WHAT IS RETRIEVAL PRACTICE

 Retrieval practice is the process of recalling memories and applying that knowledge to a task

It is one of the most powerful and effective learning strategies

RETRIEVAL CUE

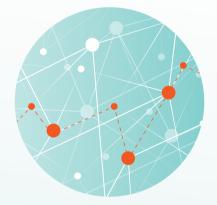




The more times a piece of information is retrieved, the stronger the neural pathways. This information becomes **embedded in long-term memory**.



NEURONS CONNECTED BY NEURAL PATHWAYS



A PIECE OF INFORMATION IS LEARNED AND A **NEW PATHWAY IS FORMED**



MEMORY

RECALLING THE INFORMATION STRENGTHENS THE PATHWAY

3 key methods to help with retrieval



STUDY WITH CENTURY

Each nugget starts with learning material and finishes with a short quiz. This helps you to embed what you have learnt into your long-term memory.



WRITE A LESSON SUMMARY

What did you just learn? When a lesson finishes, try to write down everything you just learnt without looking at your notes.



USE FLASHCARDS

Create flashcards and quiz yourself.

Just make sure you don't turn the card
too early to look at the answer.