

Use past papers and questions to apply knowledge

Use learning checklists to plan your time effectively

REVISION

APPLY

ORGANISE

RETRIEVE

SUMMARISE

Active recall

Condense topics into notes



Organise	Summarise	Retrieve	Apply
<p>How long do you revise for?</p> <p>Should you be using colour when revising?</p> <p>How often should you revise?</p> <p>How many topics do you revise in one session?</p> <p>How does learning happen?</p>	<p>Mind Mapping</p> <p>One Page Summaries</p> <p>Read and Highlighting</p> <p>Sequencing</p> <p>Flashcards</p> <p>Revision Clocks</p>	<p>Revision Clocks</p> <p>Flashcards</p> <p>Self- Quizzing</p> <p>Folding Frenzy</p> <p>A-Z keywords</p> <p>Brain dumps</p>	<p>Question bank</p>





How long do you revise for?

How often should you revise?

How many topics do you revise in one session?

Should you use colour when revising?

How does learning happen?

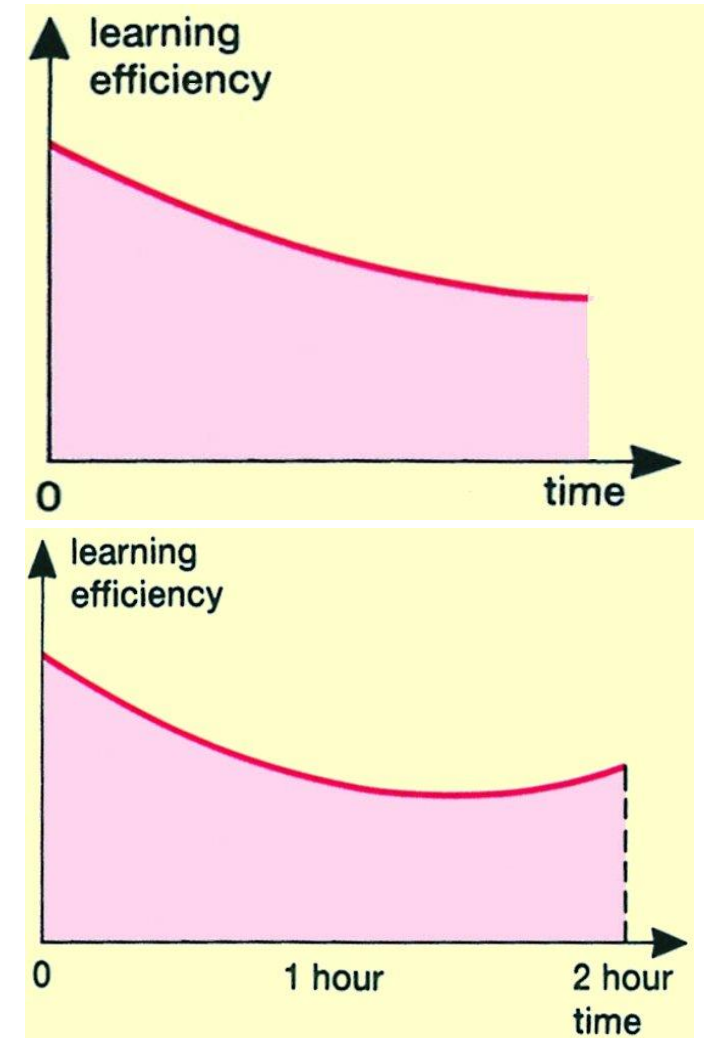
**How long do you revise
for?**

How long do you revise for?

Don't spend too long revising in one session. There is the law of diminishing returns.

If you just sit down to revise, without a definite finishing time, then your learning efficiency falls lower and lower (graph one)

