

Study Smarter | Not Harder

Supporting your young person to improve their study skills



RETRIEVAL

SPACING



"Spaced Retrieval Practice"

The most powerful and effective way to learn information

RETRIEVAL

Retrieving the information you've learnt in different ways

Top tips:

After your young person has completed their **note-taking** or **highlighting** it can be elevated by retrieving the information in different ways– taking it from someone else's words into their own

Mind mapping can become more effective by making sure they are logical and organised OR they can be used as a tool for memory journaling



"Long Way"

To get information to stick in our long-term memory

Mind maps

Note-taking

Highlighting/
underlining

"Smart Way"

Peer testing

Quiz apps

Past papers

Flashcards

How to get started?

Select a starting point with your young person that builds their confidence – perhaps using a topic they know well. Use a retrieval practice method that suits them best.

Gradually add in other topics and use colour coding to identify areas they feel less confident in. This can help establish priorities.

Why are these "Smart Ways"

All of these methods ensure your young person is retrieving what they know in their own words.

Using a combination of these methods encourages them to think about what they are learning in different ways.

PULL



PUSH



Retrieval practice boosts learning by pulling information **out** of our heads, rather than cramming information in!

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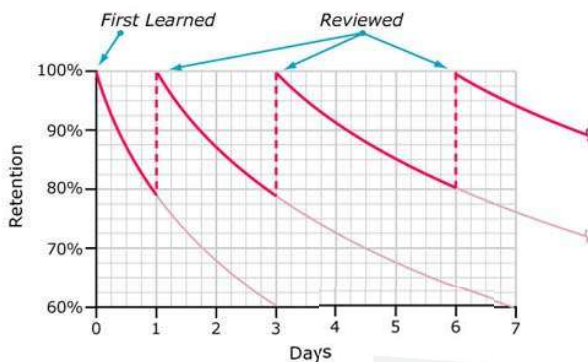
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Learning by testing what you know on different days

Typical Forgetting Curve for Newly Learned Information



Spacing is the opposite of cramming. Spacing out retrieval practice into shorter, more frequent sessions can increase retention.

This graph shows how, once a piece of new information is first learnt, revisiting this information regularly is crucial in order to maintain retention.

As your young person's confidence and speed at which they can retrieve information increases, this can be revisited less. Giving more time to focus on other topics.

Top tip:

Every time your young person revisits a topic, encourage them to spend 5 minutes retrieving everything they can remember from last topic they studied.

They can do this using any of the retrieval practice methods.

Write down all lessons from the day before

Add in everything that can be remembered from each lesson

Memory Journaling

Practising this for just 5 minutes a day will help your young person to remember their course content long term.

Don't forget: Add or correct key points using a different colour



Want to learn more?

Check out our Study Skills Padlet with helpful information on how to support your young person with their studies and wellbeing

