources/english/specifications/AQA-8702-SP-2015.PDF">https://filestore.aqa.org.uk/resources/english/specifications/AQA-8702-SP-2015.PDF</a>	<a href="https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
French	AQA 8658	<a href="https://filestore.aqa.org.uk/resources/french/specifications/AQA-8658-SP-2016.PDF">https://filestore.aqa.org.uk/resources/french/specifications/AQA-8658-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Food Preparation & Nutrition	AQA 8585	<a href="https://filestore.aqa.org.uk/resources/food/specifications/AQA-8585-SP-2016.PDF">https://filestore.aqa.org.uk/resources/food/specifications/AQA-8585-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources">https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources</a>
Geography	Edexcel 1GB0	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Geography-B/2016/specification-and-sample-assessments/Specification_GCSE_L1-L2_Geography_B.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Geography-B/2016/specification-and-sample-assessments/Specification_GCSE_L1-L2_Geography_B.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcse/geography-b-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FExam-materials">https://qualifications.pearson.com/en/qualifications/edexcel-gcse/geography-b-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FExam-materials</a>
German	AQA 8668	<a href="https://filestore.aqa.org.uk/resources/german/specifications/AQA-8668-SP-2016.PDF">https://filestore.aqa.org.uk/resources/german/specifications/AQA-8668-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Graphic Design	NCFE	<a href="https://www.ncfe.org.uk/media/054j2j22/603-7011-7-qualification-specification-version-1-2.pdf">https://www.ncfe.org.uk/media/054j2j22/603-7011-7-qualification-specification-version-1-2.pdf</a>	<a href="https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-graphic-design-1723">https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-graphic-design-1723</a>
Health & Fitness	NCFE	<a href="https://www.ncfe.org.uk/media/twlbdg2u/603-7007-5-qualification-specification-version-1-3.pdf">https://www.ncfe.org.uk/media/twlbdg2u/603-7007-5-qualification-specification-version-1-3.pdf</a>	<a href="https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-111">https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-111</a>

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History	AQA 8145	<a href="https://filestore.aqa.org.uk/resources/history/specifications/AQA-8145-SP-2016.PDF">https://filestore.aqa.org.uk/resources/history/specifications/AQA-8145-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/history/gcse/history-8145/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/history/gcse/history-8145/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Hospitality & Catering	WJEC 5409QA	<a href="https://www.wjec.co.uk/media/ukvevv1a/wjec_l1-2-vocaward-hospitality_and_catering_spec-e_11-09-2023-1.pdf">https://www.wjec.co.uk/media/ukvevv1a/wjec_l1-2-vocaward-hospitality_and_catering_spec-e_11-09-2023-1.pdf</a>	<a href="https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=39166">https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=39166</a>
Information Technology	BTEC	<a href="https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/information-technology/2022/specification-and-sample-assessments/btec-tech-award-digital-information-technology-spec.pdf">https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/information-technology/2022/specification-and-sample-assessments/btec-tech-award-digital-information-technology-spec.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-international-level-2/information-technology-2022.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments">https://qualifications.pearson.com/en/qualifications/btec-international-level-2/information-technology-2022.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments</a>
Japanese	Edexcel 1JAO	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Japanese/2017/specification-and-sample-assessments/specification-GCSE-L1-L2-in-japanese-2017.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Japanese/2017/specification-and-sample-assessments/specification-GCSE-L1-L2-in-japanese-2017.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcse/japanese-2017.coursematerials.html#filterQuery=Pearson-UK:Category%2FExam-materials">https://qualifications.pearson.com/en/qualifications/edexcel-gcse/japanese-2017.coursematerials.html#filterQuery=Pearson-UK:Category%2FExam-materials</a>
Maths	AQA 8300	<a href="https://www.aqa.org.uk/subjects/mathematics/gcse/mathematics-8300/specification-at-a-glance">https://www.aqa.org.uk/subjects/mathematics/gcse/mathematics-8300/specification-at-a-glance</a>	<a href="https://www.aqa.org.uk/subjects/mathematics/gcse/mathematics-8300/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;f.Resource+type%7C6=Question+papers&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/mathematics/gcse/mathematics-8300/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;f.Resource+type%7C6=Question+papers&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Music	OCR J536	<a href="https://www.ocr.org.uk/qualifications/gcse/music-j536-from-2016/specification-at-a-glance/">https://www.ocr.org.uk/qualifications/gcse/music-j536-from-2016/specification-at-a-glance/</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/music-j536-from-2016/assessment/">https://www.ocr.org.uk/qualifications/gcse/music-j536-from-2016/assessment/</a>
Performing Arts	BTEC BTaw2	<a href="https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/performing-arts/2017/specification-and-sample-assessments/9781446939628_BTEC_L1L2_AWD_PA_SPEC.pdf">https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/performing-arts/2017/specification-and-sample-assessments/9781446939628_BTEC_L1L2_AWD_PA_SPEC.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/performing-arts.coursematerials.html#filterQuery=Pearson-UK:Category%2FExternal-assessments">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/performing-arts.coursematerials.html#filterQuery=Pearson-UK:Category%2FExternal-assessments</a>
Photography	OCR J173	<a href="https://www.ocr.org.uk/Images/220463-specification-accredited-gcse-art-and-design-j170-j176.pdf">https://www.ocr.org.uk/Images/220463-specification-accredited-gcse-art-and-design-j170-j176.pdf</a>	<a href="https://www.ocr.org.uk/qualifications/gcse/art-and-design-j170-j176-from-2016/assessment/">https://www.ocr.org.uk/qualifications/gcse/art-and-design-j170-j176-from-2016/assessment/</a>