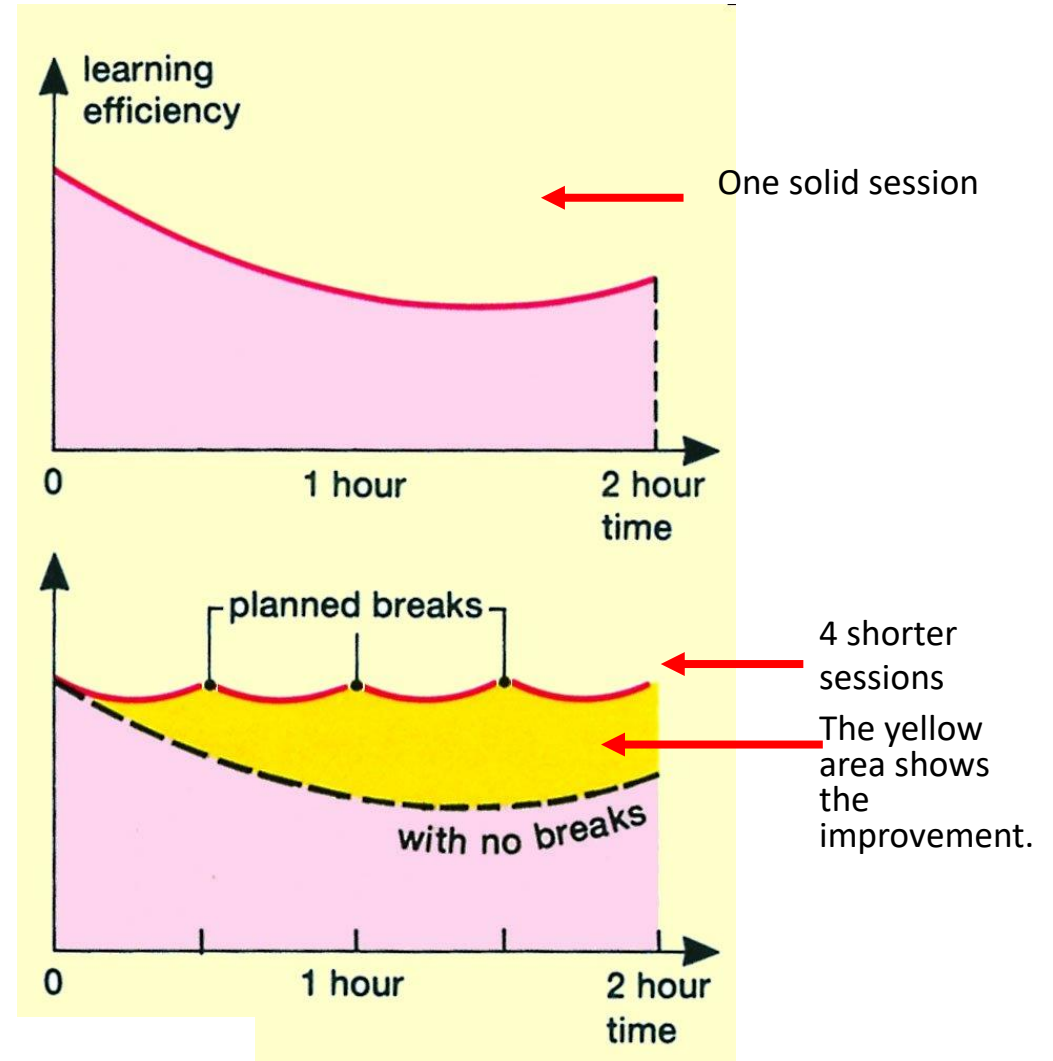
If you decide at the beginning how long you will work for your brain knows the end is coming, the graph rises towards the end (graph 2)



How long do you revise for?

If you break up a 2-hour session into 4 shorter sessions, each of about 25-minutes, with a short planned break between them, then it is even better.

