

6 Reflection and Retrieval

Reflection

Reflecting on what you recently learned is a proven strategy for making new knowledge stick.

Spend a few minutes thinking about the following prompts and write down your responses:

- In your own words, describe the key ideas from this module.
- Give an example of how each key idea is applied.
- How do these key ideas relate to each other?
- How do these key ideas relate to what you learned earlier in the course?
- What are you still curious about?

Retrieval

Retrieval practice invites you to revisit topics just as you're near the point of forgetting them, which has been proven to help cement the knowledge