

What makes
effective
revision?



Challenges

- Linear exams
- Less coursework
- Big Exam timetable
- Remembering things
- Our mind can convince us that revision is unpleasant



How does your memory work?

Stage 1: Sensory Memory

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



Most of it, we FORGET

How does your memory work?

Stage 2: Working Memory

To transfer information from sensory memory to working memory, we have to PAY ATTENTION.

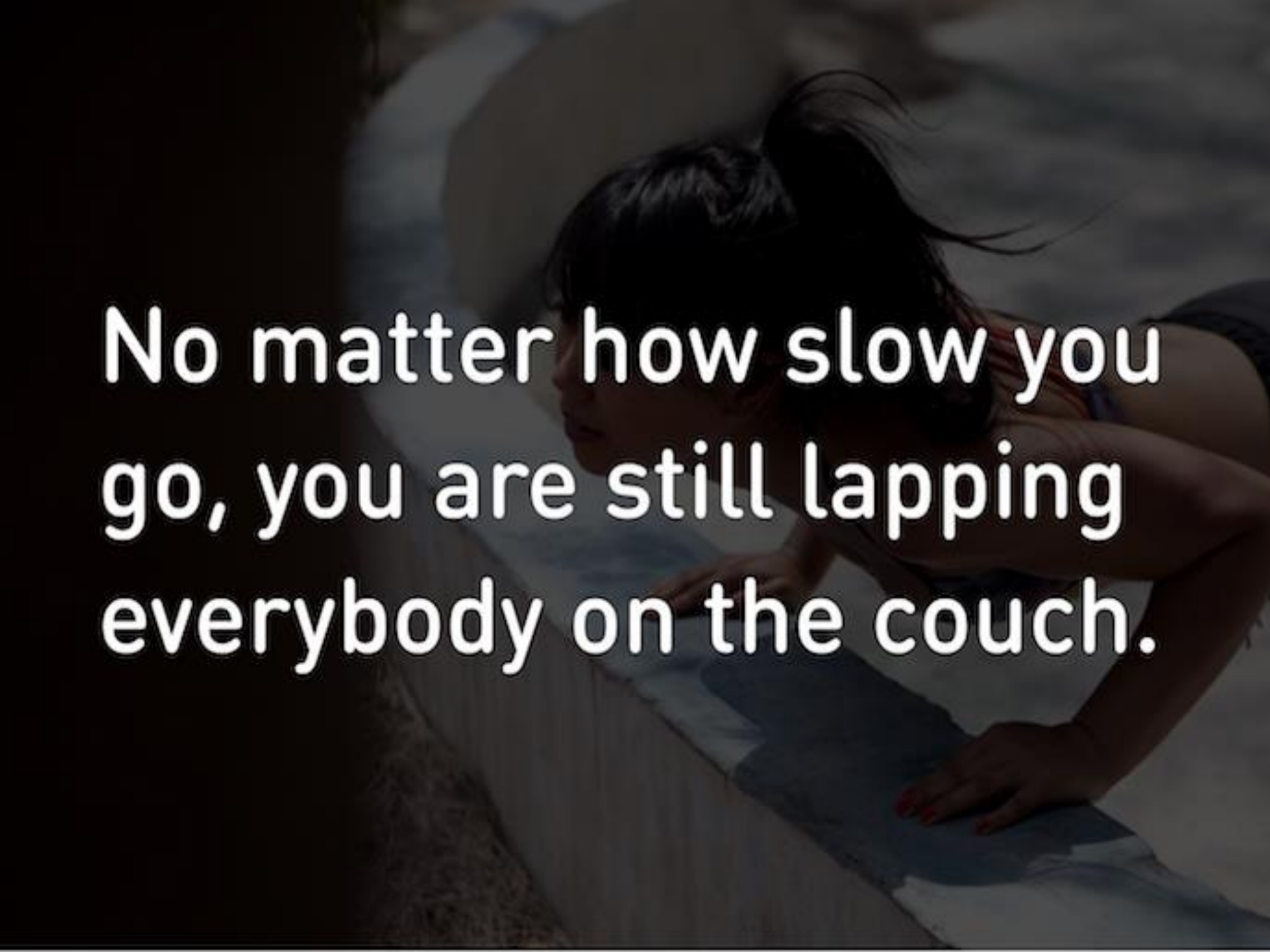


How does your memory work?

