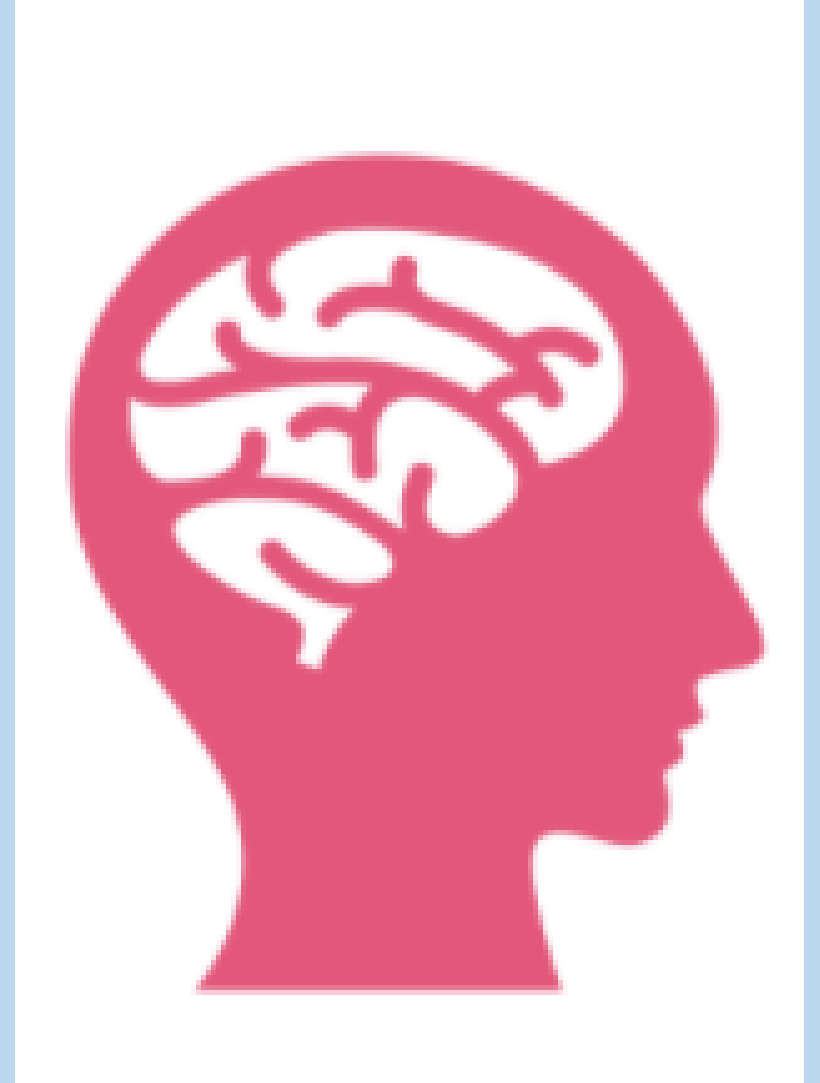


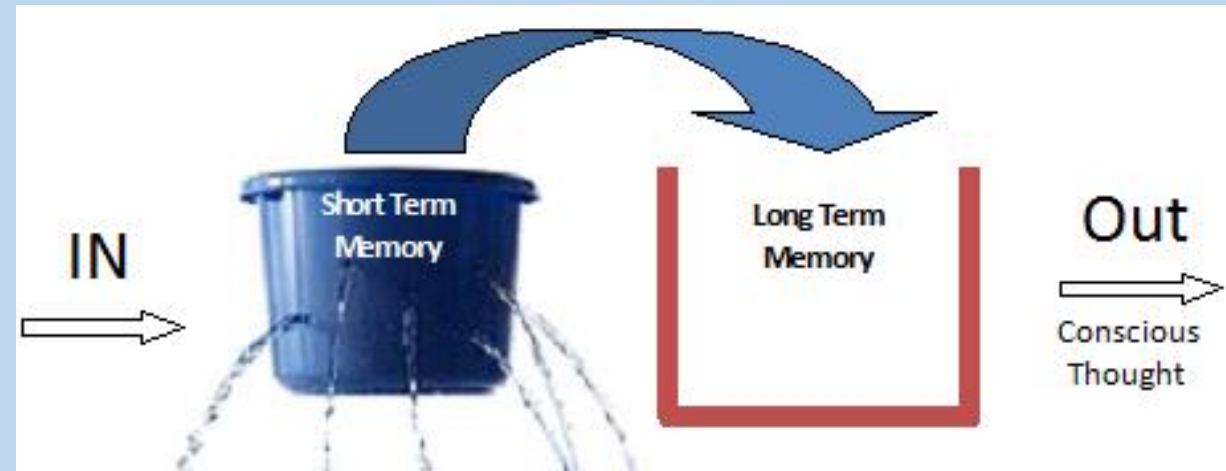
How does our memory work?