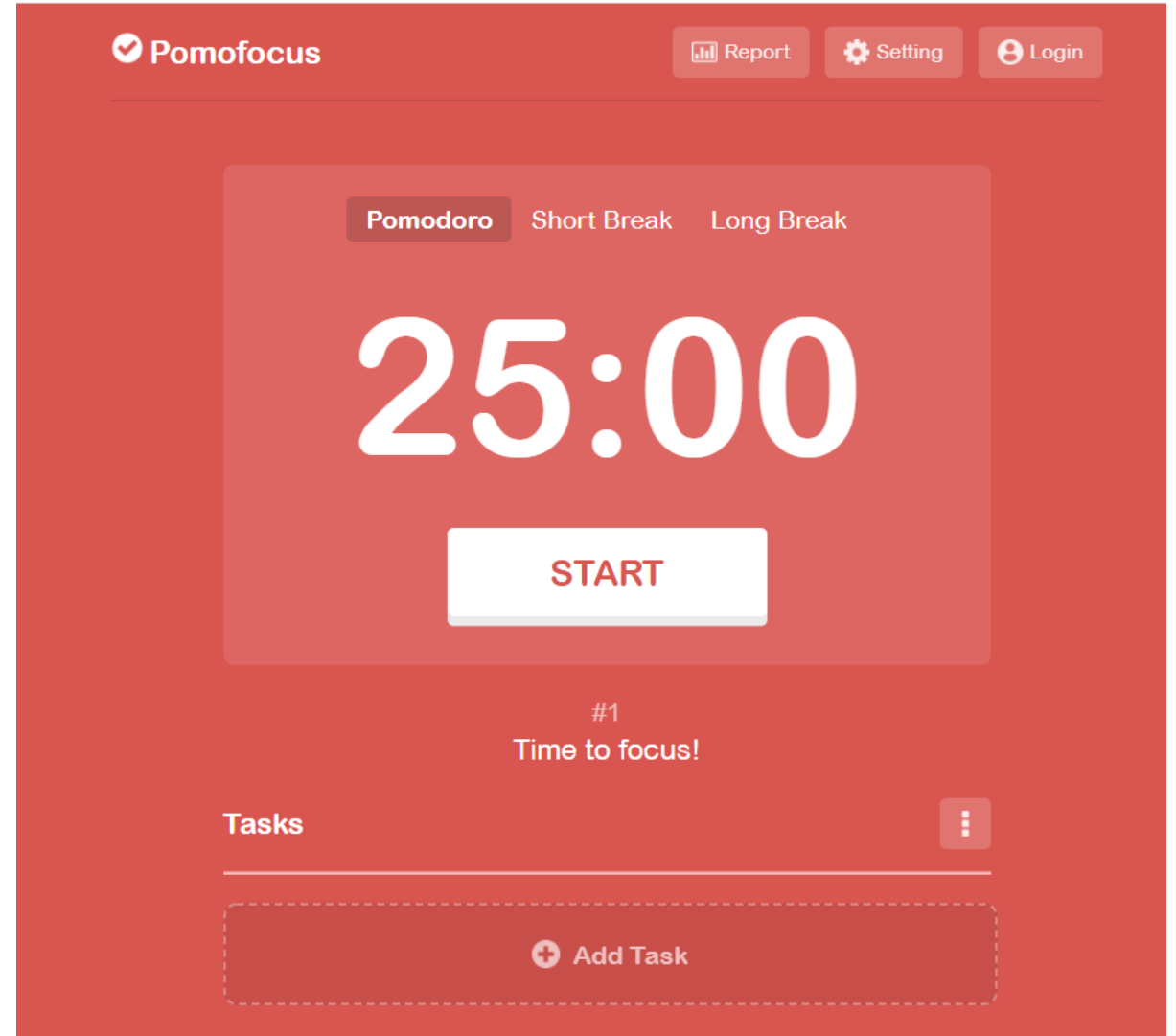
Your efficiency stays high.



Pomodoro

This type of time management is called the pomodoro technique. There are lots of apps/website with set timers.

<https://pomofocus.io/>



How long do you revise for?

How often should you revise?

How many topics do you revise in one session?

Should you use colour when revising?