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Physical Education	AQA 8582	<a href="https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF">https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources">https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources</a>
Physics	Edexcel 1PH0	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Physics_Spec.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Physics_Spec.pdf</a>	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016/coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016/coursematerials.html#filterQuery=category:Pearson-UK:Category%2FExam-materials</a>
Psychology	AQA 8182	<a href="https://filestore.aqa.org.uk/resources/psychology/specifications/AQA-8182-SP-2017.PDF">https://filestore.aqa.org.uk/resources/psychology/specifications/AQA-8182-SP-2017.PDF</a>	<a href="https://www.aqa.org.uk/subjects/psychology/gcse/psychology-8182/assessment-resources">https://www.aqa.org.uk/subjects/psychology/gcse/psychology-8182/assessment-resources</a>
Religious Studies	AQA 8062	<a href="https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/specification-at-a-glance">https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/specification-at-a-glance</a>	<a href="https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>
Sociology	AQA 8192	<a href="https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/specification-at-a-glance">https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/specification-at-a-glance</a>	<a href="https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/assessment-resources">https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/assessment-resources</a>
Spanish	AQA 8698	<a href="https://filestore.aqa.org.uk/resources/spanish/specifications/AQA-8698-SP-2016.PDF">https://filestore.aqa.org.uk/resources/spanish/specifications/AQA-8698-SP-2016.PDF</a>	<a href="https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=">https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources?f.Sub-category%7CF=Sample+papers+and+mark+schemes&amp;sort=title&amp;num_ranks=10&amp;query=</a>

# Becoming an Effective Learner

## Successful Learning Strategy Definitions for Students

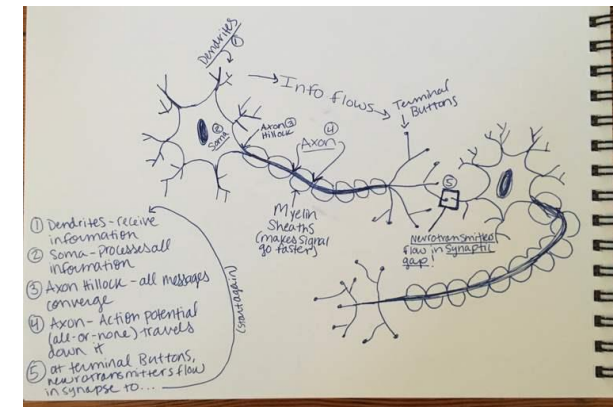
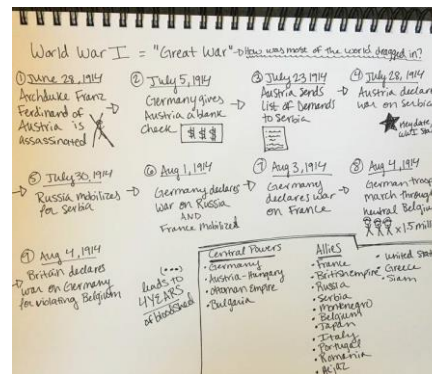
Key word	Definition
Dual coding	<p>When you combine words and visuals to help you to remember information, using your long-term memory. Because you are using 2 different parts of your brain, you are more likely to be able to remember the information in the long term.</p> <p><b>How should you practice dual coding?</b></p>

