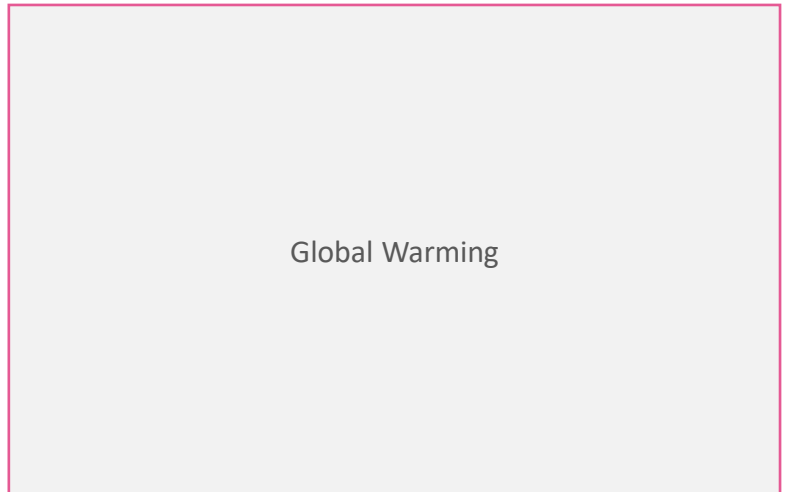


# Retrieval - Brain Dumps and Revision Clocks

Retrieval practice is simply trying to recall information from memory, without the aid of notes or textbooks. This revision strategy is effective because it strengthens memory retention, enhances long-term learning, and improves your ability to then remember this knowledge during exams. By repeatedly retrieving information, you reinforce neural connections associated with that knowledge, making it easier to recall in the future. Retrieval practice also helps identify gaps in understanding and promotes deeper comprehension of the material through active engagement. The follow techniques allow you to use retrieval practice.

**Brain dumps** involve recalling and writing down all the information you remember about a topic or subject on blank piece of paper without referring to any resources. This revision strategy is effective because it helps activate your memory, identify gaps in your knowledge, and reinforce key concepts. By forcing yourself to retrieve and write down information from memory, brain dumps enhance memory retention and improve recall during exams. Additionally, reviewing your brain dump allows you to prioritise areas for further study.



**Top tip:** Write down everything you can remember in one colour, then check your revision notes and finish your brain dump in a different colour. You now have a visual record of what you could remember and what you now need to revise.

## Revision clocks

Revision clocks are essentially a structured brain dump. The sheet has a clock design, split into 12 segments, representing one hour. You have five minutes to complete each segment, or two Pomodoros to complete the whole clock. The 12 segments can have subtitles completed beforehand or for an advanced method you must memorise the names of the 12 sub-titles to complete.

