

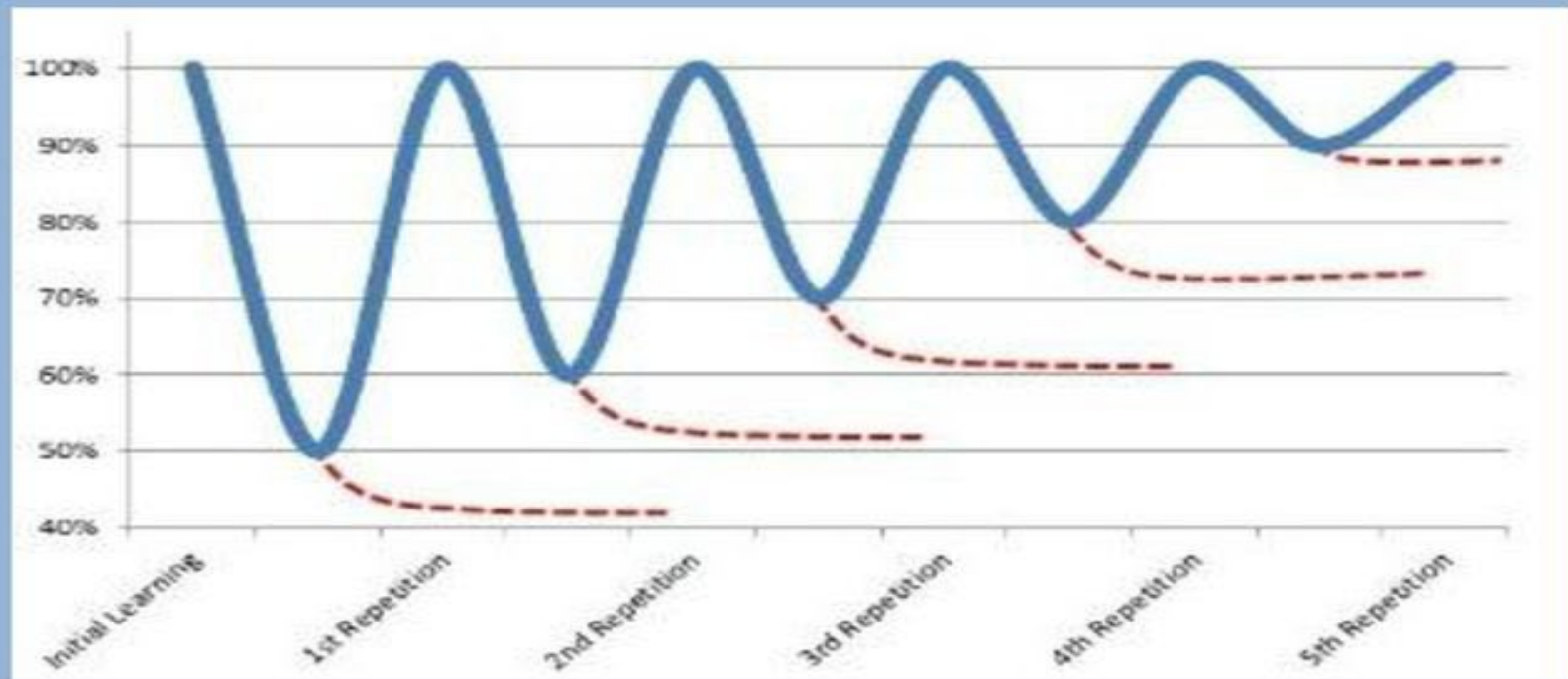
Introduction to revision

Progression steps

- Why do I need to revise?
- How do I deal with exam anxiety?
- How do I start revising?
- How can I improve my memory?
- Which revision techniques can I use?
- How do I organise my time in the exam?

Why do we need to revise?

Because we forget!..... The graph shows that the more times that we review (or revise) something, the more we remember ...PERMANENTLY.





SPACING – Little and often beats cramming!

Doing an hour of revision for 8 days is 10%-30% more effective than doing 8 hours revision in one day.

BENEFIT - Spacing sessions cements information into long-term memory.

WARNING - Do not leave over 24 hours between revision sessions!

INTERLEAVING – Mix it up!

Don't dedicate a whole day to one subject (blocking), mixing your subjects during revision helps identify and define problems and helps with thought processes.

BENEFIT - Interleaved students perform 3 times better in exams!



DO IT NOW!!! Stop putting it off!

Start revising now.....like.....
RIGHT NOW!

Starting your revision is half the battle! Start with a 10 minute session – not thinking about it or organising it – actual real revision!

Once you have completed 10 minutes your motivation will kick in and your anxiety will automatically decrease!