- **Objectives:**
- To identify the difference between long and short term memory
- To explain how to move memory for the short to the long term
- To identify and practice using our first revision technique

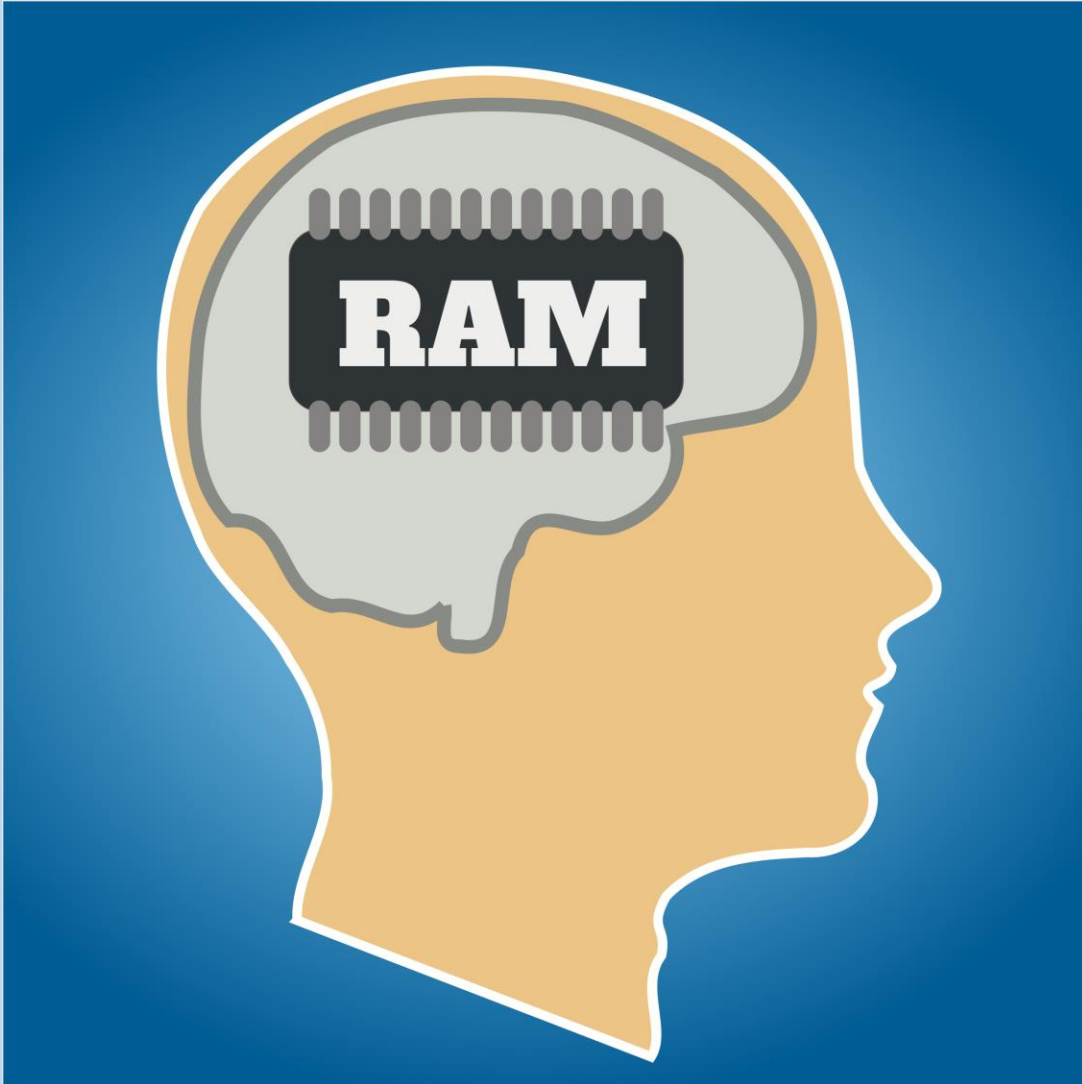


Different types of Memory

- 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 you 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.**

The Review Cycle



Ways to help you remember

‘In the classroom, scientists have found that the more ways something is introduced to the brain and reviewed, the more regions of the brain will store that information. This will form connections and these multiple stimulations to the brain will mean better memory.’

