



LCA 10 ways to become an Expert Learner



How to strengthen connections, retrieve information & improve memory

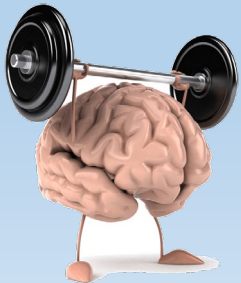
1. Self-assess



- 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

2. Plan

- 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



3. Memorise



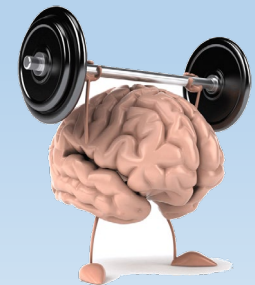
Use proven methods to get subject knowledge to stick in your head by creating:

- 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)

4. Transpose

Rewrite (transpose) & condense class notes & knowledge into a new form:

- Text to image
- Image to text
- Tweet
- Cartoon
- Blurb
- Podcast



5. Disrupt, interrupt & interleave

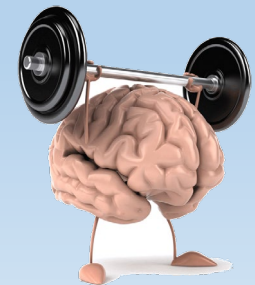


Disrupt the sequence of learning & interrupt your brain to strengthen connections:

- 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...?’

6. Recall & recreate

- Gradually revise using fewer words - attempt to recall topics using visual prompts only
- Recreate mindmaps/lists with fewer words (use images/symbols instead)



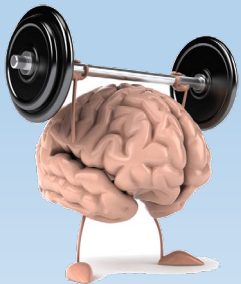
7. Reread, redraft, redo



- Revisit assessments & redo them at a better standard.
- Make ‘green pen’ improvements in your exercise book.

8. Quiz

- Test yourself & each other using mini whiteboards/ flashcards
- Play memory games with friends
- Teach someone else
- Use the apps & online tests



9. Overlearn

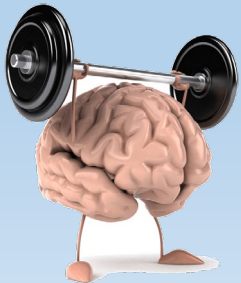


Remember that the brain wants to forget!

- Revisit 'secure' topics & overlearn through repetition & deliberate practice.

10. Test

Do as many practice papers as you can in timed conditions & track your progress.



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!