**STOP WORRYING
ABOUT IT, JUST DO IT!**

TESTING – Completing test papers and quizzes is known as retrieval practice!

PROVEN TO BE ONE OF THE
MOST EFFECTIVE WAYS TO
IMPROVE MEMORY!

BENEFIT -Regular testing improves long-term memory and significantly decreases exam anxiety!



A GOOD STUDY PARTNER – Confidence is contagious!



CAUTION – studying with others can be distracting!

However, the right study partner can have multiple benefits. If the person next to you is working hard, your work ethic automatically increases!

BENEFIT - Teenagers who work out problems together learn faster! **FACT!**

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular
bed times



Have inconsistent
bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting
"key" passages

Spread out their revision



Cram their revision

Keep a diary to capture
negative thoughts



Dwell on worst
case scenarios

Revise in a quiet
environment



Revise while listening
to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away
during revision



Revise with their mobile
phone next to them

The right study environment

- Quiet
 - Clear space
 - Away from distractions
 - Remove all devices- tablets/ phones
 - Stationary available
 - Revision guides and exercise books
-
- Of all the strategies we are going through over the coming weeks this will be the most impactful



Concerns

- There is too much to learn
- I don't know what to revise
- I don't know how to revise
- I don't know where to start
- I don't have enough time
- My notes are too messy/disorganised
- I don't know how to memorise things
- I feel too worried to remember

These are all perfectly normal and everyone feels this way from time to time

Problems that create these concerns

- Not starting to revise early enough
- Forgetting to revise key topics
- Reading notes again and again
- Not gearing revision to specific exams
- Learning essays off by heart
- Putting off revision – Lack of motivation
- Losing interest
- Unable to fit revision into schedule
- Feeling overwhelmed

Over the next 6 months you must...

- Reduce worry
- Have good foundations – plan your revision strategies as soon as possible
- look after yourself:
 - good nutrition and water
 - rest, exercise and relaxation
- learn to remember (techniques)
- revise – sleep – review



**This will help
you deal with
anxiety and
improve your
memory**

How do I revise?

Stage 1

Begin as early as possible. Familiarise yourself with what is required and plan:

Time: when will you revise?

Location: where will you revise?

Work: what do you have to revise?

How – what works best for you?

To be a successful reviser you should:

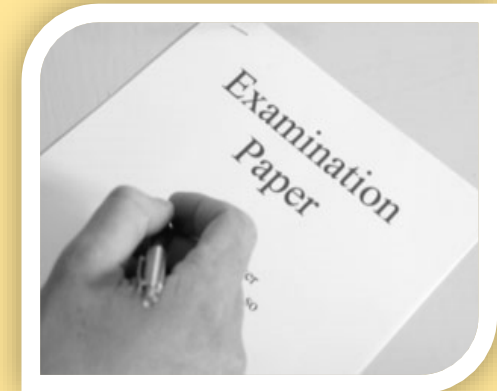
Prepare

Organise

Memorise

Recall

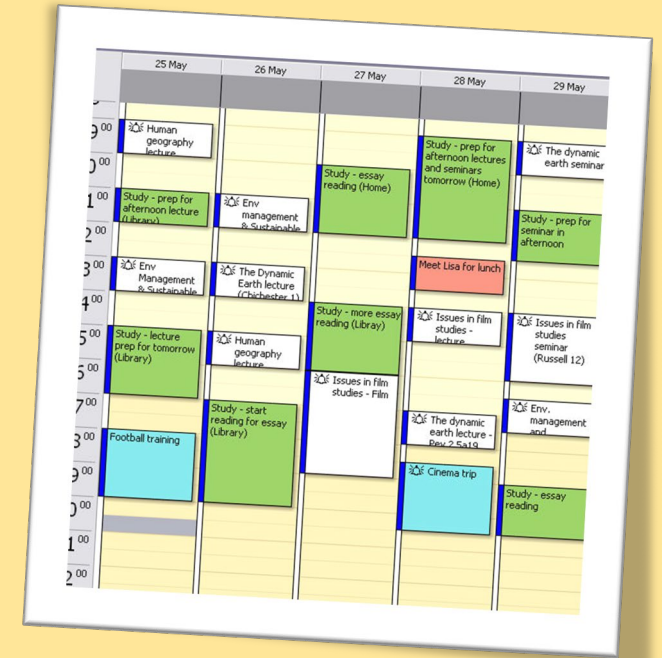
(Price and Maier, 2007)



Stage 2 (next week)

Make a realistic timetable and stick to it:

- When do you work best?
- Plan your day: include targets, treats, meals and time to relax and sleep
- Take regular breaks
- Maximise your time – use short blocks of time



