

What makes effective revision?



How does your memory work?

Stage 1: Sensory Memory

We are bombarded with huge amounts of information all the time through our senses.

Think about it, what can you see, feel, smell ... right now?



Most of this information is ignored and we don't pay attention to it, therefore we don't remember it.

How does your memory work?

Stage 2: Working Memory

When we pay attention to our sensory memory, we give ourselves the chance of learning something.

So to learn, you have to PAY ATTENTION.



However, even when we do pay attention to information most of it will be forgotten unless we do something with it.

How does your memory work?

Stage 3: Long Term Memory

So to move things into our long term memory, we have to make the original information meaningful.

That's why your teachers teach lessons. To help you understand what you're trying to learn.



Then they often check whether it's gone in, because rehearsing it and retrieving the information is a good way of ensuring that you don't forget.

How does your memory work?

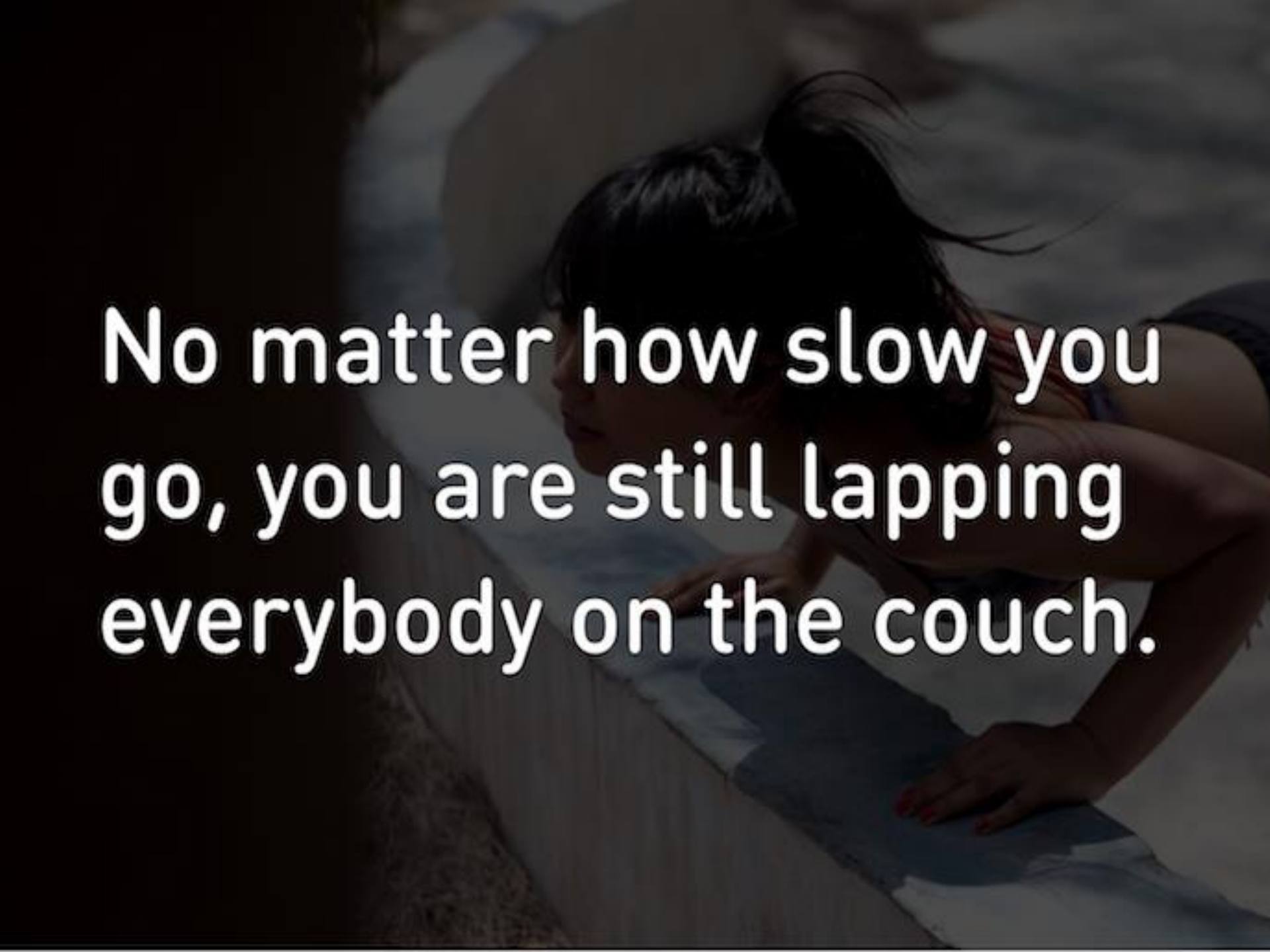
Stage 4: Putting it all together

You need to practise the same material over and over. A topic may need to be reviewed and revised up to 6 times, in different ways, so that it transfers into your long-term memory.

