THE BULWELL ACADEMY
Creative Education Trust

BRAIN DUMP

ACTIVITY BOOK

Capture what you know.
Strengthen what you remember.



WE USE BRAIN DUMPS TO
IDENTIFY OUR KNOWLEDGE GAPS –
THEN WE KNOW WHAT TO
PUT IN OUR FLASH CARDS.

NAME:

KNOW MORE
REMEMBER MORE
ACHIEVE MORE

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BRAIN DUMP

FREE RECALL

TOPIC / TITLE:

DATE:

WRITE EVERYTHING YOU KNOW about this topic.
No notes. No prompts. Just write.

Empty your brain onto the page!

CHECK YOUR KNOWLEDGE

Compare your brain dump with your notes or textbook.
Highlight or tick what you got.

✓ GOT IT	~ PARTLY	✕ MISSED
I knew this without help.	I knew some of this.	I didn't know this.

REFLECT & IMPROVE

What will you focus on next time?
What do you need to put on your flash cards?

KNOW MORE
REMEMBER MORE
ACHIEVE MORE

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

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BRAIN DUMP

FREE RECALL

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No notes. No prompts. Just write.

Empty your brain onto the page!

CHECK YOUR KNOWLEDGE

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Highlight or tick what you got.

✓ GOT IT	~ PARTLY	✕ MISSED
I knew this without help.	I knew some of this.	I didn't know this.

REFLECT & IMPROVE

What will you focus on next time?
What do you need to put on your flash cards?

KNOW MORE
REMEMBER MORE
ACHIEVE MORE

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