Stage 3

Organise and reduce notes

- Group and organise your material
- Highlight Use numbered points
- Highlight key words/phrases
- Have plenty of white space so that you can see the information easily
- Use different colours, pictures or symbols if these help you

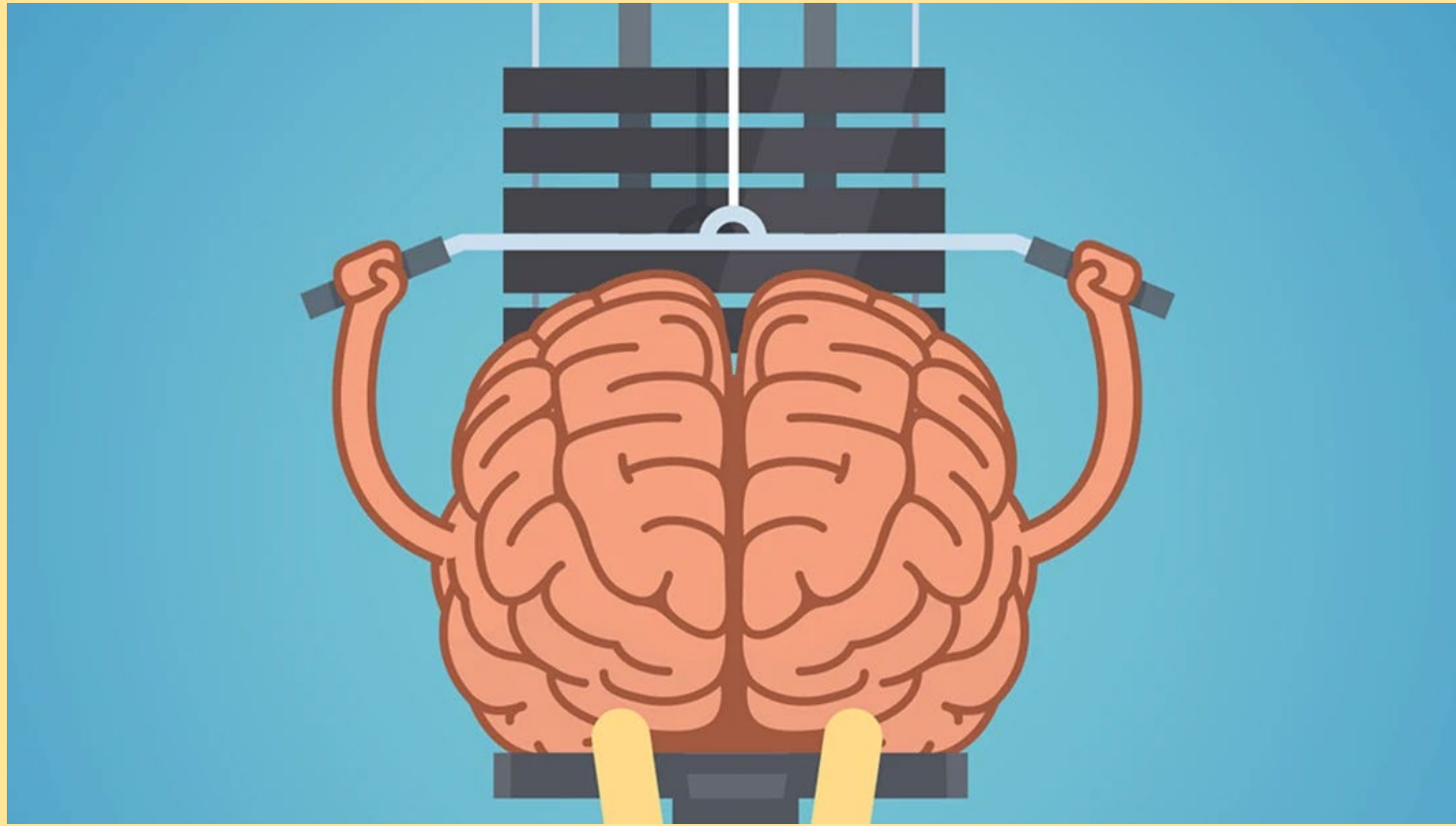
This helps you to understand and to remember the information.

Stage 4 (2 weeks time)

- Make master cards, question and answer cards, mind maps,



How can I improve my memory?



Why do we remember?

We remember when

- we make connections/links
- it's of personal interest to us
- we write it down
- we say it aloud or record it

We don't remember when

- we are stressed
- we aren't interested in it
- we haven't looked at it, thought about it or listened to it long enough

Memory capacity

We can only commit a certain amount of information to memory at any one time.

