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Effective Revision Strategies

How to get the best out of your revision time.

The Statistics

- 66% of material is forgotten after 7 days.
- 88% of material is forgotten after 6 weeks.
- Reading notes and text books leads to a mere 10% retention.
- You need to get ACTIVE in your revision to combat these things!

The Forgetting Curve

- The graph to the side shows the rate at which your memory declines over time if you make no attempt to retain information.
- The aim of this PowerPoint is to guide you through helpful revision techniques to combat the forgetting curve and get you the best results.

Your environment

- Think carefully about where you want to study and revise.
- It is never a good idea to study/revise in your bed as your brain will associate this area with a place that you work in and you could then have trouble sleeping.

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Get organised and create a revision timetable.

- Click on this link: https://www.theexamcoach.tv/the-blog/how-to-make-a-revision-timetable-that-works
- Or this link: https://www.bbc.co.uk/bitesize/articles/zn3497h
- On the links you will find helpful tips on writing a revision timetable, with videos and podcasts, and also some helpful revision tips.

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Example Revision Timetable.

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM –4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM– 10AM	BREAKFAST/ SHOWER	BREAKFAST/ SHOWER
4PM– 5PM	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	10AM– 11AM	REVISION – ENGLISH	REVISION – SCIENCE
5PM– 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM– 1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM– 7PM	REVISION – GEOGRAPHY	HOMEWORK	REVISION – HISTORY	REVISION – FRENCH	REVISION – SCIENCE	1PM– 3PM	REVISION – MATHS	REVISION – FLASH CARDS
7PM– 8PM	REVISION – MATHS	REVISION – ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM– 5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM– 9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM– 8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

Helpful apps and websites for revision planning

- There are websites that can help you create a revision timetable such as: https://getrevising.co.uk/planner
- You can also download apps to your phone such as: https://www.mystudylife.com/ (Apple and Android)
- Class Timetable on Apple
- Timetable on Android

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Retrieval Practice

- This is a learning strategy where we focus on getting information out – retrieving it from our minds.
- Use your notes/textbooks etc to make a list of important information and content that you need to know for your subject.
- Create quizzes for yourself, use flashcards, complete past exam questions – just make sure that you DON’T use your notes when answering .
- Retrieve as much information as you can before you check your answers. It’s important for you to find out what you still need to work on and where you should focus the next stage of your revision.

Timings

- Whilst it might be tempting to say you are going to spend hours revising non-stop, the reality is that this won't work.
- You need to split your revision into manageable chunks to keep up motivation and momentum.

The Pomodoro Technique

- This is a well known revision technique that helps you to keep your focus.
- It is named after the Italian word for tomato and is based on the tomato kitchen timer!
- 1 pomodoro = 25 minutes

