

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

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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.

How did the thing you learned relate to your prior knowledge?
 What make you felt reassured/surprised/disagreed?
 What are the most difficult/easy/interesting things? Pattern?

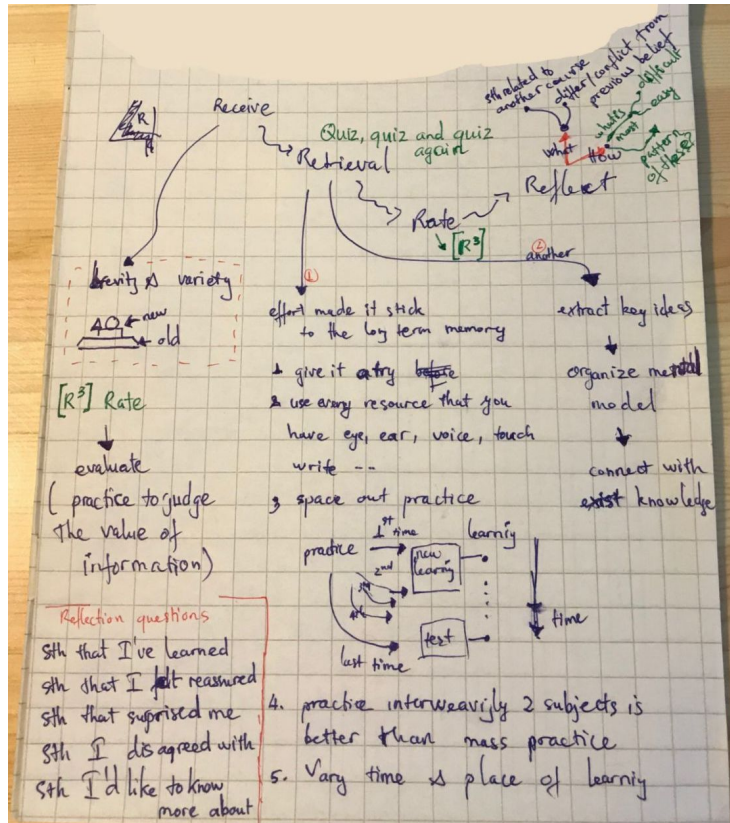


Figure 1: Scratch of my simple/not yet refine mental model of the 4Rs technique.

References

- [1] P. C. Brown, H. L. Roediger, and M. A. McDaniel. *Make it stick*. Harvard University Press, 2014.
- [2] S. Charlie, B. Hal, P. Bill, and C. Russell. Transforming your students into deep learners: A guide for instructors. <https://www.amazon.com/Transforming-Your-Students-into-Learners/dp/1581072945>. Accessed: 2019-30-03.