



# SummerPod

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## Retrieval Practice

**Practise bringing information from memory for better results**

Retrieval practice is the act of recalling information without having it in front of you. Research shows this is far more effective than reading and re-reading



### How it Works

In recent years, cognitive psychologists have been comparing retrieval practice with other methods of studying. What they found is that nothing cements long-term learning as powerfully as retrieval practice.

#### Write it down

Try writing down everything you know about a topic. Then go back and check to see what you have missed.




#### Partner Up

Get together with a friend and write down everything you can remember about a topic. Compare notes and see what's missing.

#### Flash Cards

Make some flash cards and then try recalling the information on them.

### Tips and Advice to Get it Right

-  **'Space out' your practise**  
Retrieval practice is even more effective if it's done in short bursts over time, rather than in a single long session. The struggle involved in trying to recall information strengthens your long-term learning.
-  **Don't give up**  
It may feel hard at first but the more time you practise reading, the more information you will be able to bring to mind, it will get easier each time!
-  **Flash Cards**  
Create flash cards to help fill the gaps in your knowledge to help you remember more next time. Our pods are a fantastic way to use flash cards, simply pick a topic, make a flashcard with everything you know, then watch the pod to fill in any knowledge gaps.

### How Using GCSEPod Can Help

Our assignments are a fantastic way to test your knowledge, just like past papers, they are relevant to the exams you will be taking. They also auto-mark and show you what areas you need to improve by providing a boost playlist with the exact Pods you need to watch to fill those knowledge gaps.

For more information visit:

[gcsepod.com](https://www.gcsepod.com)