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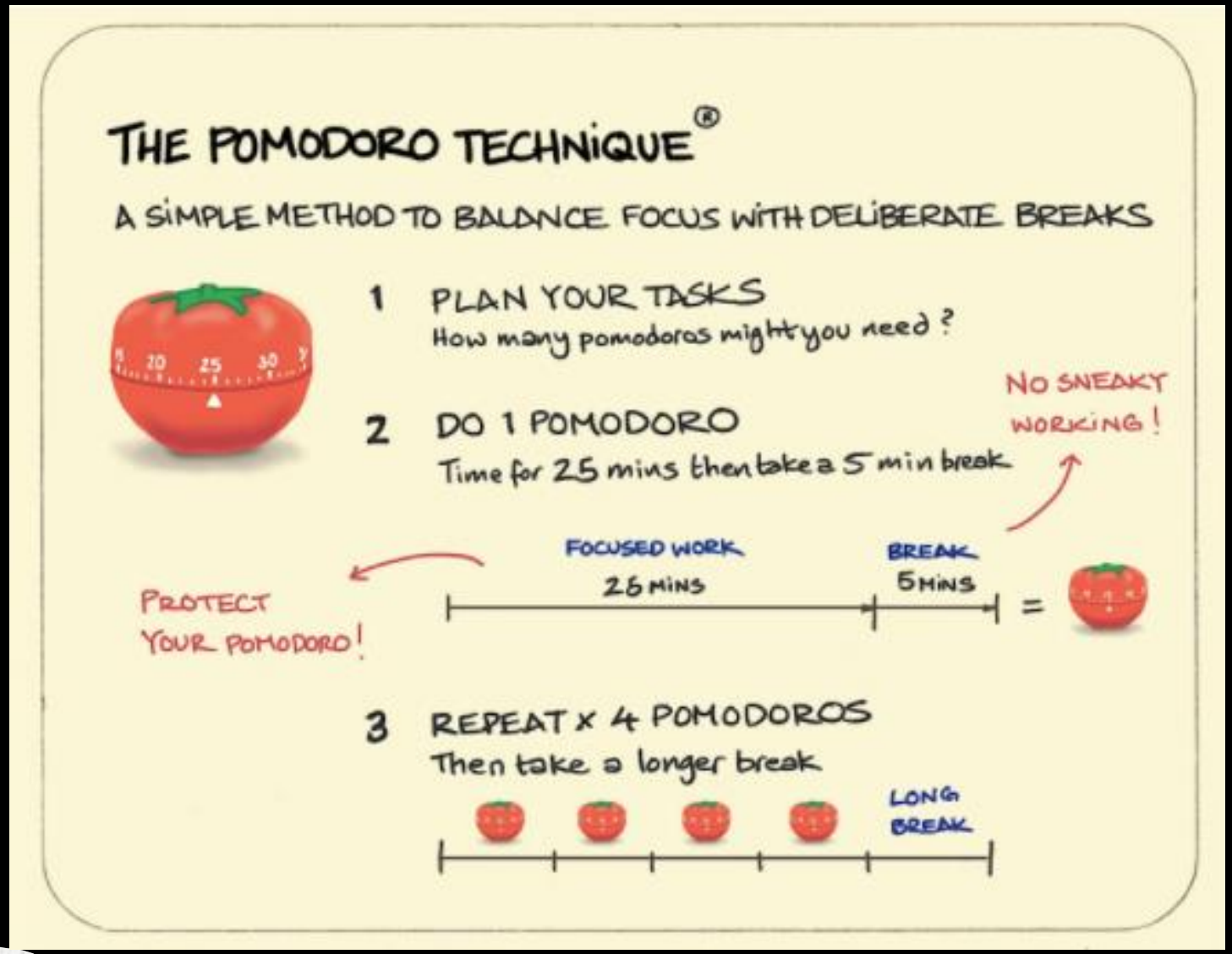
The Pomodoro Technique

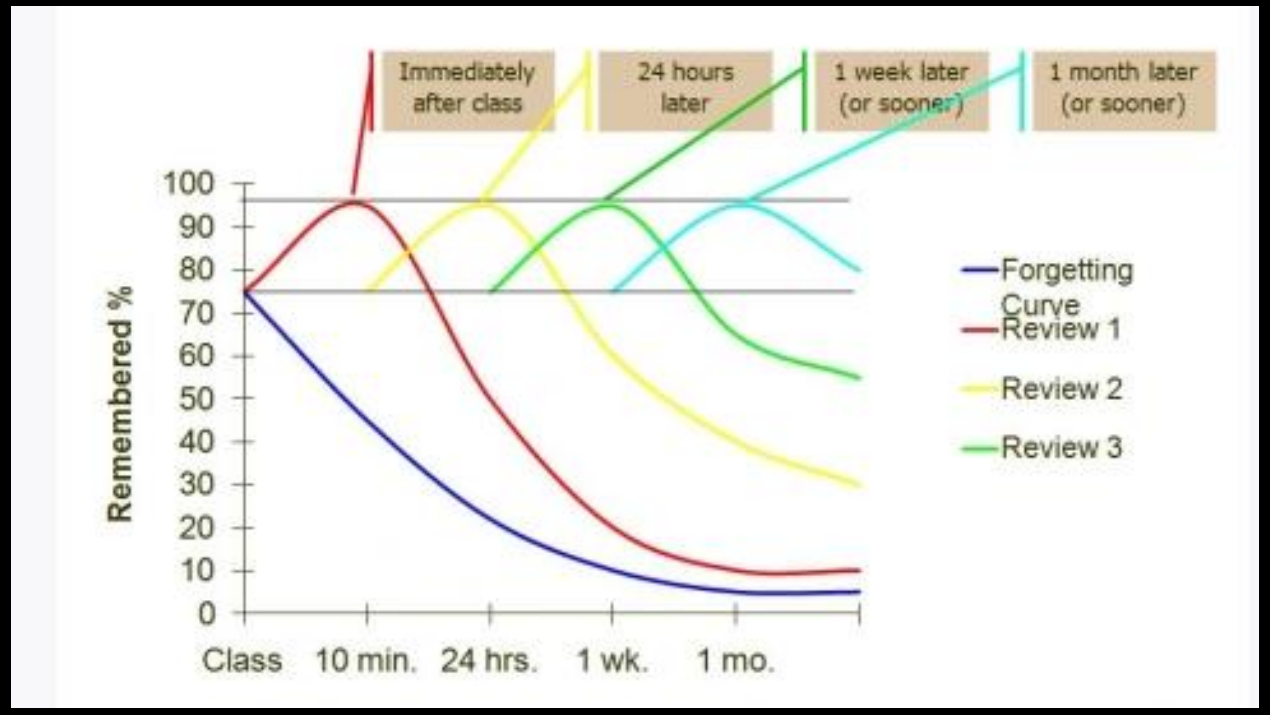
For more information on how the pomodoro method works, click the link below:

