



# S.T.A.R

(St Antony's Revision)

## Workshop 9

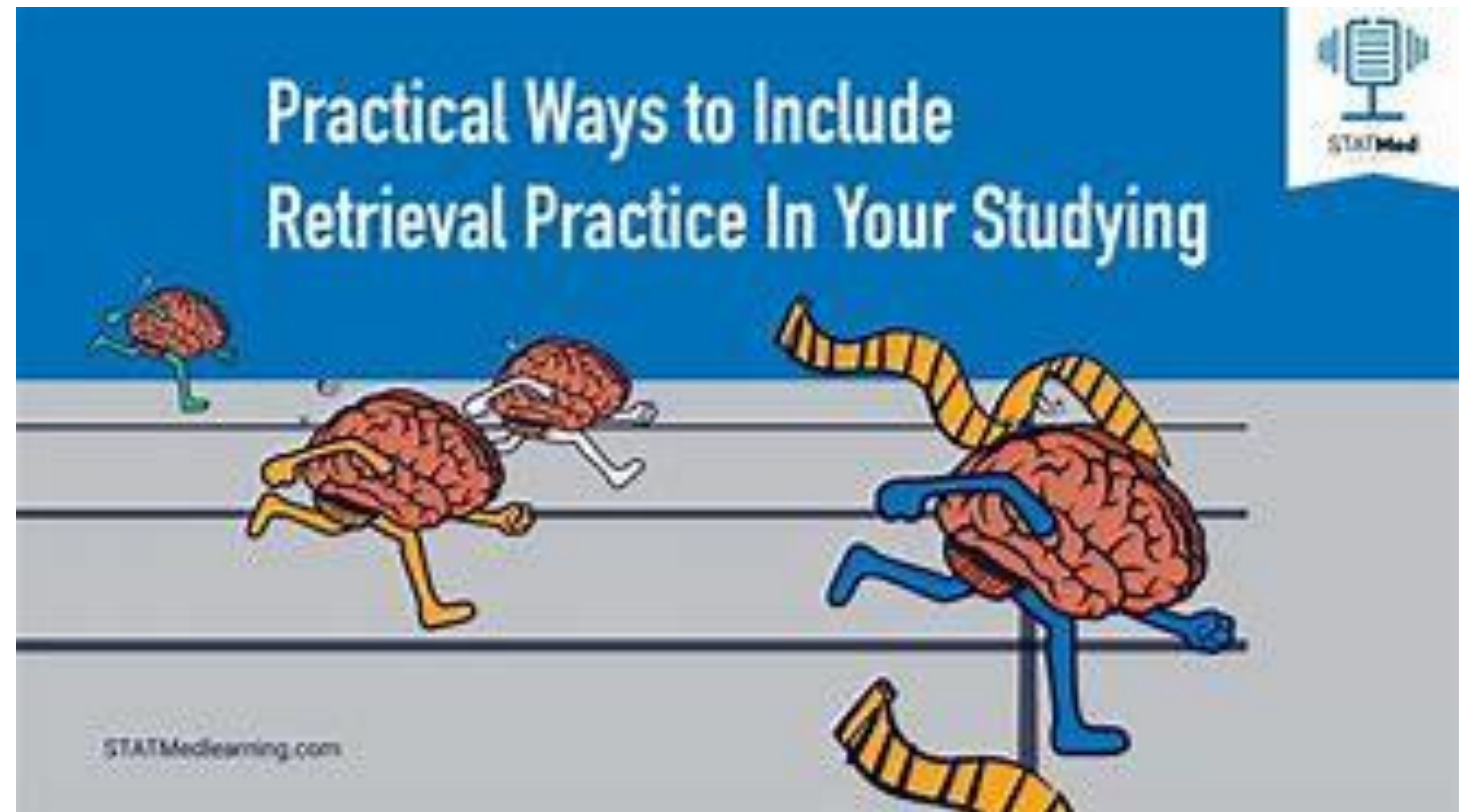


St Antony's  
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

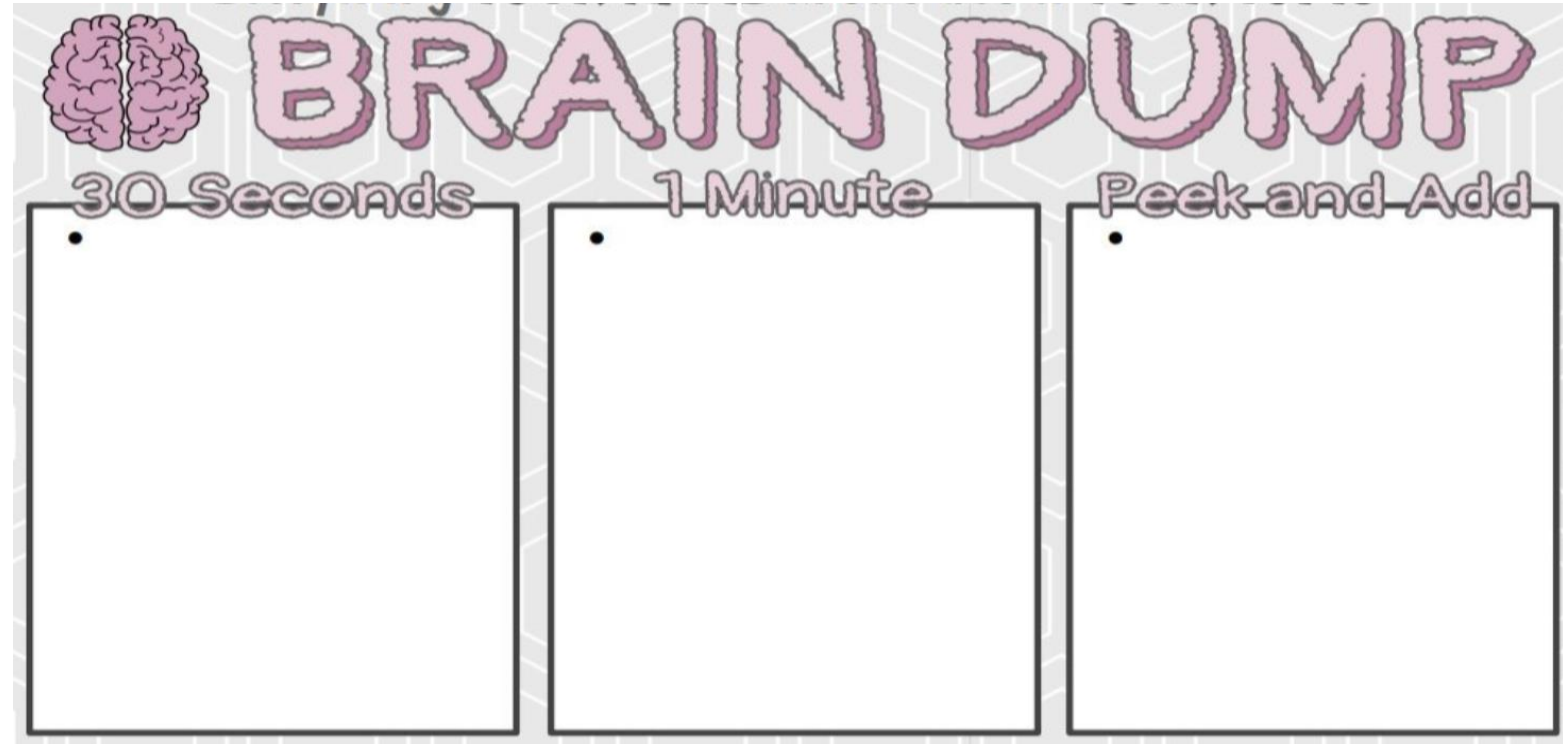
# Retrieval Practice

The last session identified what memory anchors are and how flow charts can be used to revise a particular topic. Today's session will focus on a 'Brain dump' and the importance of regularly using past papers to prepare for assessments.



# Retrieval Practice: Brain dump

- Revise a topic or sub topic
- Create a template, similar to the one opposite
- Time yourself for 30 seconds and add as many pieces of information as possible
- Use just key words or phrases
- Repeat for a minute, giving more detail
- Scan over your notes and then add any remaining information.

The image shows a template for a 'Brain Dump' activity. At the top left is a pink brain icon. To its right, the words 'BRAIN DUMP' are written in large, pink, bubbly letters. Below the title, there are three rectangular boxes for notes. The first box is labeled '30 Seconds' and has a small black dot at the top left. The second box is labeled '1 Minute' and also has a small black dot at the top left. The third box is labeled 'Peek and Add' and has a small black dot at the top left. The background of the template is light gray with a white grid pattern.

