



- Make your brain take notice! Paradoxically, the reason you might struggle to remember things is because your brain is so efficient. If you want to remember things, you have to make your brain stop and take note.
- Do something with the info: Just reading, highlighting or copying will not work.
- You should organise the content of your notes, handouts and books, turning it into charts, mind maps or pictures.
- Take a break: Studies have shown that recall goes down if you work solidly for too long. Once you have had a break, try testing yourself on what you revised before it.
- Little and often: The more times you encounter something, the more likely you are to recall it.
- Variety is key: We build up a more exact memory if we are exposed to the same information from lots of different perspectives. It is a good idea to revise using different books, journals and sources rather than reading the same handout or book all the time.
- Get your sleep: When you are in deep, slow wave sleep, your brain goes on working, making sense of what you have learned and experienced during the day. So sleeping well during your revision and exam period is important.

Revision Cards

Write a keyword on a card using your textbook for cues.

Read the relevant part of the textbook.

Come back to your cards and try to write notes on them (this tests your memory)

You can then flick through the cards to help you remember.

Use different types of cards

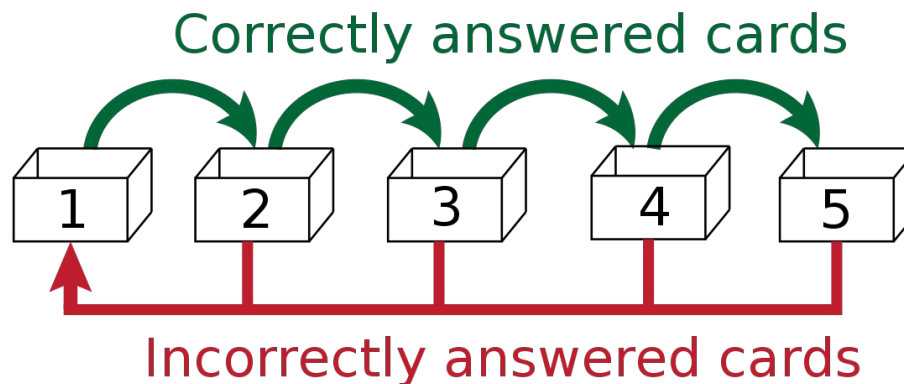




Revision Cards- The Leitner System

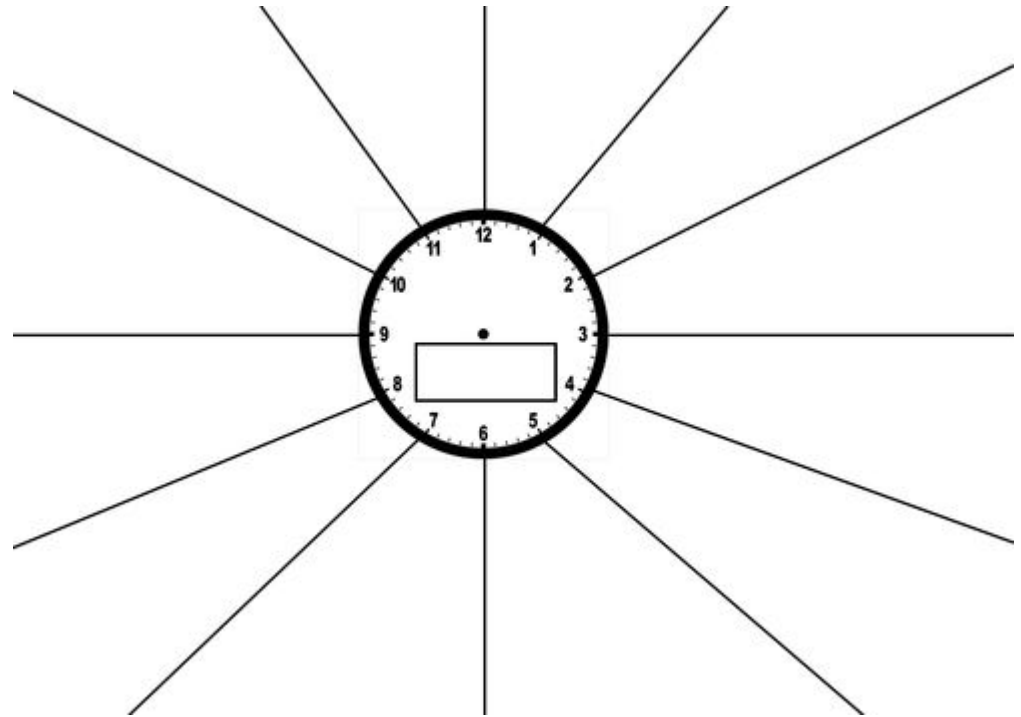
To get started with the Leitner System, you need to do three things:

