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Dear Parents

Supporting your child with their revision: What is Spaced Repetitive Learning?

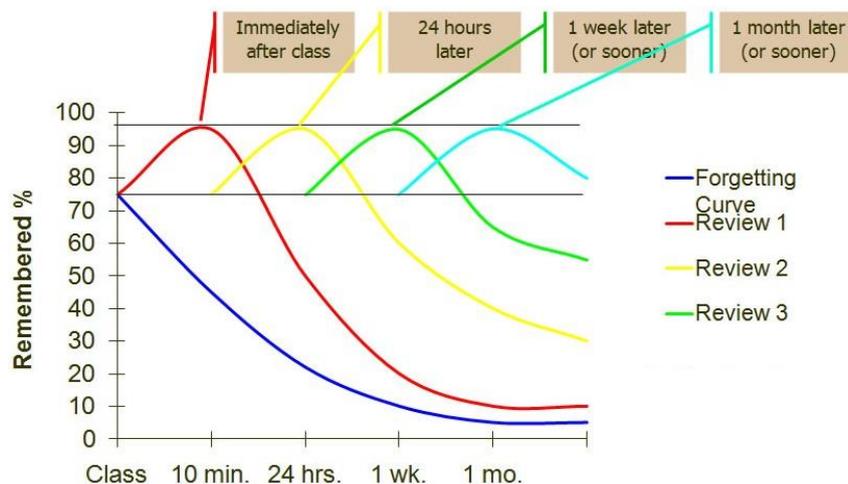
“Spaced Repetitive Learning is significant because it deploys neuroscientific research”

As the summer exams draw nearer, Year 11 students should be increasing their weekly revision this term and Year 10 students should start going over work covered in class. Using Spaced Repetitive Learning, a method of embedding information in our long-term memory through repetition, students will enhance the effectiveness of their revision. Fundamentally, this method is no different from how we learn all the time. When we hear, see or do something once, it can be stored in our short-term memory. If we hear, see, or do it repeatedly, it enters our long-term memory. Spaced Learning can be used for revision when highly condensed learning content is repeated three times, with two 10-minute+ breaks during which distractor activities such as physical activities (ideally) are performed by the students. Students should cover the same content, perhaps in different ways each time, i.e. textbooks, flash cards, revision guides, mind maps, GCSEpod, SAMLearning.com etc.

Supporting students with revision is essential for their success. Some teachers have been setting Spaced Learning homework as a way to embed this technique.



Because a significant amount of learning is lost within 24 hours, remind your child to use the Spaced Learning method to revise the same topic on consecutive days for best results and then at increasing intervals to flatten out the forgetting curve as demonstrated in the image below.



Please turn over ...

A video explanation of Spaced Repetitive Learning can be found here: <http://bit.ly/2o9akJ3> This method will be explained again to Year 11 students in an assembly this term.

Yours sincerely

A handwritten signature in black ink, appearing to read 'J C Alsop', with a long horizontal flourish extending to the right.

J C Alsop
Head Teacher