Revision Strategy One

Mnemonics

First Letter Mnemonics

- This technique uses a phrase to help you remember the first letters of a sequence of key terms.
- For example: **R**ichard **o**f **Y**ork **g**ave **B**attle **i**n **v**ain – 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.



Revision Strategy Two

How can flashcards aid effective revision?

What are 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.



How to make flashcards?



- Some people like to use index cards which are readily available from Amazon or stationary shops.
- You can just cut up some card into A6 size and this works just as well.
- Use post it notes – you can stick them around your room to help you remember.
- Use PowerPoint – the first slide of each pair is the question, the second the answer.

Revision Strategy Three

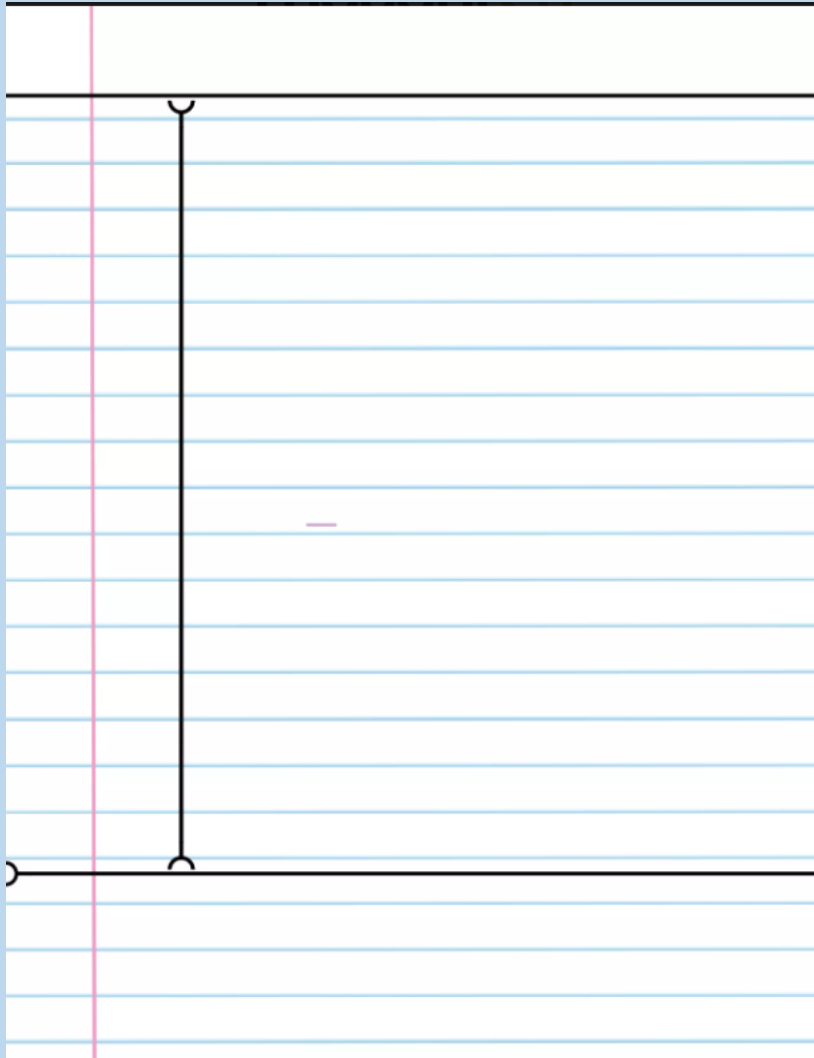
Cornell Note Taking

What are Cornell notes?

- The Cornell Note system is a way to make notes.
- It is a simple and organised method to help you compile facts and figures.
- It is proven to help you retain knowledge

