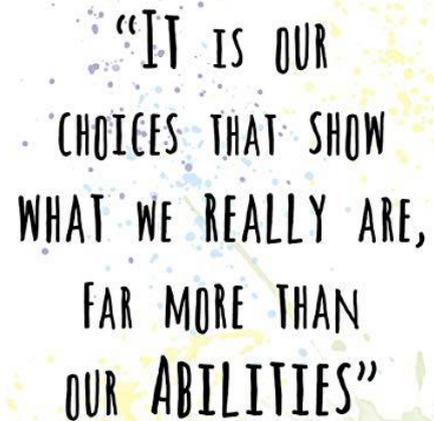


How to revise: what the memory experts say

Avoid simply re-reading and highlighting. **This will do very little for your memory! To remember something you have to THINK HARD!**

- ▶ **Spread it out** spread your subjects and topics **over time** in a timetable that you stick to. Start with the areas of the course you are least confident on. Having to revisit work strengthens your memory of the subject and so is spreading it out is more effective than blocking large chunks on one area. **Each time you return to a subject quickly recap what you did last time before moving on.** Use one of your testing methods when you revisit!
- ▶ **Mix it up** in a session. Move from one topic to another. If you have an hour to revise Maths spend 20 minutes on fractions, then 20 minutes on decimals and then 20 minutes on trigonometry etc... this makes your brain work harder and so your memory will improve. At the end test yourself by jumping from one question type to another.
- ▶ **Before** revising a topic write down everything you **CAN** remember in a spider diagram or a bullet point list to sharpen your memory and to see what you struggle with! You can then focus your revision on what you don't know! Try to link ideas in your spider diagram to make connections e.g. when revising Macbeth try to link quotations from each character that reveal something about key themes e.g. ambition
- ▶ **Condense and transform** notes into a new format. Create: spider diagrams, essay plans, revision cards, posters (avoid wasting time colouring!), quizzes, post it notes to stick around your house/room, take a picture and use it as your phone lock screen etc... Then try to explain your ideas from these methods back to family, your friend, your dog, anyone! Work hard to explain **why** something is true/the case/important!
- ▶ **Test yourself** do past papers, create or look for good quality existing quizzes e.g. on Quizlet, Kahoot or Quizizz, create flashcards, use bitesize quizzes, make up possible questions, use the quizzes in revision guides. Focus on what you don't know so you are tactical! Check your answers and make sure you revisit anything you struggled with or didn't know.
- ▶ **Revisit** topics and question types over time to ensure your memory is receiving regular top ups! Why not: start new sessions testing yourself on something



“IT IS OUR
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WHAT WE REALLY ARE,
FAR MORE THAN
OUR ABILITIES”

~ Albus Dumbledore

you've previously explored- this can be as simple as recording everything you remember in a spider diagram or create quizzes that encourage you to be tested on several topics in one sitting.

- ▶ **Be active** If watching videos/clips on GCSE pod etc.... watch the clip first and then revisit it making notes/spider diagrams/bullet points of key points. This makes sure you are engaging with the detail!



Focus your revision and be productive!

- Do it in short(ish) bursts where you work really hard and then take a break.
- Time yourself and set an alarm and don't stop until the alarm goes off.
- Work in quiet so you can really concentrate.
- Leave your phone across the room and your computer switched off!
- Take breaks as a reward and make sure the balance is right; too many breaks and you aren't preparing enough, too few breaks and you will burnout!
- Avoid talking to others about 'how much' revision they have done. Your competition is only with yourself!

WE REPEAT! DO NOT JUST READ OR HIGHLIGHT! THIS HAS VERY LITTLE IMPACT ON YOUR MEMORY.