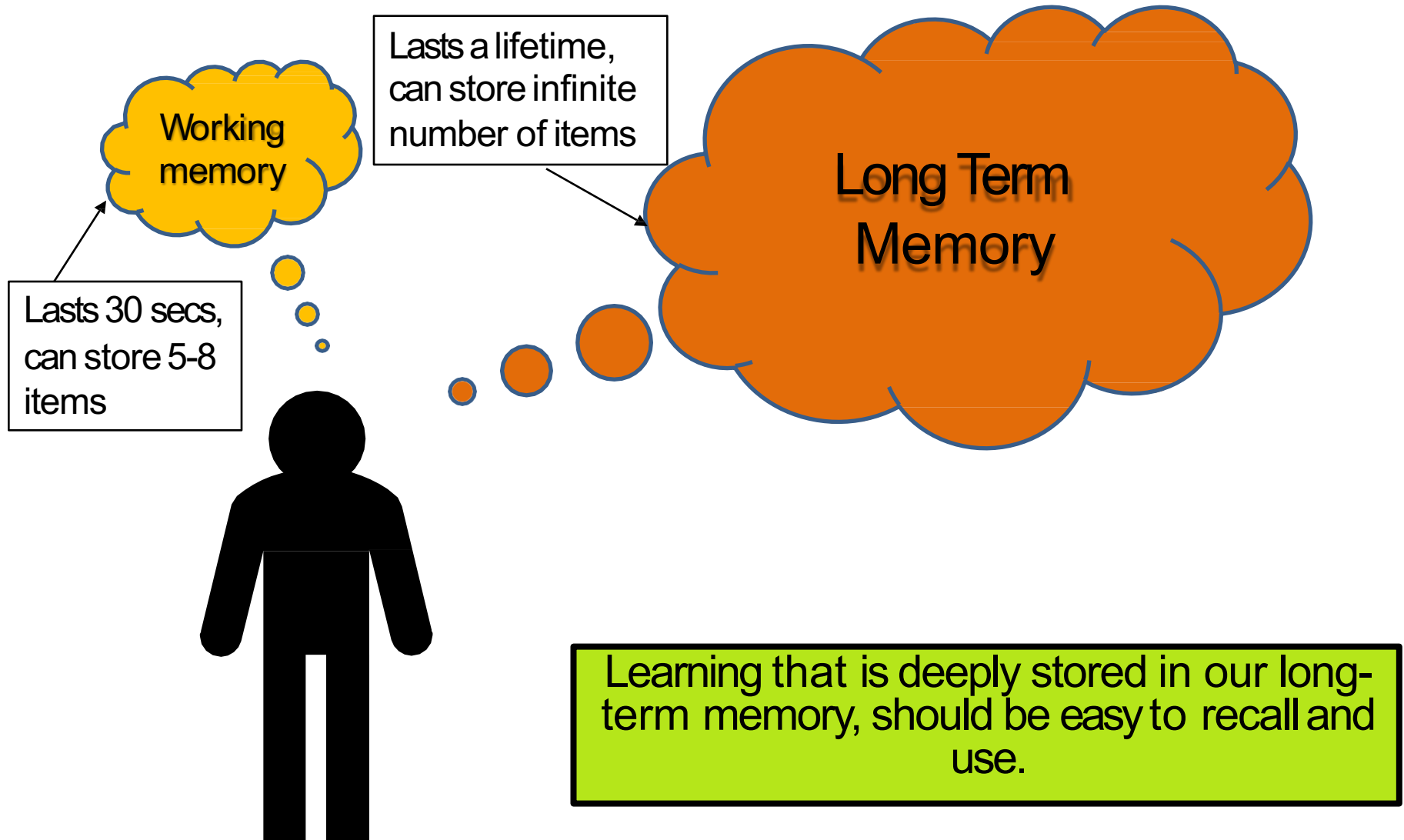
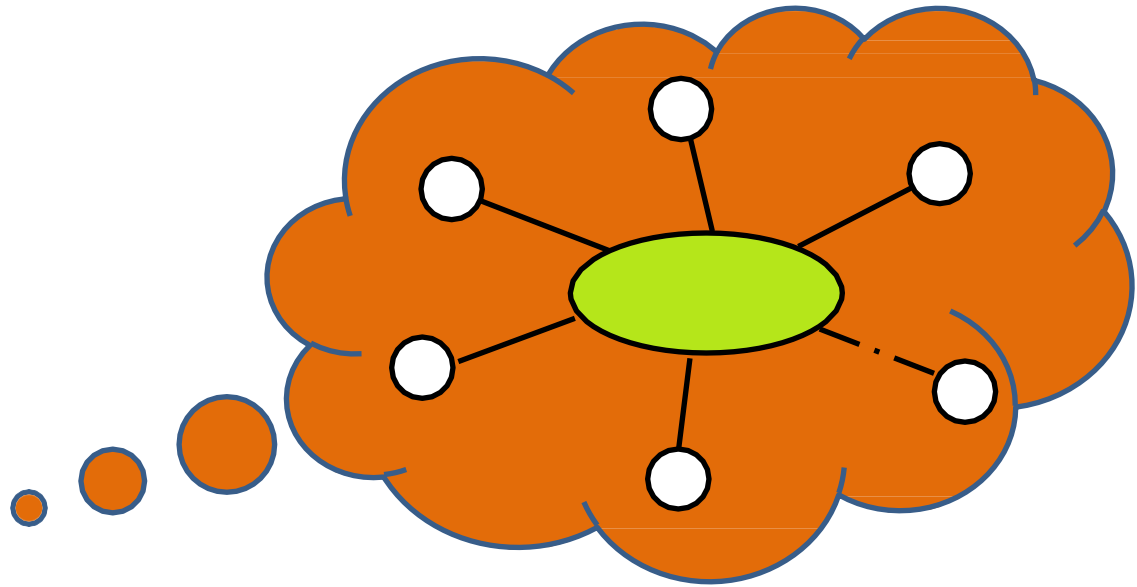
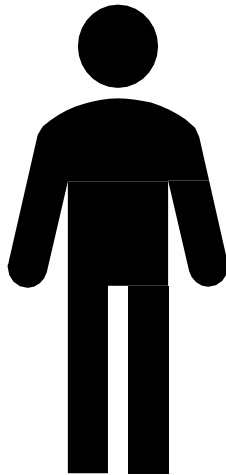


