



How *can* I revise?

**Everyone is different and
so you all have different
things that work for you.**

It is ineffective to write out all of your notes all over again or just read your text book/exercise book.

Revision Tips



- **20 minutes at a time**

- **Eat properly**

Having the correct diet help concentration and energy levels.

- **Take short breaks**

- **Get enough sleep**

Your body needs to recharge over night and process what you have learnt. If you are lacking in sleep it will be more difficult to revise.

- **Do NOT listen to music**

(This may help you concentrate for longer periods of time but in 20 minute chunks this is a distraction not an aid. Your brain CANNOT be fully focussed on what you are trying to learn it gets distracted by the music)

- **If it's not working take a break**

(There's nothing worse than spending hours revising and making yourself tired and stressed only to find none of it has gone in. Accept it early on. Try a different subject, try a different activity and if that fails go and have a long proper break but START AGAIN later.)

- **Productive revision not passive! Test yourself at the end of a topic.**

- **Put your phone somewhere where you can't see or hear it.**

(Even though it might only take 2 seconds to check that snapchat you have disrupted your thought path. This means the revising you have done before and after this time will not be as well "cemented." Check it in your breaks!)

Move it/Act it!



- Try walking about as you learn, or, at least, get up and move every 25 – 30 minutes.
- Acting out what you are learning won't fail to help you remember!
- You can act out lots of things – pretending to be an historical character or, with some friends, how parts of an atom fit together.
- It becomes **very** memorable.

Model making



- If possible make a model of what you are learning out of paper, card, or modelling clay.
- It's a useful technique for learning lots of facts in science.

Teach a friend



- Talking about it can help.
- Give a friend or one of your parents a short account, in your own words of what you are learning.
- The sound of your voice helps you to remember the facts.

Summary Grids



Title: (What title would you give this?)

Summary: (Write bullet points, draw diagrams, flowcharts of the most important points)

Summary of my summary: (What are the 3 main points)

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-
-

Next time I revise this topic I will need to:

Just skim over this topic:

Go over this in more detail:

Mnemonics / Games

- Rhymes,
- Songs
- Snap
- Pairs
- Internet games (lots of resources on the internet!)



Record/read aloud



- Record the key points of what you are learning on your I-Pod or phone.
- The effort will lock all those facts away in your memory and you can revise as you go along in a bus or car, or as you sleep.

Diagrams and charts



- This breaks down the information you need into small chunks.
- Diagrams, like posters, are ideal for showing how a process works – for example, how an electrical circuit works or photosynthesis or the water cycle.
- You'll also remember better if you draw up a chart or diagram of what you are learning.

Revision Cards/post it notes



- Write down the important things about a topic on postcards or 'post-it' notes.
- That's because postcards are so small and you can only write a few key words on them.
- These words will jump out at you when you look at them.
- Stick all the cards or 'post-it' notes on a big sheet of paper.
- This lets you *physically* sort out your thoughts on the subject.
- You can then use this information to create a knowledge organiser to test yourself.

Mind Maps



- Information that is easy to remember.
- The brain likes pictures and colours.
- ‘Big pictures’ and details.
- Important points near the centre.
- Use all your learning senses.
- Same colour branches = same topic.

Highlighting



- Use a highlighter pen to pick out important information.
- Do not highlight too much on a page!
- If you highlight everything it only takes longer to read the text when you come back to review the information.
- Try using different coloured pens for different types of information.

It is not all about facts



Learning facts is only part of the battle.

You need to arrange your thoughts on paper and make sure you *answer* the question.

Review



- What are the pros/cons for the different ways?
- What is the best way to revise for you?
- Will you revise the same way for every subject?
- Are you going to try something different?
- What will you try?

Revision Techniques

Adapted from [Dunlosky et al \(2013\)](#)

Technique	Effectiveness	Description of the technique
Practice testing	High	Self-testing using past exam questions while learning. Ask yourself why am I using this piece of information to answer this question
Distributed practice	High	Develop a schedule of revision/ learning activities over time. Revisit the same material on several occasions
Elaborative interrogation	Moderate	Thinking about why you have answered a question or creating an explanation for a response
Self-explanation	Moderate	Linking new information to known information or using applied questions
Interleaved practice	Moderate	Developing a schedule that mixes different techniques during a period of study
Summarisation	Low	Writing summaries of concepts/ areas of study
Highlighting	Low	The use of highlighters or underlining while reading/ re-reading
Keyword mnemonic	Low	The use of key terms/ acronyms / images to associate with concepts to be learned
Imagery	Low	Attempting to form mental images of materials while reading
Re-reading	Very low	Revisiting text that has already been read