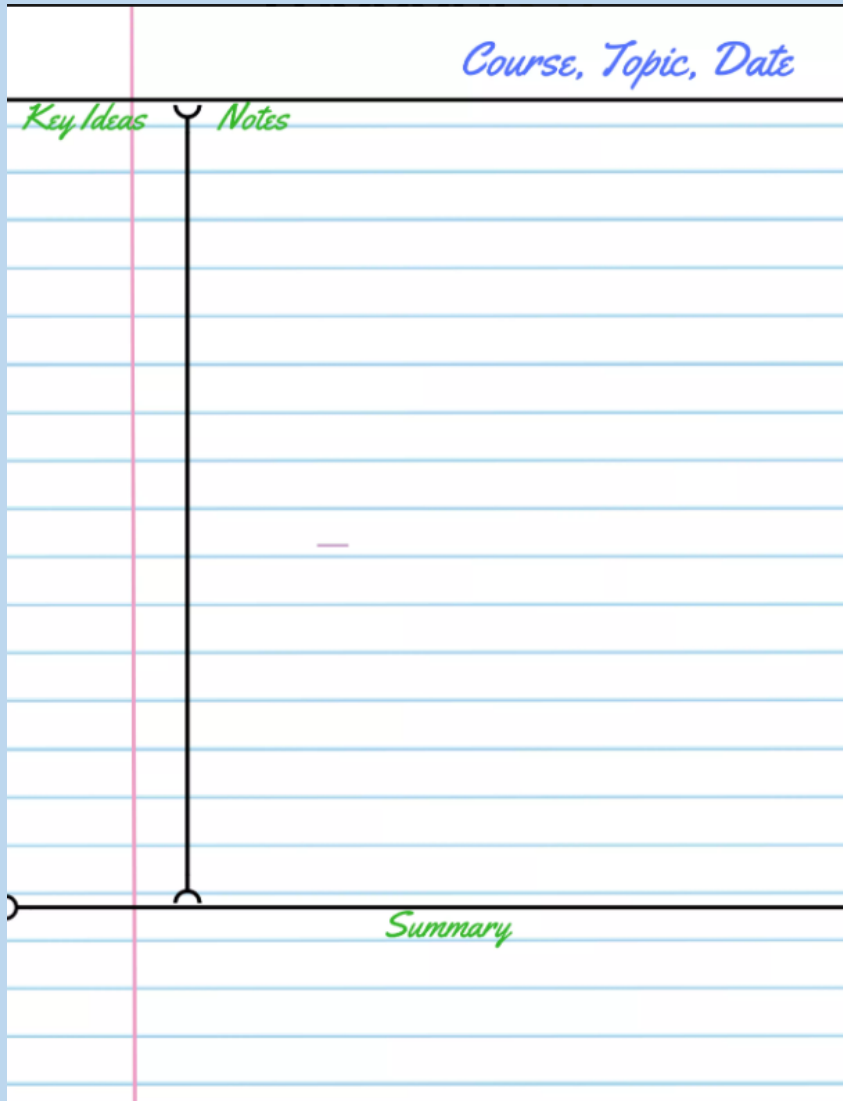
English, Commas, Nov.1	
Key Ideas	Comma Rules
Series of adjectives	Rule 1. Separate a series of three or more. ☆ My \$10,000,000 estate is to be split among my husband, dog, neighbor, and favorite son.
When should you use a comma between adjectives?	Rule 2. Use a comma to separate two adjectives when the word "and" can be put between them. ☆ He is a strong, healthy kid. ☆ We stayed at an expensive summer resort. You would NOT say expensive and summer resort, so no comma.
Commas with direct address	Rule 3. Use commas before or surrounding the name or title of a person directly addressed. ☆ Will you, Aisha, hand this to Lily? ☆ Yes, Mrs. Roell, I will.
Page 44 in Readers Notebook exp. comma splice rules.	Comma Rules, ctd. next page
Summary	
Commas: * lilacs, magnolias, roses, and daisies * lovely, perfect day bc lovely & perfect day works * Yo, Adrian, c'mere.	

How do I make Cornell Notes?



- Step One:
- Divide your paper.
- Before you write anything you need to separate your piece of paper into the four segments as shown.

How do I make Cornell Notes?



- **Step Two:**

- Now that you have divided your page you need to put a heading in.
- Class, topic, date.
- Key ideas: This is where you write key questions or a summary comment on what your notes are about.
- Notes: This is where you write your notes.
- Summary: This is where you summarise all of the information on the page.

How do I make Cornell Notes?

- They would work really well in a lesson, but for revision the idea would be that you could read pages from a textbook and summarise using the Cornell System.