But we can do things to increase the amount we can retain.

Exercise 1

You will have 1 minute to memorise these words:

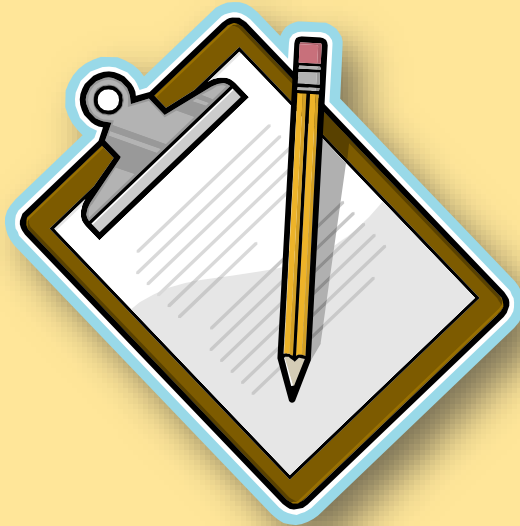
Panda
onion
peach
jeans
car
coke
hare

label
hat
puppy
currant
cab
tie
tea
bean



Exercise 1

Write down all the words you can remember



How many
words did you
remember?

Exercise 2

Try the same thing with the next list of words:

window

wall

door

blue

purple

green

butterfly

wasp

ring

necklace

bracelet

desk

chair

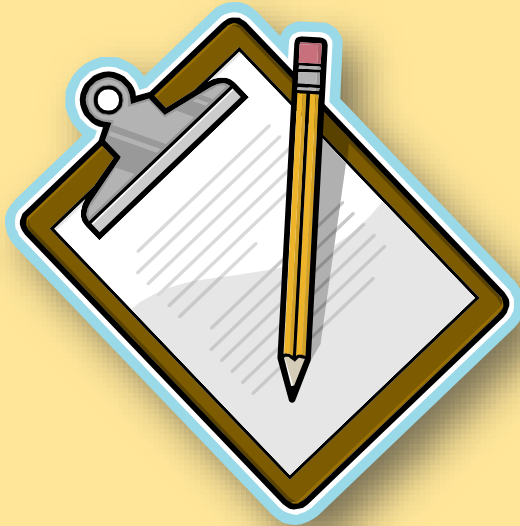
guitar

drum



Exercise 2

Write down all the words you can remember



How many
words did you
remember this
time?

Compare your results

Perhaps you did better with the second list? If so, this is probably because...

- the words in the first list were in random order
- in the second list the words were grouped into categories

We can remember information
more effectively if we organise it
into meaningful 'chunks'

Competition time. How many of these can you remember? (pens down)



Now write down as many as you can

Attempt 2- Revise the list again



Now write down as many as you can

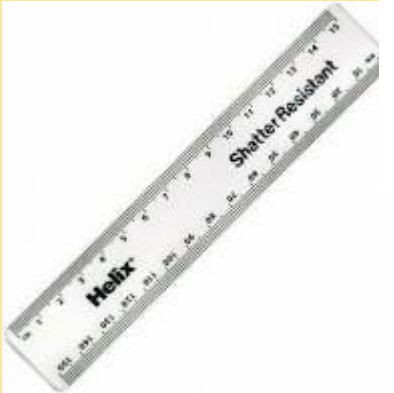
Why did you remember more this time?

The more that you visit information. The more likely that you are to remember it



However. 20 pieces of information is far too many to remember at a time without re-visiting and chunking together. Try this-

Similar information has now been 'chunked' together. How much information can you remember now? (pens down to revise)



How many can you remember?

Try using these trigger words

- Animals
- Christmas
- Electrical
- Furniture
- School Stationary
- Food

Learn and recall

- Remembering more:
 - Organise material into meaningful, connected sections
 - Use techniques that suit you personally – people remember best in different ways
- Longer, more effective recall:
 - Repetition – review material often
 - Adopt active strategies and practise using the material
 - Use memory aids

Repetition

- Whatever our personal memory style, repetition is key to learning and remembering long-term
- We can't hold much in our short-term memory so we have to move things from our short-term memory to our long term-memory
- And then we have to be able to retrieve them promptly when we need them in the exam
- Reviewing the material regularly makes the 'memory pathways' to the information stronger

Different types of memory

Cottrell suggests using your senses to 'train the brain' (2007, pp. 129-31):

- **Visual memory** – diagrams, charts, using different colours, pictures, cartoons
- **Tactile and motor memory** – writing, tracking information, reading out information without sounding the words
- **Auditory memory** – music, recording, vocalising, study groups



**How do
YOU
remember
things best?**

Next time... Revision timetables