

# Study Hacks Session Refresher (Year 10 Students)

## Page 1 – Dual Coding Strategies

Strategies 1 – 4 are simple ways students can dual code (i.e., use both words and pictures to learn).

- 1. Mind mapping and drawing pictures:** Research has found that drawing pictures of information you need to learn makes it more memorable. For best results, draw the information out in a ridiculous, weird and/or funny way.
- 2. Kid's books:** Kid's books contain lots of colour, pictures and simple explanations. If you're feeling confused, it's a good idea to access kid's books on the topic. Go back to basics. Once you've got your head around the basic ideas, you can build on it with more complex information.
- 3. Animations:** Find animations on concepts you need to learn. With animations, you have the moving images and the spoken words, which helps to double the impact of your learning.
- 4. Zines:** A zine is a self published book, magazine or comic. You can read zines created by other people on topics you need to learn about but it's more effective if you can make your own zines. You can cut out pictures, draw pictures, add stickers, handwrite or type out key bits of information to stick down.

## Page 2 – Active Recall Strategies

Strategies 1 – 4 are simple ways students can do active recall.

The key is to try to bring the information to mind without looking at your books or notes. Once you've exhausted your memory, then you can look at your books and notes.

- 1. Practice tests and exams:** Treat it like a proper test or exam. Have a shot at answering the questions before you look at the answers. Chances are you will feel clumsy and awkward (and you may not remember much) but remember, this is normal.
- 2. Work with a whiteboard:** Pick a syllabus point or an idea you need to learn. Without looking at your books and notes, try writing and/or drawing out as much as you can remember. Once you've exhausted your memory, you can look at your notes to see how you went. Pinpoint the gaps in your knowledge and where you are a little rusty.
- 3. Run around a table with your friends and quiz each other:** This unconventional strategy was developed by three year 11 students at a school in WA. The students recommend doing the following:  
  
*“The aim of the game is to pretend to be super confident (even if you're not feeling it). Run around a large table, ask each other questions, and try to answer the questions while running.”*
- 4. Flashcards:** Grab some palm cards. Write a question on one side and the answer on the back. Test yourself. Read the question, before you flip the card, try to answer it. Just be careful, it's easy to fall into the trap of rereading (i.e., reading the question and then reading the answer straightaway).

Remember, active recall is challenging to do. Sometimes nothing will come to mind. That's normal. The more you practice this strategy, the better you'll get at it.