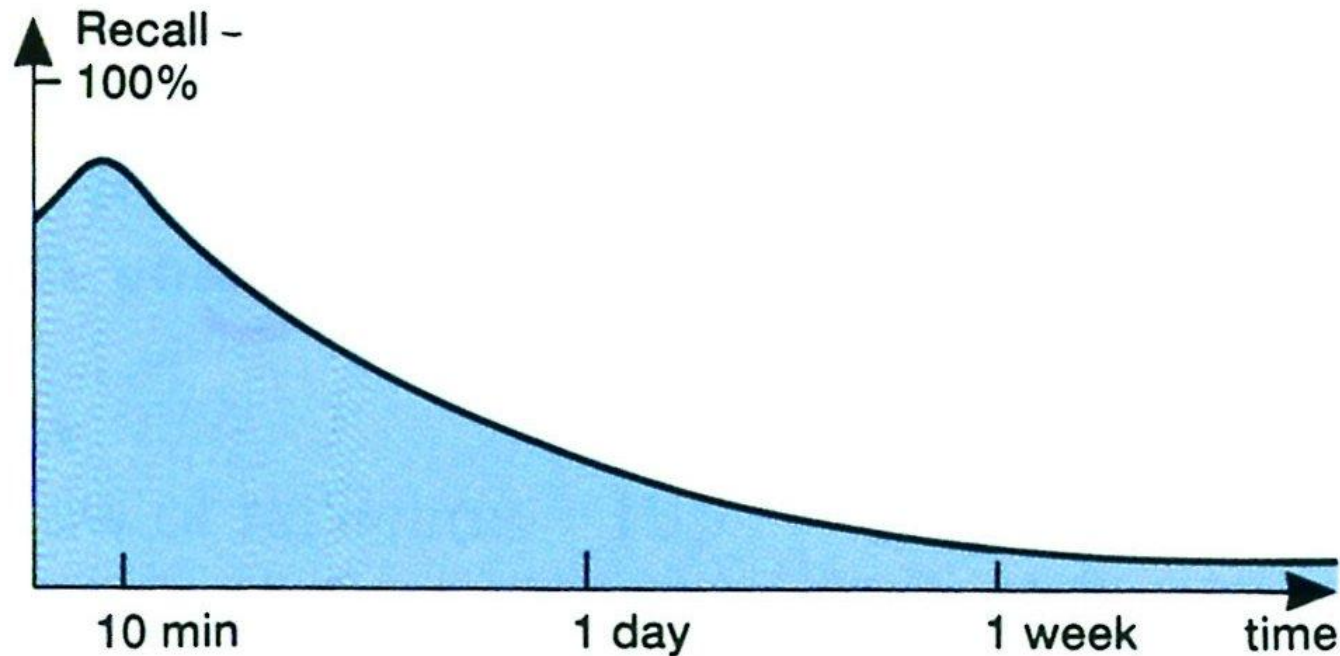
How does learning happen?

How often should you
revise?

Spaced retrieval

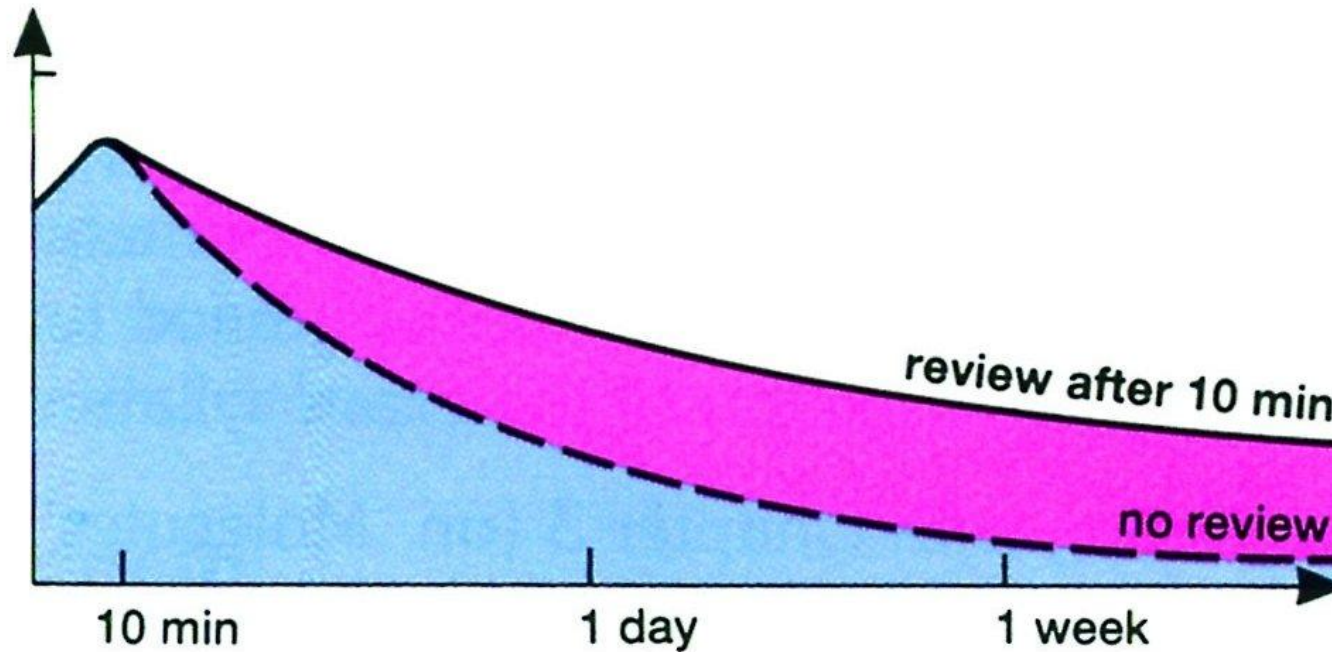
The graph below shows how much your brain can recall after learning.

