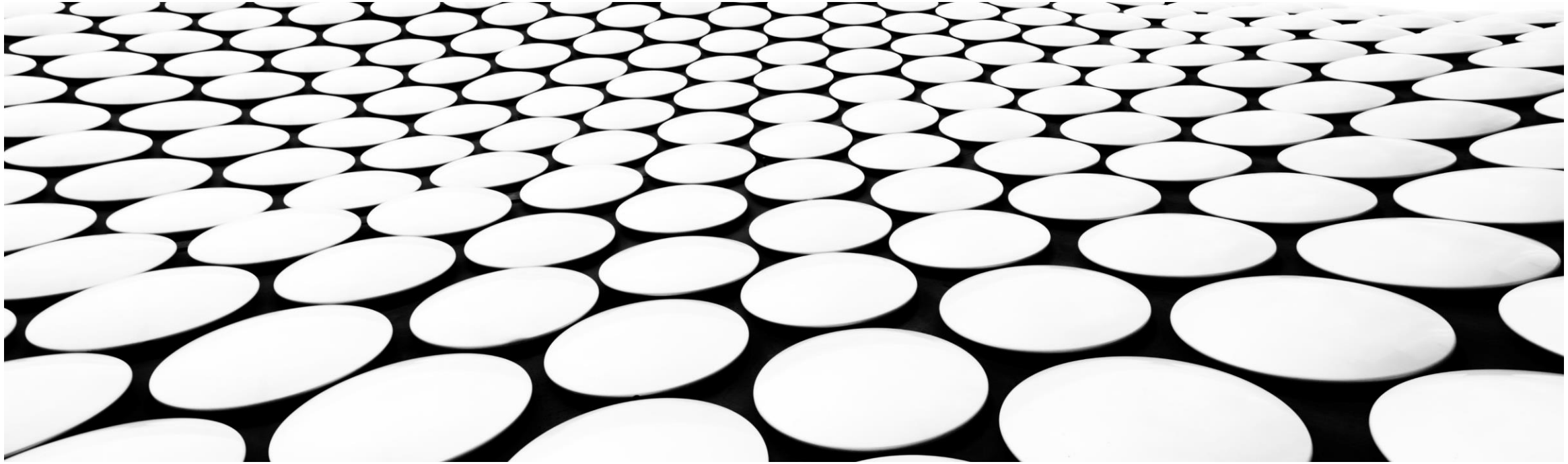
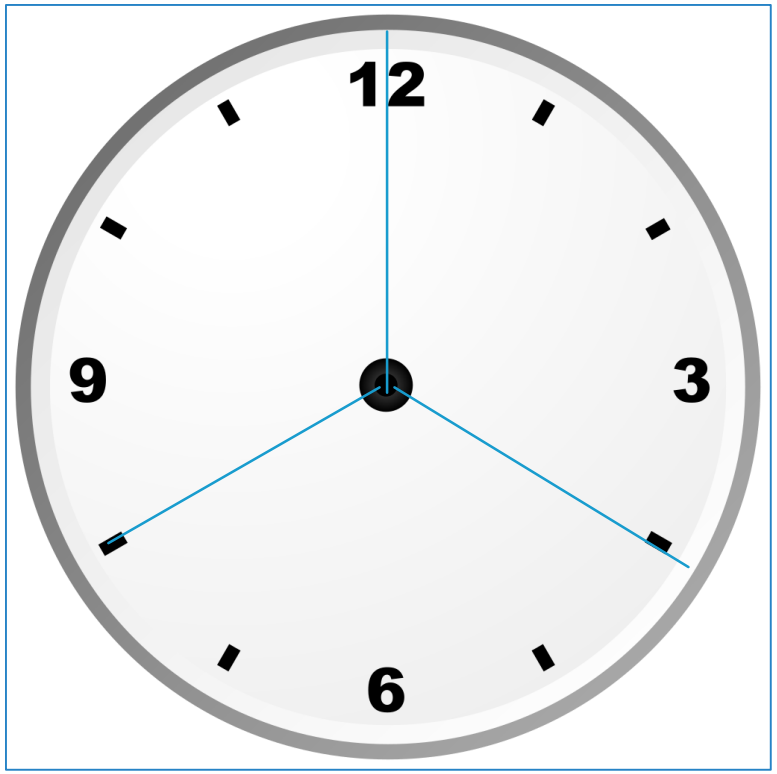
HOW TO REVISE MOST EFFICIENTLY



