

EFFECTIVE REVISION STRATEGIES

The Five Steps to Getting it to Stick:

1. Read to Understand

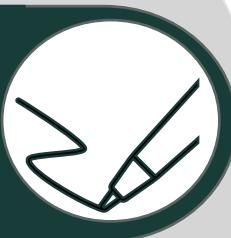
Start with a sensible amount of text, for example, a double-page spread of a textbook. Read through it slowly so the content all makes sense. If it does not make sense after a couple of read-throughs, revise a topic you are more confident about instead. You can ask your teacher to explain it the next day.



2. Generate a Resource

Making a resource forces you to actively think about information, and it is far more likely to stick in your brain.

- Mind map
- Flash cards
- Bullet point list



3. Test Yourself

Actively recalling information strengthens memory and significantly improves long-term retention, meaning you are much more likely to remember information. This is hard work so you may only be able to revise for chunks of 20 to 40 minutes at a time.



4. Test Yourself Again

Testing yourself, at increasingly larger intervals, reinforces memory traces. Each time you recall information without looking at your notes, you strengthen neural connections and slow the rate of forgetting.



5. Use Past Papers

Put your knowledge to the test! Make sure you stick carefully to the mark scheme (pupils tend to be overgenerous when self-assessing) and that you learn from your mistakes. Update your revision resources to highlight those questions you answered incorrectly.



How to Organise your Revision

Design a structured revision timetable that incorporates revision around your time in School, sport, co-curricular activities and time to relax.

For your revision to have the greatest impact, it is important to break it up into chunks of 20 to 40 minutes, revising different topics. **Interleaving** in this way ensures your revision is more impactful and helps you stay motivated.



When Your Brain Works Best...

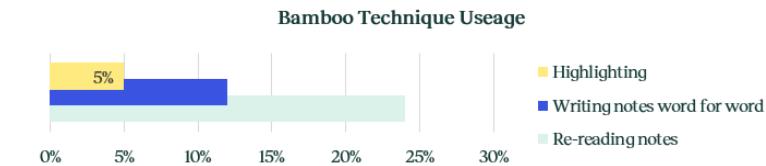
There is no magic way to make yourself cleverer, but there are things you can do so that your brain is working at its best:

- Get enough, good quality sleep
- Exercise
- Eat healthily



Avoid Bamboo Revision

Bamboo revision techniques are passive techniques that are not time effective. They are still popular with pupils, though, because genuine revision can be very taxing.



As well as adopting more effective revision techniques, it is also important to use them correctly so they have the greatest impact.



4 in 10

of pupils who revise with flashcards spend the majority of their flashcard time-making or re-reading their cards, rather than testing with them.

Struggling to Stay Motivated?

The [Pomodoro Technique](#) is a great strategy to help keep chipping away at your work.



Avoiding Distractions

There is no such thing as multitasking; switching from one task to another will always come with a time penalty. It is important to avoid distractions - particularly mobile devices. Putting your phone in another room or using the Forest App. are both great ways to minimise distractions.