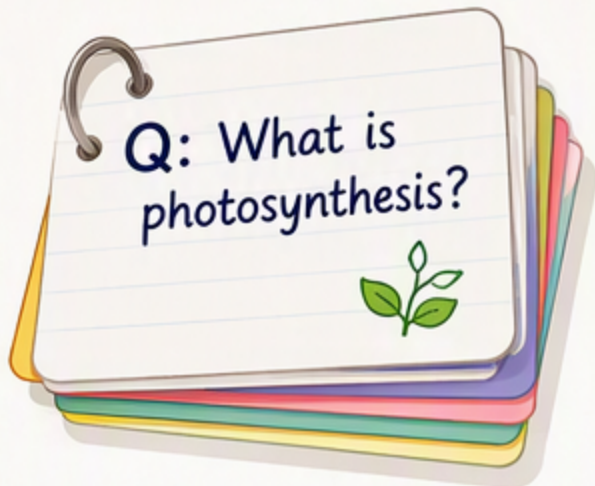


WHAT ARE FLASH CARDS?

Flash cards are powerful tools for self-testing. On one side, you write a question, keyword, or image; on the other side, the answer or definition. They are quick to make, easy to carry, and brilliant for practising recall across all subjects.



WHY FLASH CARDS HELP YOU LEARN BETTER



Flash cards are based on **retrieval practice**: making your brain recall something from memory. This strengthens the memory and makes it easier to recall later.



Improves long-term retention



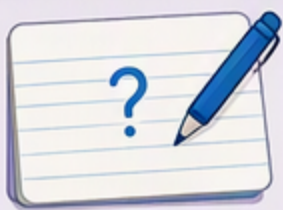
Builds confidence



Research shows active recall is one of the most effective study strategies.

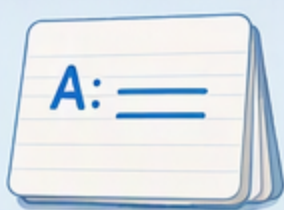
HOW TO USE FLASH CARDS EFFECTIVELY

1



Write a clear question, keyword, or image on the front of the card.

2



Write the answer or explanation on the back.

3



Go through your flash cards regularly, especially focusing on the ones you get wrong.

4



Speak your answers out loud to engage multiple parts of your brain.

5



Sort cards into groups: 'I know this', 'I'm unsure', and 'I don't know'. Focus more on the last two!

TOP TIPS FOR GETTING THE MOST OUT OF FLASH CARDS



Use different colours for different topics or difficulty levels.



Keep answers short and focused—use bullet points.



Add symbols, emojis or drawings to make them memorable.



Shuffle them regularly to avoid learning just the order.



Try digital flash card tools like Quizlet, Anki or Brainscape.



Pair up with a revision buddy and quiz each other.

THE SCIENCE BEHIND IT



See a question (card front)



Retrieve the answer from memory



Feedback (strengthens memory)

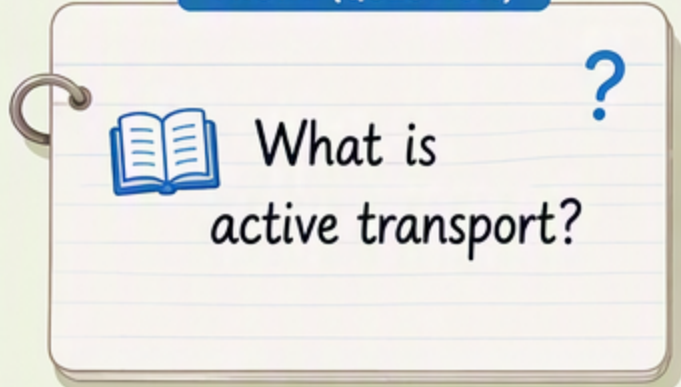


Better recall and long-term learning

Every time you try to recall an answer, you strengthen the memory pathway. The more you practice, the easier it becomes!

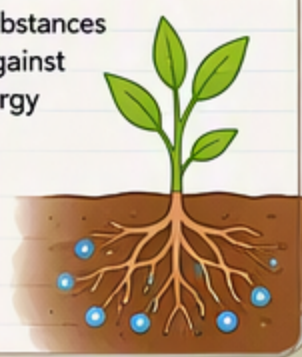
EXAMPLES OF GREAT FLASH CARDS

FRONT (QUESTION)



BACK (ANSWER)

- Active transport is the movement of substances from a low to a high concentration, against the concentration gradient, using energy from respiration.
- It requires carrier proteins in the cell membrane.
- Example: Root hair cells absorbing mineral ions from the soil.



MAKE • PRACTISE • RECALL • IMPROVE • SUCCEED!