MAKE A PLAN

Week 1	Week 2	Week 3	Week 4
Mon	Mon	Mon	Mon
Tue	Tue	Tue	Tue
Wed	Wed	Wed	Wed
Thurs	Thurs	Thurs	Thurs
Fri	Fri	Fri	Fri
Sat	Sat	Sat	Sat
Sun	Sun	Sun	Sun



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.

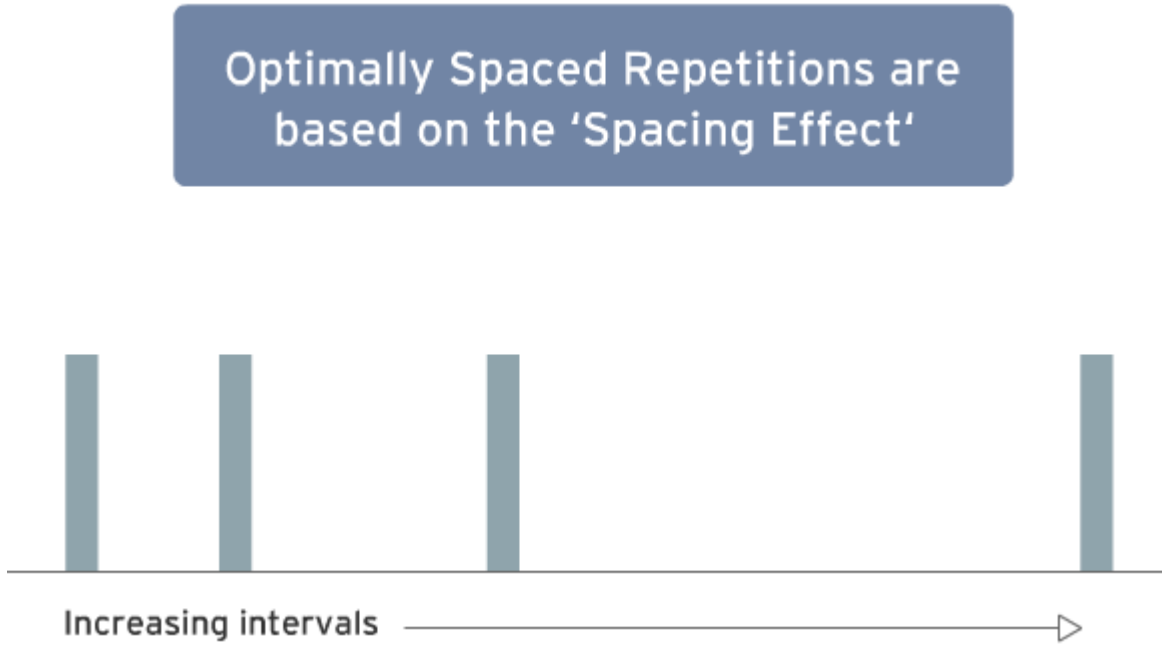
History 20 mins

Physics 20 mins

Maths 20 mins

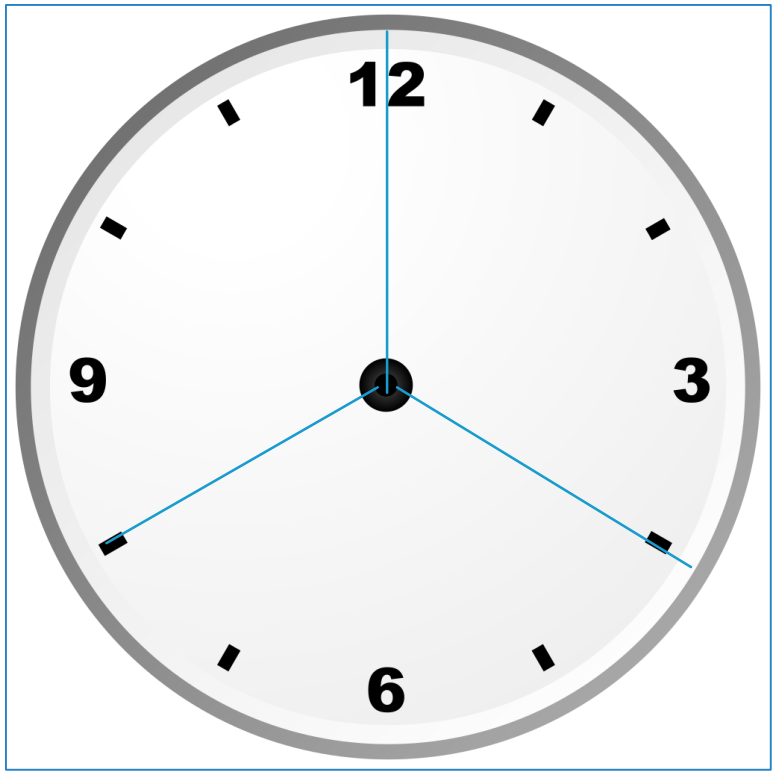
KEEP TESTING

YOU WILL FORGET MATERIAL QUICKLY, SO KEEP COMING BACK TO IT AND TEST YOURSELF AGAIN. FORGETTING IS AN IMPORTANT PART OF LEARNING; USE IT TO YOUR ADVANTAGE!