How do you remember learning?

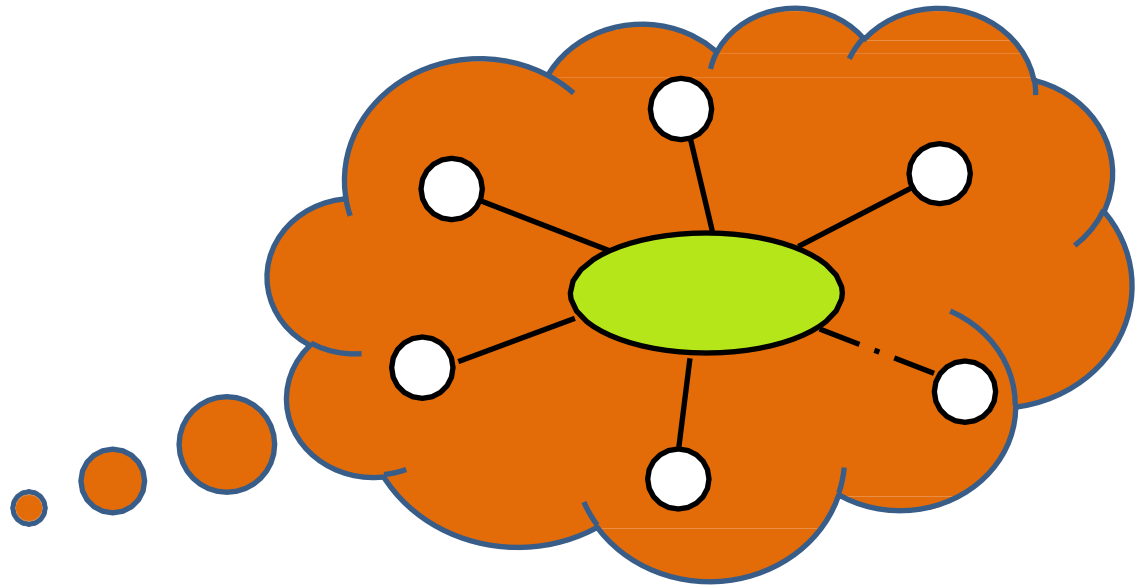
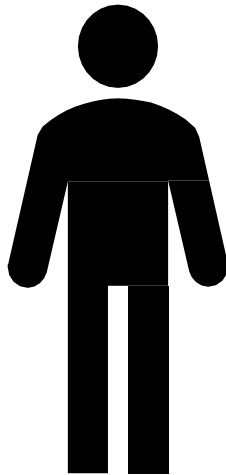


How do you remember learning?



