

# How to revise

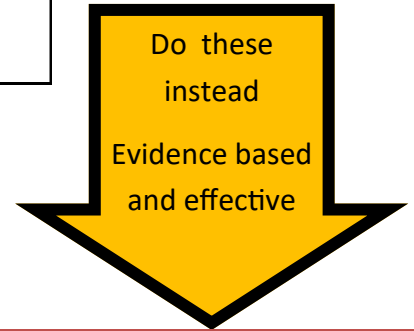


4 revision techniques that are least effective:

- Highlighting text
- Re-reading notes
- Summarising text
- Massed block revision of one topic

Do these instead

Evidence based and effective



## What we do and why:

We do the above because it's easy, it requires little effort and because we feel like we make quick progress when we test ourselves afterwards. But this is because all the information is still in our short term memory—but we forget it soon after again!

# VS

## What we should do and why:

Repeated low-stakes testing in various forms and at various intervals. It's harder, and will feel like you are making less progress but it gives better long terms results!

## The basics:

**Time-** start early! Don't try and cram the night before. It won't work!

**Sleep-** Lack of sleep can impact on memory and concentration—these are both things that you will need!

**Fresh air/ exercise-** don't stay inside, sat still revising all day. Make sure you move around and take some breaks.

**No phones-** don't be interrupted or distracted. Use looking at your phone as a reward after you've spent time studying.



## Test first!

**No one becomes good at something without actually doing it!**

Although it might seem daunting, starting your revision by completing a past paper, exam questions or testing yourself on flashcards (see below) is really useful. It will help you test your long term memory so you can find out what you really know! Then use the mark schemes to help you work out what marks you might have achieved and questions that you got wrong to work out what you need to revise next. Past papers can be found on your subject's exam board website along with mark schemes



## The research

### Spaced repetition

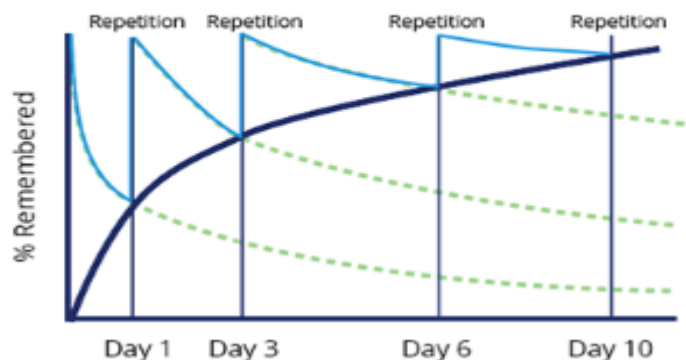
Knowledge is lost quickly. If you read a page of text, chances are you will forget around 70% of the information almost immediately. Repeated low-stakes testing allows us to maintain information for longer. You will always need to revise material, but the more often you go over it the longer you will remember it!

Use this with

### Interleaving

The primacy and recency effect means you're likely to remember the first and last bits of information you study in any given session. So, mix up your revision and subjects daily so that it all has a chance of reaching your Long Term Memory

## Spaced Repetition



Blocking vs interleaving

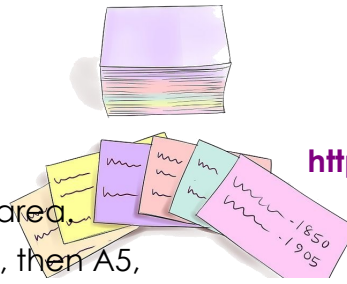


# How to revise once you know what you don't know!

## Flashcards

You could have:

- Questions and Answers
- A series of prompts for a topic area
- Convert A3 mind maps into A4, then A5, then flashcard points.



## How to use flashcards:

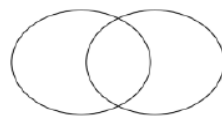
You can use the Leitner Method:

<https://tinyurl.com/FlashcardsMethod>

You can make flashcards online/on your phone using **Quizlet** or other programmes/websites

Source	Knowledge organiser - C1
Definition	A knowledge organiser is a table that contains information about a topic.
Purpose	A knowledge organiser is used to help students learn and revise.
Structure	A knowledge organiser is usually divided into sections for definition, key terms, and examples.
Benefits	Knowledge organisers help students to understand and remember key information.
Examples	Examples of knowledge organisers include tables for definitions, key terms, and examples.
Conclusion	Knowledge organisers are a useful tool for students to learn and revise.

Venn Diagram



## Knowledge organisers

Transform your notes/information into visual revision material. Use them to:

- Show links between topics
- See whole topics in one diagram.
- See comparisons between approaches or research.
- Create flow diagrams

## Use your MEMORY to your advantage

### Levels of processing

Create revision material that have images AND words so that your brain can process information more deeply

### Context-dependent learning

If you know where your exam is going to be and the direction you're going to face, go and take a photo of the wall, print lots of copies of it and write your notes on the pictures as a cue

### State-dependent learning

Even if revising with music 'works for you', it's going to be silent in the exam hall. If revising last thing at night 'works for you' your exam will be taken at 9am or 1pm (or there about). You also won't have your phone! Think about the environment you're working in and make it as close to the exam hall as possible!



State Dependent Learning  
→ Internal state is also key!



## Know your exam! Do you know...

The layout of your papers? The command words and what they mean? What assessment objectives are being targeted? How long to spend on each question? The structure of your answers?