Stage 3: Long Term Memory

To move information from working to long term memory, we have to MAKE SENSE of it, then REHEARSE it, then practise RETRIEVING it.



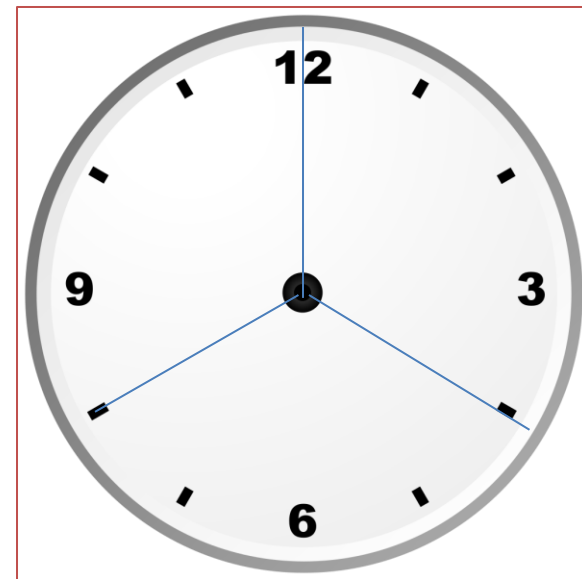
A woman with dark hair in a ponytail is crawling on a light-colored couch. She is wearing a dark-colored tank top. The image is dimly lit, with the text overlaid in white. The couch has a light blue or grey patterned cushion.

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



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



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



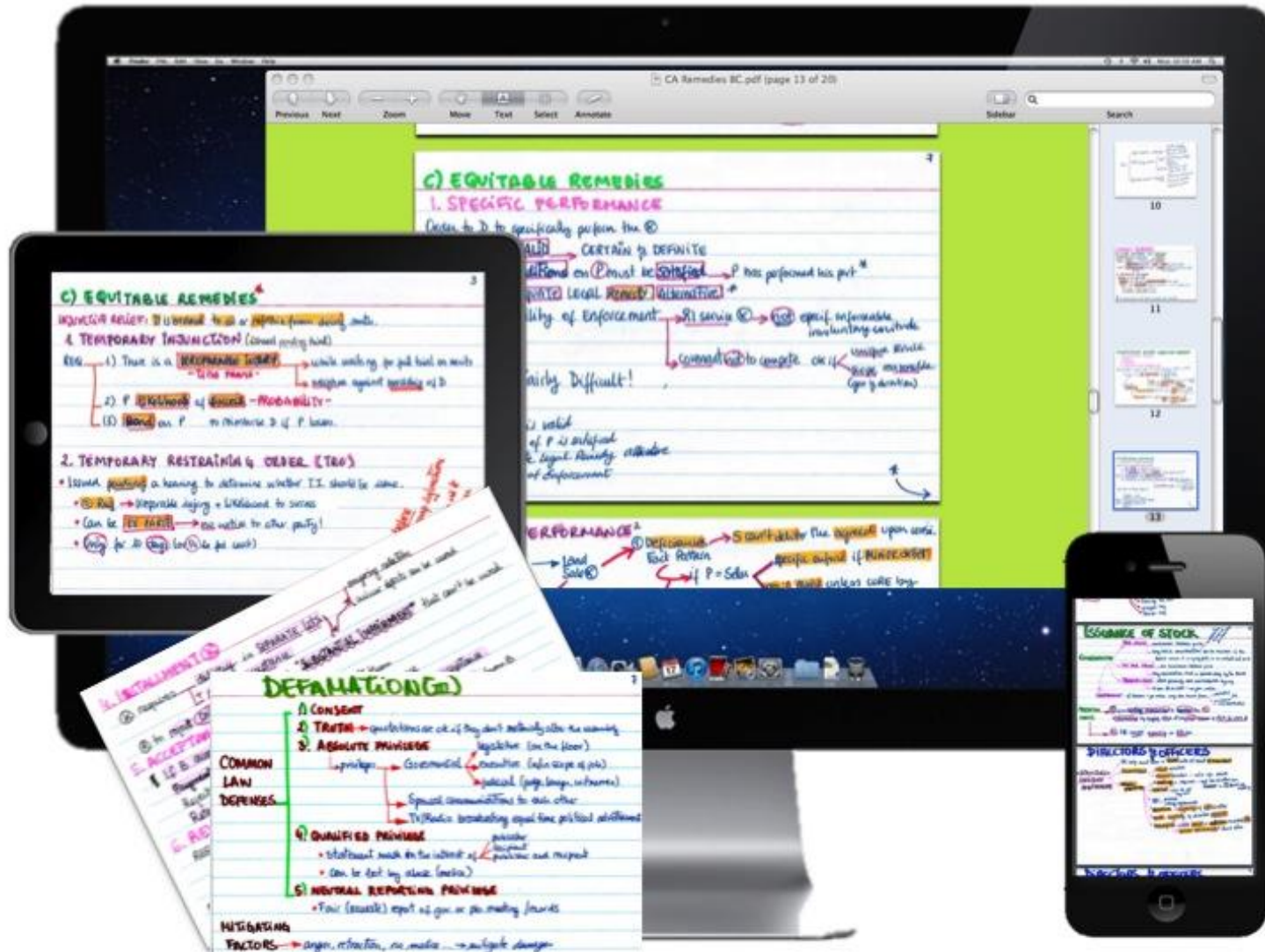
Don't...just highlight everything!