We remember learning by connecting it with what we already know

How do you remember learning?

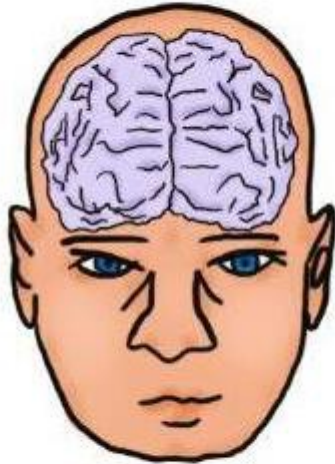


Sometimes not all of the connections are strong. This makes the learning harder to recall.

LEARNING & MEMORY

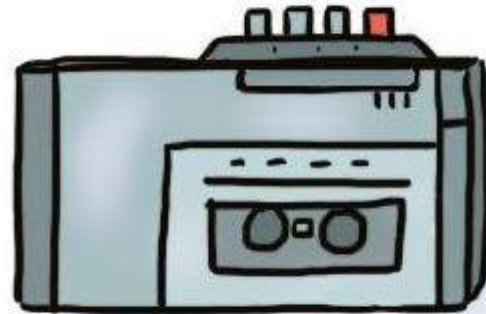
or forgetting & implications for teaching

@ImpactWales



Human memory

≠



a tape recorder

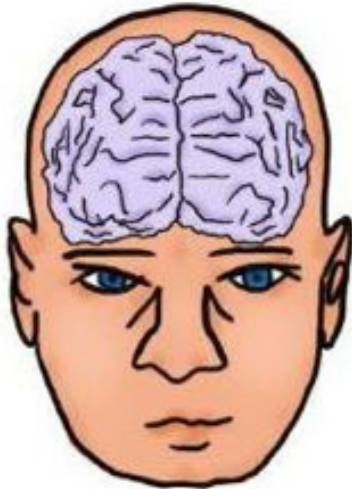
is not the
same as

We can't just press play. We need to work at remembering learning and strengthen the connections.

LEARNING & MEMORY

or forgetting & implications for teaching

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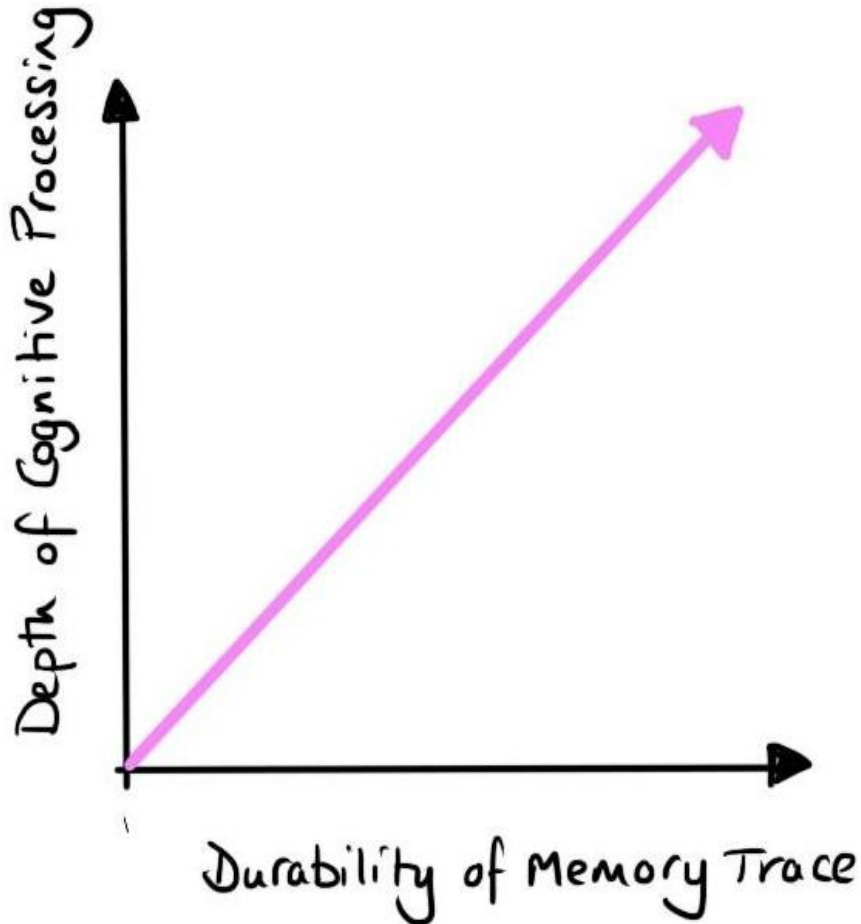
Human memory

