

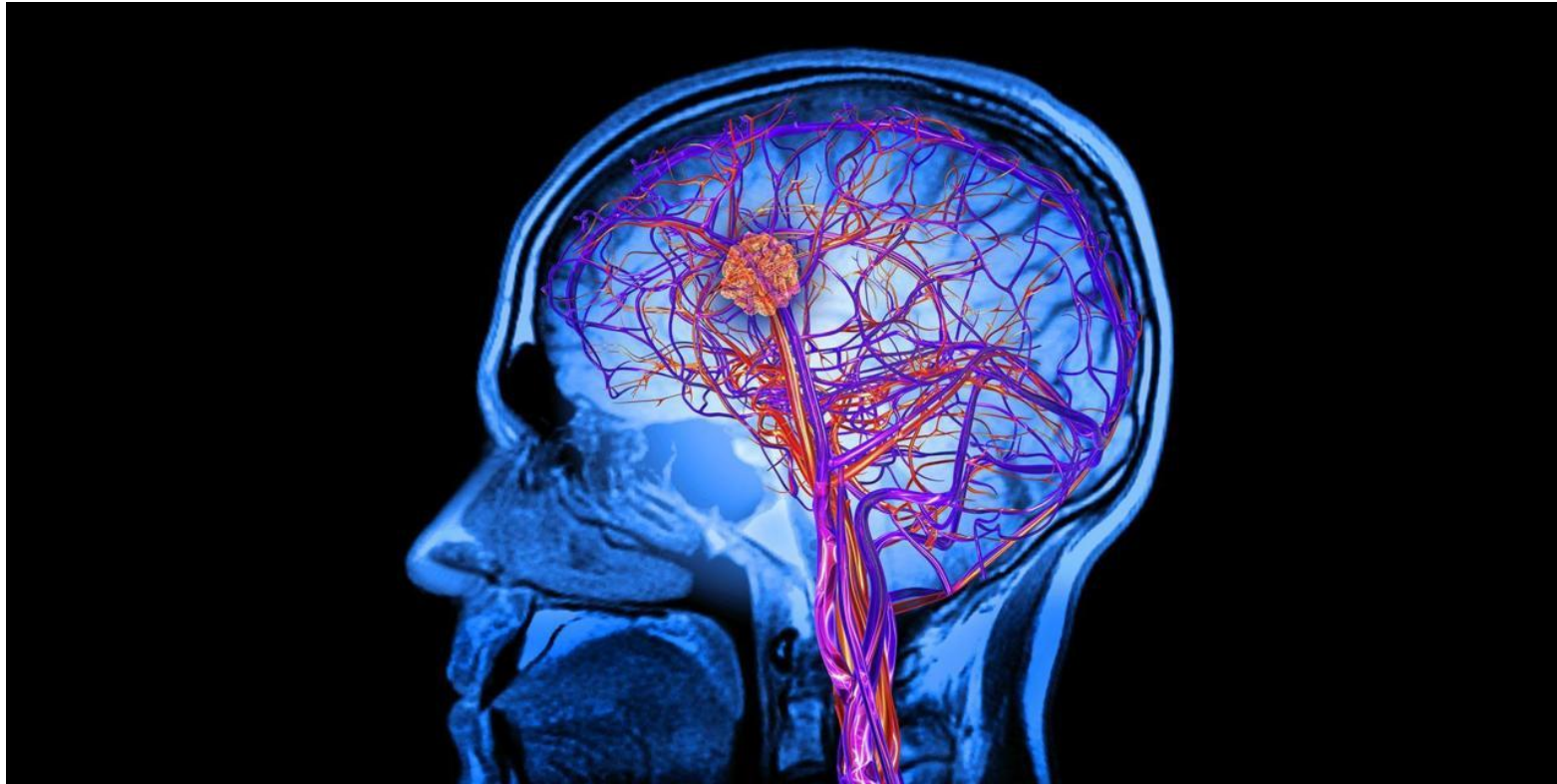
# Making your revision stick

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HOW TO REMEMBER ALL OF YOUR REVISION

Your brain needs to repeat information  
5 times to move it to long term memory

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# 5 steps to long term memory

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1. Learning information in class
2. Revising for mock exams
3. Revising for the GCSE exams
4. Repetition
5. Repetition



Ways students like to repeat material...