REVISION MYTHS



- Say: **'I will revise last minute'**. Last minute cramming does work – ONLY if you have revised hard beforehand so that you can quickly retrieve the knowledge from your brain.
- Say: **'I can't revise'**. You can. It might be tricky and boring and hard – but everyone can do it, given the right strategies and with effort.
- Say: **'My brother/sister/friend didn't revise and they got great grades.'** Nobody gets excellent results in examinations without effort. They may not be as visible, or they may have worked incredibly hard in lessons back when it was first learnt, but those who do best revise.
- Say: **'My friends aren't revising – they told me.'** Nobody goes around shouting about how hard they're working. We want it to look natural and we want to look like it is easy, but it almost always isn't. Don't believe them and get caught out!
- Say: **'I don't know how to revise'**. You are being given lots of effective strategies. Practise them – they work.

A woman with dark hair in a high ponytail is leaning over a light-colored couch. She is wearing a dark-colored top. Her hands are resting on the couch cushions. The background is slightly blurred, suggesting an indoor setting. The overall tone of the image is somewhat muted and dark.

No matter how slow you go, you are still lapping everybody on the couch.



Do's & Don'ts



Don't... try to revise without a plan



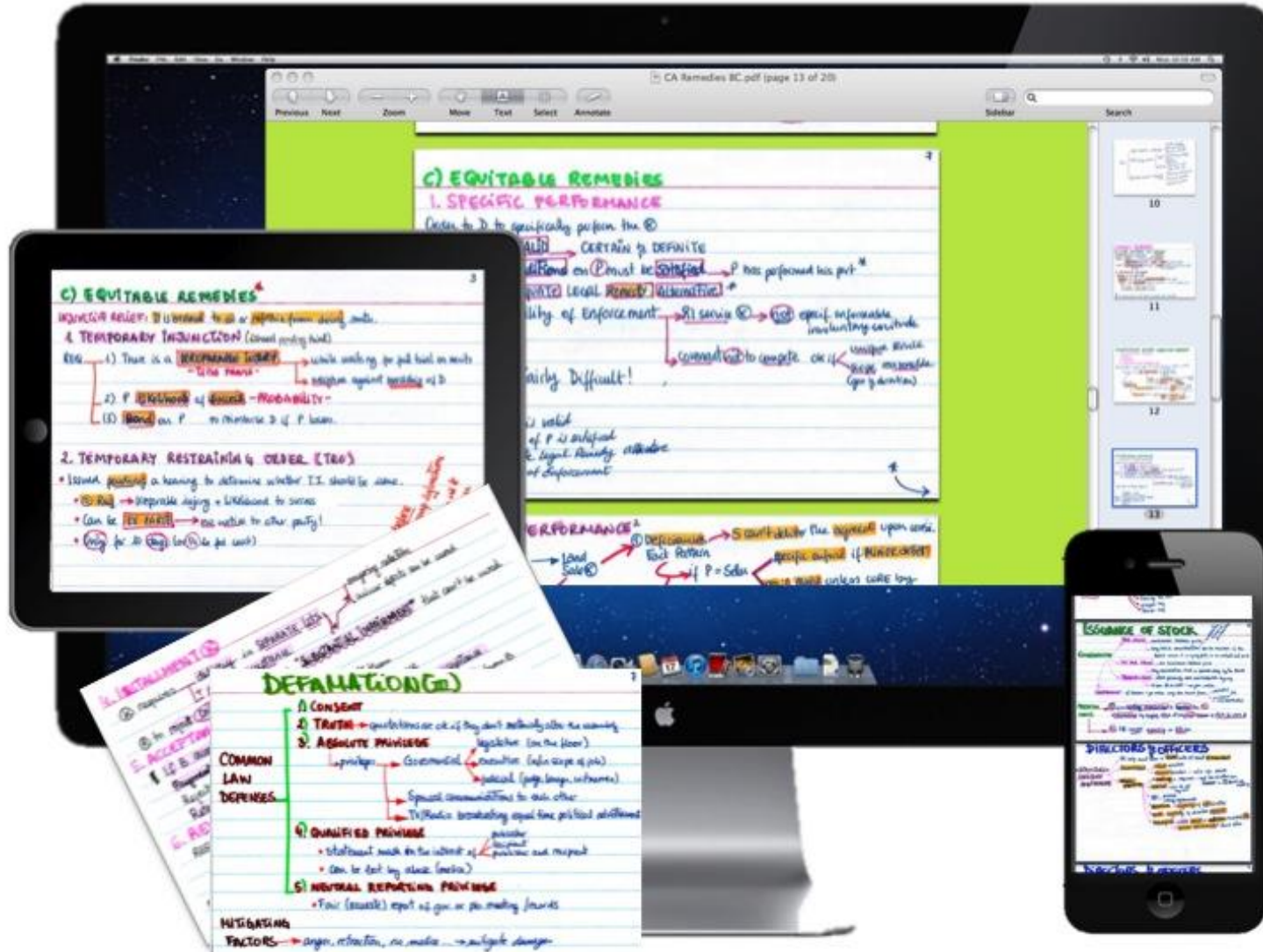
Don't...just highlight everything!