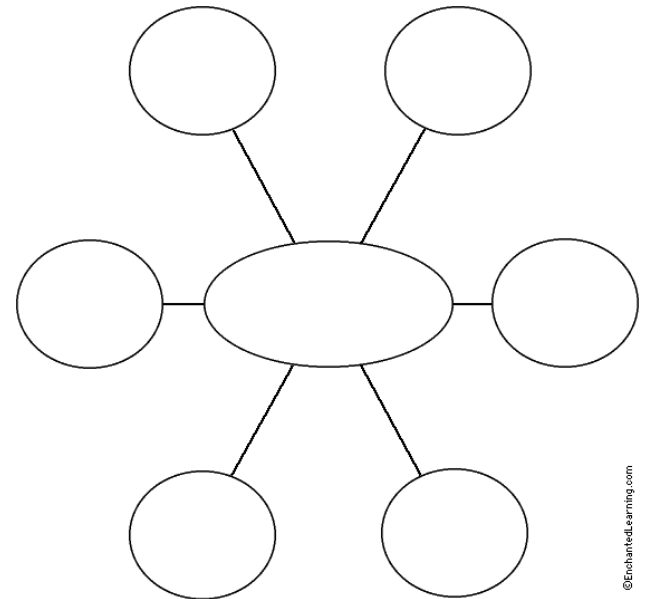
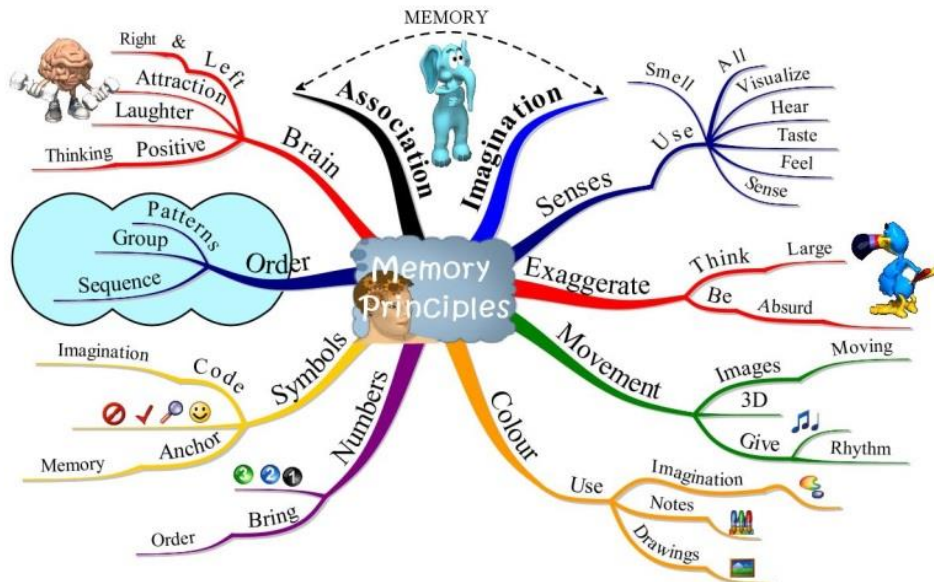
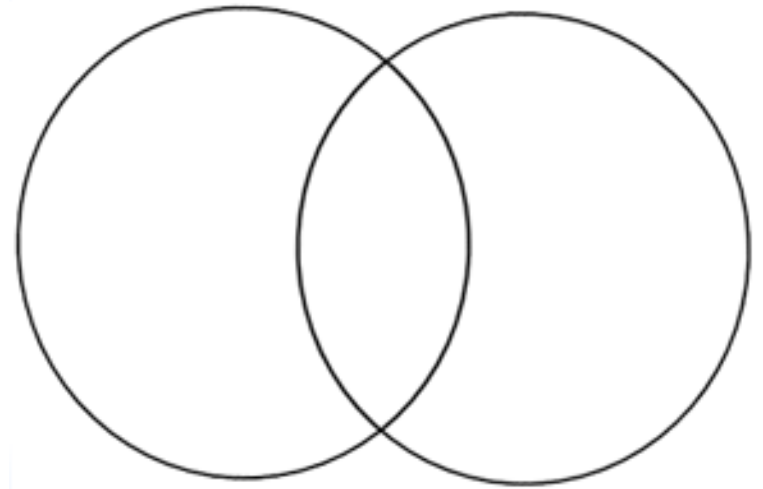
