

St Matthew's Academy Exam Practice Preparations Friday 17th December 2021

Retrieval Practice and Study Skills



What is retrieval practice?

‘Using our memory, shapes our memory’



Robert Bjork
Professor of Psychology



What is retrieval practice?

- The act of recalling learned information from memory (with little or no support).
- Every time that information is retrieved or an answer is generated, it changes that original memory to make it stronger.
- Also known as the ‘testing effect’.



What are the benefits of retrieval practice?

- Helps with long-term retention of information.
- Identifies gaps in knowledge.
- Learn more when you revisit previously tested material.
- Improves transfer of knowledge to new contexts.



Learning vs. Performance

- Immediate performance does not indicate long-term learning has taken place.
- Learning strategies that are challenging will have the biggest impact on learning.
- These learning challenges are known as ‘desirable difficulties’.

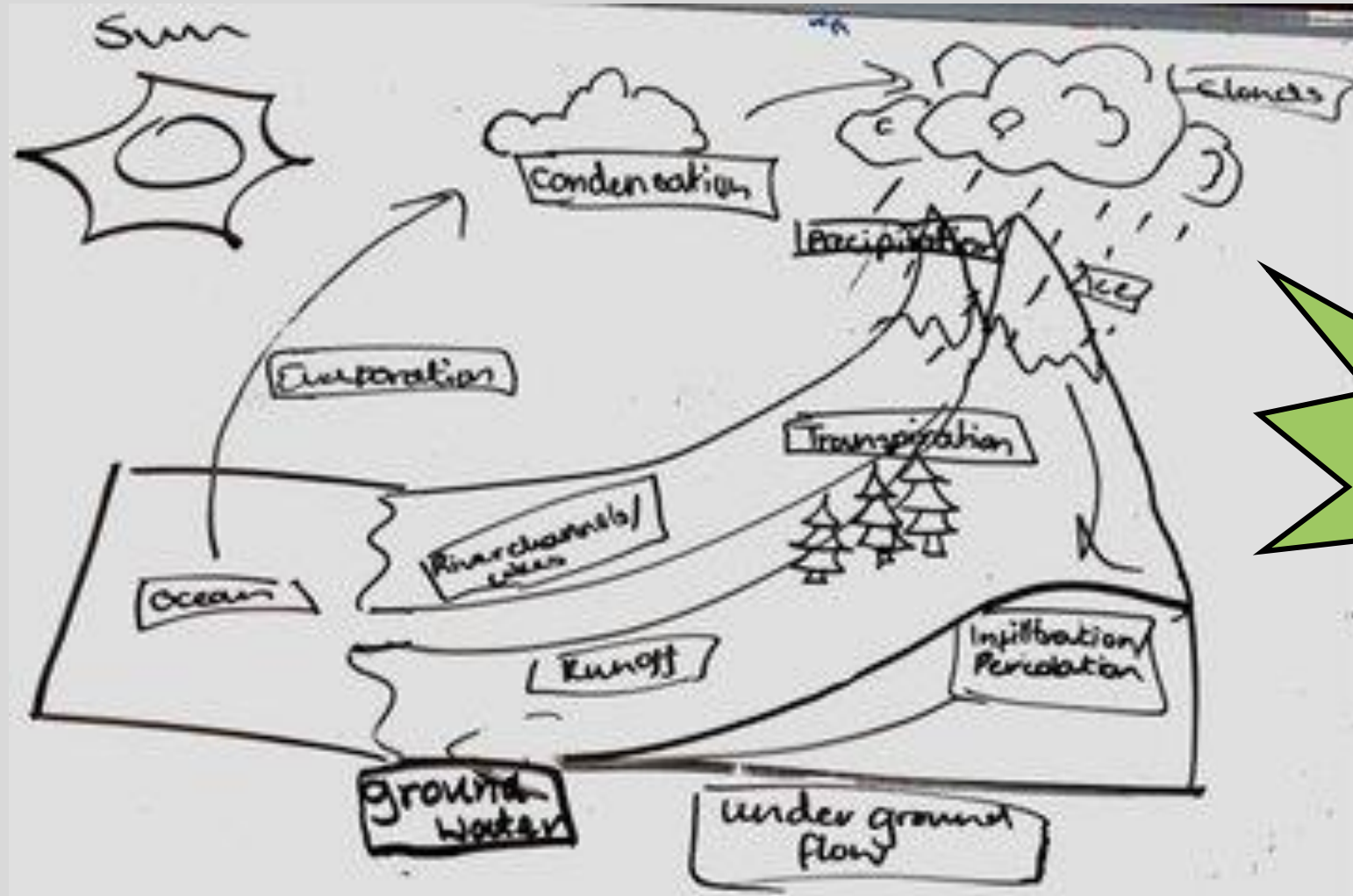


What might retrieval practice look like?

- Practice tests
- Quizzes - testing yourself and your peers
- Flash cards
- Writing down information from memory - 'brain dump'



Geography



Drawing diagrams from memory



Home Economics

Explain why each of the following ingredients are used in a Savoury Macaroni Cheese recipe.

Flour
Cheese

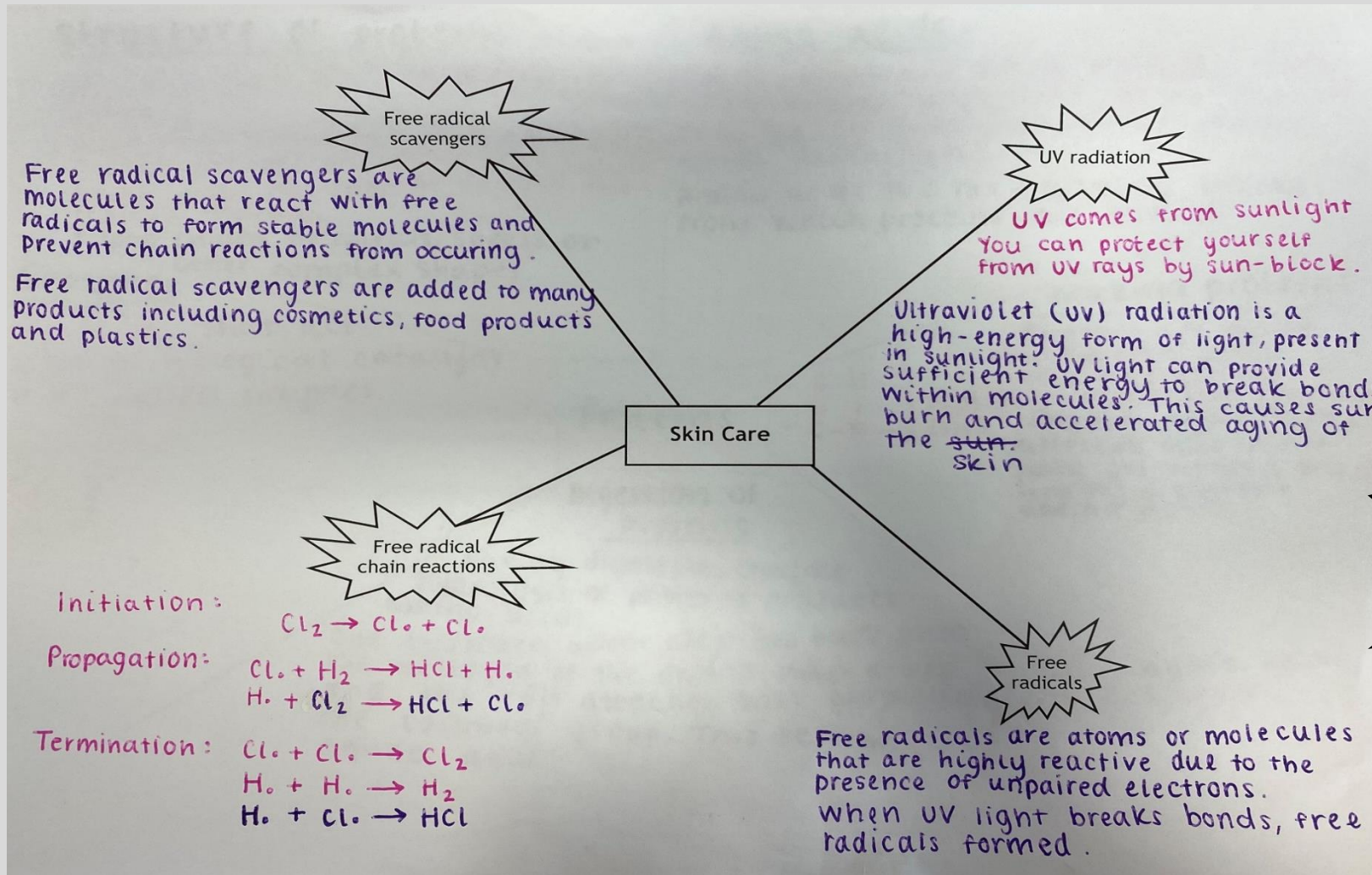
Flour: Used as a thickening agent in a sauce, which will cause the sauce to thicken and be the correct consistency.

