

Retrieval Practice

Interesting Facts!

1. Researchers state that memory has a limitless capacity. Everything is stored in there but, without rehearsal, memories become harder to access.

2. When something comes to mind quickly, i.e. we do no work to recall it, no learning occurs. When we have to work hard to bring it to consciousness, something positive happens: we learn.

3. It turns out that for long-term retention, memories are more easily recalled if learning is mixed up. Therefore you should use a variety of revision methods to aid memory recall.

Retrieval practice enables you to really focus on the topics that you don't understand or struggle with.

By doing this affectively, it will help you build upon your knowledge until you fully understand everything that you need to know.

How to use Retrieval Practice

1. Start by studying the section of your knowledge organiser that you are focusing on.



2. With your knowledge organiser closed, write down as much information from it that you can remember. This needs to be as accurate as possible.

3. Check what you have written, with your knowledge organiser to see how accurate you were. Have a look at any mistakes that you made, focus on these.



Top Tips!

Retrieval practice works best when you **check your knowledge organiser for accuracy afterwards.**

Retrieval practice is difficult—if you are struggling to remember certain words, focus on one or two of these definitions, then slowly build up to the whole section

Don't just recall the definitions—**come up with examples** to help you to remember them