A Learner's Toolkit



Building Good Habits Study Journal

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| Teacher: | | | |

Toolkit Strategy Guidelines

| Toolkit Strategy | Description |
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| | Practice recalling learned information, strengthen memory traces and increase the chances that the information is transferred to their long-term memory |
| Retrieve It | Strategies: Quick Reviews, Online Quizzes, Flashcards |
| March Veek Verkeday | Avoid leaving too long or too short a gap between studying a subject/concept |
| Space It | Spacing Formula = Number of Days until Test x 15% |
| ABC CAB | Master the basics first, choose a few related topics (select |
| Jumble It | between 3 & 4), and jumble the order that you study them |
| | Top Tip: Jumble concepts/topics that are similar are use the same processes |

Study Session Tracking

| Subject | Date of Study Session |
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| Maths | |
| Science | |
| Language | |
| History or Geography | |
| Elective | |

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