It rises for about 10 minutes ...and then falls.



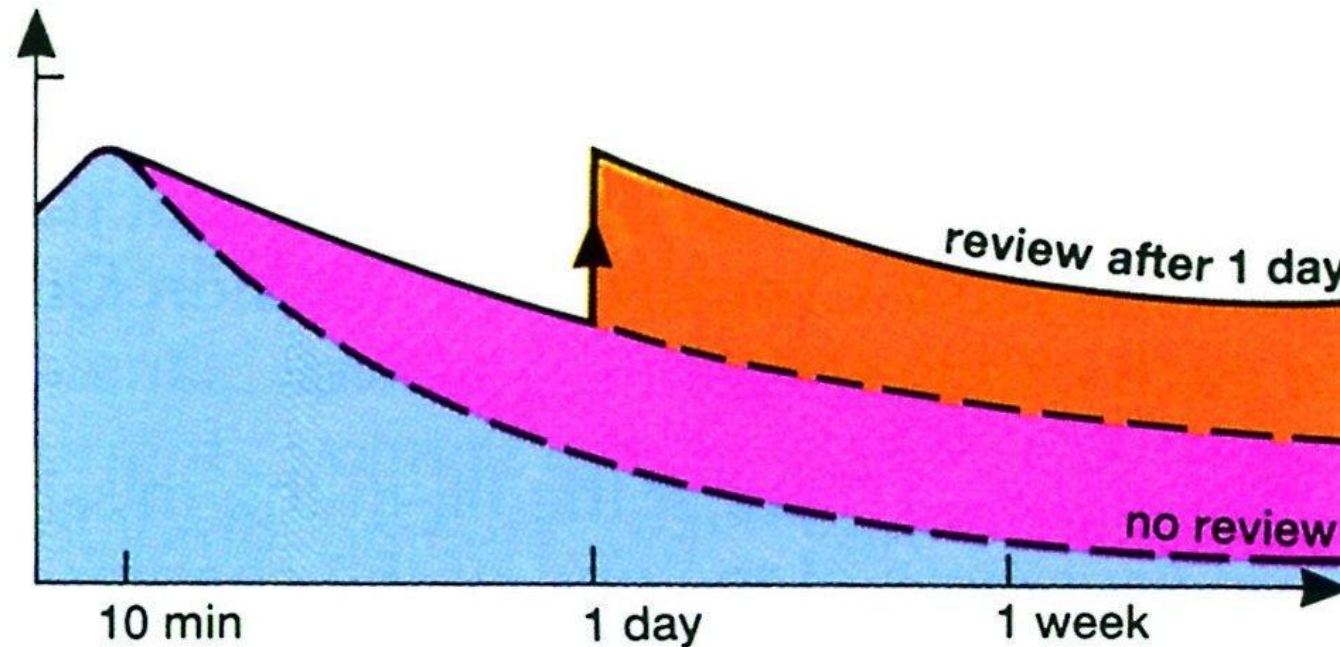
However,

if you quickly re-revise after **10 minutes**,
then it falls more slowly! This is good.