https://www.youtube.com/watch?v=mNBmG24djoY



Spaced Retrieval

- You need to space out the revision that you do in your manageable chunks to ensure that you revisit and keep practicing to overcome the forgetting curve.
- The graph to the left gives you a visual example of how to do your spaced retrieval to maximise learning.



Spaced Retrieval

- To find out more about spaced retrieval, press the link below:
- https://www.youtube.com/watch?v=VkPlQ4gjk8M&list=RDCMUCBX_-ls-dXuhFNSWSXcHrTA&index=4

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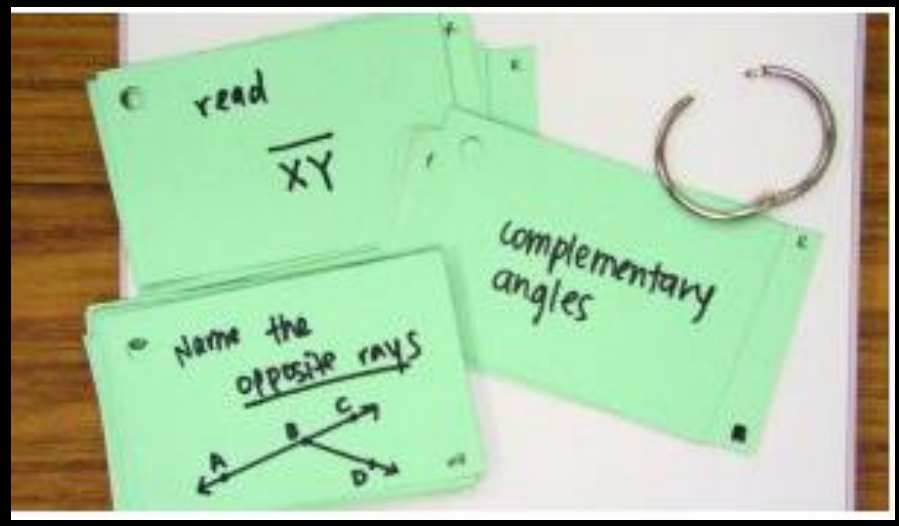
What is not a good way to revise?

- Reading notes and highlighting endless parts of them – you need to get active in what you do.
- On the following slides you will see different ways that you can do active revision which is a lot more beneficial.

Flashcards

- Create a set of Q+A flashcards to quiz yourself on content.

