

STUDY SMART Using GCSEPod with cognitive learning techniques. A guide for parents and carers.



First, a quick reminder:

We have invested in an award-winning **digital content and learning provider**, called GCSEPod.



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Pod Credentials:

- Supporting students at KS4 for over 10 years
- Used in over 1,300 schools worldwide
- Recommended by the Association of School and College Leaders
- Winner of multiple educational technology awards:

AWARDS



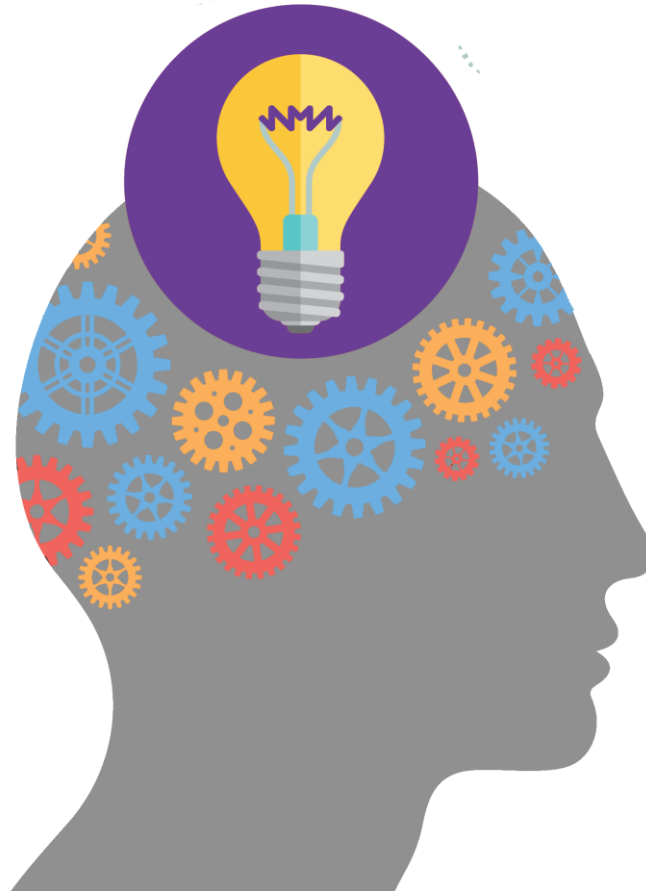
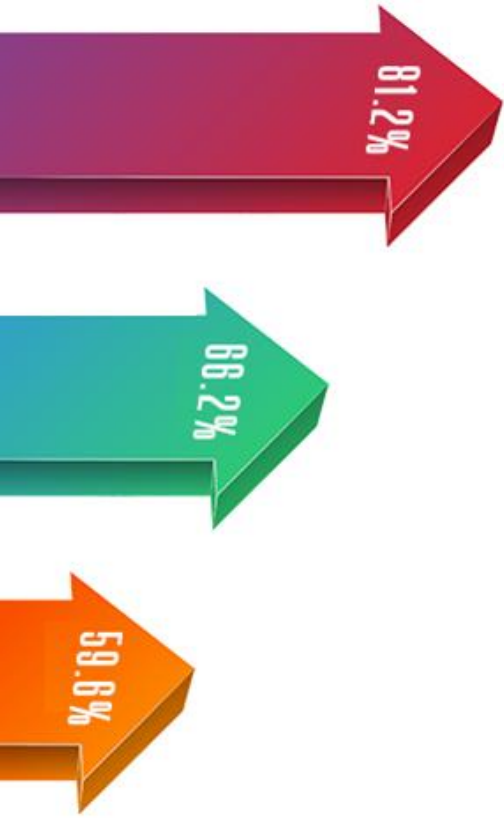
GCSEPod helps your child to:



Accelerate progress
and raise results.

Consolidate subject knowledge
and improve recall.

Improve engagement and encourage
independent learning.



We're going to look at:

1. GCSEPod and retrieval practice
2. GCSEPod and spaced learning
3. GCSEPod and dual coding
4. GCSEPod and flipped learning
5. GCSEPod and interleaving



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RETRIEVAL PRACTICE

Practise bringing information from memory for better results.



