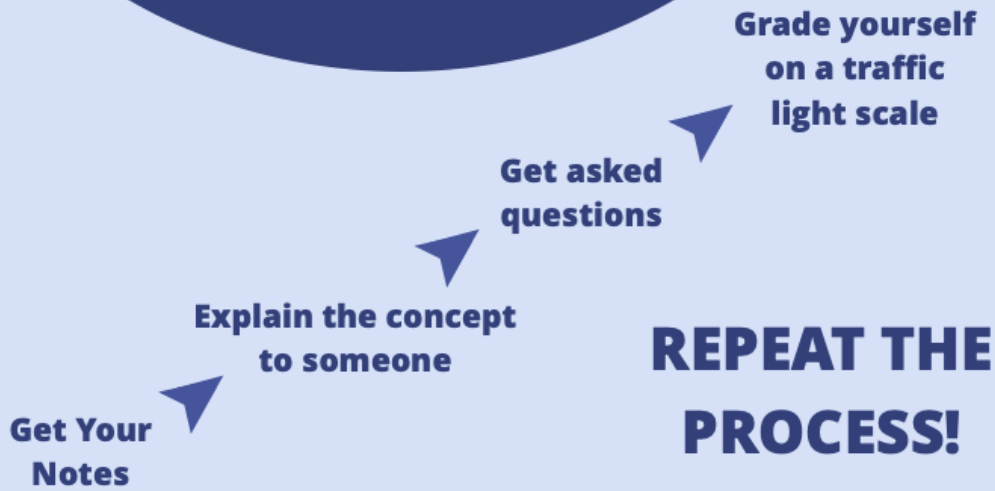


Feynman Technique

In order to learn, you must teach



Step one is for the student to make their notes

Step two is to have them explain the concept they wrote about in their notes to someone else – and this is where you as a parent can really come in: Get your child to explain their notes to you. See if your kids are able to explain it to you in words that you understand!

Step three is for them to answer questions. Again, you can help here by quizzing them. Take their notes from them and ask them questions about them. When you child gives you an answer, then ask “why” so that you can help them to reframe and redefine their answer.

Step four is for them to grade themselves using a traffic light system, which works as follows:

- Anything that they are able to explain clearly, they put a green mark next to in their notes
- Anything feel they know but can't really explain, they put an orange mark next to
- Anything they don't remember or don't understand, they put a red mark next to.

When they go back to review their notes down the track, they should focus a lot of time on the points with red marks next to them, then they should review everything with an orange mark and finally they should just scan over everything with a green mark to ensure they still remember it.

A traffic light system like this ensures the student is always studying the information they know the least instead of just wasting time on the subjects they love but perhaps already know a lot about.