








Expert  
Learner

# How to create a Flip and Fold



| <br>Content  | <br>Notes  | <br>Fold:<br>Graphic Organiser  | <br>Fold:<br>Flashcard   | <br>Flip:<br>Symbols / Icons  |
|---|---|--|---|--|
| <ul style="list-style-type: none"><li>Use your notes, textbook or knowledge organiser to identify the knowledge you want to include on your flashcards.</li><li>Read the information and highlight the most important. This will help you create the foundation for your flip and fold.</li></ul> | <ul style="list-style-type: none"><li>One side of A3 or A4.</li><li>Portrait or Landscape.</li><li>Write the title of your chosen topic.</li><li>Write a page of notes on the topic</li></ul> <p>In your notes, ensure you include:</p> <ol style="list-style-type: none"><li>(1) key concepts</li><li>(2) key vocabulary</li><li>(3) key quotations, methods, formula etc</li><li>(4) images, symbols and colour</li></ol> | <ul style="list-style-type: none"><li>Fold your page in half.</li><li>On one side of the page, create a spider diagram or graphic organiser.</li><li>Write the title of the chosen topic in the centre.</li><li>You should represent the main points of what you have previously written – what are the key takeaways?</li></ul> | <ul style="list-style-type: none"><li>Fold your page in half again.</li><li>Write the title of the chosen topic.</li><li>Now write down 5 to 6 key words or key concepts that summarise / encapsulate the topic</li></ul> | <ul style="list-style-type: none"><li>Flip the page over.</li><li>Write the title of the chosen topic.</li><li>Use the symbols / icons / images from your original notes and re-draw them here</li></ul> |





Expert  
Learner

# How to use a Flip and Fold



## Quiz

- Ask a friend or family member to quiz you using your flip and fold.
- They could use the notes page to quiz on you on the core knowledge
- They could ask you to expand on or explain the images / key words & concepts / graphic organiser.
- Follow the same process for self-quiz ...



## Self-Quiz

- Start at the images – if you can't explain all these of these, **flip** to the flashcard.
- If you can't explain all the key words/concepts, **unfold** to the graphic organiser / spider diagram.
- If you can't explain what's contained in the organiser or spider diagram, **unfold**.
- You are now on your notes page. Recap the core knowledge and self-quiz again.



## Stacks

Following a quiz or self-quiz, start to stack your Flip and Folds

- **Stack 1)** Picture side up. You're exam ready on this topic.
- **Stack 2)** Flashcard side up. Almost there. You just need a little bit more practice.
- **Stack 3)** Graphic Organiser. You understand but your recall isn't as detailed as it could be.
- **Stack 4)** Notes. These are topics you need to repeat often.

Use the spaced practice method on our 'Flashcards' card to help you with using your Flip and Fold.