THE BULWELL ACADEMY
Creative Education Trust

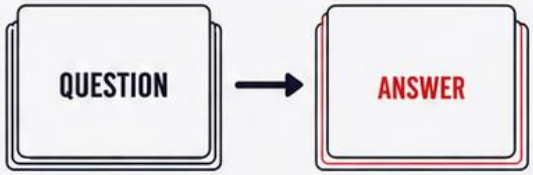
HOW TO: ACTIVE RECALL

THIS IS WHY ALL OUR POWERFUL KNOWLEDGE IS LAID OUT AS QUESTION AND ANSWER

Our brains remember more when we actively retrieve information. This is called **active recall** – and it's one of the most effective ways to learn and remember.

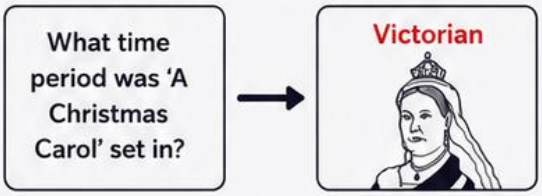
1. QUESTION ON ONE SIDE, ANSWER ON THE OTHER

Read the question. Cover the answer. Can you recall it from memory?



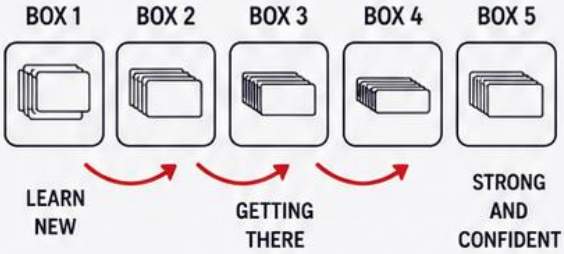
2. ADD A PICTURE

Images help your brain make stronger connections and make information easier to remember.



3. USE THE LEITNER SYSTEM

Sort your flashcards into boxes based on how well you know them. Revise the ones you struggle with more often and the ones you know well less often.



4. SPACE YOUR RETRIEVAL

Return to your cards over time. The more you space out your recall, the more you lock it in for good.



Review today, then in a few days, then in a week, then in a few weeks...

KNOW MORE
REMEMBER MORE
ACHIEVE MORE

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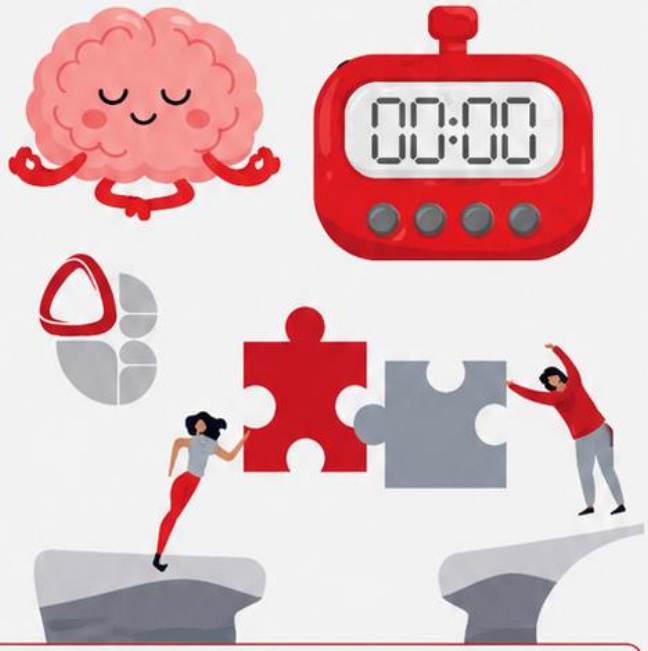
BRAIN DUMP
FREE RECALL

THIS IS WHY WE USE FREE RECALL

This is a great way to see what KNOWLEDGE YOU DON'T KNOW.

How much of each page of knowledge can you write **without a prompt?**

Then you will know **what** to put on your **flash cards.**



HOW IT WORKS

1. PICK A TOPIC
Choose one page or one area of knowledge.

2. SET A TIMER
Give yourself 3–10 minutes. No peeking!

3. WRITE EVERYTHING YOU CAN REMEMBER
Get it all out of your head onto a blank page.

4. CHECK YOUR NOTES
Compare your brain dump to your notes. Highlight what you missed.

5. CREATE FLASH CARDS
Turn the things you missed into question and answer cards.

THE MORE YOU BRAIN DUMP, THE BETTER YOU REMEMBER.

- Builds confidence
- Shows your gaps
- Improves long-term memory

KNOW MORE

REMEMBER MORE

ACHIEVE MORE

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THE IMPORTANCE OF RETRIEVAL

Retrieval practice is **actively pulling** information from your memory.
It is one of the most effective ways to learn, remember and understand.

WHY RETRIEVAL WORKS

It moves knowledge from your **short-term** memory to your **long-term** memory.

It helps you **remember more** and for much longer.

It helps you **identify gaps** in your knowledge so you can focus on what you don't know.

USE THE RIGHT TOOLS

If you are doing online retrieval, these platforms are excellent:

sparx

MATHS & SCIENCE

Sparx uses spaced retrieval and adaptive questioning to help you remember more and target your weak areas.

SENECA

ENGLISH

Seneca provides high-quality quizzes and knowledge organisers to help you retrieve and remember key knowledge.

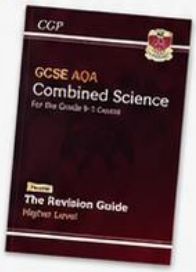
IDEAL FOR INDEPENDENT STUDY

Use these platforms regularly to build knowledge, confidence and improve your exam performance.

CREATE FLASH CARDS USING YOUR CGP TEXTBOOKS

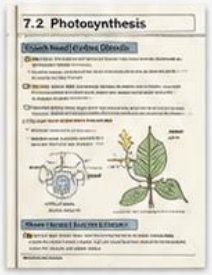
Turning your textbook into flash cards is a simple but powerful way to retrieve and remember key knowledge.

1 CHOOSE A TOPIC



Choose a section or topic from your CGP textbook to focus on.

2 FIND A KEY PAGE



Open the topic and read the page carefully.
Identify the key knowledge you need to remember.

3 TURN IT INTO A QUESTION



Write the key idea as a question on the front of your flash card.
Keep it clear and specific.

4 WRITE THE ANSWER



Write the answer on the back of the card.
Use short, clear bullet points or key words.

5 COVER, TEST, REPEAT



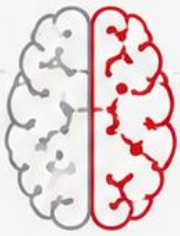
Cover the answer and test yourself.
If you get it wrong, go back and try again.
Repeat regularly.

THE SCIENCE OF LEARNING

Your brain gets **stronger** every time you retrieve information. Each time you **recall** something, you reinforce the **neural pathways** in your brain – making it easier to remember next time.

- Retrieval strengthens memory
- Retrieval improves understanding
- Retrieval boosts confidence
- Retrieval leads to better exam performance

WEAK PATHWAYS
Harder to recall



STRONG PATHWAYS
Easier to recall

> *The more you retrieve, the more you remember. It's not just studying harder, it's studying smarter.*

KNOW MORE | **REMEMBER MORE** | **ACHIEVE MORE**