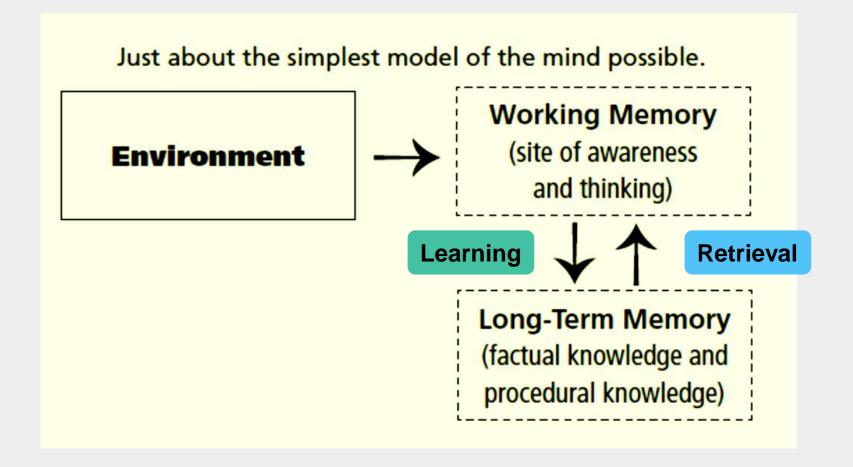


## Retrieval

13 October 2023