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“**Retrieval Practice**” is a learning strategy where we focus on getting information **OUT**. Through the act of retrieval, or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur.



RETRIEVAL PRACTICE

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At-home activities using Retrieval Practice

- Watch a Pod with your child.
- Ask your child to write key words on a flash card.
- Watch the Pod again – your child should summarise their knowledge of each key word on the back of each flash card.
- Allow your child time to flesh out their cards with as much information as they can remember.
- Test your child by asking them to define the flash card words without looking.



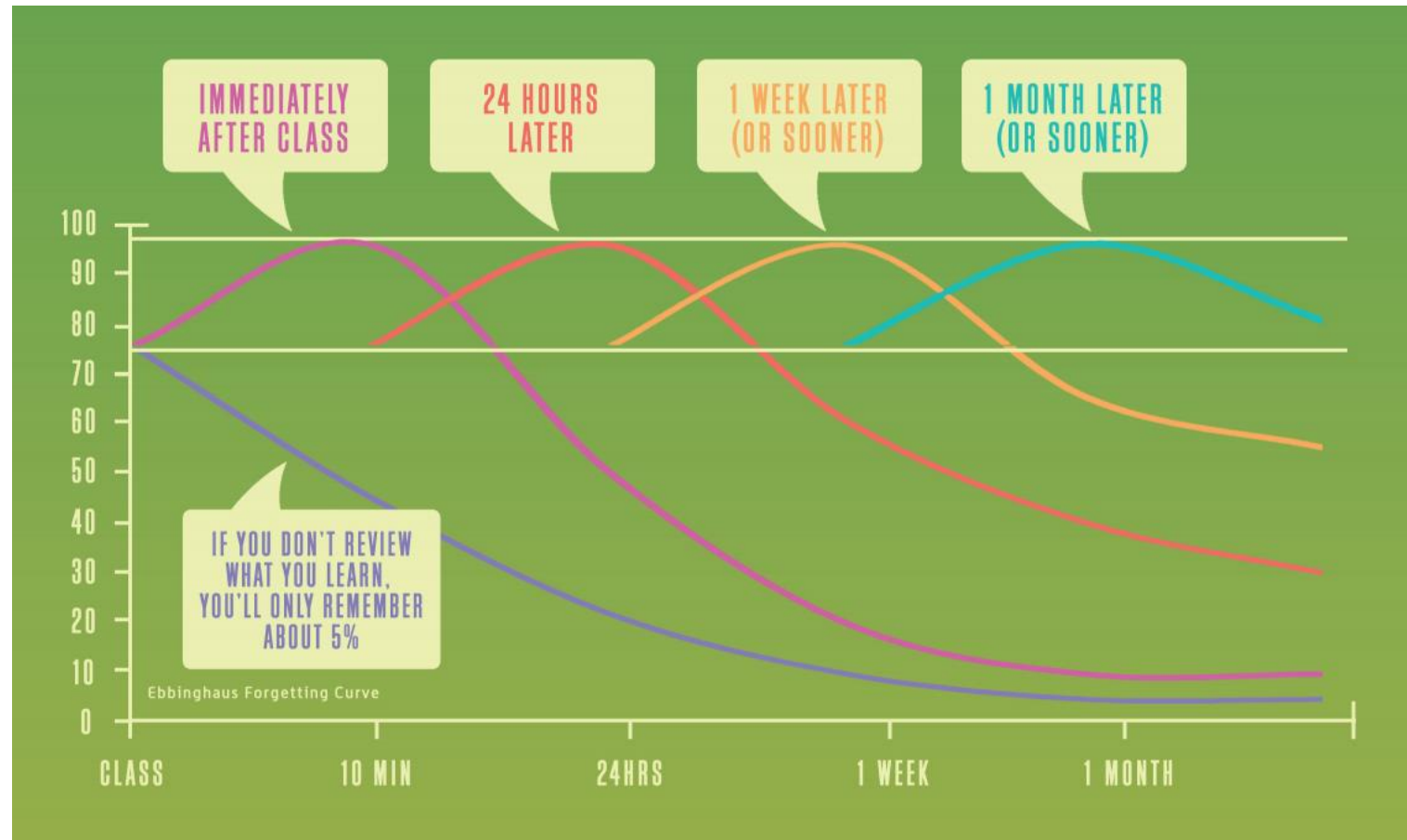
SPACED PRACTICE

Revise, rest, repeat... space out your revision for better results.



