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

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| **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 |

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

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| **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 |