



Revision – Drop Down

What stops you revising?

# Commitment Devices

A commitment device is a tool that makes you stick to/complete a specific task.

They are most successful when you're parents are involved.



The Basics...

# Sleep

## What you need:

- 8 – 10 hours
- No screens in the hour before sleep

If you don't sleep enough, the revision you complete that day will be wasted, and the next day you will be less smart.  
You needs to slowly change your sleeping habits!

# Revising with music?

- Recent studies have shown that listening to music whilst studying is “bad”
- If you choose to listen to music, it is best to avoid music with lyrics or complex rhythms.
- For motivation, have a key song - which you always listen to before you start revising.

# Priorities

- You should know your **priority items** (e.g. most important subjects, biggest challenges).
- You could colour code items using a **traffic light system**.
- Remember, your priorities will change over time.

# Successful revision will:

- Allow sufficient time to revise all the topics **multiple times**
- **Space** repetitions of the same topics over weeks / months
- Focus on the **most difficult material first**, to allow for more repetitions



Memory...

# Shopping list - 14 items

- Dog collar
- Staples
- Chews
- Bananas
- Beans
- Book
- Tooth paste
- Scarf
- Pear drops
- Dairy Milk
- Lawn Mower
- Poster
- Alarm Clock
- Anadin Extra

# Understanding Memory

## Short term memory

- Is limited
- It stores facts in lists

## Long term memory

- Is unlimited
- It stores information by association



**PROBLEMS OCCUR WHEN WE TRY TO BUILD LONG TERM  
MEMORY BY REPEATING FAMILIAR SEQUENCES**

**Familiarity IS NOT Understanding**

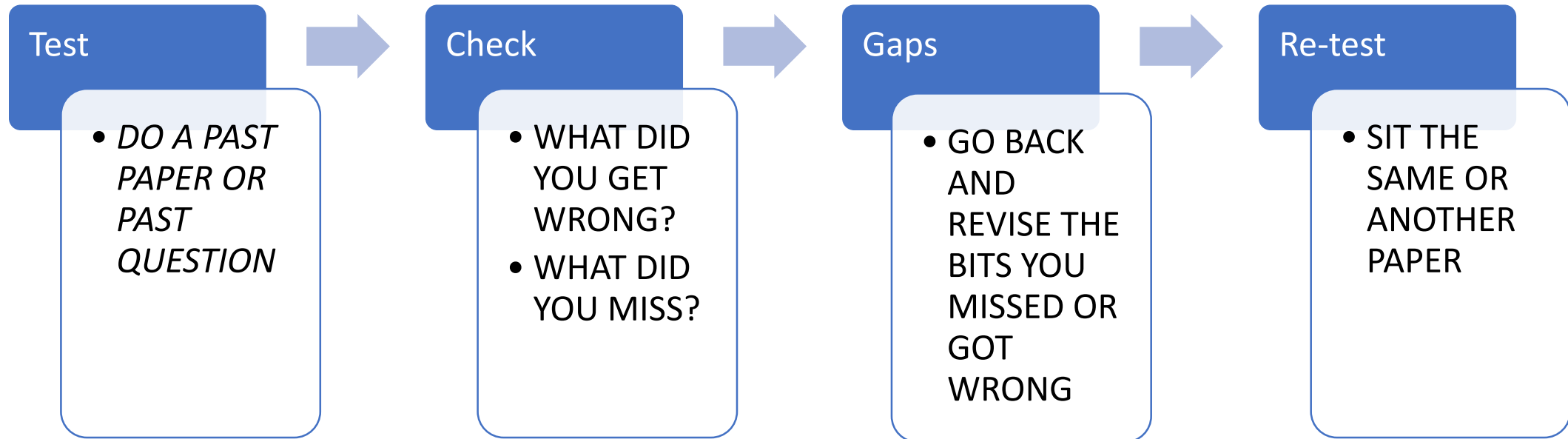
“The Illusion of Knowing”

# Revision Techniques

Past papers

- **Past papers** are the best source of practice questions
- It is better to complete individual questions, rather than complete entire papers
- For essay-type questions, it might be quicker just to *plan* the essay for retrieval practice
- **Creating your own questions** will add to your practice material and is good practice in itself