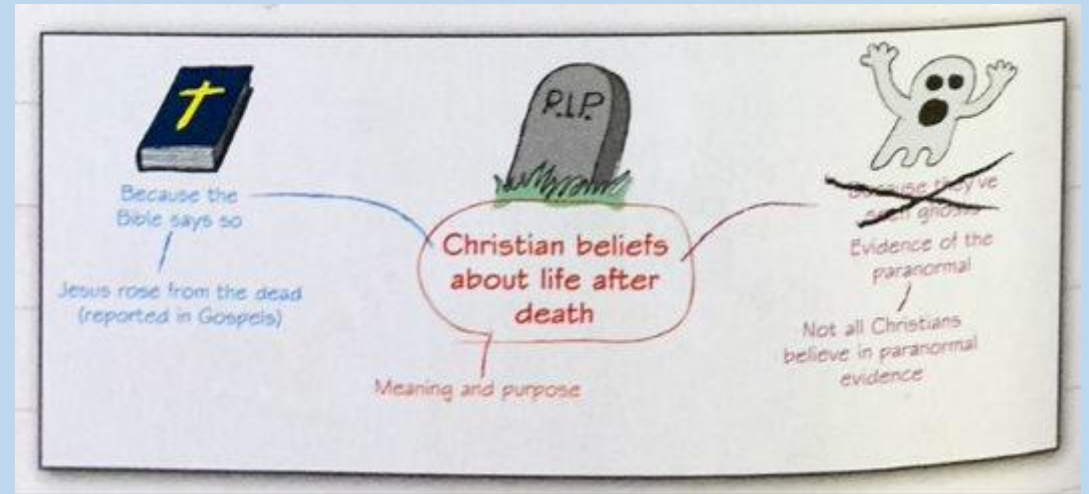
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Summary	
Commas: * lilacs, magnolias, roses, and daisies * lovely, perfect day bc lovely & perfect day works * Yo, Adrian, c'mere.	

Revision Strategy Four

Concept Maps

What are 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.



DID YOU KNOW?

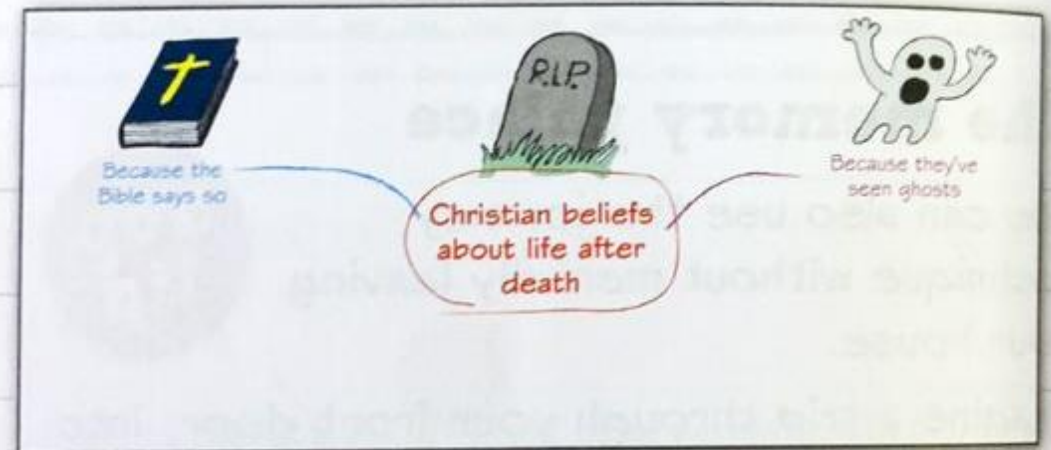
Memories get strengthened the more times you make connections to them. That makes a concept map a very good tool for building up memories and for recalling memories when you need them.

How to make a concept map

- Step One: *Identify what you already know about a new topic as you begin learning about it.*
- *Use a big piece of paper or do it on a computer so that there's plenty of room to expand your maps.*

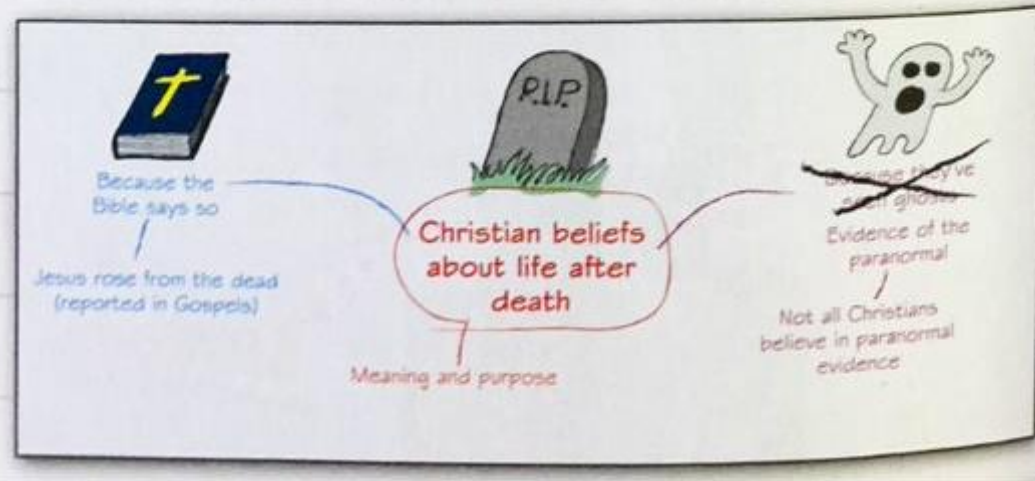
Here's an example of how a concept map could develop as a student worked through the Religious Studies topic of 'Christian beliefs about life after death'.

