

Guided Revision

29 school weeks

You have 29 school weeks until your exams start

Retrieval practice

Think- Pair - Share

1. What is metacognition?
2. Which metacognitive strategy did you try this week? How did it go?

Learning objectives

By the end of this lesson you will have reviewed the first metacognitive strategy: spaced practice

Have you ever...?

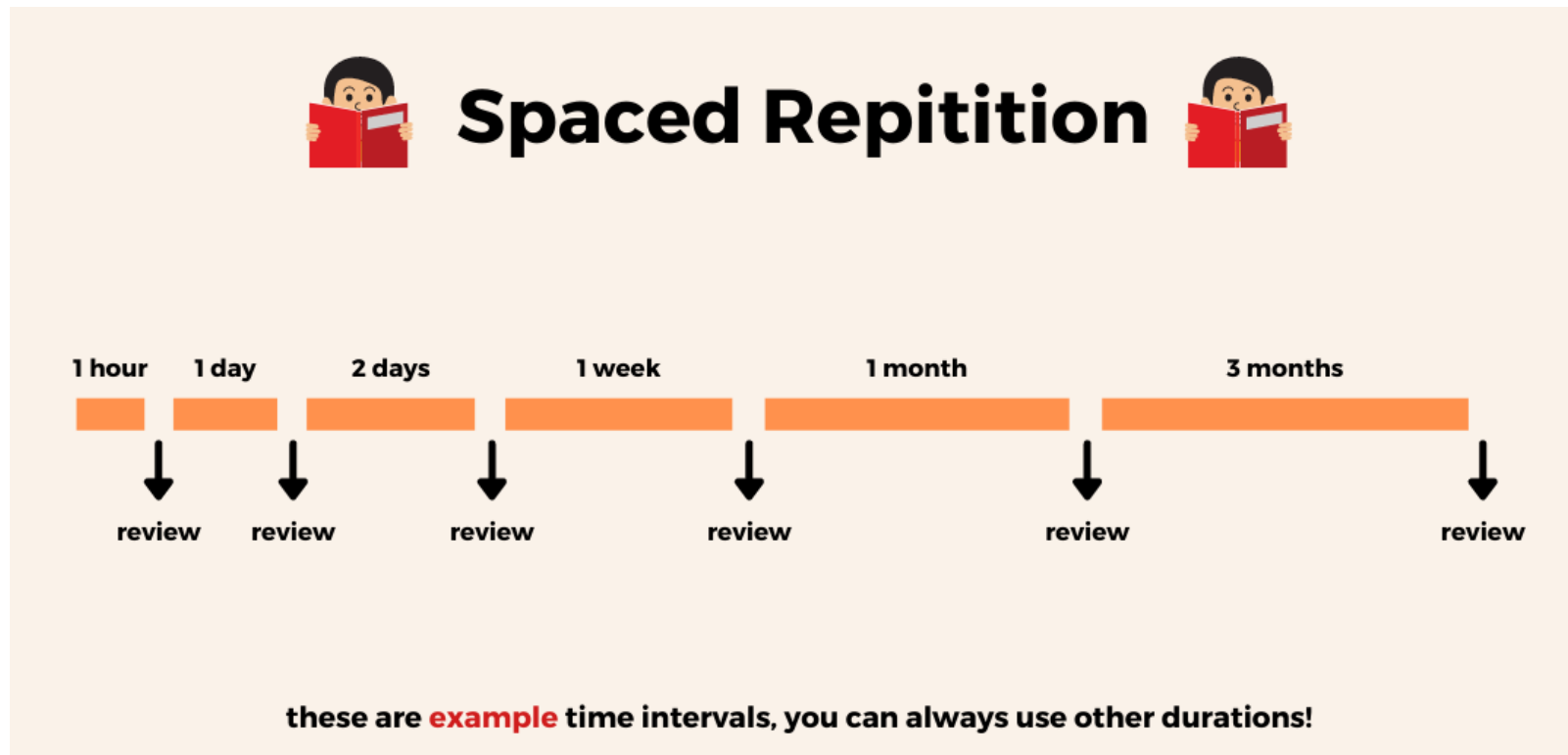
In pairs discuss and be prepared to feedback

- Started your revision for a test/exam the night before the test/exam?
- Planned a work timetable?
- Got so stressed about a test that you don't prepare for it?
- Teamed up with somebody else to help you revise?
- Reviewed what you have learnt after a lesson to check your knowledge
- Reviewed what you learnt a month ago to check your understanding

Spaced Practice

[https://www.youtube.com/watch?v=3WJYp98eys8&list=PLzOSZykn6u7XuTKDP8uM33zeV1DrezfJ &index=6](https://www.youtube.com/watch?v=3WJYp98eys8&list=PLzOSZykn6u7XuTKDP8uM33zeV1DrezfJ&index=6)

<https://www.youtube.com/watch?v=-uMMRjrzPmE>



A major difference between the brain and a computer is in *how* information is processed. It's tempting to think our memories are stored as discrete "files" somewhere in the brain, like a camera. We might imagine that when we remember an event in our lives, or a piece of information we studied, we're "opening" that file.

But science tells us this isn't true. A "memory" doesn't exist in any one place in the brain, but is an emergent feature of many different parts of the brain firing in a certain way. When we learn something, it isn't stored in a single location, but is instantly scattered across many different regions of the brain.

The brain has limitations that are, at least for now, impossible to overcome. Studies have consistently shown that we can only remember five to seven new pieces of information at a time. It's fascinating research, but it also has practical implications for how we should learn.

Spaced repetition

A simple way to do spaced repetition is to use flashcards organised into a box. Set up a schedule for when you will revise the cards in each of the sections in your box. If you answer a card correctly, you put it into a section that you will revisit less frequently in the future, whereas if you get the answer wrong, you move the card into a section scheduled for frequent visits.

<https://www.youtube.com/watch?v=e7DrQNX-ABA>

You should be starting your revision NOW to reduce the stress you will feel in 29 school weeks time and make sure you get the grades you deserve.

How could you use spaced practice as part of your revision?

What will you start doing differently?

Do you need to plan out your week differently?

In pairs

Do some spaced practice..

Review what you learnt in one of your lessons yesterday