# The technique – IN CAPITALS!!!!!!

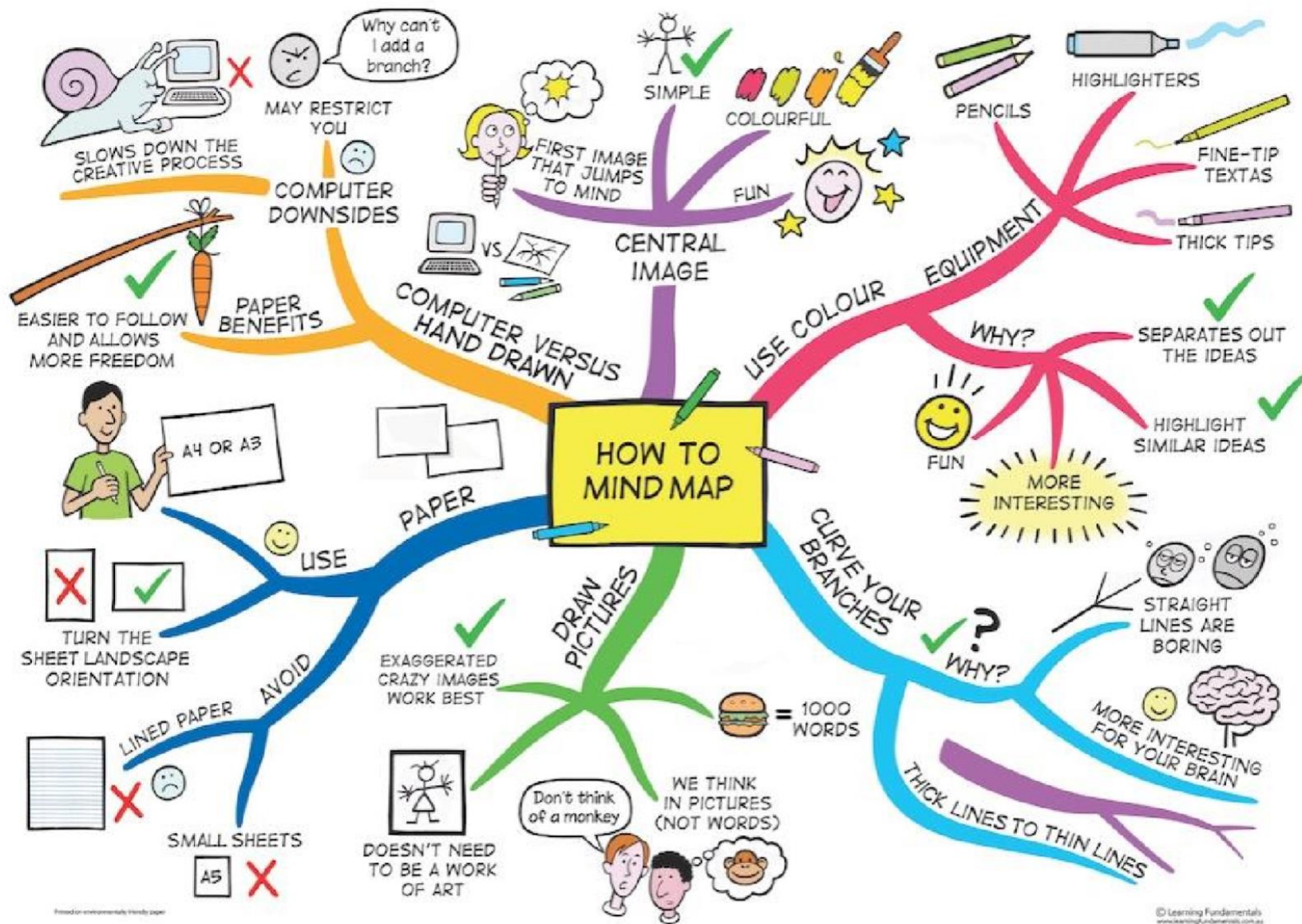




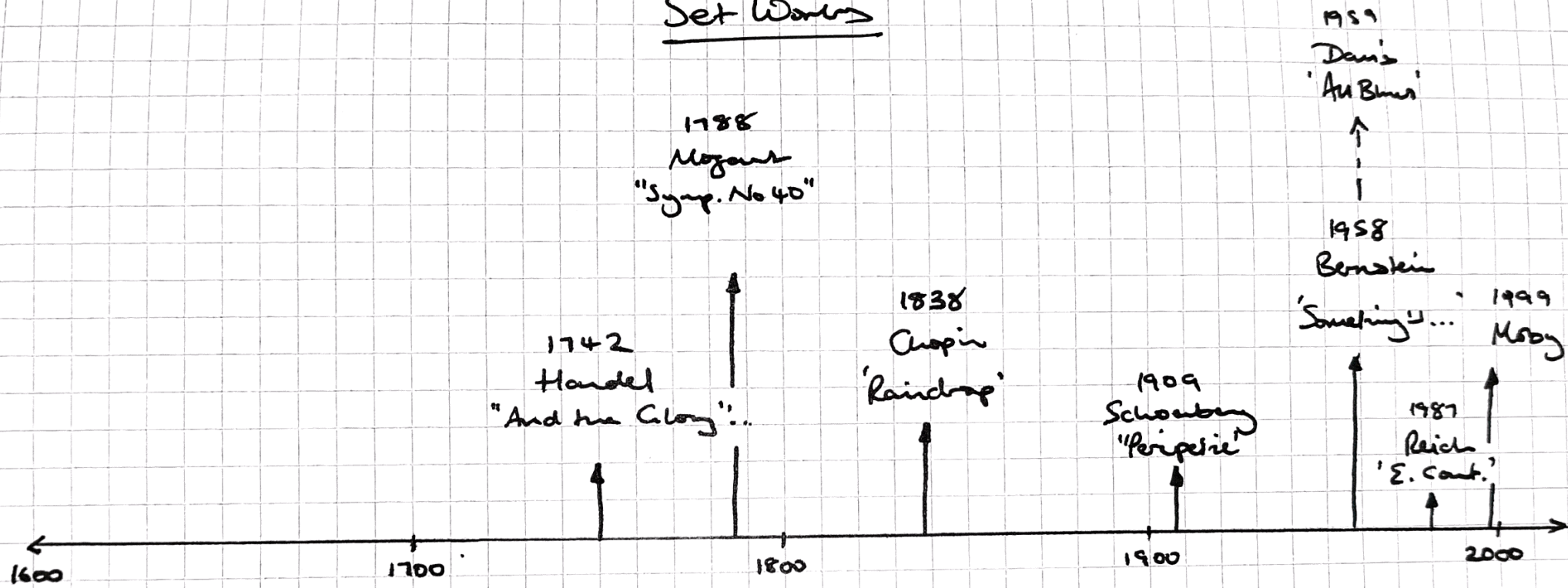
# Dual Coding

(Posh phrase for “Presenting something in a different way”)

# Here is a mind map of how to mind map



# Set Works



Baroque

Classical

Romantic

(20<sup>th</sup>)

## ENERGY TRANSFER

Stored in a  
cell



CHEMICAL  
ENERGY

ELECTRICAL  
ENERGY



Bus

LIGHT  
ENERGY

THERMAL  
ENERGY

# Flash cards -

- What are they used for??
  - Subject content
  - Case studies
  - Key words and definitions
  - Key questions
  - Examples e.g. Geog, Hist, PE, Eng Lit

# Flash cards –

## **DO:**

- Shuffle the stack regularly
- Have others test you on their content
- Write prompts on one side and answers on the other
- Elaborate on the basic information presented on each card

## **DO NOT:**

- Just repeatedly read through the stack
- Spend hours meticulously crafting each card
- Squeeze every last detail onto a card in the smallest handwriting possible

# Acronyms/Mnemonics

- Involves reducing a list of items into a single item:
- *'SOHCAHTOA'*,
- *'LAGER'*
- *'Every Good Boy Deserves Football'*

# In summary

- Get the basics right!
- Short term memory will not gain you the highest grades
- Past papers/questions are the most effective way to revise
  
- Alongside...
  - Mind maps/Spider diagrams
  - Timelines
  - Flow charts
  - Flash cards
  - Acronyms/Mnemonics
  
- **NEXT TIME REVISION TIMETABLES!**