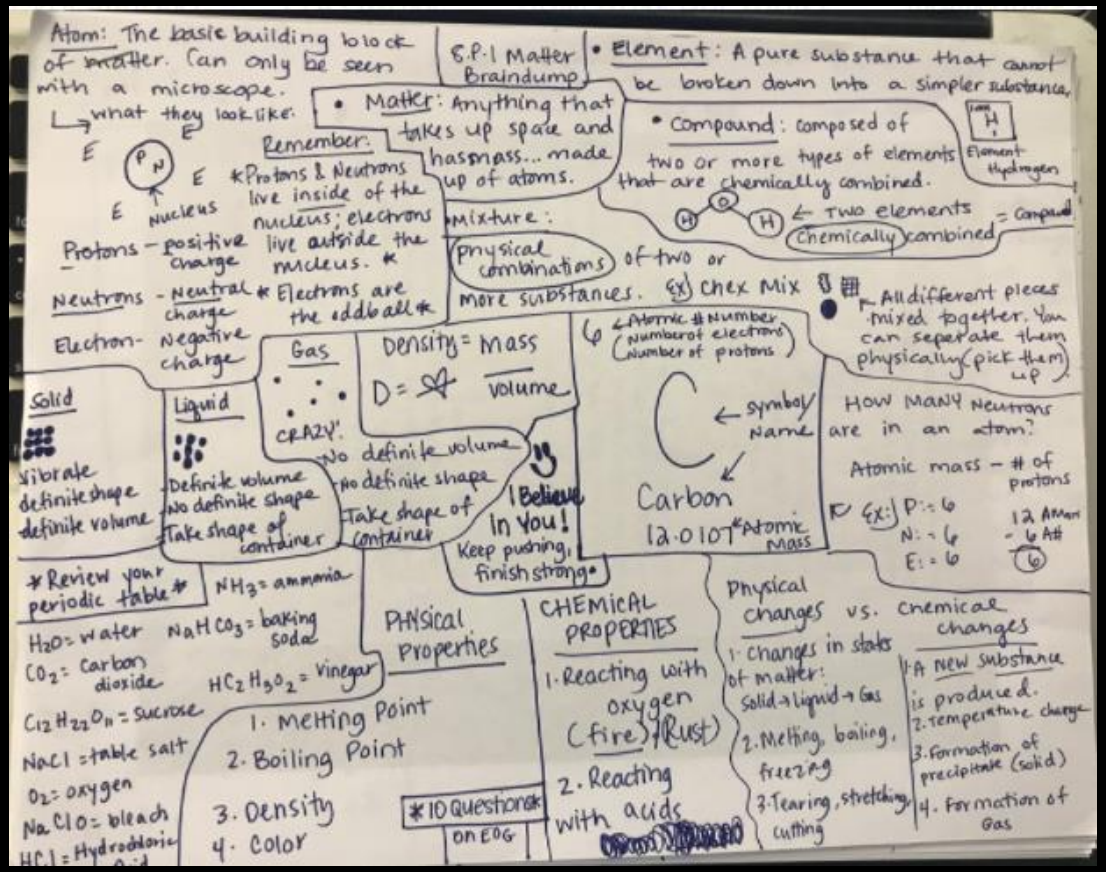


List it

- Select one of the following to list:
  - Key terms
  - Facts
  - Quotes
  - Etc

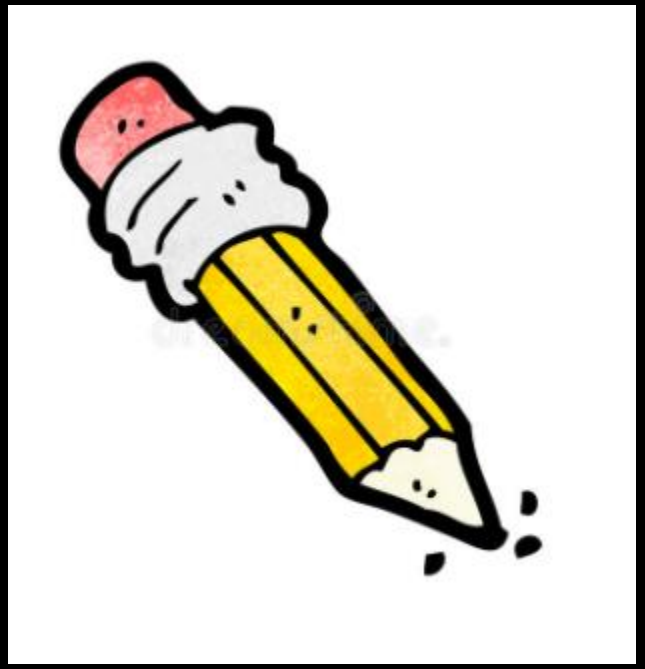
Brain Dump

- Write down everything that you can remember about three topics.



