

Long Term Memory

More space!

Less Tiring
To access

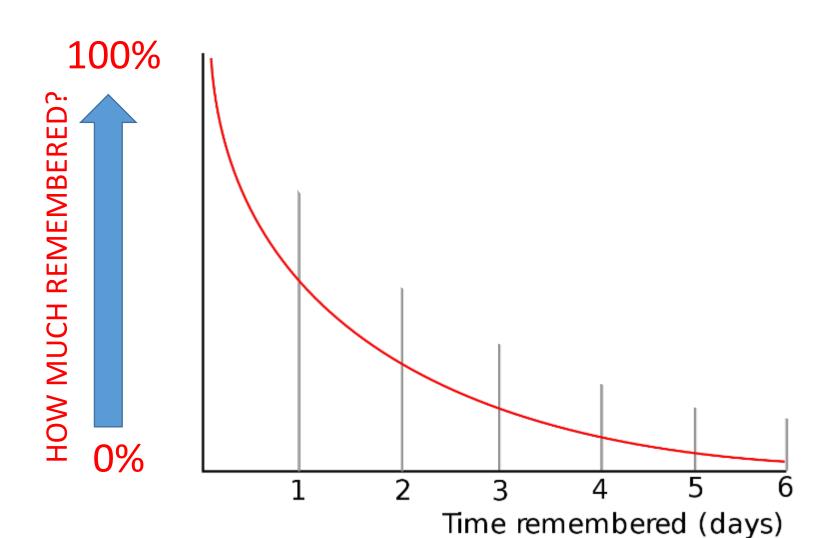


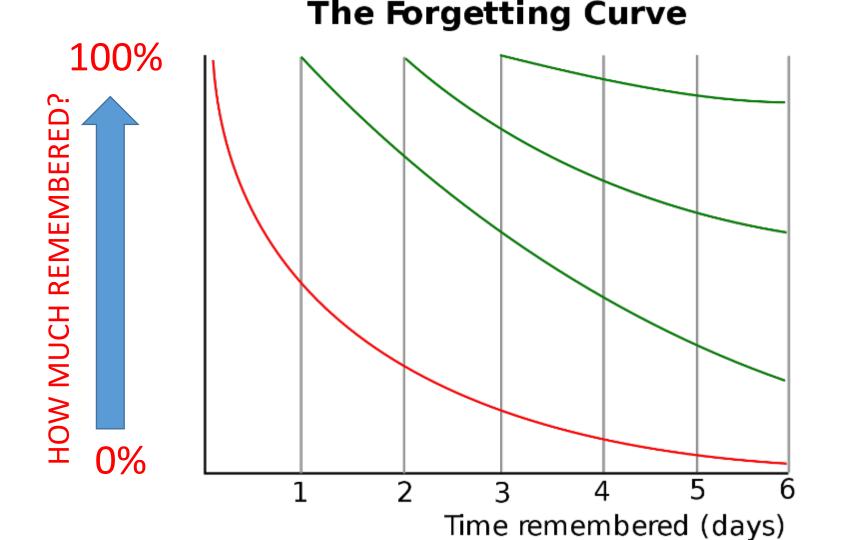
Working Memory

Short term

LIMITED Space

Uses Energy





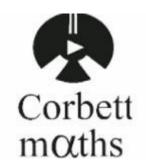


- Homework first
- Planned interventions
- A plan subjects + themes
- **45/15**
- A place with everything needed
- Manage phones / tablets
- Regular, little + often



























"Memory is the residue of thought".

