My Brain and Me The Science of Learning Junior Cycle Short Course | Glanmire Community College



My Brain and Me Newsletter

Jan 2022

Focus: Retrieval Practice

What is retrieval Practical:

Retrieval Practice is an active learning strategy that pull information from memory to help you improve understanding

Useful link:

Presentation by Kate Jones (begin at 1:05mins) -<u>https://www.youtube.com/watch?v=sE0MHvVGIFo</u>

Benefits of Retrieval Practice:



3 Strategies to try:

Brain Dumps	Question Countdown	Google Forms
When to use: Beginning of a	When to use: In the middle of a	When to use: In the middle of a
Lesson/Study Session	topic or checking for understanding	topic or checking for understanding
 This is a quick 5-minute self-test study strategy Draw a quad on a sheet of A4 paper Identify 4 questions Try answering each question without using your notes Open your notes copy & correct your work Give yourself some feedback – what did I get right and what did I get wrong List areas for improvement & focus on these when studying 	 Divide A4 sheet into 6 boxes Instruct students to write a key exam question into each section (6 questions in total) Set timer for six 2-minute intervals (each section = 2-mins) Once the timer starts, students write as much information they can to answer the exam question Once the timer sounds students move on to the next section & repeat At the end of the countdown open your notes copy & identify gaps in your knowledge – use a different colour pen when filling in your knowledge gaps 	 Create a google form (multiple choice questions) on topics students have studied this week, last week, last week, last month and last term Set time limit Students complete Google Form Reveal results & identify gaps in knowledge This strategy is useful as results are automatically collated & quickly identifies areas where further teaching/practice is needed!