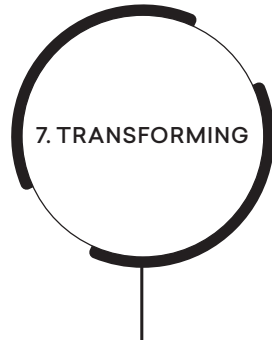


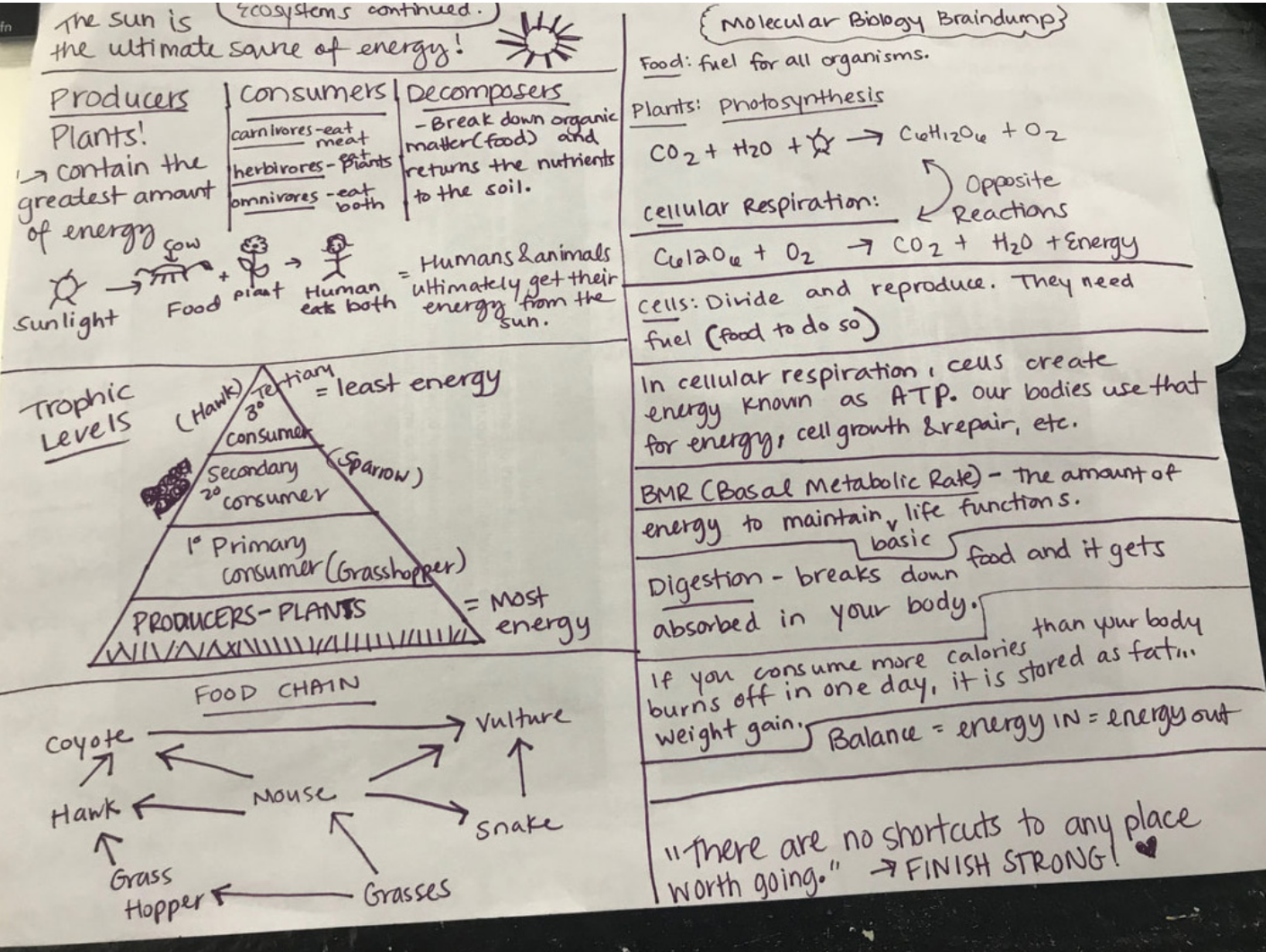
Brain Dump



A brain dump is the act of writing down everything that comes to mind on a particular topic. It's a way to get all of your thoughts and ideas down on paper. Linking new content to what you already know will help you remember. You can do this at the start of a topic or you can use the method on the next page to combat the forgetting curve! Researchers believe the benefits are similar to journaling; it is a means of downloading and processing information.

The process should:

- Help you remember content
- Help you identify content you do or don't know
- Help you organise your thoughts
- Improve focus and concentration



Yunni Handayani, Adi Rahmat, Didik Priyandoko (2021) BRAIN DUMP ACTIVITIES TO OVERCOME STUDENT'S INTRINSIC COGNITIVE LOAD IN REPRODUCTIVE SYSTEMS ONLINE LEARNING <https://ejournal.upi.edu/index.php/jpmipa/article/view/37217>
<https://msdavenportsci.weebly.com/brain-dump-practice.html>

Task

STEP 1: Write down everything you know about:

This should take 5 – 10 minutes.

STEP 2: At the end of your next lesson on the topic, add to the brain dump above.

This should take 5 minutes.

STEP 3: One week later write down the 3 MOST IMPORTANT POINTS.

This should take 3 minutes.

Keep these notes to help you revise before examinations or assessments.