

Making your revision stick

HOW TO REMEMBER ALL OF YOUR REVISION

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



5 steps to long term memory

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



Ways students like repeat material...

...are generally
not effective

Highlighting

Expectation



Reality



Re-reading



Summarising Texts



Why are these not effective?

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

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 mindmaps

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.

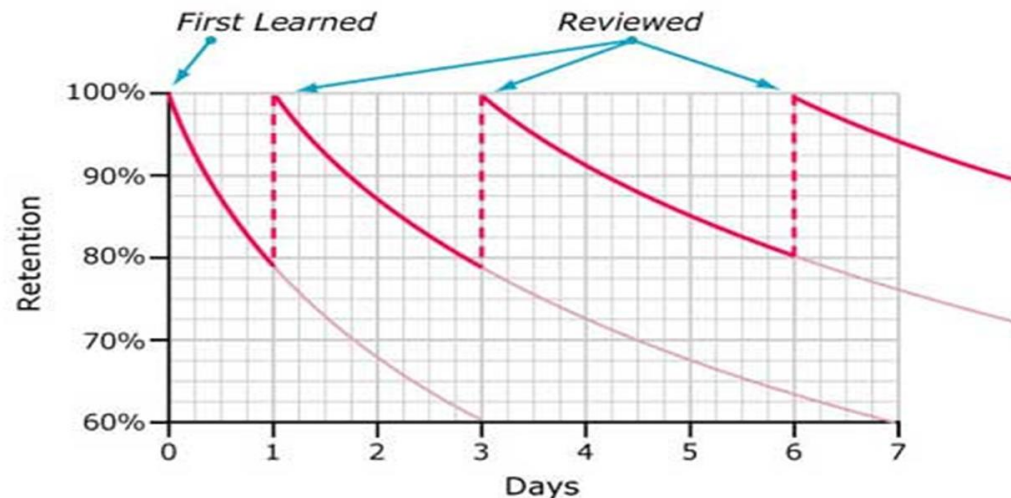
For further information- http://www.themfg.co.uk/docs/Make_It_Stick_Strategies.pdf

When to recall?

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



‘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



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