



STUDENT TOOLKIT

Some
thoughts
from my
experiences

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We not me



01

Self Preservation

Self preservation



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Planning a term

Visual link to
assessment schedules

KNOWLEDGEFADE

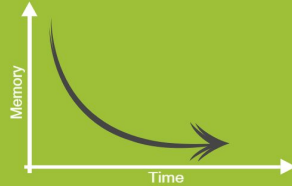
Hermann Ebbinghaus (1850 - 1909)

The father of research into memory and knowledge fade



The Forgetting Curve

Ebbinghaus, and subsequent researchers, found that we forget new information at an exponential rate



After 20 minutes:
42% of learning
is lost



After 24 hours:
67% of learning
is lost



After 31 days:
79% of learning
is lost



After 60 days:
90% of learning
is lost

Without further revision, the average learner retains only 10% of new information after 60 days

This effect can be reversed with regular revision and reinforcement



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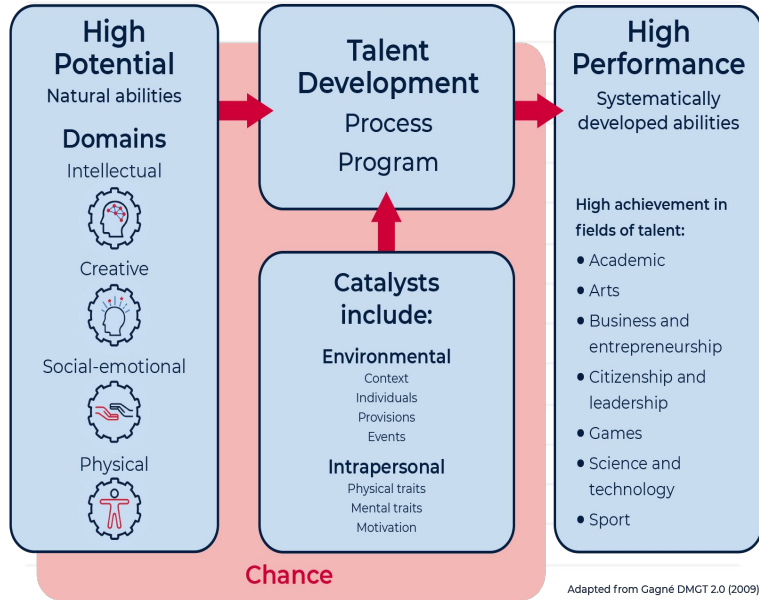
- We forget new information within the first 24 hours of first acquiring it unless we use it immediately.
- If we don't apply new information, we will forget about 40% of it over the first 24 hours and 60% within a further 24 hours.
- How to take Cornell notes

A graphic of a spiral-bound notebook with a white page, a red cover, and a green background. The page has a spiral binding at the top. On the left side, there are two horizontal rectangular tabs, one yellow and one orange. In the center of the page, the number '02' is displayed in a large, bold, black font, enclosed within a light green circular arrow. Below the number, the text 'Improve not prove' is written in a bold, dark red font.

02

Improve not prove

Improve not prove



The HSC is your personal journey



Mindset

Improvement & growth



Ranks & tasks



03

Good questions

Good questions for learners

Can

What have I done
well?

Which parts of
the criteria /
rubric /
question / task
can I do?

Can't (yet)

What have I not
done so well?

Which parts of
the criteria /
skill /
knowledge /
understanding do
I need to
improve?

Improve?

How does my work
compare with
that of models &
exemplars?

Do I have a good
understanding of
how I can
improve?



04

We not me

Study groups

- Retrieval practice
- Teach someone else
- Identify knowledge gaps
- Learning is a social construct!
- <https://getatomi.com/blog/why-you-need-to-have-a-study-group>