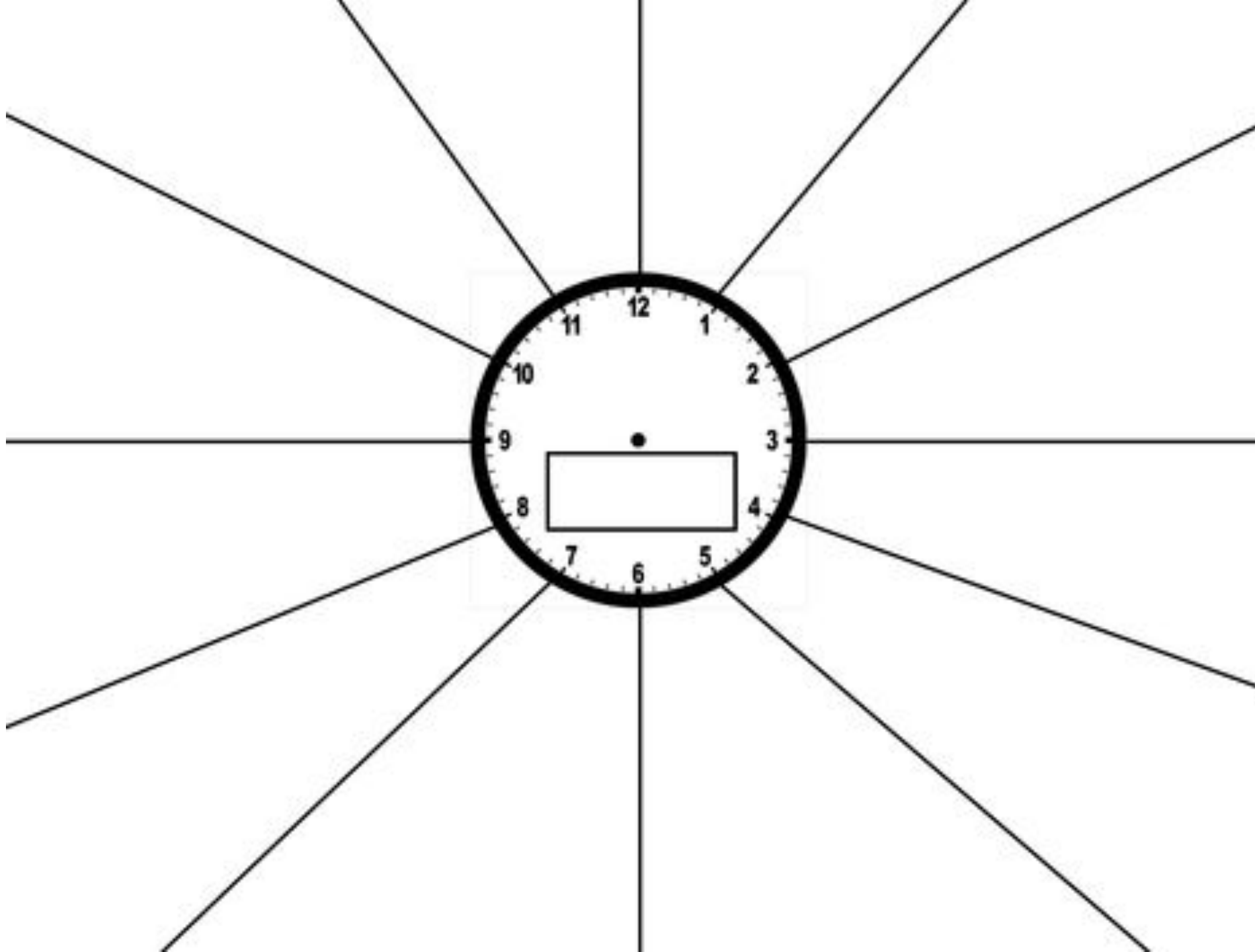
- Create electronic or physical flashcards (one card per concept)
- Label three to five electronic or physical boxes with study time periods (e.g., Box 1 for cards to be reviewed every day Box 2 for cards to be reviewed every other day, etc.)
- Every flashcard will start in Box 1. As you answer a flashcard correctly, move the card into Box 2. If you incorrectly answer a flashcard, place the card back in Box 1. Follow this method for each flashcard in Box 1.
- Each time you get a card correct, you move it to the next box. Each time you get a card wrong, you move it back to the previous box. Once you have finished studying for the day, you will see which concepts are ones that you need to study more frequently, and which concepts may only require you to study them once a week.
- Follow the same method on each study day until all of your cards have been moved to the last box.



The Revision Clock

- A way of revising which can break a topic down into 12 sub-categories.
- Make notes in each chunk of the clock.
- Revise each slot for 5 minutes, turn the clock over and recite back to yourself (or someone else) certain sections of the clock. 'e.g. what was in section 2-3'.

