

4.5 Expert Learner Strategy

LCA 10 ways to become an Expert Learner

How to strengthen connections, retrieve information & improve memory



<p>1. Self-assess</p> <ul style="list-style-type: none"> Write 5 things you know about a topic, 5 things you need to learn 1/3/5 minute 'Blank page brain dump' – write down everything you know about a topic. Identify the gaps. Decide how you will learn the gaps, write your actions on your 'to do' list/revision planner with dates & times 	<p>2. Plan</p> <ul style="list-style-type: none"> Write a weekly 'To do' list with goals & deadlines in your passport. Think aloud – How much do I understand? What methods will enable me to progress? Plan 15 minute bursts & remember to move your body-walk/ go outside to increase blood flow & keep alert 	<p>3. Memorise</p> <p>Use proven methods to get subject knowledge to stick in your head by creating:</p> <ul style="list-style-type: none"> Flashcards Chants/song/ mnemonics/stories Memory stack (stack 1 key word/idea onto another & repeat) Glossaries Mindmaps (colour & symbols) Posters/ Storyboards/Timeline/ Infographics/ Diagrams (flow charts ladders/steps/chains/sequences/ Venn diagram) Quizzes (multiple choice/true or false/ odd one out/ explanation/ if this is the answer, what is the question) 	<p>4. Transpose</p> <p>Rewrite (transpose) & condense class notes & knowledge into a new form:</p> <ul style="list-style-type: none"> Text to image Image to text Tweet Cartoon Blurb Podcast 	<p>5. Disrupt, interrupt & interleave</p> <p>Disrupt the sequence of learning & interrupt your brain to strengthen connections:</p> <ul style="list-style-type: none"> Test old & new knowledge together (interleaving) Change the revision subject/topic frequently Shift the order in which you learn/recall the information Use interruptions Use diary/ exercise book flashforwards to revisit content, e.g. 'Can I still recall 10 facts about...?'
<p>6. Recall & recreate</p> <ul style="list-style-type: none"> Gradually revise using fewer words -attempt to recall topics using visual prompts only Recreate mindmaps/lists with fewer words (use images/symbols instead) 	<p>7. Reread, redraft, redo</p> <ul style="list-style-type: none"> Revisit assessments & redo them at a better standard. Make 'green pen' improvements in your exercise book. 	<p>8. Quiz</p> <ul style="list-style-type: none"> Test yourself & each other using mini whiteboards/ flashcards Play memory games with friends Teach someone else Use the apps & online tests 	<p>9. Overlearn</p> <p>Remember that the brain wants to forget!</p> <ul style="list-style-type: none"> Revisit 'secure' topics & overlearn through repetition & deliberate practice. 	<p>10. Test</p> <p>Do as many practice papers as you can in timed conditions & track your progress.</p>

What do expert learners look like?

- I reflect on my learning and ask myself: What do I know? What don't I know? What steps do I need to take?
- I think about my learning and the best methods to use. I consider the best way to organise my revision.
- I know that it is normal to forget some of what has been learned and that the brain needs challenging with different approaches.
- I know that learning must be tested and I test my fluency and recall 1 hour/1 week/1 month later.
- I know that they must test their ability to perform under pressure.
- I know that the brain requires good food, water and adequate sleep to function effectively & I make good choices to maximize brain function.

Helpful tips:

- Little & often works best; information is usually forgotten within 2 days unless you work hard to move it into your long term memory.
- Over time some 'forgetting' will set in. This is normal. Expect it. Then address it.
- 'Overlearn' information so it is secure
- Use your 'Independent Study Schedule' in your Passport
- Beware of revision that doesn't require hard thinking e.g. re-reading notes, highlighting

Encode=Get it in! Store=In long term memory! Retrieve= Keep it there after time has passed!

If you are not thinking, you are not learning!