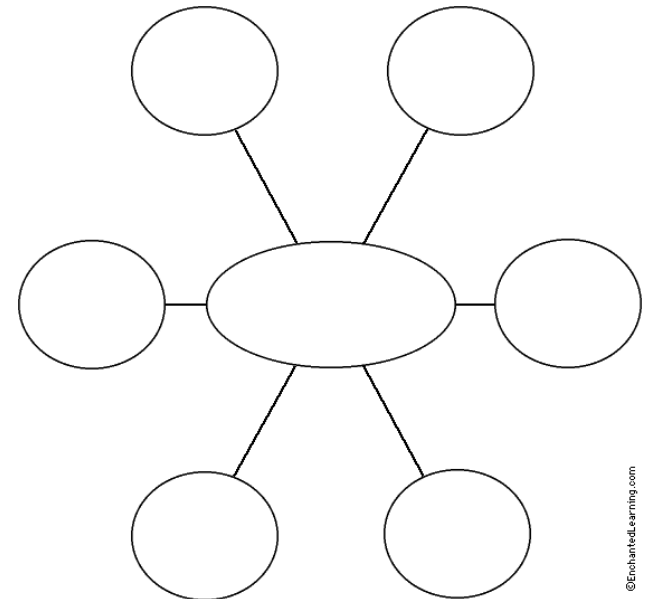
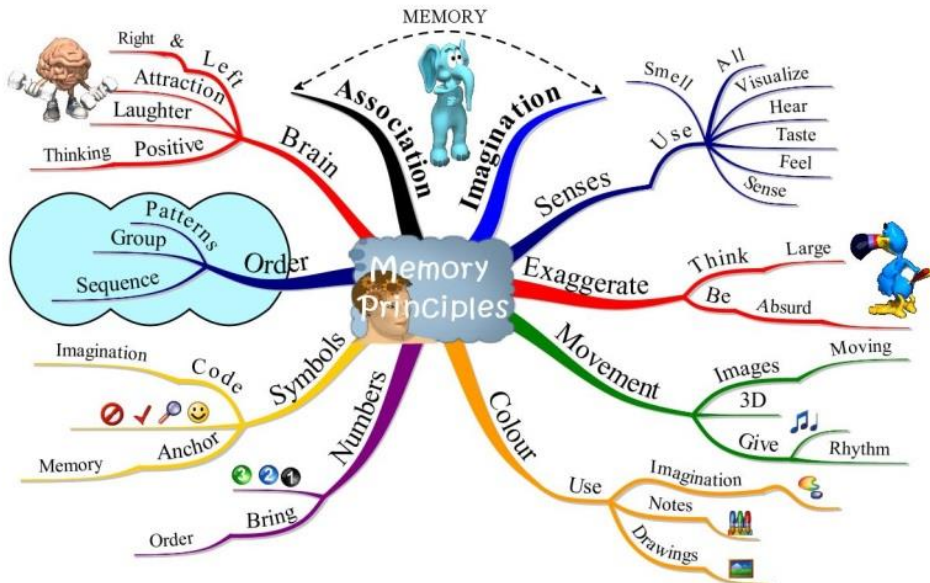
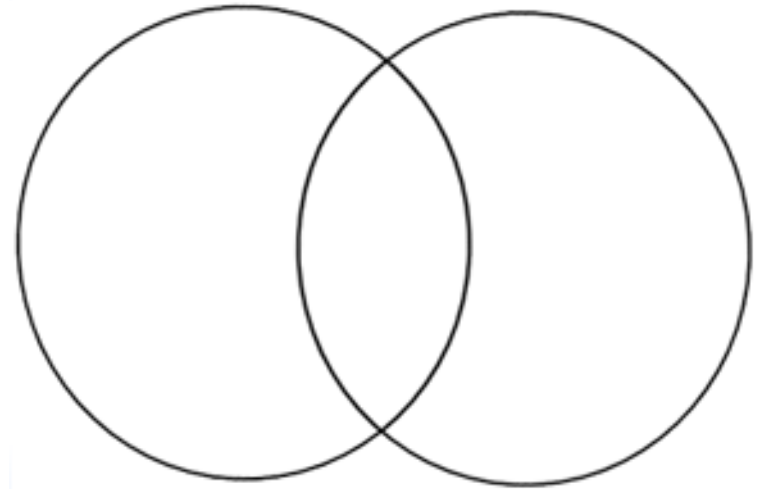