Cheese: Has a strong flavour which will prevent the dish from being bland.

Using
flashcards to
self-test



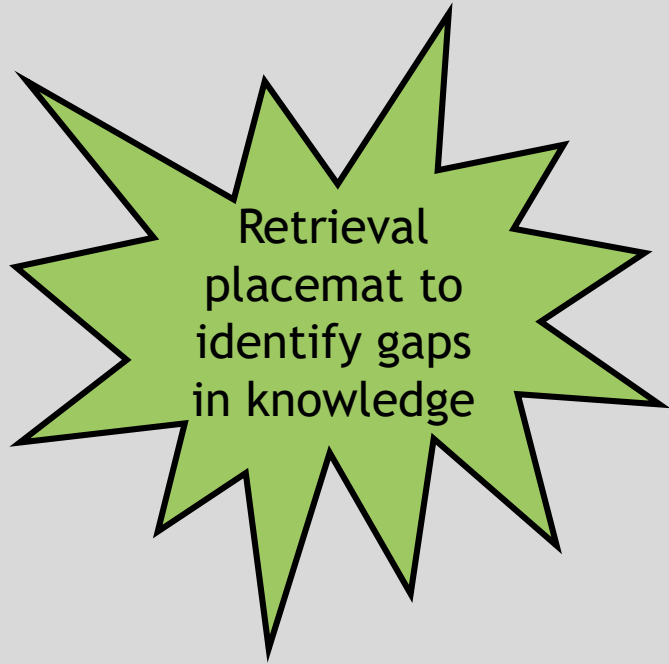
Chemistry



Retrieval clock to identify gaps in knowledge



Administration



A team can be defined as

Factors contributing to team effectiveness

-
-
-
-
-
-
-



4 stages of team development

-
-
-
-

Effective Teams

Benefits of Teams

To individuals:

-
-
-
-

To Organisation

-
-
-
-

Good Leadership

-
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-
-

Reasons for Team conflict

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-
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Belbin's Team Roles

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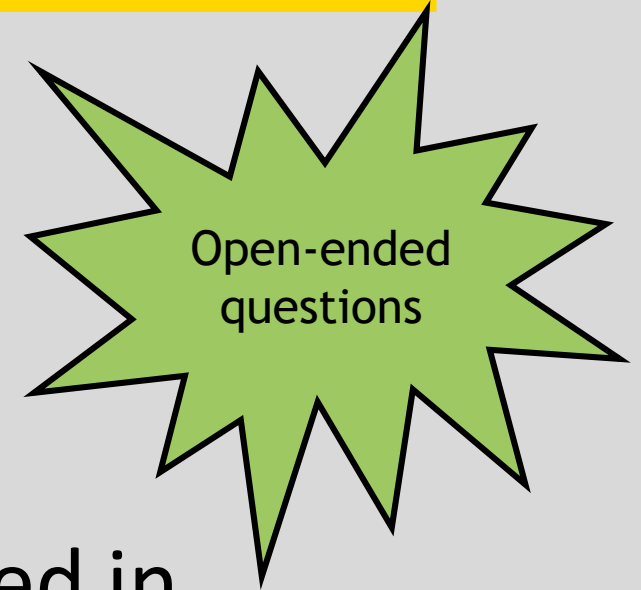
Modern Studies

The Big Questions

Discuss the causes of crime.