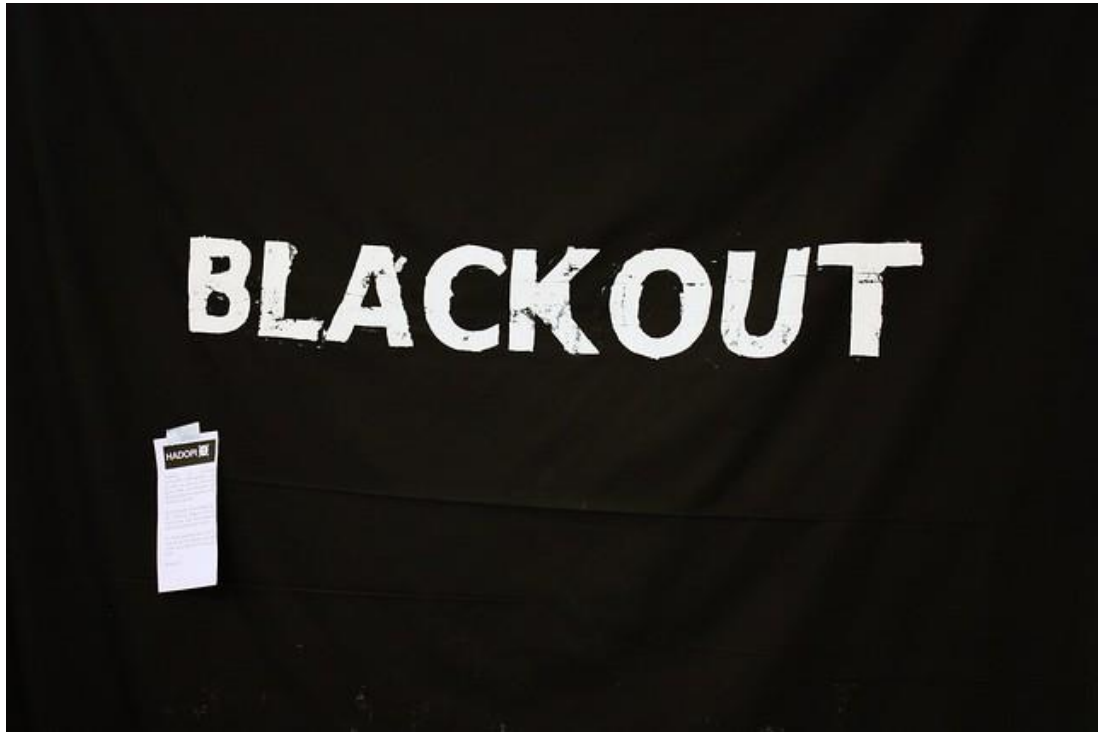


GO BACK TO THE SAME THINGS

Week 1	Week 2	Week 3	Week 4
Mon	Mon	Mon	Mon
Tue	Tue	Tue	Tue
Wed	Wed	Wed	Wed
Thurs	Thurs	Thurs	Thurs
Fri	Fri	Fri	Fri
Sat	Sat	Sat	Sat
Sun	Sun	Sun	Sun



SET A TIMER AND GET RID OF DISTRACTIONS



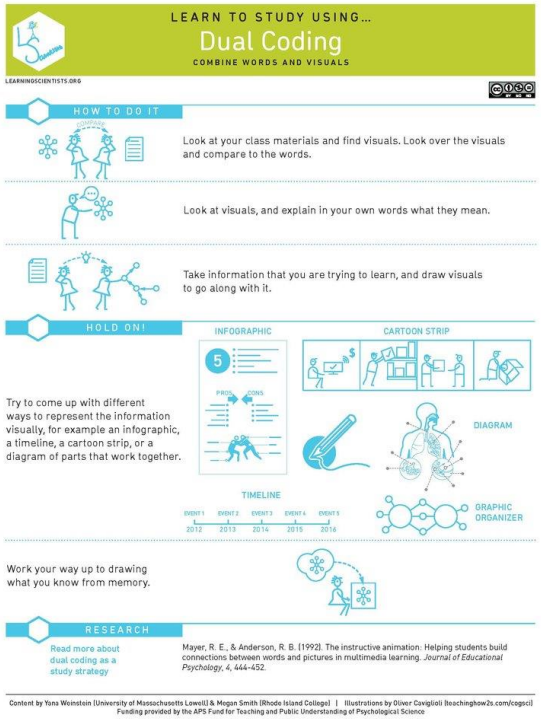
Multimedia multitasking uses up oxygenated glucose, reduces gray matter, lowers our mood, prevents new information from going straight to the hippocampus, increases the production of stress hormones cortisol and adrenaline....