Learning is
thinking

Learning is thinking. The harder you have to think, the deeper the connections and the better you will remember.

DEEP LEARNING

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For each of the items you need to learn:

- Think about what they are
- Make connections with what you already know
- Think about what they aren't
- Think about how can you use them

DEEP LEARNING

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How should learning feel?

Deep learning should **not feel easy**. You may feel like you know nothing. That means you are working hard and making **new connections**.

Stick with the exercises below, even when they feel hard. Struggling to recall information, creates deeper links and **deeper memory traces**.



How should you organise your learning?

Don't work all day on the same topic. Space your learning out. Leaving a gap makes remembering the information a little more of a struggle and allows you to think more deeply.

Your day might look like this:

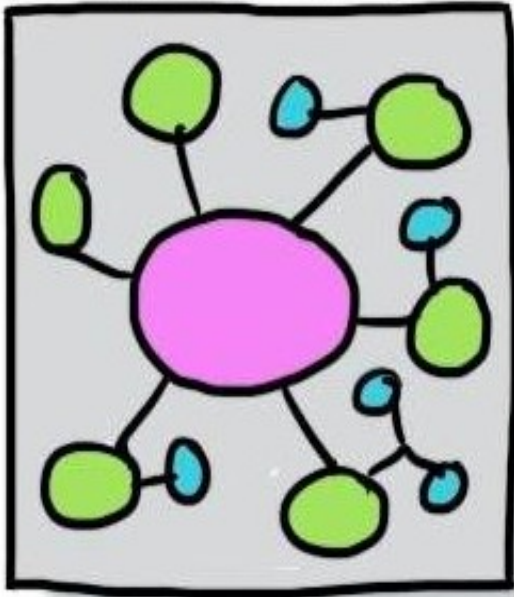
- 30 minutes - revise Biology
- 30 minutes - do some Maths exam questions
- 30 minutes - revise English set text
- And so on..

Don't forget to take regular short breaks.

DEEP LEARNING

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ELABORATIVE ENCODING



Put away all of your study materials.

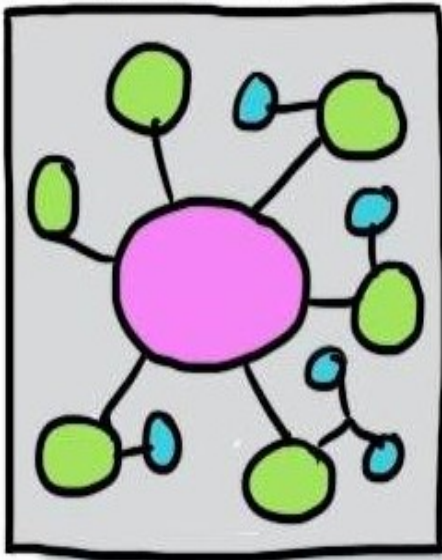
Choose a topic to revise:

- Create a mind map of everything you know about that topic
- Now go and look at your books
- What have you forgotten?
- Close your books again.
- Add everything you forgot to your mindmap in a different colour
- Now write a Q for all those 'forgotten' items,
that you can answer the next time you study

