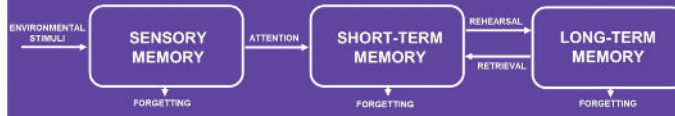


# 4.5 EMBEDDING

## WHAT IS ELEMENT 4.5?

Element 4.5 emphasises the importance of embedding learning to ensure lasting retention. The process should start with guided practice, gradually removing scaffolds to promote independent practice. Additionally, spaced-practice is particularly effective if it is distributed or spaced over time with deliberate gaps in between for forgetting. This is a desirable difficulty and increases long-term learning. Another strategy to embed learning is retrieval practice, which entails low-stakes tests. Research has shown that this is the single most effective way to increase long-term retrieval strength—ability to recall information or procedures after a delay. This should include simple facts and deeper-level learning.

### THE MULTI-STORE MEMORY MODEL



### RETRIEVAL PRACTICE - CHOOSE 1

#### QUIZZING



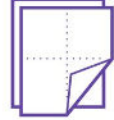
Create a 10 question quiz to test recall, check understanding and identify misconceptions. This can be done via a quiz sheet, PowerPoint or an online quizzing tool.

#### FLASH CARDS



Create a set of flash cards for a specific topic. Write a key question on one side and the answer on the other. Use the [Leitner System](#) to build fluency through repetition.

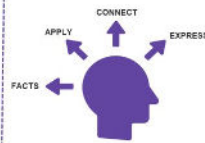
#### FOLDING FRENZY



Use the [Folding Frenzy](#) strategy to encode & synthesise knowledge:

1. Write a one-page summary
2. Create a graphic organiser
3. List the key words
4. Create symbols

#### FACE IT



Use the FACE IT revision model to:

1. Learn the factual content
2. Apply the facts in context
3. Connect ideas by identifying patterns and causal links
4. Peer teach or self-explain.

### SPACED PRACTICE - CHOOSE 1

#### LAST LESSON



From memory, create a one-page summary, mind map, knowledge organiser or sketchnote from **last lesson**.

#### LAST WEEK



From memory, create a one-page summary, mind map, knowledge organiser or sketchnote from **last week**.

#### LAST TOPIC



From memory, create a one-page summary, mind map, knowledge organiser or sketchnote from the **last topic**.

#### LAST TERM



From memory, create a one-page summary, mind map, knowledge organiser or sketchnote from **last term**.

### DELIBERATE PRACTICE – COMPLETE ALL THE STEPS

#### 1. PUSH BEYOND



Choose a past essay question that you find challenging. Decode the question and then plan your answer. What arguments, evidence, scholarship are you going to include?

#### 2. SPECIFIC GOALS



What do you want to achieve when you write this essay? Do you want to improve your use of evidence, develop your analysis/evaluation or enhance the structure and fluency of your essay?

#### 3. FOCUS



Make a conscious effort to improve. Ask yourself the following questions – When am I going to write this essay? Where am I going to write it? How am going to achieve my goals?

#### 4. FEEDBACK



Ask for feedback from your peers and/or your teacher or even generate your own feedback. Identify the areas for improvement and then redraft or redo your essay.

#### 5. MENTAL MODELS



Create a mental model of what a successful history essay looks like. What are its key features? Reflect upon your essay writing skills and refine your practice by repeating with a similar style essay question.

