**Study Skills: Lesson plan 1b - How your memory works**

|  |  |
| --- | --- |
| **Class:** | **Date:** |
| **Topic 1**Good habits for great learning | **Resources needed**‘How does your memory work?’ [video](https://www.youtube.com/watch?time_continue=1&v=TUoJc0NPajQ&feature=emb_logo) Handouts “retrieval practice’ and ‘spaced practice’If you wish, there is a recording of this lesson and a presentation |

|  |  |
| --- | --- |
| **Pre- session activity** | **Learning Objectives**Understand how memory works and need for focus and recap in learning |

|  |
| --- |
| **Lesson Plan** |
| **How memory works:**Watch video on FF page. Without watching it again, write down stages in memory making process.(Ans: encoding, consolidating, retrieval)Qu: Which did you remember? How could you check? What would help you remember? **Watch recording of lesson**Read through the handouts |
| **Follow–up activity and next steps**Draw up study plan that includes time for spaced retrieval practice |