

uBEATS Teacher's Guide:

Spaced Practice

(Grades 9-12)

This teacher guide is a supplementary text to support the use of the uBEATS Spaced Practice module for grades 9-12.

To help students develop the knowledge necessary for an incredible future in health care, we created UNMC Building Excellence in Academics Through STEM (uBEATS), an online health science resource for Nebraska students.

UNMC uBEATS modules are short (15 minutes or less), interactive online health science modules to supplement curriculum taught in grades 6 – 12. These do not replace curriculum, but are a supplement for teachers and students incorporating evidence-based information and UNMC expert guided material. Each module is chunked into sections with formative and summative assessments with immediate feedback provided.

Tips on how to utilize uBEATS modules:

- Internet access is required to view uBEATS modules.
- For those who have access to one-to-one technology, modules can be used in or outside of the classroom as a topic introduction, extension, or review.
- For classrooms without individual student devices modules can be used in whole group instruction. Formative assessment questions can use the teacher's preferred call and response method and summative assessment questions can be displayed on the board and answered individually by students or printed and distributed to students after viewing the module.

Objectives

Upon successful completion of this learning module, you will learn:

1. Concept and methods of spaced practice and retrieval practice
2. Benefits of applying spaced practice

Introduction

Do you ever get the feeling of being overwhelmed by so many course assignments and exams? Even if you do complete every assignment, how can you find enough time to study for the exams? Of course, many students in high school and college fall into the habit of cramming for the test the night before. This module offers alternatives that make better use of your time and prepare you better for the exams.

Prior Knowledge

Before beginning this module, the teacher should understand:

- Next Generation Science Standards (NGSS) featuring [Three-Dimensional Learning](#).
- [Nebraska Standards for Career Readiness](#) Pg. 18

5. The career-ready individual uses critical thinking.

C. Adaptability

1. Demonstrates a willingness to learn new knowledge and skills.
2. Considers multiple and diverse points of view.
3. Manages multiple tasks and priorities.
4. Exhibits the ability to focus, prioritize, organize and handle ambiguity.

Key Terms/Vocabulary

Spaced practice, retrieval practice, cramming, knowledge retention, optimal sleep.

Science Standards

[Nebraska Science Standards](#) Pg. 3

Content Area Standards Structure

Extensions of the lesson

To help students become more familiar with the Key Terms of this module, the teacher can use the vocabulary list for a classroom Word Wall or integrate the vocabulary into classroom word games during review sessions. As the students work to complete this module, they will encounter these Key Terms.

Encourage students to check current events for the latest news involving study habits.

As student misconceptions become apparent, the teacher may need to reinforce these important concepts:

- The information presented in this module is directed toward graduate students. However, these strategies are also useful for high school students preparing for college.
- State and national content standards list the “what” of a student’s learning experience. This module provides support for “how” the learning can be accomplished.
- It is important to study the material you are trying to learn. However, study time should be productive, not wasted. Try to eliminate distractions such as television, social media and telephones.
- Sleep is essential. A good night’s rest before an exam is helpful for clear thinking.
- Rather than attempting one long study session crammed into the night before the exam, it is more efficient and productive to spread the study time out for days and weeks ahead of time. Spaced practice encourages deeper understanding of connections, as well as promoting long term retention of information.

Enrichment

The UNMC Office of Interactive e-Learning offers additional modules about Study Skills among their [Online Science Education Resources](#). See [uBEATS](#) for details.

To learn more about developing better study habits, see [Cramming for Tests](#).

For more information about study strategies, see [Strategies for Success](#).

For classroom activities about study skills, see [Top 10 Study Skills for High School Students](#).

To learn about the study-skills transition from high school to college, see [Study Smarter Not Harder](#).