

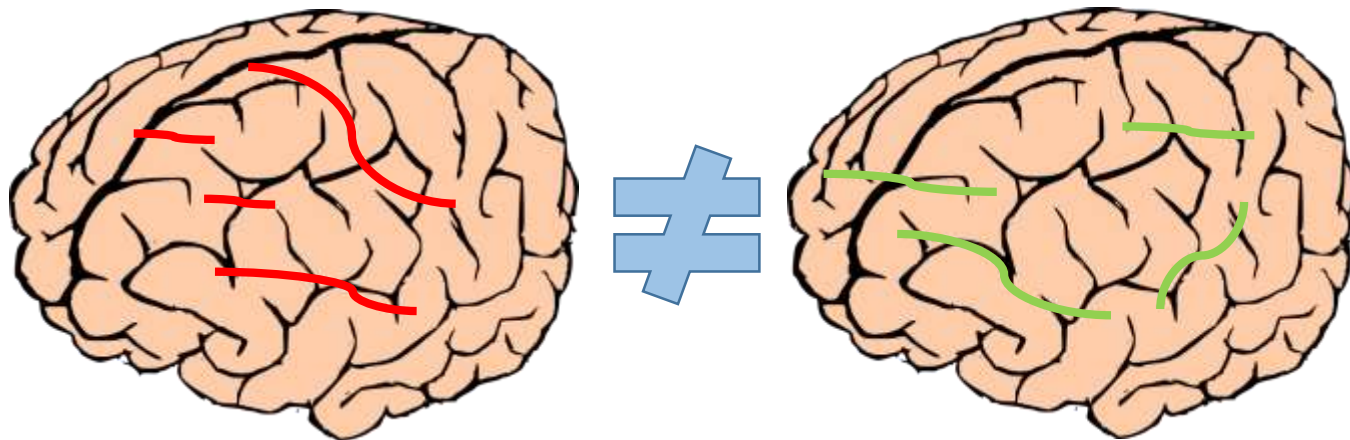
FLASH CARD

TIPS!

Make your own

Why?

Taking information → *considering it* → *then putting it in your own form and words is an essential part of learning.*



Recreating information in your own way helps build strong neural pathways and memories. These are unique to you...using someone else's recreation doesn't help you quite as much.

If you take someone else's premade cards – you deny yourself this learning process!

Add pictures with words

Why?

*As humans we relate and remember pictures much more easily compared to words.
(Our brains are wired to be extra sensitive to images.)*

- ✓ Draw simple pictures/symbols
- ✓ Print out images from the internet and stick them on
- ✓ Use an app that simply copies from your images (**Cram**, **Study Blue** and **Quizlet** are popular)

Pictures next to descriptive sentences are proven to be more memorable compared to just an image or a set of sentences.



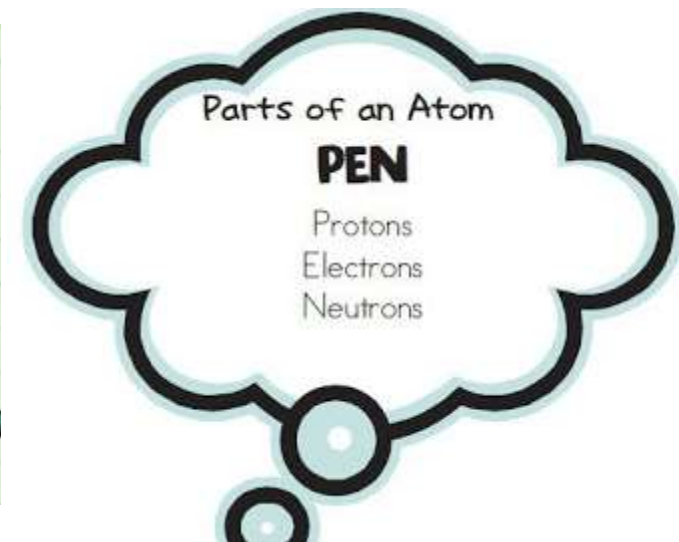
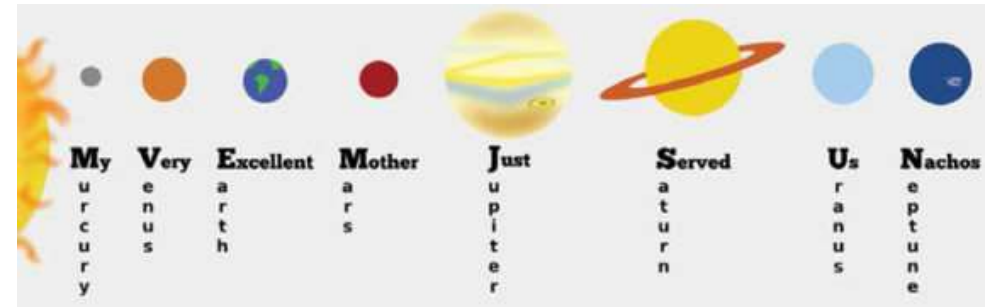
Mnemonic devices

Why?

A mnemonic device helps you build links between two or more pieces of information

Keep them simple and memorable.

Remember: it only has to make sense to you. So it's better if you create the mnemonic or memory link.



Simplicity and recall

Why?

One card – one question

OR

One card – one small part of a topic

This helps our brains avoid confusion. We can easily mistake **recall** for **recognition**.

Recognition	Recall
When revising it can be easy to think that you understand a theory, key word, question or something similar because you recognize it. This isn't the same as fully understanding it and being able to recall.	Actively being able to retrieve information from your memory without having to recognize it. It's basically the sign of truly understanding something.

The more you break up the information onto separate cards, the less likely you are to miss key points. If you used several bullet points per card, you may remember two or three then be tricked into thinking you understood all the information because it felt familiar (or you recognized it...)

Break up the difficult stuff

Why?

Group too much information on one topic you may slip into thinking you understand all of it because you understand some of it – the illusion of competence...

For example:

You're studying for a History assessment on The Vietnam War, specifically, why the USA lost. It's a broad and complicated topic including tactics, soldiers, weapons, technology and the home front. You might know and understand tactics and soldiers really well and recall lots of detail. If you don't break up this information you may have the illusion that you understand all of the factors as to why the USA lost.

Break up the topics onto separate cards and you are forced to make sure you learn the different parts separately:

- 1) Tactics*
- 2) soldiers*
- 3) weapons etc.*

