

# 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

MEMORY



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**



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.

Give your recall a boost by studying regularly on **CENTURY**. Nuggets with the elephant icon have been recommended to you as a **MEMORY BOOST**, making sure you review information you have learned at the optimal time.

Scan to learn  
on **CENTURY**

