

Revision Top Tips

Getting Ready for Study

- Our brains need a minimum of 8 hours of sleep a night to perform at our best.
- A healthy breakfast is a great way to start the day.
- Studying at set times each days allows you to build a routine which makes it much easier to get started.
- Switch off any distractions!
- Do not study for more than hour at a time, and within that hour take short 5 minute breaks after 15 minutes or so.



Find what you need

Go through all of your exercise books, folders and revision guides – remove any irrelevant paper work. Get yourself a folder and some dividers, split your revision up so that it is organised and accessible. Sort out your bag! Remove unwanted or scrappy pieces of paper. File away what is relevant. Sort out a study area at home – where will you do your revision? Do you have everything you need?



Plan your Revision

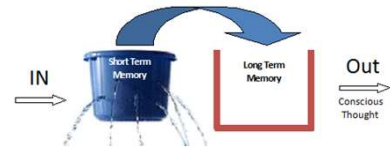
- Find out when your exams are for each subject – put these dates into your planners.
- Being revising as soon as you can.
- Decide how many hours a day you would like to do. But be realistic! You need to find a balance between revision, leisure, rest and school work.
- Prioritise your exam list in terms of revision time required:
 - Which subject and paper is the most important to do first?
 - Which needs the most revision? (Often this will be the subjects that you find harder)
- Allocate a revision allowance for each subject and plot onto a planner/calendar.

How does our memory work?

Different types of memory:

Short term memory: This has a limited capacity and can only hold a few pieces of information for a short time.

Long term memory: Holds lots of information for long periods, to be successful with revision you need to make sure that your knowledge is in your long term memory.



How does it work?

You are much more likely to hold things in your long term memory if you learnt it well in the first place.

Information can be stored in a variety of ways – words, visual, sounds.

Having the intention to memorise will improve the quality of learning.



Why do we forget?

One of the biggest reason is because over time you don't use the knowledge and so you forget it. As we continue to learn new material, this replaces the old information.

How do we move information to your long term memory?

Over learn it.

Recreate them in the form of a mind map or a spider diagram.

Repeat this several times until you get it right, and then again.

How to ride a bike is never forgotten because it is used repeatedly once it has been acquired.

Revision Strategies

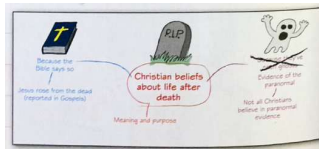
Flashcards

- Flashcards work well for when revising key terms and concepts.
- They are very simple to make:
 - On one side of a card, write something you need to know.
 - On the other side of the card, write the answer
- The big advantage of flashcards is that you are revising whilst you make them, and then you can test yourself or get someone else to test you.



DID YOU KNOW?

Memories get strengthened the more times you make connections to them. That makes a concept map a very good tool for building up memories and for recalling memories when you need them.

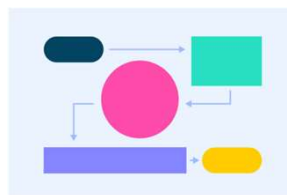


Concept Maps

- Concept maps are very similar to mind maps.
- They are a great way to help you develop your ideas.
- They also help you to make connections between ideas.
- A good revision strategy is to see if you can redraw your topic concept map from memory.

Flow Diagrams

- Flow diagrams are a great way to help you revise processes and sequences.
- For example, remembering the steps in a Science experiment or the sequence of events leading to the Nazis' 1933 election victory for History.
- A flow diagram is a series of boxes/shapes which are connected with arrows.
- You can create them in word or on PowerPoint or draw them by hand.



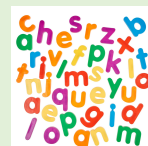
First Letter Mnemonics

This technique uses a phrase to help you remember the first letters of a sequence of key terms.

For example: **Richard of York gave Battle in vain – ROYGBIV**

Helps you to remember the colours of spectrum in the correct order

- Red
- Orange
- Yellow
- Green
- Blue
- Indigo
- Violet



Research has shown that many students using mnemonics substantially out performed those who did not.

Past Paper Exams

These are a great way for you to be able to understand what the exams will look like at the end of Year 11.

They provide you with an opportunity to apply what you have learnt to numerous scenarios.

Start by working through the paper in timed conditions.

Do not use your notes to help you answer any questions.

Review your answer against the mark scheme.

Use this to help you diagnose areas where you need more revision.

Go back to the exam with your notes and improve the answers.

