



No.1 Priority: Look after yourself—eat well, stay hydrated, get a good night’s sleep, find opportunities to unwind and de-stress.

MEMORY - what you need to know:

Your working memory is finite and can only absorb a limited amount of information at any given time.

THEREFORE...

Regular practice and revisiting previous material strengthens your memory—otherwise it is lost.

Overloading the memory or cramming for revision doesn’t work.

Passive revision doesn’t work—simply reading notes is a waste of time. You need to be doing something **ACTIVE** to help you remember.

GETTING STARTED

- Plan your revision slots—in the evenings and at specific times at the weekend.
- Divide revision time into *chunks*
- Build your revision timetable around other commitments
- Break each subject into manageable chunks
- Keep revision notes in folders so you can find things easily
- Make sure you have a quiet place to revise.

What do I need?

- 1) A list of topics you need to revise
- 2) Your exercise books/folders.
- 3) Coloured pens, highlighters
- 4) Revision cards (if you can’t get these, cut up A4 into quarters)
- 5) Paper (e.g. A3) for mind maps
- 6) Post-its



How long do I spend?

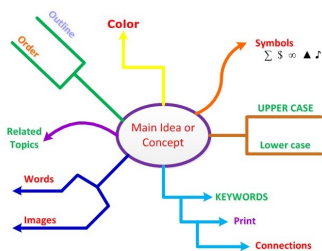
No longer than 45 minutes at a time.

You will need to plan in 5-10 minute breaks in between revision slots—grab a drink, listen to music, move about, then get back to it.



HOW DO I REVISE?

1) DECIDE ON TOPIC— look through topic lists and go for the weaker areas: don't revise things you already know!



2) LOOK THROUGH MATERIAL

What's the important information I need to remember?

Do I fully understand it?

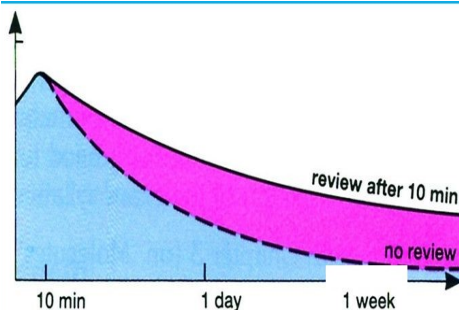
Are there any gaps?

3) RECORD KEY LEARNING IN A NEW WAY

Create a mind map or record key points on revision cards.

Make key information **STAND OUT**—use colours, highlighters

4) REPEAT, REPEAT, REPEAT



Go back over the key points after you've had a break—30 seconds to refresh.

24 hours later, look back over it again.

Do the same 1 week later. **THIS WORKS!**

Retrieval Practice

Retrieval practice means trying to remember previously learned information as opposed to simply re-reading it. Examples include:

- Knowledge quizzing and low stakes testing.
- Multiple choice tests.
- Completing past paper questions or practice answers.
- Answering verbal questions asked by teacher/peers/parents.
- Creating flashcards or revision materials so you can ‘test’ yourself.

Flashcards may include: A key term/key word with definition on the back; a key date with the event on the back; a key equation with its use in practice on the back; a past paper question and a model answer on the back.

INTERLEAVING





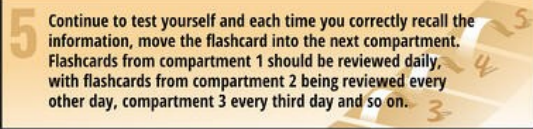

Space out your revision into smaller chunks over a period.

Interleaving involves switching between ideas and topics during a study session, e.g. instead of a 2 hr session on Romeo & Juliet—spend 40 mins on Romeo & Juliet, 40 mins on Jekyll & Hyde, 40 mins on poetry.

BREAK IT UP!

USING FLASHCARDS TO REVISE

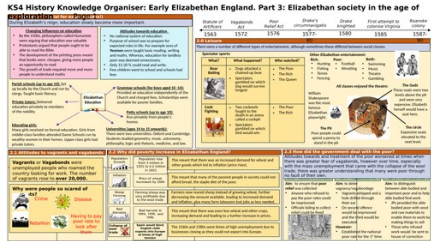
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- 1** Split a box into 5 different compartments and label them 1 to 5.

- 2** Place all your flashcards in compartment 1.

- 3** Test yourself on a flashcard

- 4** If you can correctly recall the information move the flashcard into compartment 2, if not then put it back in compartment 1.

- 5** Continue to test yourself and each time you correctly recall the information, move the flashcard to the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.

- 6** Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory.


Knowledge Organisers

Knowledge Organisers are single-sided sheets containing the key information on a specific topic. They are useful revision tool, e.g...

- Quizzing—on your own or with your peers
- Look, Cover, Write, Correct—to recall key information
- Flashcards—to condense and summarise key information
- Concept Maps – for making links between different aspects of the topic
- Definitions—write your own meanings for key terminology
- Questioning—write 3 questions for a peer to answer or get some-



Planning your revision slots

Create a timetable like the one below and schedule your 30-45 min revision slots with a balance of subjects across the week. Fit it in around your normal routines: dinner, hobbies, other commitments. Be disciplined and **STICK TO IT**.

TIMINGS					
MON					
TUES					
WEDS					
THURS					
FRI					
TIMINGS					
SAT					
SUN					