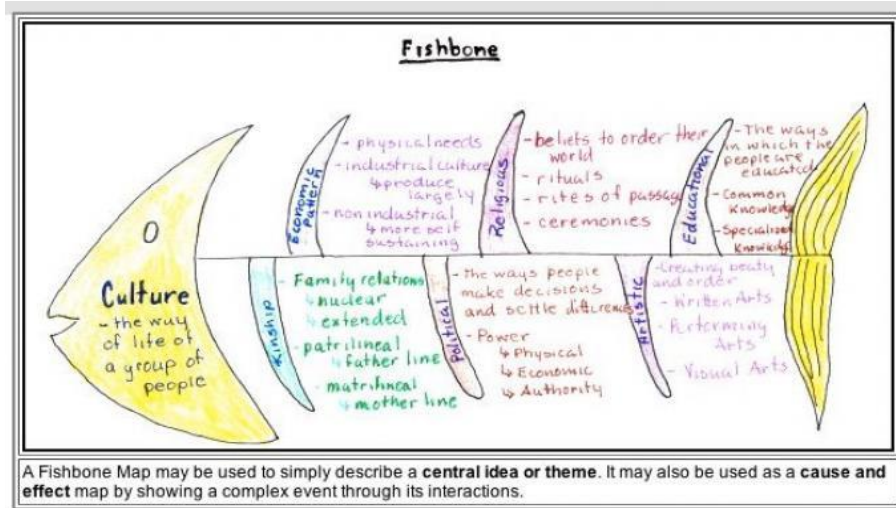
Don't... just re-read your book/textbook



