

Brain Dump

Pro's and Con's of a Brain Dump

Pro's	Con's
<ul style="list-style-type: none">• Can find out exactly what you know• Enables you to identify the gaps in your knowledge.• Only needs paper and 2 different coloured pens.	<ul style="list-style-type: none">• Topic may be too narrow and therefore little is gained.• Topic may be too broad and therefore time-consuming and demoralising if a lot of information has to be looked up.

What is a Brain Dump?

- This is a retrieval method, which is used once a topic has been revised. A retrieval method is used to regularly test any learnt information. These methods ensure they continue to retain the learnt information.
- This method can be used to find out what a student knows, and if there are any gaps in their knowledge
- A brain dump involves:
 - 1 Writing down everything you know on the topic (using a preferred study skill)
 - 2 Look up the topic and fill in any missing information, using a different colour pen to the one initially used.
 - 3 Make up some questions about the information.
- The questions will add to their thinking and problem-solving abilities.

Example (examples on following pages)

Buddhism

Buddha - Siddhartha Gautama - lived 2,500 years ago
He was enlightened in India
= 376 million Buddhists in the world.

Beliefs

- Try to live a good life - personal spiritual development
- Teachings called the Dharma
- Life is full of suffering? From the four Noble Truths
- Suffering caused by desire, wanting things and attachment to possessions
- Buddha is not a god
- way to stop suffering is to stop wanting things by following the Eightfold Path.
- Although Buddha is not a god, they have deep respect for him.
- Carry out a ritual to show their devotion
- Spira - at home, in a temple or a vihara
- Have temples and Vihara's (monasteries)
- People bring flowers & incense to shrine in the temple and food for monks
- They take their shoes off outside the temple and food can use prayer beads (mala)
- Follow rules - five precepts
- ① Not kill any living being - Many not eat meat
- ② Should not drink alcohol - Many do not drink alcohol.

Holy Book

Tripitaka - means 'three baskets'

- Original Tripitaka was written on palm leaves and stored in baskets
- Contains teachings of the Buddha & his companions as well as rules for monks
- Teachings called 'dharma', which means truth

Buddhism

- Who was Buddha?
- How long ago was Buddha alive?
- What are the main beliefs of Buddhism?
- What causes suffering?
- How do Buddhists worship?
- What rules do they have for food?
- What is their Holy book?

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- Worship
- Carry out a ritual to show their devotion
- Puja - at home, in a temple or a vihara
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