

# [Reading notes] [C. Sweet, H. Blythe, R. Carpenter] The four Rs techniques

Lam Huynh

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Students can become deep learners by applying "the four Rs techniques". This technique includes **Receive**, **Retrieval**, **Rate** and **Reflect**. [2]

## 1 Receive

Emphasizing on the conciseness and varieties of the teaching content. New content should be connected to old content. Making it short as well as diversity.

## 2 Retrieval

Quiz, quiz and quiz again. Using question as easy-winning baits to stick the content to students memory, because the effort is what make it stick to the long-term memory [1]. One can whether apply technique **R2\_interweave** and/or **R2\_key**. I think these are meant for complementing each other.

**Technique R2\_interweave** includes 1) give it a try, 2) using all your senses and experience, 3) space out practice, 4) interweaving practice subjects and 5) varying learning time and places.

**Technique R2\_key** focuses on extracting the key ideas. Then, creating a mental model and connecting them to the old, known knowledge.

To recapitulate, remember that **retrieval effort is what make it stick**.

## 3 Rate

The idea behind rate is the learner has to practice to evaluate the importance of the received information.

## 4 Reflect

Always ask what and how you have learned the information using some of the following questions.