DEEP LEARNING

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ELABORATIVE ENCODING



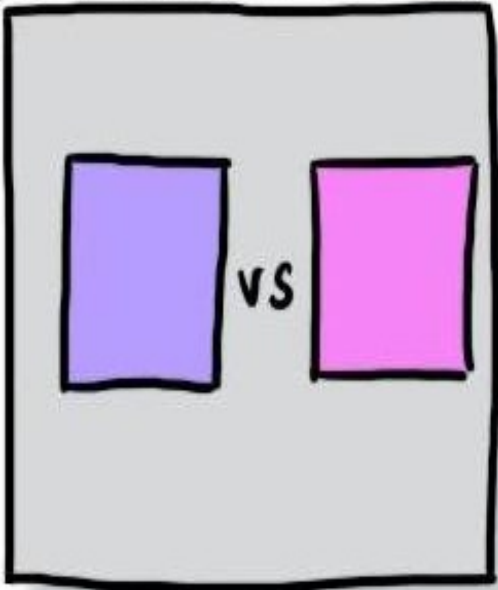
Put away all of your study materials. Choose a topic to revise:

- Create a picture of a key idea in that topic
- Label it with linked information
- Write a paragraph about what this key idea means to you
- Now check your books. What have you forgotten?
- Close your books again, in a different colour add everything you forgot first time
- Draw a picture of each of the 'forgotten' items

DEEP LEARNING

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EXPLORING DISTINCTIVENESS



Put away all of your study materials.

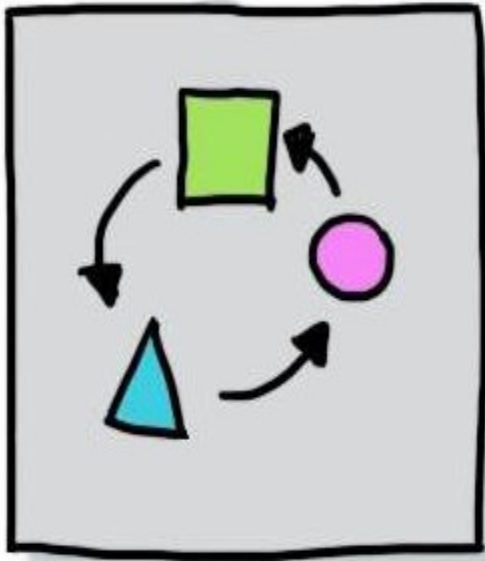
Choose a topic to revise:

- Make a list of everything you know about this topic
- Now rank those items in order of how important you feel they are for the topic
- Think of an 'opposite' or a non-example for as many of these items as you can
- Make a list of everything linked with each item, rank each of the links for how closely they link

DEEP LEARNING

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REWORK



Put away all of your study materials. Choose a topic to revise:

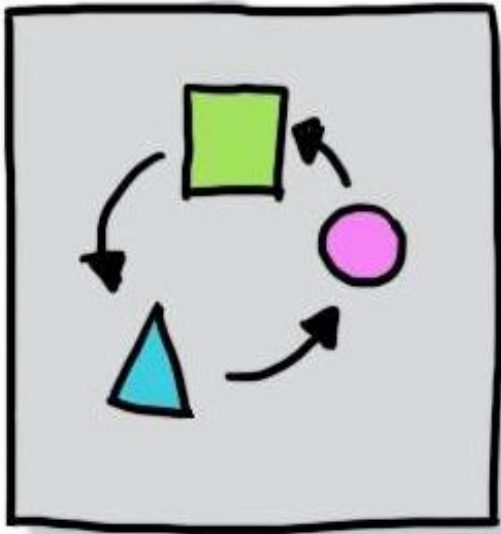
- Imagine that someone is learning about this topic for the first time. What information would they need to know? Write a short guide to the topic, with illustrations to help.
- In as few words as possible write down what this topic is about.
- Now write 100 words on why this topic is an essential piece of learning for everyone

DEEP LEARNING

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Using your study materials to help you.
Choose a topic to revise:

REWORK



- Create an icon to represent what this topic is about.
- Write down why you chose this icon and the specific features of it
- Write down 5 key questions about this topic that cover all of the key learning it includes
- Email your questions to a friend and ask them to share theirs with you so you can answer them next time you study

Next time

Before you finish, do the following:

- Make a list of 5 topics or items you struggled with
- Create a set of flashcards for this topic
- Try to complete at least 3 different tasks from the lists above, with these 5 topics the next time you study