

Learn to Study Using ...

The 3R Flashcard Method

A brain-based way to help your child remember what they study.





Learn to Study Using ...

The 3R Flashcard Method

A brain-based way to help your child remember what they study.

Dear Parent,

I'm so glad you're here with your child.

You've probably noticed them studying hard, yet test results don't always match that effort. This guide changes that. This flashcard routine, called the 3R Method, trains their brain for retrieval.

Here's how the pages work together:

- Your guide (pages 1-2) explains the neuroscience behind why this works and your supporting role.
- The student checklist (pages 3-4) provides clear steps for them to follow independently.

Week 1, partner with them: Read your pages first, then time their 10-minute practice while you cheer their first correct recalls.

Week 2 forward, step back: They use pages 3-4 solo. You check their Day 7 "free recall test" to see exactly what stuck.

Rereading feels productive, but retrieving information builds test-ready memory that lasts.

Watch the confidence grow by week's end.

Warmly,

Alitalia

Learning Re-Engineered

Brain-based strategies for confident learners



Learn to Study Using ...

The 3R Flashcard Method

A brain-based way to help your child remember what they study.

THE METHOD



Your child reads the question and says or writes the answer before checking.



Cards are shuffled each round, so answers aren't memorized in order.



Each card stays in the deck until it is answered correctly three separate times across rounds.

WHY THIS WORKS

- Rereading feels easy, but tests require recalling from memory.
- Saying or writing answers reduces the “I thought I knew it” problem.
- Shuffling prevents memorizing order and builds flexible thinking.
- Repeating correct answers strengthens long-term memory.



DAILY ROUTINE

1	Pick 10 cards.
2	Read one question at a time.
3	Say or write the answer before checking.
4	Mark missed cards with a star.
5	Shuffle the deck and go again.
6	Keep starred cards until each is correct 3 times.

WEEKLY ROUTINE

Day 1	Make cards from notes.
Day 2	Practice starred cards first.
Day 4	Shuffle and quiz the full deck.
Day 7	Write everything you remember (no flashcards open), then check.

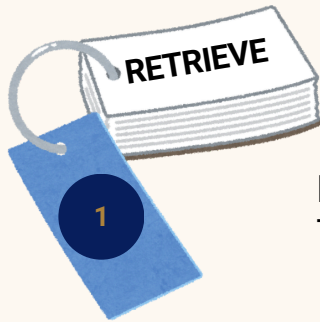
HELPFUL REMINDERS

- No peeking before answering.
- Short sessions work better than long ones.
- Encourage your child to explain answers in their own words.
- If they get stuck, check the answer, then try again later.

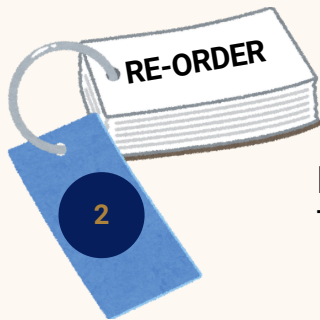




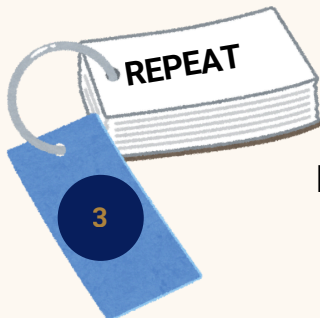
How to Study with Flashcards (The 3R Way)



Read the question.
Try to say the answer before you flip the card.



Mix your cards after each round.
This helps your brain think harder (that's a good thing).



Keep a card until you get it right 3 times on different tries.

TIPS TO HELP YOU LEARN FASTER

- Don't peek.
- Say answers out loud.
- Try to explain in your own words.
- If you forget, that's okay. Try again later.



YOUR DAILY ROUTINE

1	Pick 10 cards.
2	Read one question at a time.
3	Say or write the answer before looking to check your answer.
4	Put a star on cards you miss
5	Shuffle the deck and go again.
6	Keep going until starred cards are right 3 times.

WEEKLY ROUTINE

Day 1	Make flashcards from notes.
Day 2	Practice starred cards first. Then practice the full deck.
Day 4	Shuffle and quiz the full deck.
Day 7	Write everything you remember (no flashcards open), then check.

HELPFUL REMINDERS

- No peeking before answering.
- Short sessions work better than long ones.
- Encourage your child to explain answers in their own words.
- If they get stuck, check the answer, then try again later.



Not sure if this will work for your child?

The 3R Flashcard Method works when students practice it consistently. But every learner is different.

Some students need help turning notes into effective flashcards. Others struggle to stay focused during practice sessions. Some miss the connection between retrieval practice and their actual test performance.

A Learning Strategy Session helps you see what is happening. You share what you are noticing. I help you understand what might be getting in the way. No pressure. No obligation. Just clarity.

Book Your Learning Strategy Session

15 minutes • Complimentary • No commitment required

