



EduTrend Contents

EDUTECH · STEM RESOURCES FOR STUDENTS · MIDDLE SCHOOL

Build Your Study Plan

Use practice platforms with retrieval practice and spacing

Ages 12–14

Level: Intermediate

60 minutes

Individual · up to 30

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Build Your Study Plan

Students compare two ways of revising a topic: rereading notes or testing themselves. They learn why retrieval practice and spacing are strongly supported by research, then build a two-week plan using free resources such as Khan Academy or BBC Bitesize, with short self-tests spread over time.

Learning outcomes

By the end of the session students can:

- explain retrieval and spaced practice;
- set a study goal;
- plan spaced self-testing;
- choose suitable resources.

KEY WORDS

retrieval practice · spacing · self-test · goal · plan · resource

CURRICULUM LINKS

All subjects: revision. PSHE: time management. Maths: scheduling.

1**GOAL**

Set a small goal

2**QUESTION**

What do I want to know?

3**EXPLORE**

Use a trusted resource

4**MAKE**

Build, solve or record

5**EXPLAIN**

Tell someone

6**REFLECT**

What next?

Materials (per student)

- Device with a practice platform
- Planner template
- Worksheets 1, 2 and 3

Before the session

- Choose a current topic.
- Prepare a short quiz.
- Print planners.
- Print worksheets.

SAFETY

Use school-managed accounts where needed.
Keep study screens balanced with breaks.

ACTIVITY 04 · SESSION PLAN

Step by step

Rereading feels productive but self-testing usually leads to better long-term memory.

Time	What happens	Say or ask
0–10 min Hook	Quick quiz on last month's topic.	<i>"What did you forget?"</i>
10–22 min Learn	Retrieval and spacing.	<i>"Why does testing help?"</i>
22–35 min Explore	Try a practice platform.	<i>"How does it give feedback?"</i>
35–52 min Plan	Build a two-week plan.	<i>"When will you revisit?"</i>
52–60 min Commit	Share one goal.	<i>"How will you check progress?"</i>

CHALLENGE CARD (print or copy onto the board)

Build a two-week study plan that uses retrieval practice and spacing with free resources, and explain why it should work.

ACTIVITY 04 · FACILITATOR NOTES

The learning know-how in brief

Retrieval practice means testing yourself, not just rereading. A 2013 review of learning techniques by Dunlosky and colleagues rated practice testing and distributed practice as highly useful.

Spaced practice spreads study over several days. Short sessions with gaps help memory more than one long session, even though cramming can feel more effective at the time.

Common ideas to listen for

- “Rereading is best.” Self-testing works better for most learners.
- “Cramming works.” It fades quickly.
- “Mistakes in self-tests are bad.” They show what to review.

Adapting the activity

Support

Provide a partly filled planner.

Stretch

Add interleaving: mix topics in one session.

WORKSHEET 1

Compare techniques

Name: _____

Class: _____ Date: _____

What do you think?

Compare techniques

Technique	How it feels	How well it works
Rereading		
Self-testing		
Cramming		
Spacing		

WORKSHEET 2

Two-week plan

Plan spaced self-tests.

Two-week plan

Day	Topic	Resource	Self-test done?
1			
3			
6			
10			
14			

WORKSHEET 3

Why it works

Explain your plan.

Why my plan should improve my learning

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Explains techniques	Plans spacing	Chooses resources

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Build Your Study Plan is a sample activity from the EduTrend Contents Edutech STEM Resources for Students programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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