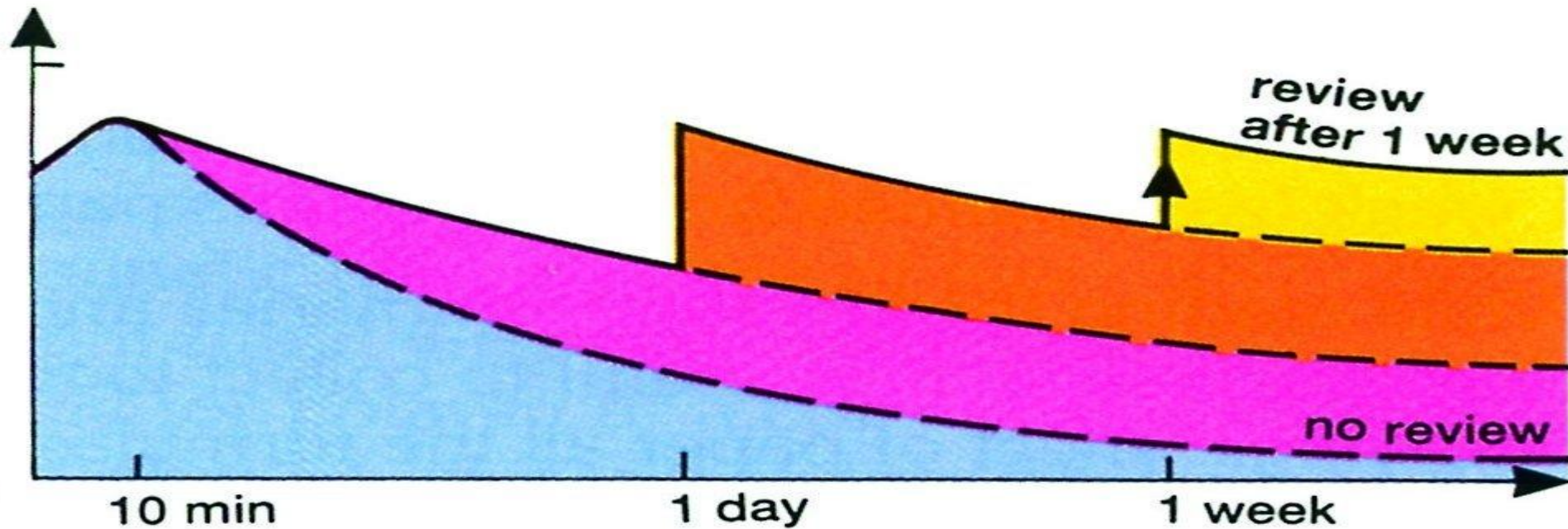
Spaced retrieval

If you retrieve the topic again, after **1 day**, then it falls even more slowly



Spaced retrieval

If you retrieve the topic again, after **1 week**, then it falls even more slowly!



So the best intervals for revising are...

- ✓ 10 minutes
- ✓ 1 day
- ✓ 1 week
- ✓ ...and then 1 month.

How long do you revise for?

How often should you revise?

How many topics do you revise in one session?

Should you use colour when revising?

How does learning happen?

**How many topics do you
revise in one session?**

Interleaving

Blocked practice involves studying one topic thoroughly before moving to the next topic.

Interleaving is where you mix and combine different topics and subjects. Interleaving has been shown to be more effective when revising.

How long do you revise for?

How often should you revise?

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Should you use colour when revising?

How does learning happen?

**Should you use colour
when revising?**

Dual Coding

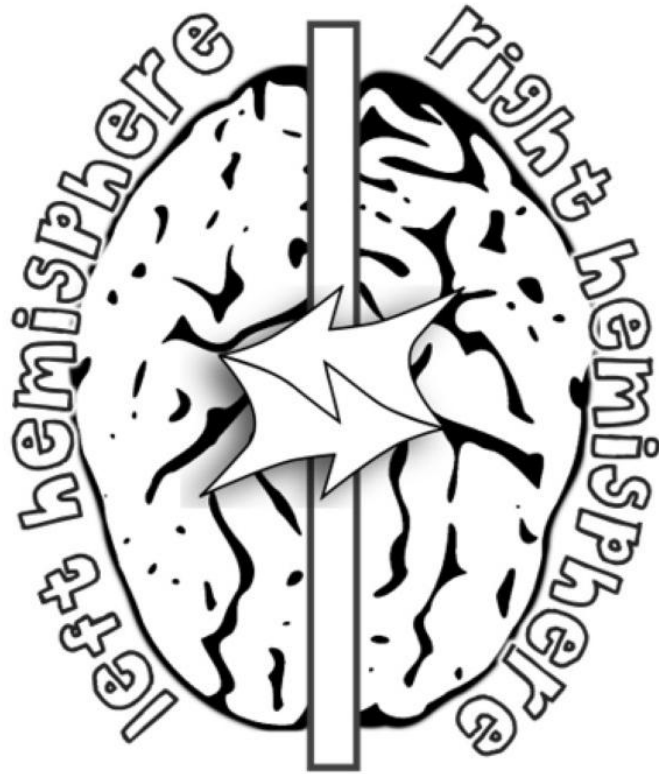
The term '**dual coding**' refers to the technique and process of combining written text with visuals.

