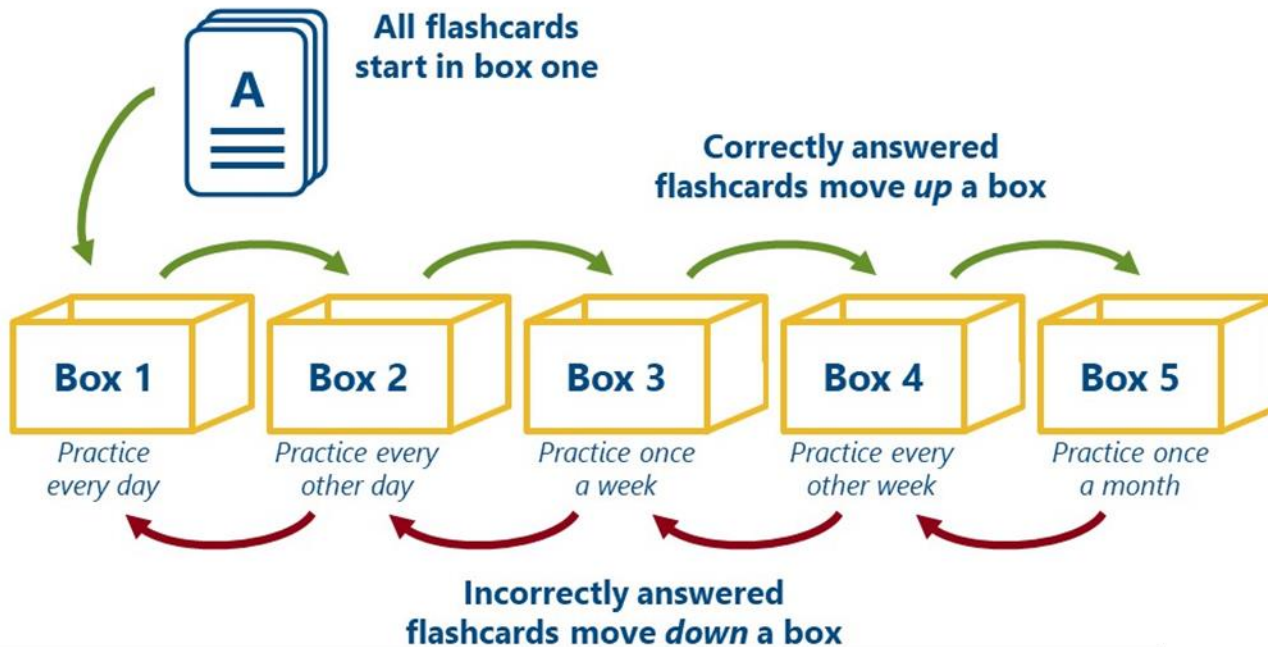


Use Flash cards to help retrieval

Leitner Method



- Use the **Leitner system** with your flash cards to boost retrieval of information.
- Move the cards to a box based on if you remembered the flip side content – this will ensure you spend the majority of your time practicing the cards, which will make the most difference to your grade.

- ✓ **Two-sided** flashcards are good; one side for the **title** and the other for the **content**.
- ✓ Try to include between **five** and **ten points** on each card.
- ✓ Keep them **colourful!** You could **highlight** or **underline** key words, use **images, doodles, photos** and even **colour code** cards for each subject.
- ✓ **CAPITAL letters** are encouraged as these take slightly **longer** to write and can aid memory.
- ✓ Create from **memory**, and then check it's correct and add to the detail by using your **exercise book, textbook** and **revision guide**.