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It has been proven that by reviewing at regular intervals, you can reduce how much you forget to just 10%.



SPACED PRACTICE

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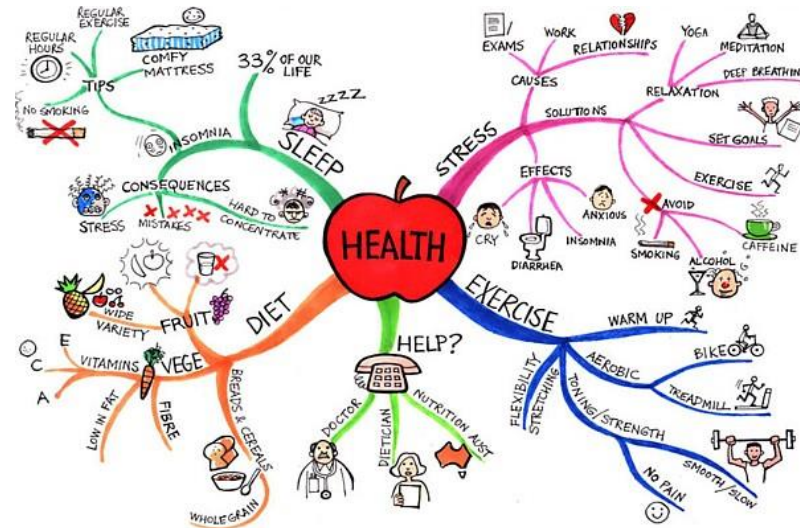
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Reviewing 4 times within a month can help you remember nearly 100%

Immediately After Class

Mind Mapping

Encourage your child to watch a Pod and write down all the key words. Then, from memory, ask them to fill in as much information as they remember on a mind map.



4 Hours Later

Review Maps

Cover your child's mind map and see how much they remember. Highlight the information they couldn't remember and recommend revising the topic again.

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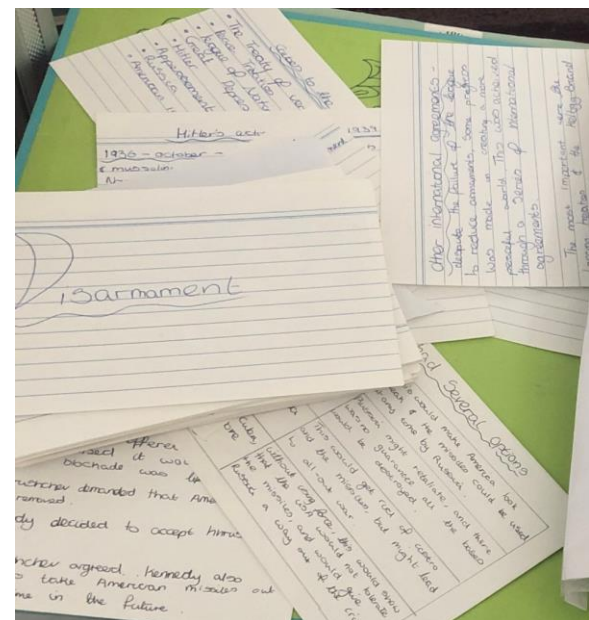
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1 Week Later

Memory Cards

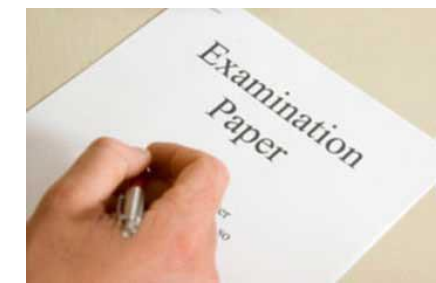
Encourage your child to create their own questions with the answers on the reverse. Then, test their knowledge.