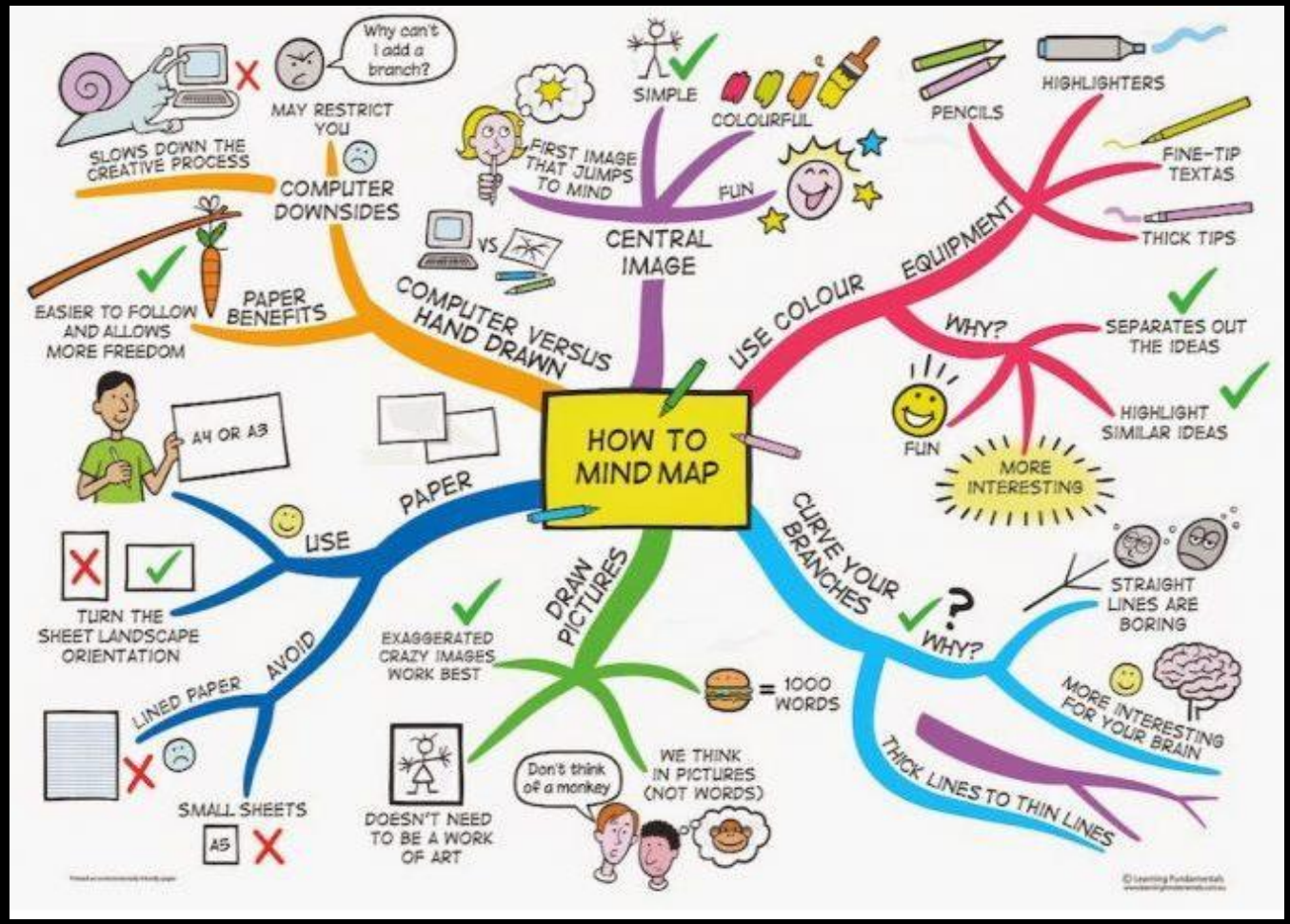
Sketch It

- Sketch what you can remember about three topics.



Mind Map

- Create a mind map with points elaborated and extended



Exam Questions

- Answer a past exam question in timed conditions and use the mark scheme to self assess.

Put the effort in!

- Putting the effort in now will benefit you hugely in the long run ☺
- Good luck with your exams!