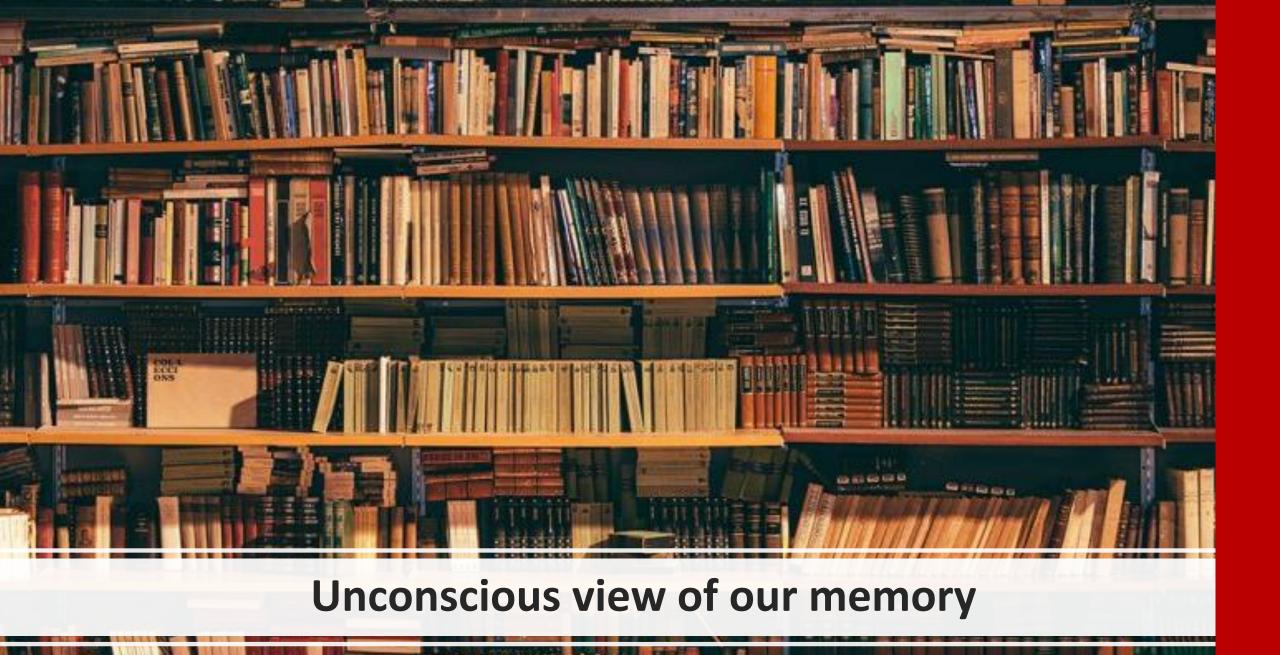


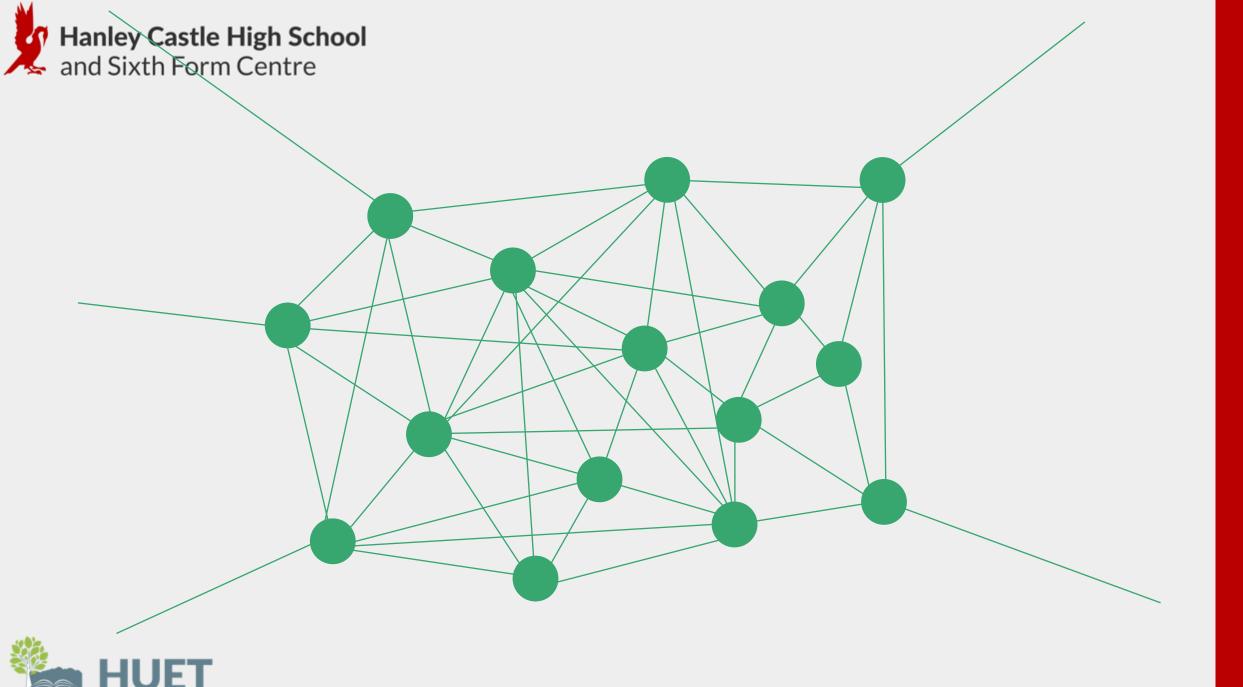
### Learning is natural, but...