1 Month Later

Past Papers

Encourage your child to watch GCSEPod's Pods again and then practice past papers.



DUAL CODING

The science behind why students get better results with the help of GCSEPod.



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Combine both words and visuals for quicker and stronger recall

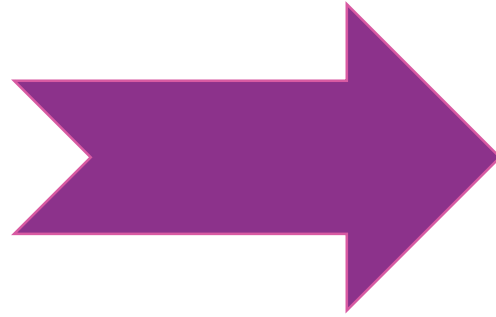
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Just reading text alone improves our memory by 10% in 3 days but looking at the picture we are likely to remember 65%.



B2) Biology

Diffusion
High Concentration → Low Concentration
Used in lungs O₂ diffuses into the blood and CO₂ diffuses into lungs

Osmosis
Dilute solution → Partly permeable membrane → Concentrated solution
Net flow of water

Photosynthesis
Carbon dioxide + Water → Glucose + Oxygen
Light and chlorophyll are also needed

The Carbon Cycle
Carbon dioxide in the atmosphere
Carbon is released from the atmosphere when fossil fuels are burned
Carbon is released from the atmosphere during respiration
Carbon dioxide is used in photosynthesis to produce carbohydrates
Carbon dioxide in the atmosphere is taken up by plants and trees
Carbon dioxide in the atmosphere is taken up by plants and trees

Plant Nutrients
Nitrates - to make proteins
Magnesium - to make chlorophyll

Pyramids of Biomass
Show amount of material at each stage
Owls
Blackbirds
Caterpillars
Oak tree

Leaves
Waxy cuticle - keeps water in
Palisade layer - cells contain lots of chloroplasts to capture light
Stomata on lower surface to allow gases in/out
Spongy mesophyll layer has air spaces to allow gases to move between cells

Always a pyramid shape as:
- some is used for respiration to move/grow
- some is lost as heat
- some material is not digested
- some is lost as faeces

Keywords: Allele, Dominant, Recessive, Mitosis, Meiosis, Insulin, Pancreas, Enzyme, Substrate, Active Site, Denatured, pH

Watch a Pod together, then using the images from the Pod, suggest your child draws a poster combining the images with keywords and definitions. Copying the labelled diagrams in the Pods helps the knowledge to stick!

INTERLEAVING

Interleave your revision to help you remember more.



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Interleaved practice is a learning technique that involves switching between topics and ideas and has been shown to improve long-term learning relative to blocked study of the same idea or topic.

INTERLEAVING

Interleave your revision to help you remember more.



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- Ask your child to create a learning/revision timetable using the interleaved practice example below. They should choose topics that are similar and related either from the same subject or a different one.
- The Pods on GCSEPod are set out in a very clear and organised way. This makes it easier for your child to plan out their revision so that similar and related ideas and concepts, such as in Maths and Science, are studied together and in different orders, rather than separately and/or always in the same order.

Less Effective Blocked Practice

Monday	Tuesday	Wednesday	Thursday	Friday
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5

Highly Effective Interleaved Practice

Monday	Tuesday	Wednesday	Thursday	Friday
Topic 1	Topic 4	Topic 2	Topic 5	Topic 3
Topic 2	Topic 5	Topic 3	Topic 1	Topic 4
Topic 3	Topic 1	Topic 4	Topic 2	Topic 5

- Your child can watch the Pods on each topic and then complete active tasks from the previous slides.

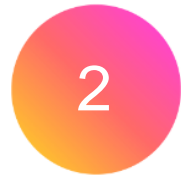
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