WORK OUT WHAT YOU NEED TO KNOW

TRANSFER KNOWLEDGE AND SKILLS TO LONG TERM MEMORY

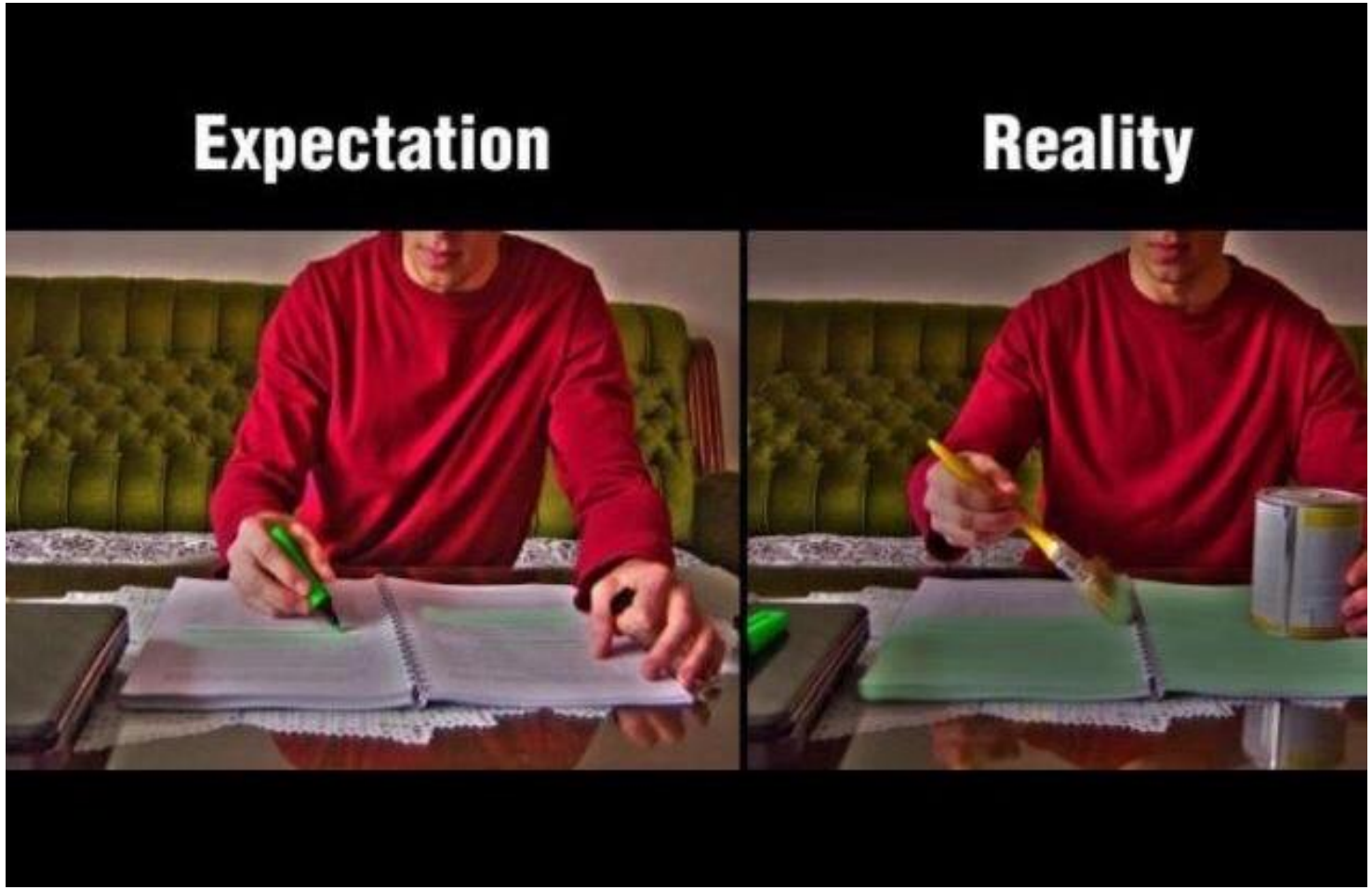
- Self testing eg flash cards, Cornell notes
- Free recall
- Peer testing
- Past paper questions
- Text book questions

THE LEARNING SCIENTISTS



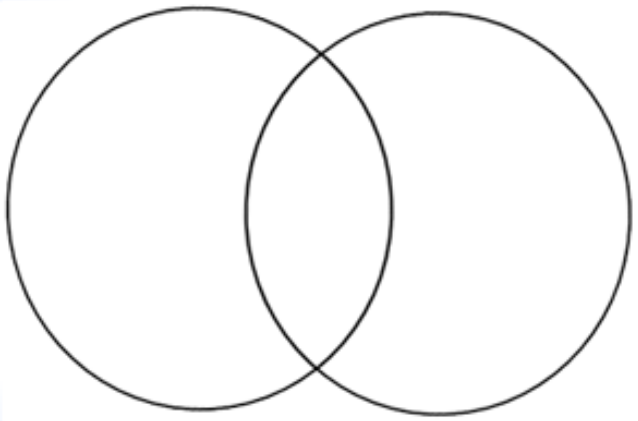
- **Go to this link to learn more about the six most effective cognitive strategies for learning.**