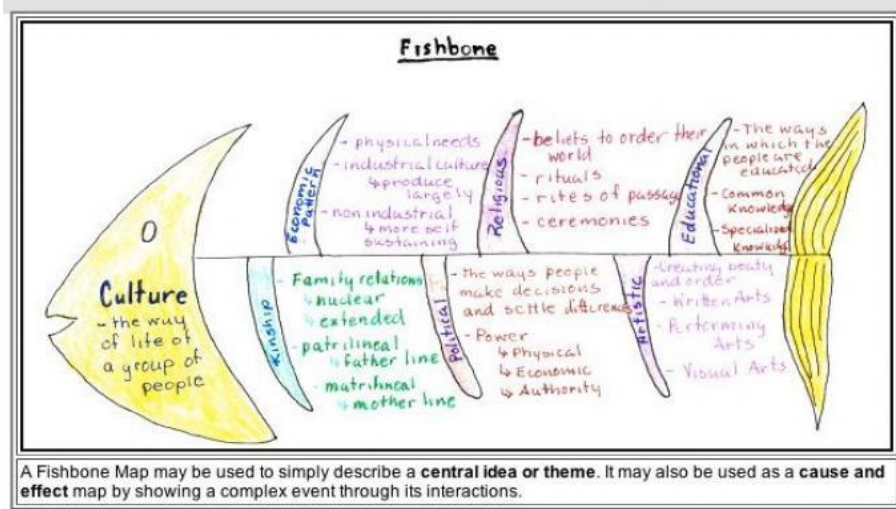
Don't... just re-read your book/textbook



