**Parent Focus Article**

**WEEK 7**

**Middle – Reviewing Your Notes**

**Senior – Reviewing Your Notes**

**Learning Goals - at the end of this week your child should have:**

- An appreciation of the importance of planned and logical summarising and reviewing routines in their learning.
- A willingness to investigate further summarising techniques and a positive growth mindset to review their notes each day, week, month and ‘Term’.
- A proactive attitude to use the weekly Habits of Mind and Thinking Tools to strive, thrive and flourish in their living, learning and thinking.

**Value for Life – Initiative**

Identify three positive behaviours which show Initiative at home, then at school and then in the community.

**Wellbeing Focus**

Taking accurate and comprehensive notes is an essential component for high level student understanding and achievement. More importantly, these notes have to be reviewed regularly to embed them in students’ long term memories.

Following are facts relating to how much the brain retains:

- Should notes not be reviewed within 24 hours, 60% to 80% of the learnt material is forgotten by the brain
- After a month with no reviews, only 3% to 4% is remembered
- When the brain doesn’t see learnt material regularly, it doesn’t see it as important because there are no patterns and as such ‘dumps’ it.
- When 50 minutes of learning is not reviewed regularly, it takes 30 to 40 minutes to relearn it – why learn it in the first place?

As renowned Polish pianist, Ignace Paderewski, once said, “If I miss one day’s practice, I notice it. If I miss two day’s practice, the critics notice. If I miss three days practice, the audience notices it.”

Whereas when the material is continually revisited, the brain sees it as important because there are patterns. Real learning occurs when students are required to retrieve it regularly through reviewing. An excellent way to review notes is to use the interactive online Learning Curve Thinking Tools to organise the learnt material visibly in students’ brains.

Students regularly train for sport and practise their musical instruments to improve their skills and capabilities; the brain is no different.

"I hear and I forget, I see and I remember, I do and I understand." Confucius