## 3 Reflection and Retrieval

## Reflection

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

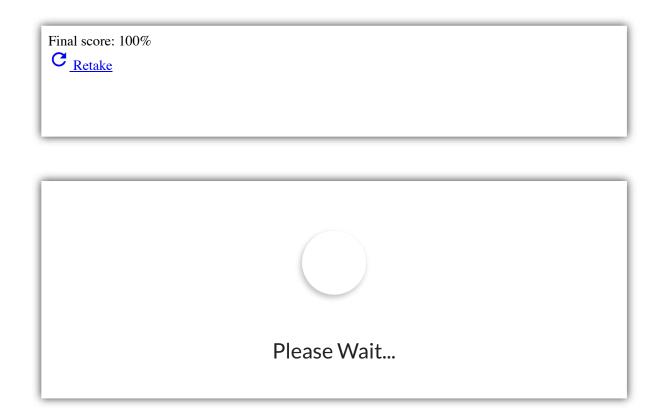
Spend a few minutes thinking about the following prompts and write down your responses:

- 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 into long-term memory.

Use the following knowledge checks to discover topics that you may need to revisit:



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