Discuss why women are underrepresented in Parliament.

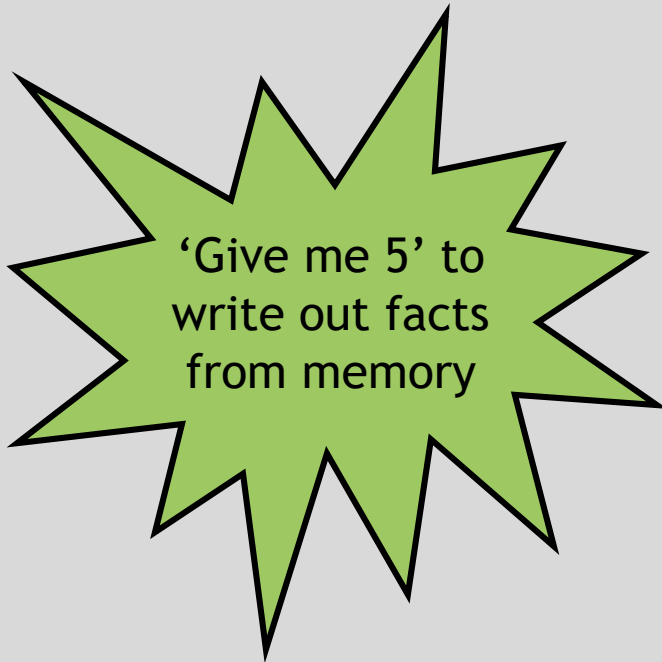
Discuss Government responses to inequalities.



Business Management

Retrieval practice – give me five

	1	2	3	4	5
Benefits/drawbacks of market segmentation	can focus on your target market	may exclude potential customers	help determine location	patterns in buying habits	expensive
Impacts of meeting customer needs	better brand image	repeat purchase	high customer loyalty	high sales volume	higher sales revenue and profit
Advantages/Disadvantages of secondary market research	outdated	everyone can access	cheaper	quicker	not specific
Consequences of setting low prices	expected to be low quality	demand may be high	repurchase rates decrease	value of products & brands increase	items per order decrease
Consequences of setting high prices	smaller target market	less sales	less demand	items per order increase	value of product decrease
Impacts of being in a competitive market	high footfall	have to lower price to compete	high demand for product	can't grow as much	more narrow aims survival
Benefits/drawbacks of market mapping	opinion based	not accurate	where there's a gap doesn't mean it needs to be filled	unreliable	identified gaps
Advantage of selling through retail	higher sales	footfall	enhanced productivity	better data collection	improved customer perception
Advantage of selling online	free advertisement	no rent of utility bills	don't need to have as much staff	sell 24/7	sell worldwide
Examples of direct competitors	Apple & Samsung	Nike & Adidas	Pandora & Tiffany & Co	ASDA & Tesco	Xbox & PS



PE/Music/Modern Languages

Factor - A physical, mental, social or emotional aspect which has a positive or negative impact on a sporting performance.

Sub-factor - A more specific example within a factor e.g. physical speed.

Method - The test or measurement used to gather data on performance.

Acciaccatura - An ornament which sounds like a 'crushed note'. The note is played very quickly on or before the note.

Glissando - Sliding rapidly up and down the notes.

Trill - A rapid repeated movement between 2 notes.

Le père	father
La mère	mother
Les parents	parents
Le beau-père	stepfather
La belle-mère	stepmother

Concept/
vocabulary
lists



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