

Retrieval practice

Retrieval practice is a learning strategy where actively recalling information from memory enhances long-term retention and understanding.

What does this mean?

Encourage students to actively recall information and skills from memory rather than passively reviewing notes. The act of retrieval strengthens memory and learning.

What does this look like?

- Daily quizzes
- Flashcards
- Think-Pair-Share
- Brain dumps
- Exit tickets
- Verbal questioning

Spacing

Spaced practice is a learning technique that involves reviewing material at increasing intervals over time to enhance long-term retention and understanding.

What does this mean?

Distribute learning sessions over time instead of cramming. Spaced repetition helps consolidate information into long-term memory thus improving retention of knowledge.

What does this look like?

- Revisit content after a few days
- Break up lessons into smaller sessions
- Design a spaced study schedule

THE SCIENCE OF LEARNING

Evidence based strategies to enhance student learning

Interleaving

Interleaved practice is a learning strategy that involves mixing different topics or types of problems within a single study session to enhance long-term retention and problem-solving skills.

What does this mean?

Mix different topics or types of problems during learning. This approach enhances problem-solving skills and helps students learn to apply knowledge flexibly.

What does this look like?

- Rotate topics across lessons.
- Provide worked examples that incorporate multiple concepts
- Present contrasting examples
- Practice integrated skills

Feedback Driven Metacognition

Feedback-driven metacognition is a learning strategy where students assess their own understanding and receive feedback to identify knowledge gaps, enhancing their awareness of learning progress and improving future performance.

What does this mean

Monitoring: the process of reflecting on learning or knowledge.
Control: the process of using reflections to guide subsequent behaviours.
Metacognition also includes knowing what is not known.

What does this look like?

- Self-questioning
- Pre-assessment and post-assessment reflection
- Goal setting and strategy planning
- Think-aloud strategies
- Peer feedback sessions

*Retrieval is most effective when partnered with feedback