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...are generally  
not effective

# Highlighting

**Expectation**



**Reality**



# Re-reading



# Summarising Texts



# Why are these not effective?

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- Low challenge
- Little thinking required
- Makes them feel they are 'doing something'. The illusion of revision!

Dunlosky et al (2013)

# Effective techniques

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## ■ High impact techniques

- Practice testing (retrieval practice)
- Distributed practice (spaced practice)

## ■ Moderate impact techniques

- Connecting less secure/new knowledge to secure/existing knowledge
- Interleaved practice

Dunlosky et al (2013)

# Repetition means using revision material

## Create

For your topic make a mind map, flashcards or notes.

## Recall

### Use the 10 minute rule

*Blank piece of paper recall shows you where to focus*

### Make or use flashcards

*Keep going until you know them*

### Get someone to test you

*Ask questions based on notes or mind maps*

### Post it notes

*Post it note tricky info – bin as you remember them*

### Image/keyword prompts

*Add to your revision material to help recall*

### Rubber ducking

*Read out loud and elaborate to an object of your choice*

## Apply

Past papers and practice questions.

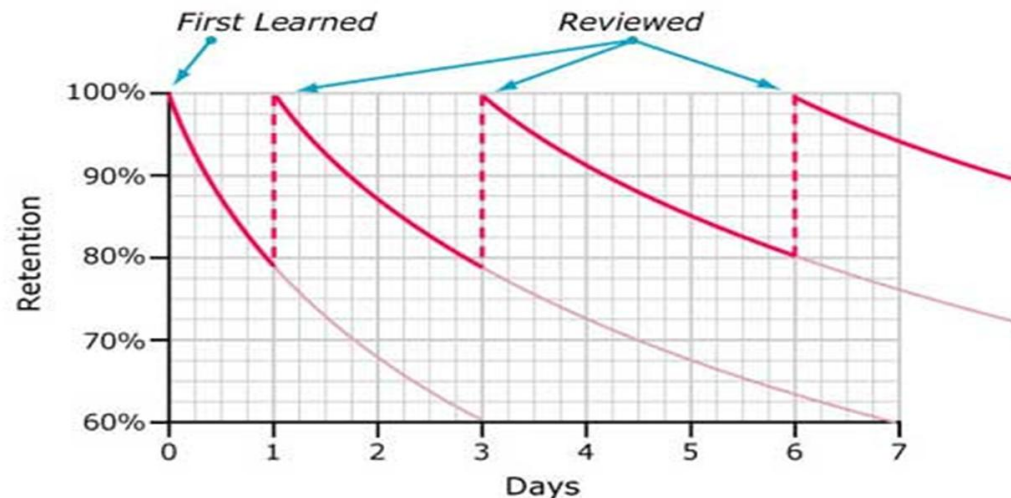
# When to recall?

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Rather than cramming all of your revision for each subject into one block, it's better to space it out – from now, through to the exams.

It gives you some 'forgetting time'. This means that when you come back to it a few weeks later, you will have to think harder, which actually helps you to remember it.

Typical Forgetting Curve for Newly Learned Information



# Is your revision FLAT?

Focused

Long term

Active

Tested

## FOCUSED



- Avoid distraction-no screens
- Choose the right place
- Reward yourself
- Follow a plan
- Take breaks *Max.-40 revision 10 break*
- A trick to get started: *5/10/20 minute revision*

## LONG TERM



- Start early and get organised:
  - What do you need to know?
  - Where will you find information?
  - Get past papers
- Make a revision timetable
  - Prioritise weaker areas
  - Interleave different topics

## ACTIVE



- Always be doing something
- Never JUST read
- Use different techniques: flashcards, mind maps, notes, timelines
- REPETITION: Use whatever you create

## TESTED



- Has your revision worked?
- Test yourself
- Get someone else to test you
- Practice exam questions
- Be prepared to plug the gaps!

‘Difficulties during the learning process help to strengthen learning and memory because when learning is easy it is often superficial and soon forgotten’ Peter C. Brown

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*“So the secret to getting good grades is to study hard...seems a little extreme!”*