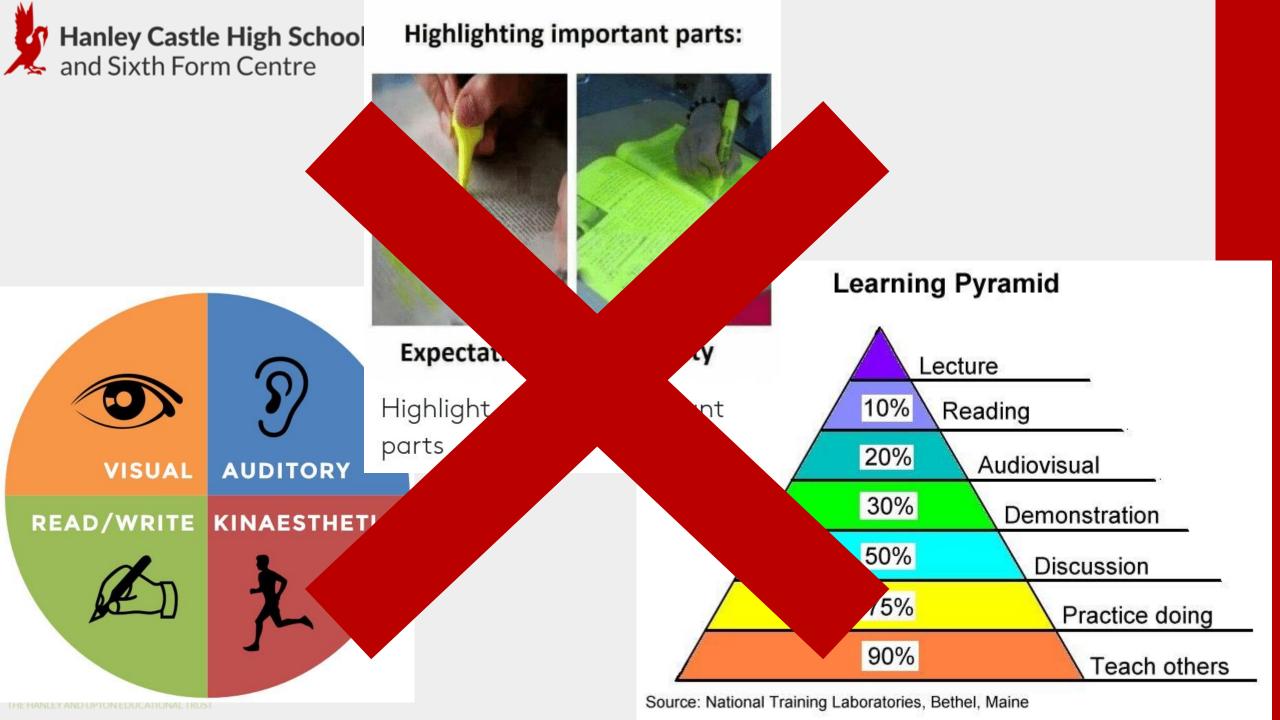
- Some things are easy to learn (biologically primary adaptions) e.g. speech
- Other things are hard to learn (biologically secondary modules) e.g. reading & writing

