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# How to Revise: Leitner Flashcards

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**A m b i t i o n**



**R e s p e c t**



**C o m p a s s i o n**



# What will we cover in these sessions?

**Session one:** retrieval and memory

**Session two:** Leitner flashcards

**Session three:** Cornell notes and self-quizzing

**Session four:** study buddies and graphic organisers



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# The Benefits of Retrieval



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Working Memory



Long-Term Memory



Retrieval



Ambition



Respect



Compassion





# How to create and use flashcards



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- Use your class notes, revision resources or textbooks to find important information or knowledge needed for the exam. Write the question (e.g. a key word, fact, date, quote) on one side and the answer (e.g. a definition) on the other. Keep the amount of information on each flashcard short and concise.
- Retrieve the answer either **by saying it out loud or writing it down.** No cheating by looking – this is a waste of time!
- Do not use flashcards to cram – space out when you use them. Leitner method helps with this: <https://youtu.be/d9u3KxGCio8>

A m b i t i o n



R e s p e c t



C o m p a s s i o n



# Create Flashcards that are simple



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## Ambition



## Respect



## Compassion



*The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.*



Q. Why is the nerve cell extended?

A. So that nerves can run to and from different parts of the body.



# Create Flashcards that are numerous



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## Respect



## Compassion



*The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.*

Q. Why is the nerve cell extended?

A. So that nerves can run to and from different parts of the body.

Q. What is the nerve cell covered with and why?

A. A fatty sheath, which insulates and speeds up the nerve impulse.

Q. Why does the cell have extension and branches?

A. So it can communicate with other nerve cells, muscles and glands.





# Create Flashcards that are overlapping



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## Respect



## Compassion



*The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.*

Q. Why is the nerve cell extended?

A. So that nerves can run to and from different parts of the body.

Q. How is the nerve cell able to and from different parts of the body?

A. It is extended.



# Leitner Method Flashcards

“Pose questions in both directions” (Willingham, 2024)

Test daily

Test Monday,  
Wednesday,  
Friday

Test weekly

1. **Retrieve:** students must retrieve the information before turning the flashcard over (even if they retrieve it incorrectly).
2. **Reorder:** students should shuffle their deck. This will create desirable difficulties by changing the order.
3. **Repeat:** students should keep their cards in their deck until they have answered them correctly three times.

If incorrect, move back to test daily





# REVISION



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## Effective revision is...

- **Active**, not passive;
- **Metacognitive** (reflect on successes and areas to work on);
- **Desirable difficulties**;
- **Social**: “it’s a good idea to speak out loud” when revising; “quiz one another: you’ll each have slightly different perspectives which will further aid your memory”. (Willingham, 2024)

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# How to Revise: Top Tips



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1. **Little and often** is the most effective way to revise. Plan in rest days and breaks.
2. Revision is most effective when it is **active, not passive. It should feel hard!** This is why re-reading and highlighting are among the least effective techniques.
3. Revision can be **social**: quizzing using flashcards, Cornell notes or elaborative interrogation is a really helpful way to test yourself or a study buddy with corrective feedback.
4. **Dialogue** around revision is great. Use fun activities like 'Tell me three', 'Just a minute' or The Feynman Technique to show off what you know!
5. Revision **wellbeing** is important. Stay hydrated, go to bed at a regular time, eat a healthy diet and to put technology to one side while you revise.