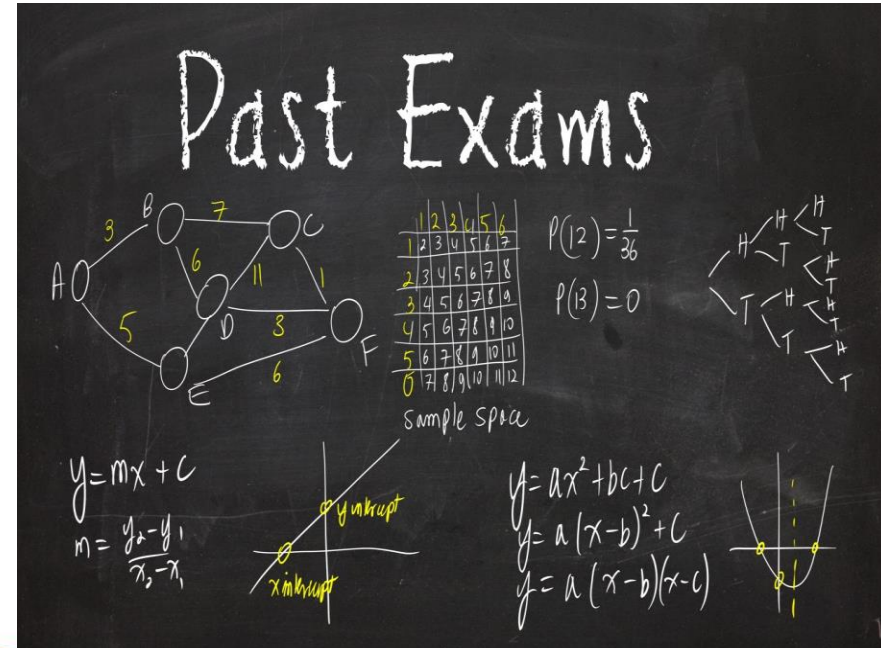
Do...use flashcards



Do...use graphic organisers



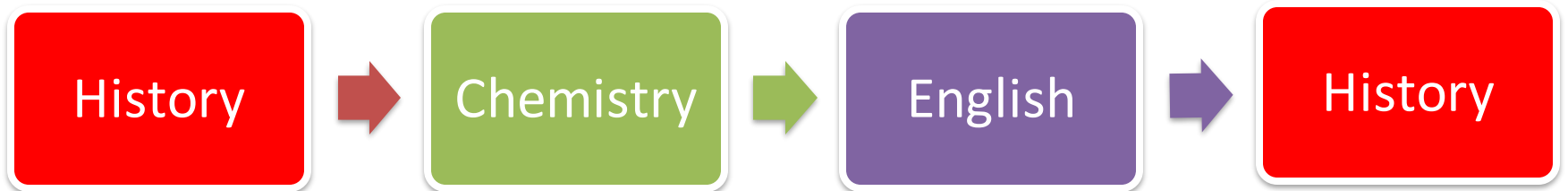
Do...test yourself



Do...switch topics/subjects

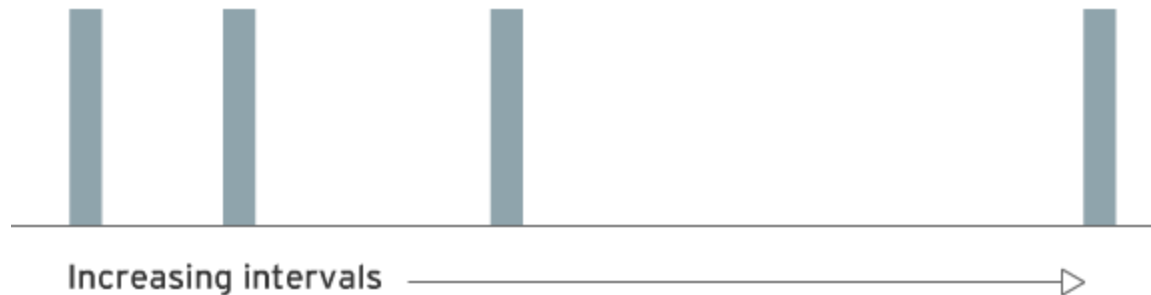
Your memory works best when it is forced to mix up different subjects and topics within subjects

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



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'



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.

Getting started is the first challenge!



Takeaway

- **REVISE — REST - TEST**