Do...use flashcards



Do...use graphic organisers

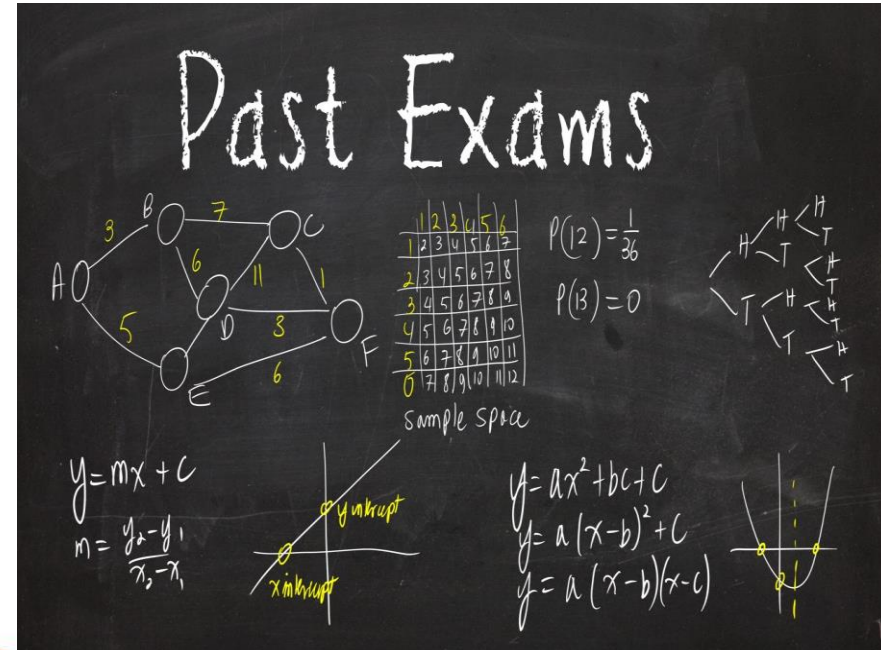


...or make more traditional summary
notes

[https://www.youtube.com/watch?v=4vOsVKWe
yAA](https://www.youtube.com/watch?v=4vOsVKWe
yAA)

Try the Cornell method

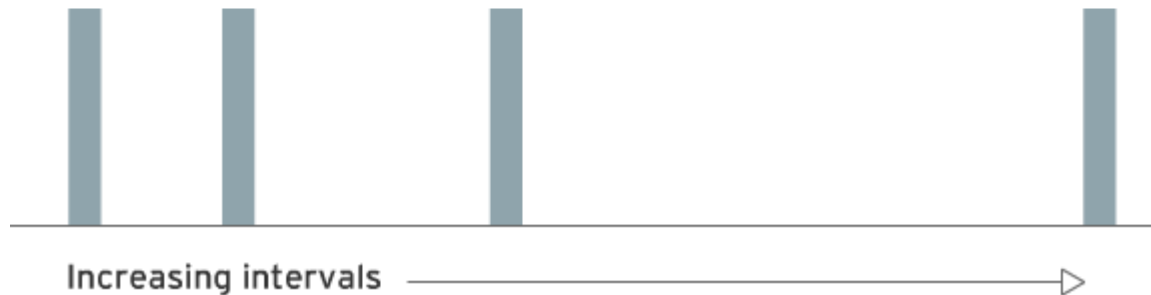
Do...test yourself



Do...keep testing

you will forget material quickly, so keep coming back to it and test yourself again

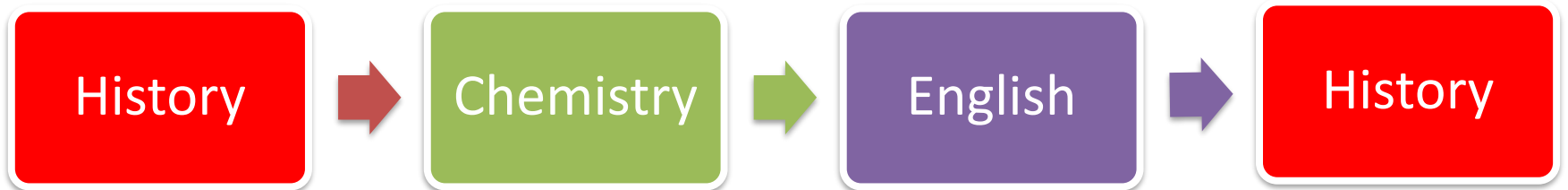
Optimally Spaced Repetitions are based on the 'Spacing Effect'



Do...switch topics/subjects

Your memory works best when it is forced to mix up different subjects and topics within subjects

This will feel more difficult and it takes careful planning but it will be more effective.



How much should I revise?



Like a good diet, the recommendation is to revise little and often. Our typical concentration span for tricky revision will be **no more than 30 minutes at a time**. Time yourself using your phone for two 15 minute bursts with a short break in between.

TAKE A BREAK

It is ok to take a break. It freshens you up to mentally begin revising once more.

After 30 mins revision give yourself a 5 minute break and then go again.

Where should I revise?

You need a nicely organised work space to revise. Working in clutter can prove both distracting and it can even sap your will power.

Do you really need technology to revise? What about just using paper, flash cards and post it notes?

Consider putting yourself on a **'technology blackout'**.



black out.

https://www.theguardian.com/teacher-network/2016/apr/19/students-revise-exams-revision-science?CMP=share_btn_link