This might take the form of a timeline, diagram or infographic depending on the subject or what you feel is best suited to the subject or topic.

These can be created by writing down information from memory with accompanying relevant images to enhance your points.

graphic input **plus** text input

cross lateral communication



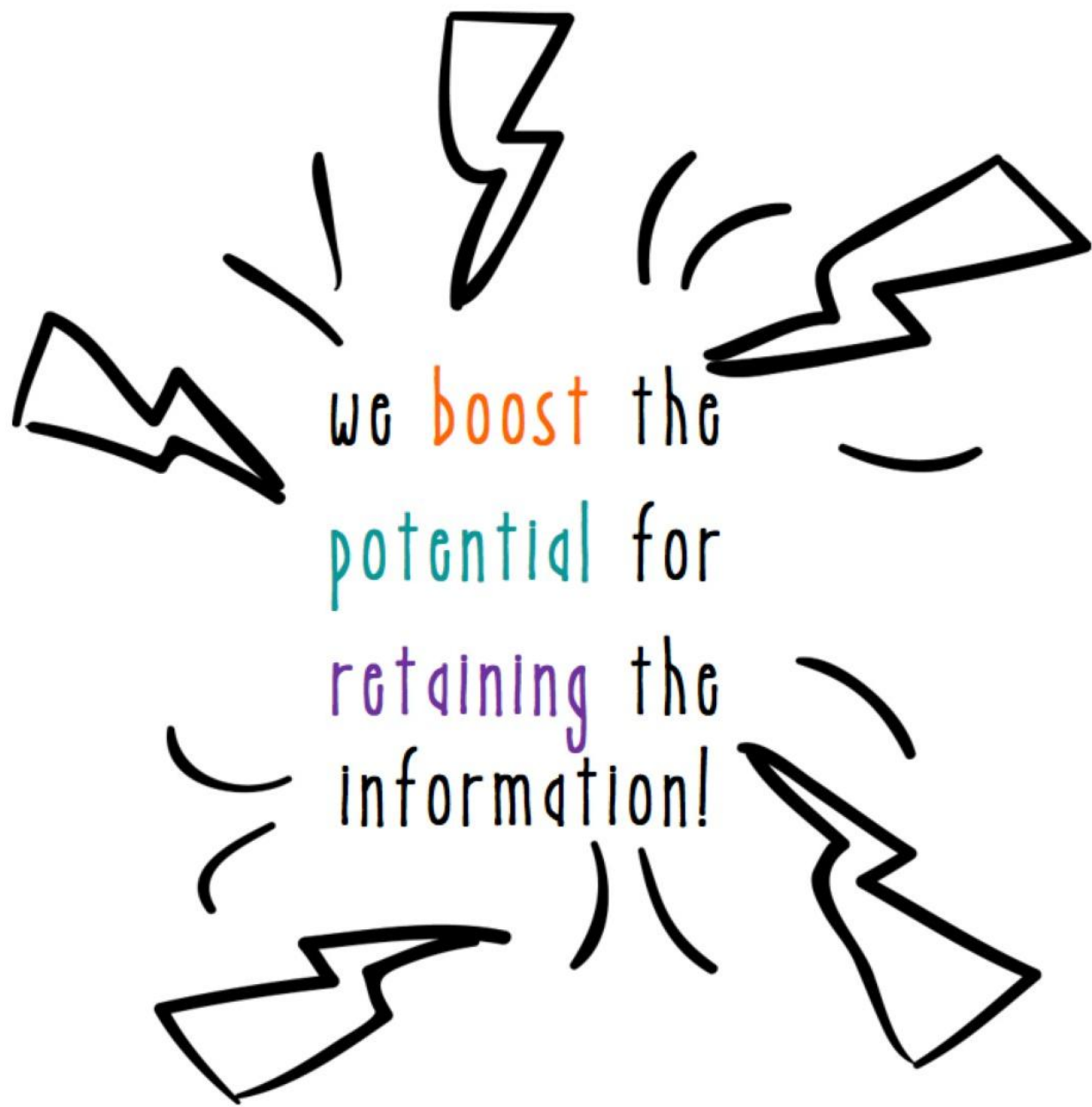
**When both
hemispheres
are activated,
the brain is
better able to
focus in on the
material.**

