

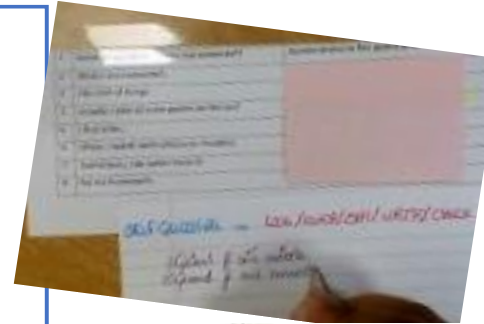
How to make your learning stick



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Quizzing yourself

1. Cover, check and repeat – don't cheat!
2. Have someone ask you questions based on the book/sheet/knowledge organiser
3. Create flash cards with the question on one side, answer on the answer. Test yourself, check and repeat.
4. Use past papers as questions for self - quizzing. Do you know the answer without looking?



Transforming information

1. Brain dump – write down everything you know about the topic/issue.
2. Mind map – start with the title in the middle and section/sub-headings round the outside. Add in detail. Use colour/lines to organise and connect information.
3. Create an infographic by transforming some of the text into pictures.



Daily learning habits:

1. Pick out the key terms/facts and write a summary of the information.
2. Or: Self quiz – can you remember what you learnt? Check and repeat.
3. Or/and: Read around the subject to strengthen your understanding
4. Create healthy habits eg sleep, exercise, mindfulness

What to avoid

1. Simply re-reading your notes – it won't stick
2. Cramming!
3. Distractions such as TV, phones and music



HEALTHY HABITS