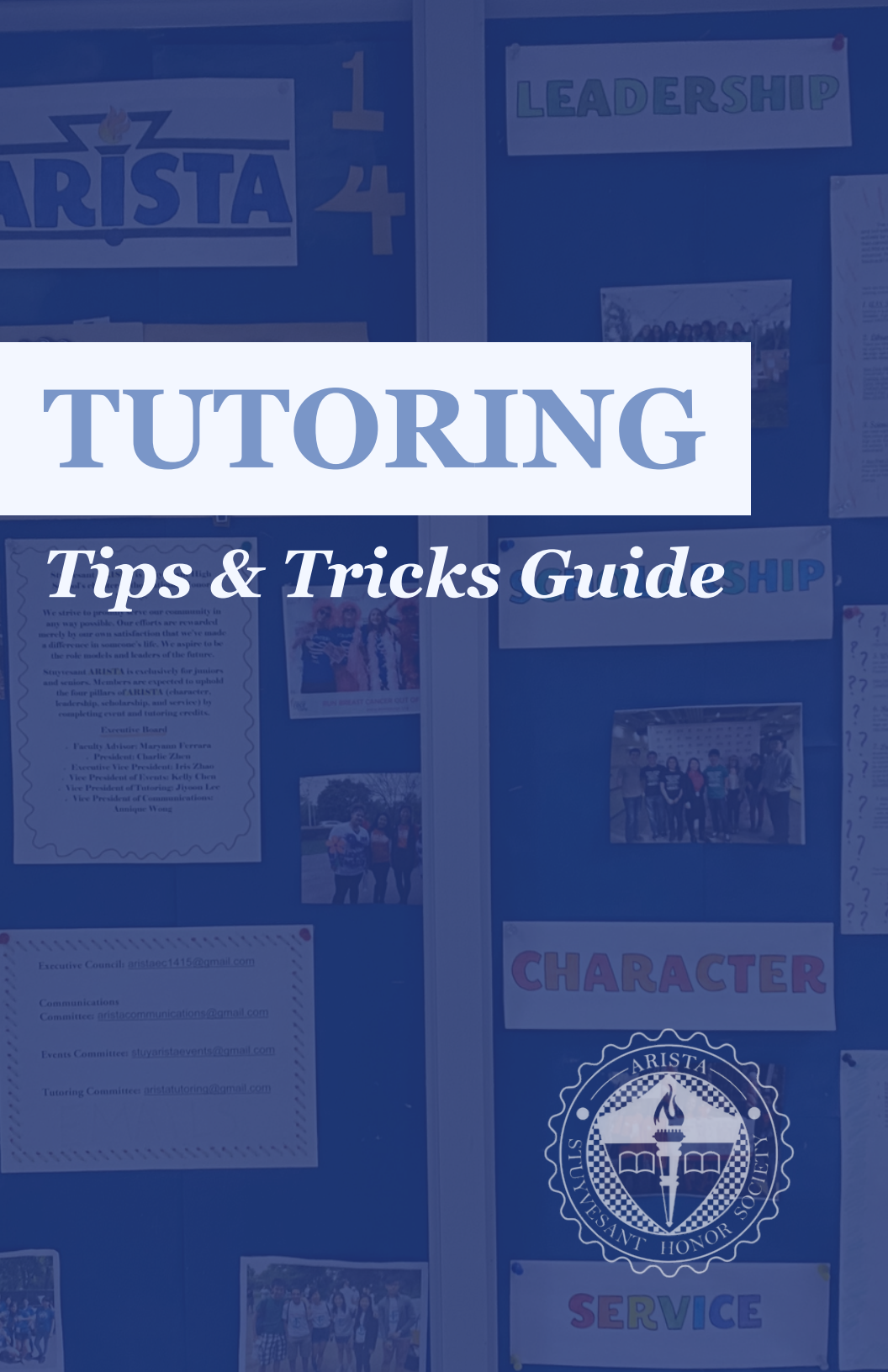
TUTORING

Tips & Tricks Guide



Content Preparation

To prepare effectively, review the topics your tutee needs help with by going over old notes, tests, or relevant materials. Be ready to assist them with past assignments or exams. If possible, ask your tutee to send the materials they're working on ahead of time, so you can prepare more thoroughly.

1) Evaluate what your tutee needs help with

Directly ask: What areas do you want to cover today? Are there specific problems or topics that you've found difficult recently?

2) Decide whether they need content review, practice, or both

Content Review

- **Summarize Content:** Go over the key concepts they need to know. For example, if you're helping with algebra, summarize formulas, rules, and common errors.
- **Use Visuals:** For complex topics, create diagrams, mind maps, or charts. (particularly helpful for subjects like math, science, and history)
- **Teach Concepts in Steps:** Break the material into digestible parts.[1]

Practice

- **Work Through Problems Together:** Talk them through each step of a math problem, or guide them through structuring an essay.
- **Provide Targeted Practice Questions:** Based on their weaknesses, give them extra practice problems from textbooks, worksheets, or past exams.
- **Simulate Test Conditions:** If they're preparing for a test, give them practice questions under timed conditions to get used to the pressure.
- **Focus on Active Recall:** Encourage them to recall information from memory, which helps strengthen neural connections.[2]

[1] *Cognitive Load Theory (Sweller)*
[2] *Active Recall & Retrieval Practice (Roediger & Butler, 2011)*

Combination

- **Start with a Quick Review:** Begin with a brief overview of the content.
- **Follow Up with Practice:** After the content review, give the student relevant problems or exercises to apply what they've just learned.
- **Active Testing:** After a few practice problems, ask them to explain the concepts again from memory to reinforce understanding.

Best Ways to Tutor

Active Recall

→ Active recall involves prompting the student to retrieve information from memory rather than simply reviewing it. This method enhances long-term retention by strengthening neural pathways related to the learned material.

Spaced Repetition

→ Spaced repetition involves reviewing information at increasing intervals, helping to combat forgetting and promote long-term retention. This method takes advantage of the spacing effect, where information is more easily retained if revisited after some time has passed.[3]

The Testing Effect

→ Taking tests or quizzes can improve retention more effectively than simply restudying material. When students are tested on what they have learned, it reinforces the material and helps improve future recall.[4]

Interleaving Practice

→ Interleaving involves mixing up different topics or types of problems during practice instead of focusing on one subject at a time. For example, studying a variety of math problems or concepts in a single session rather than mastering one concept before moving on to the next. (prevents overlearning)[5]

[3] *Cepeda, N. J., et al. (2006): Spaced Learning: What the Science Says*
[4] *McDaniel, M. A., et al. (2007): Test-Enhanced Learning: The Effects of Test Practice on Long-Term Retention*
[5] *Kornell, N., et al. (2010): The Benefits of Interleaved Practice*

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