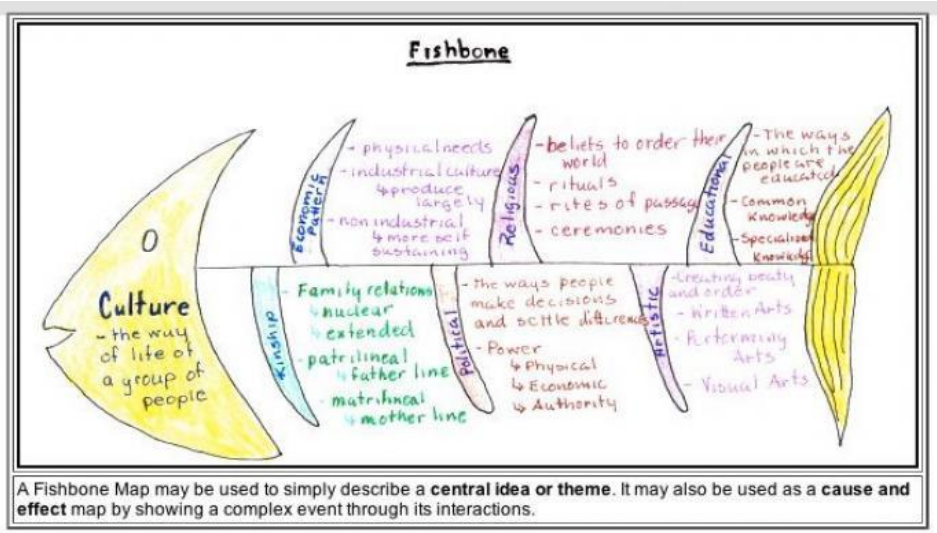
DON'T...JUST HIGHLIGHT EVERYTHING!



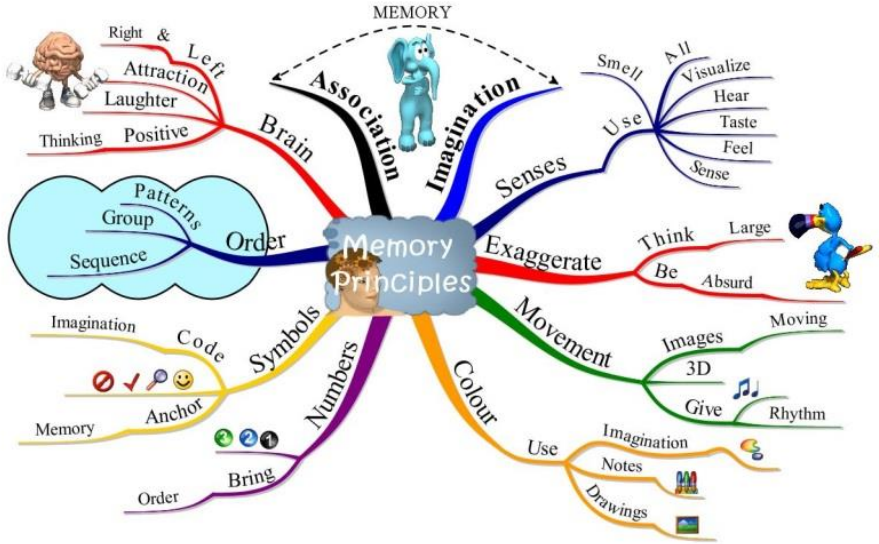
DO...USE FLASHCARDS

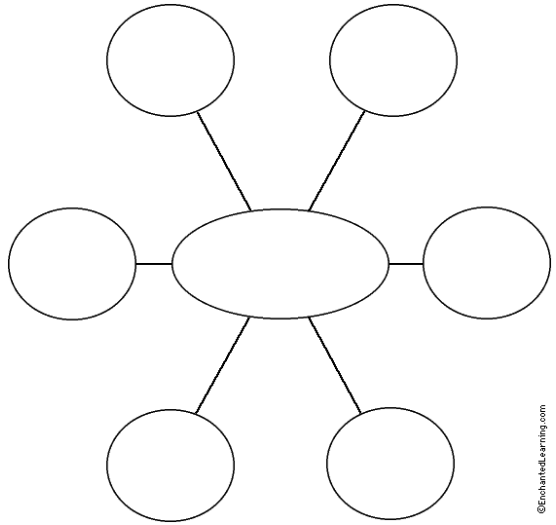
DO…USE GRAPHIC ORGANISERS





A Fishbone Map may be used to simply describe a **central idea or theme**. It may also be used as a **cause and effect** map by showing a complex event through its interactions.





DO…TEST YOURSELF