**Mental
connections
grow stronger.**



**When these
neural pathways
are activated....**





we boost the
potential for
retaining the
information!

How long do you revise for?

How often should you revise?

How many topics do you revise in one session?

Should you use colour when revising?

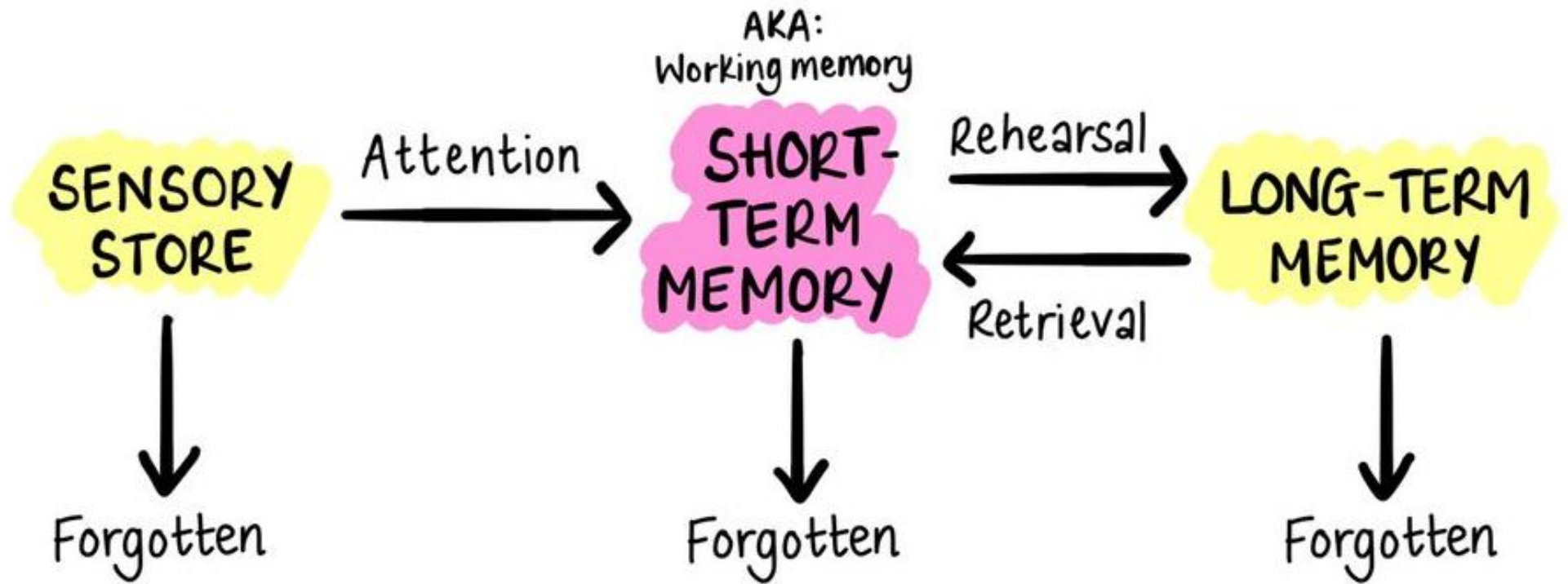
How does learning happen?

**How does learning
happen?**

Active Recall

- When new information enters your brain it only gets stored in the working memory from a short space of time (seconds)
- Information needs to be recalled enough times to move it to the long term memory.
- This is the goal for your exams.

Learning = a change in long-term memory
'if nothing has changed nothing has been learned'



THE MULTI-STORE MODEL OF MEMORY BY ATKINSON & SHIFFRIN (1968)