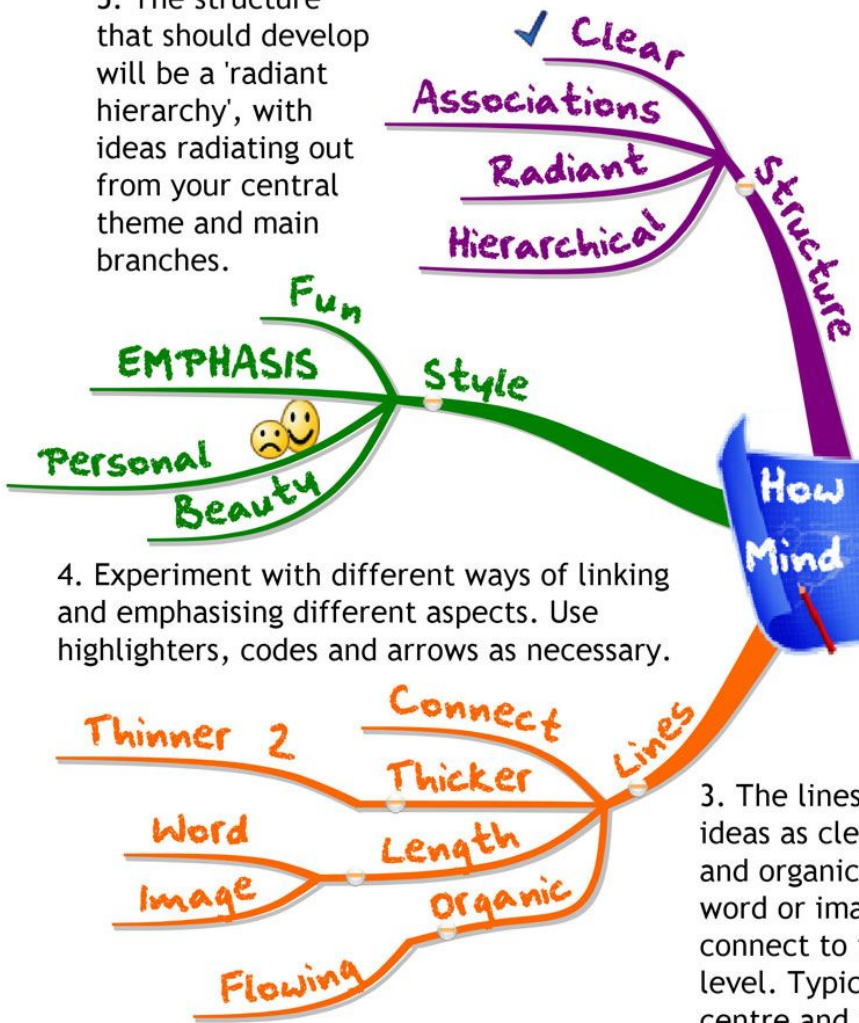






Mind Maps

5. The structure that should develop will be a 'radiant hierarchy', with ideas radiating out from your central theme and main branches.



1. Start at the centre of a blank, landscape page, ideally with a colourful image to represent your subject.

2. Use words and pictures throughout your map. Wherever possible use single KEY words, printed along a line. Each word or picture sits on its own line.

4. Experiment with different ways of linking and emphasising different aspects. Use highlighters, codes and arrows as necessary.

3. The lines make the associations between ideas as clear as possible. Make them flowing and organic, each line the same length as the word or image. Always ensure that lines connect to the end of the line at the previous level. Typically lines will be thicker at the centre and thinner further out.

Creating Revision Notes

- Avoid writing in block text where possible!
- Make notes look like notes!
- Use bullet points or tables, graphs or even little sketches to show your work.
- Use Highlighters and Coloured Pens to emphasise particular areas or things you need to remember, is a good idea.
- Summarise large passages.
- Circle important passages with bubbles and different shapes to show they mean different things.
- Make your notes eye catching so you can quickly skim read and still be revising the key important points.
- Detail is sometimes necessary to achieve the highest marks in an exam but make sure all the key points and important facts to remember jump out at you on the page. This breaks up the detail and makes the page look more manageable to revise from and less overwhelming!



What have I learnt:

List five points, key words and definitions or different perspectives.

Write a summary/conclusion on the palm

Give Me Five!



Use post it notes

1. Write difficult to remember, facts, quotes or formulae on different coloured notes for each subject. Stick them where you'll see them e.g. around the bathroom mirror or on the back of the loo door
2. Use post-its for look, cover, say, write on your revision notes or revision posters
3. Test your sequencing using post-it notes e.g. the correct order for a process in science or geography e.g. mitosis or the formation of a stack.
4. Use your post-its to create a mind-map. Write down what you know about a topic on post-its. Then arrange them on a wall or large piece of paper to explore your ideas.
5. You can even use sticky notes to practice making essay-plans. Take the notes from your mind-map, or create new ones to play around with the order of your points (more detail in the video).
6. Marking your textbooks to keep track of important pages and information.