**Geary (2007) Educating the Evolved Mind** 

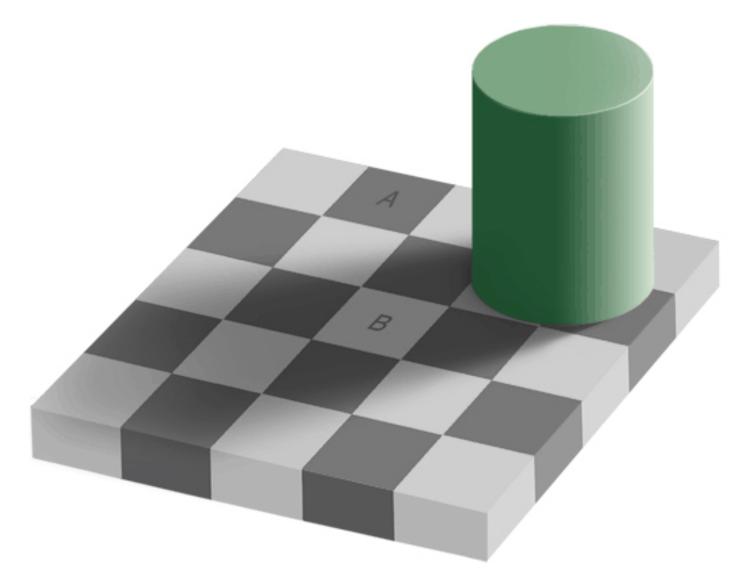




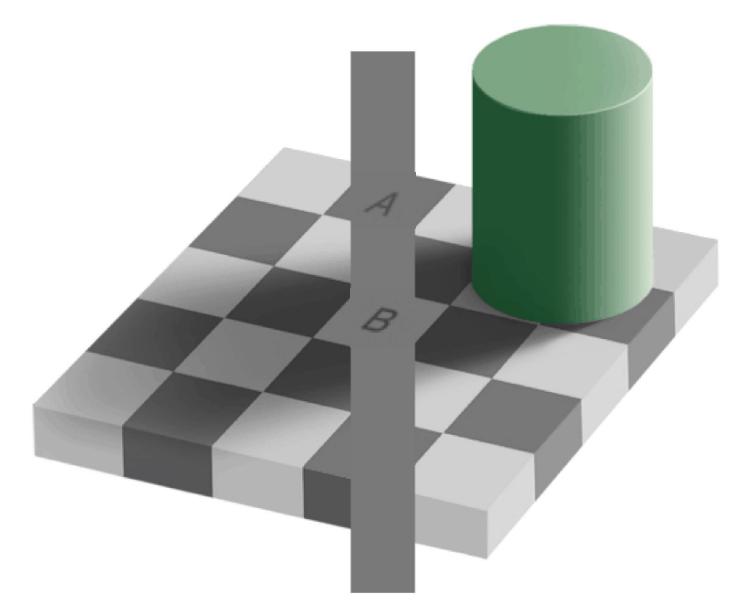




# We can't see when we're wrong



# We can't see when we're wrong





### There are 3 things that work...

Retrieval Practice

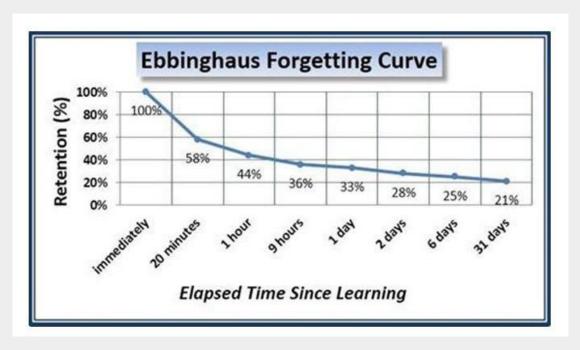
**Spaced Practice** 

Interleaving





### **Spaced Practice**



# Typical Forgetting Curve for Newly Learned Information First learned Reviewed 90% 90% 80%

Days

70%

60%



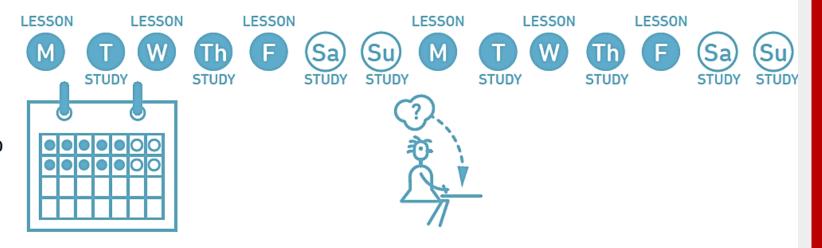


### **Spaced Practice**

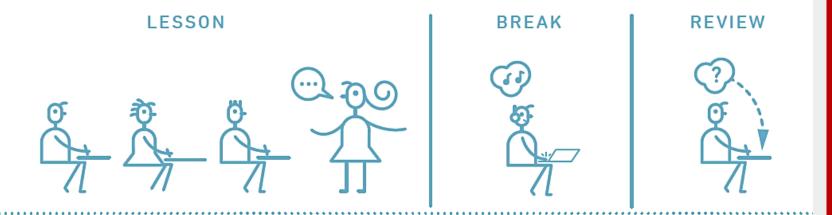


#### HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.



Review information from each class, but not immediately after class.







### Interleaving



### HOW TO DO IT

Switch between ideas during a study session. Don't study one idea for too long.



TOPIC B



TOPIC







Go back over the ideas again in different orders to strengthen your understanding.



**TOPICS** 

TOPICS
C B A



STUDY SESSION

TOPICS A C B



STUDY SESSION

3

### **Retrieval Practice**

- Verbal recall, self-quizzing (look, cover, write, check), multiple choice quizzes, practice questions, writing from memory, flash cards.
- ✓ Low stakes
- ✓ Identifies gaps



