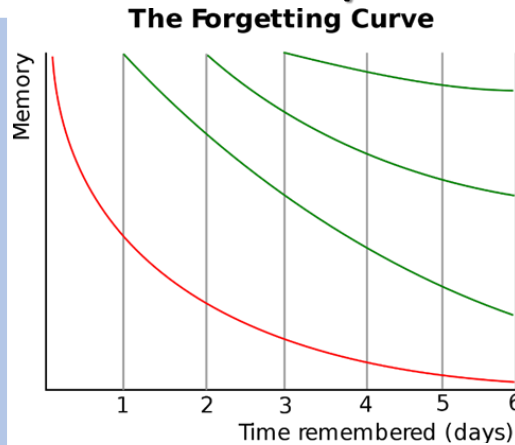


## We will be examining the science behind memory in the first term:

1. Information is automatically received by the sense organs and is the first storage system in the brain.
2. **Short term memory** stores information received from the senses (if the person has paid attention). This store only holds information for a **limited time**.
3. Individuals must

**rehearse** knowledge for it to be consolidated and transferred to long term memory



**They will examine Ebbinghaus' forgetting curve to demonstrate the importance of retrieving information after a gap to avoid forgetting.**

**'with knowledge, we either use it or lose it'!**

<p><u>Blood contains:</u></p> <p><u>Red Cells:</u> contains haemoglobin which carries oxygen</p> <p><u>White Cells:</u> digest germs and produce antibodies</p> <p><u>Platelets:</u> clot blood when tissue is cut</p> <p><u>Plasma:</u> mainly water, transports all the above and other chemicals.</p> <p><u>Arteries:</u> carry high pressure blood away from the heart.</p> <p><u>Veins:</u> carry returning blood to the heart</p> <p><u>Capillaries:</u> end of Art. Fine tubes</p> <p><math>O_2</math> and food pass through watery fluid called Tissue Fluid to cells waste and <math>CO_2</math> go the other way</p>	<p><b>Good points:</b></p> <ul style="list-style-type: none"> <li>• Subject matter is clear</li> <li>• Headings are underlined</li> <li>• Explanations are clear</li> <li>• Neat</li> <li>• Well laid out</li> <li>• Diagram neatly labelled</li> <li>• Easy to read</li> <li>• Easy to learn</li> </ul>
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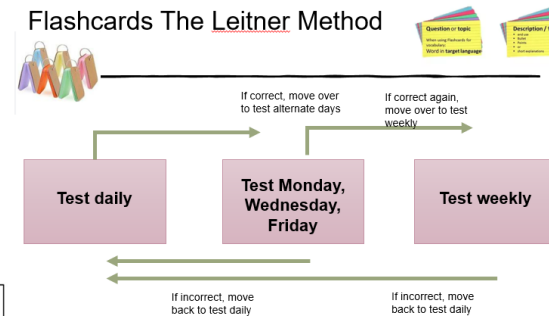
**They will know what good revision notes look like**

They will examine **3** simple ways to use retrieval as a revision tool:

### 1. Flashcards

A **flashcard** has a small amount of information for example a question on the front answers on the back OR topic on the front and summary on the back. They then test themselves or ask you to test them. You can buy blank ones or they can make them using card or post it notes. They can also use an app or do these online. They know how to use them for example using the methods below and there's lots more information on youtube.com.

#### Flashcards The Leitner Method



### 2. Self-quizzing — see

#### Powerful Flashcards

- 1) Retrieve (don't cheat!)
- 2) Re-order (shuffle and interleave)
- 3) Repeat (at least 3 times)

this in action • [https://](https://www.youtube.com/watch?v=8BYCU2Jn668)

[www.youtube.com/watch?v=8BYCU2Jn668](https://www.youtube.com/watch?v=8BYCU2Jn668).

They have knowledge organisers for every subject which will help them here.

### 3. Brain dumps / knowledge splats — see this in action

<https://www.youtube.com/watch?v=6Tt44y-9e9w>.

- \* Your child will look at strategies to help them retain information.
- \* They will know that revision means re-visiting work.
- \* They will know it's an on-going process and not just something to do before an assessment.