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When reading over your class notes, try and draw visual things that you can put alongside your notes.

Now look at the visuals and try and explain what they mean.

Look at these examples



## Elaboration

It involves explaining and describing ideas with many details. Elaboration also involves making connections between ideas you are trying to learn and connecting the material to your own experiences, memories, and day to day life.

Elaborative interrogation is a specific method of elaboration. The word interrogation means to question. So when you use elaborative interrogation, you ask yourself questions about how and why things work and then produce the answers to these questions.

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## **How should you practice elaborative interrogation?**

Start by making a list of all the ideas you need to learn from your class materials. Then, go down the list and ask yourself questions about how these ideas work and why. As you ask yourself questions, go through your class materials (e.g. your textbook, class notes, any materials your teacher has provided, etc.) and look for the answers to your questions.

As you continue to elaborate on the ideas you are learning, make connections between multiple ideas to be learned and explain how they work together. A good way to do this is to take two ideas and think about ways they are similar and ways they are different.

So far, we have suggested using elaborative interrogation as you study your class materials. At the start, you can definitely use your class materials to help you and fill in gaps as you elaborate. However, ideally, you should work your way up to describing and explaining the ideas you are learning on your own, without your class materials in front of you. In other words, you should practice retrieval of the information!

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Retrieval	<p>This is all about trying to recreate something that you have learnt about in the past. This is best used weeks, months or years after you have first learnt about something.</p> <p>The process of retrieval (or trying to think of something in your head), helps you to remember it more in the long run. This is much more effective than just reading over your notes.</p> <p><b>How should you practice retrieval?</b></p> <p>If your teacher provides practice tests, or there are practice questions in your textbook, make sure to do them – but without looking at your book or notes!</p> <p>Create flashcards using retrieval. Try and link concepts or compare how something is similar or different.</p> <p>Using a blank piece of paper, try to remember as much as you can about a topic and write it all down.</p> <p>After practicing retrieval, it is best to then check your book and notes from class to make sure you correctly and completely retrieved the information.</p>
Spaced practice	<p>Spaced practice is the exact opposite of cramming. When you cram, you study for a long, intense period of time close to an exam. When you space your learning, you spread out your studying across</p>

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a much longer period of time. Doing it this way, that same amount of study time will produce more long-lasting learning. For example, five hours spread out over two weeks is better than the same five hours right before the exam.

## **How should you space your learning?**

Start planning early – like now. Set aside a bit of time every day, just for studying, even if your exams are months away. This may seem strange at first, if you are used to cramming right before an exam; but it's just a new habit that you will get used to if you persevere.

After you study information from your most recent lessons, make sure to go back and study important older information to keep it fresh.

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! You need to forget a little bit in order to benefit from spaced practice

**Want to know more about each strategy?**

Learning strategy	Where can I find out more?
Dual coding	<a href="http://www.learningscientists.org/blog/2016/9/1-1">www.learningscientists.org/blog/2016/9/1-1</a>

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Elaboration	<a href="http://www.learningscientists.org/blog/2016/7/7-1">http://www.learningscientists.org/blog/2016/7/7-1</a>
Retrieval	<a href="http://www.learningscientists.org/blog/2016/6/23-1">http://www.learningscientists.org/blog/2016/6/23-1</a>
Spaced practice	<a href="http://www.learningscientists.org/blog/2016/7/21-1">http://www.learningscientists.org/blog/2016/7/21-1</a>

## Links to helpful Videos

<http://www.learningscientists.org/videos/>