Daniel Willingham Professor of Psychology



Familiarity

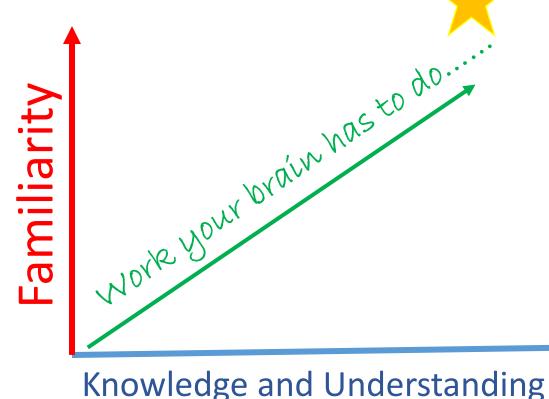
Re-Reading

Highlight and underline

Looking through books

Saying it in your head

Knowledge and Understanding



Explain / Teach it to someone

Answer questions do tests + quizzes

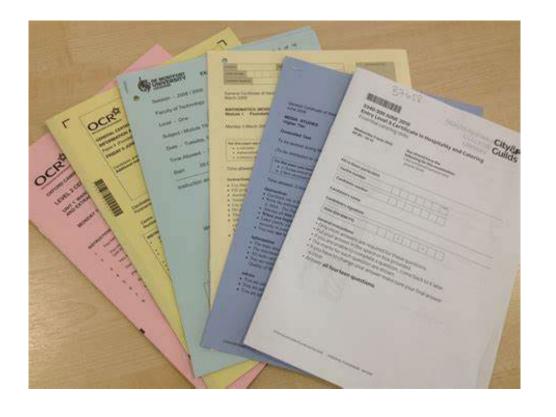
Summarise

Make a mind map

Explain it

Say or read aloud

1: Practice Questions



Use past papers / practice tests / online quiz resources.

2: Flash Cards







Bought or home made.

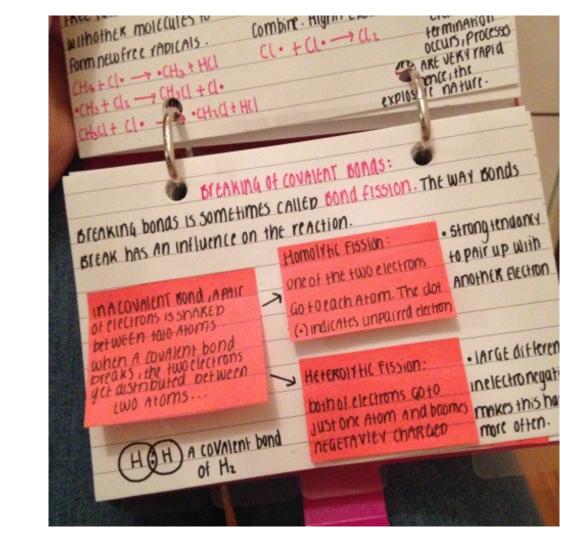
Question on one side, answers and key explanations on the other.

Use for look/say/cover/write/check, for Self Test, or for Testing / Explaining with a partner.

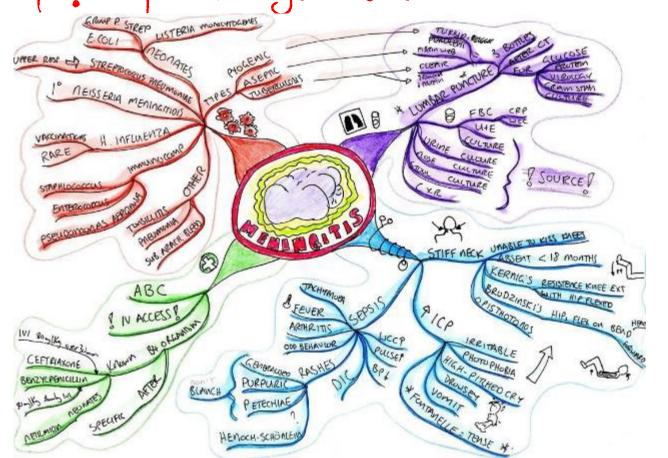
3: Summary cards

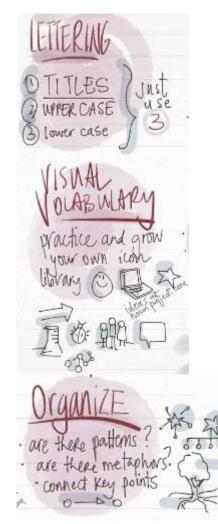
- Key points
- main ideas
- Key vocabulary and explanations





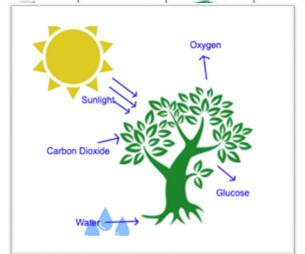
4: Map what you know





Palabras de la escuela





5: Dual Coding

Using <u>pictures</u> with **words.** Your brain has 2 chances to remember!

Great for learning **VOCab** where connecting a picture to a word can help remember the meaning. Don't get bogged down with the pictured being "perfect", they just need to be recognisable.

Try **expanding** on the idea by putting the picture on one side of a card, and the word on the other – and you can do some "self test"