First, the student maps what they already know about this topic:



How to make a concept map

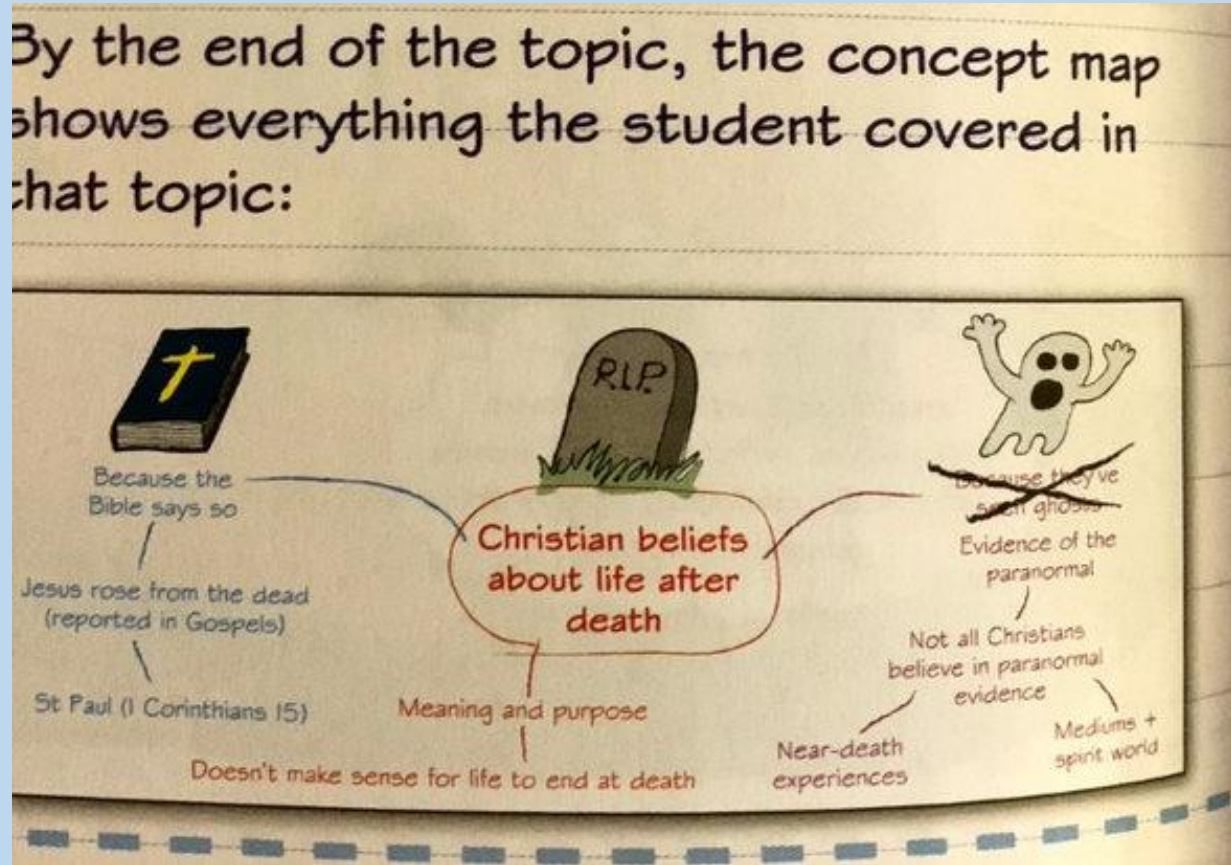
As they go through the topic, the student adds more connections and updates previous ones:



- Step Two: As you work through your topic, add in the new connections on your concept map. This could be a good thing to do as part of your reflection on the topic.
- You could also leave this until right at the end of the topic when you can look back over everything you have learnt.

How to make a concept map

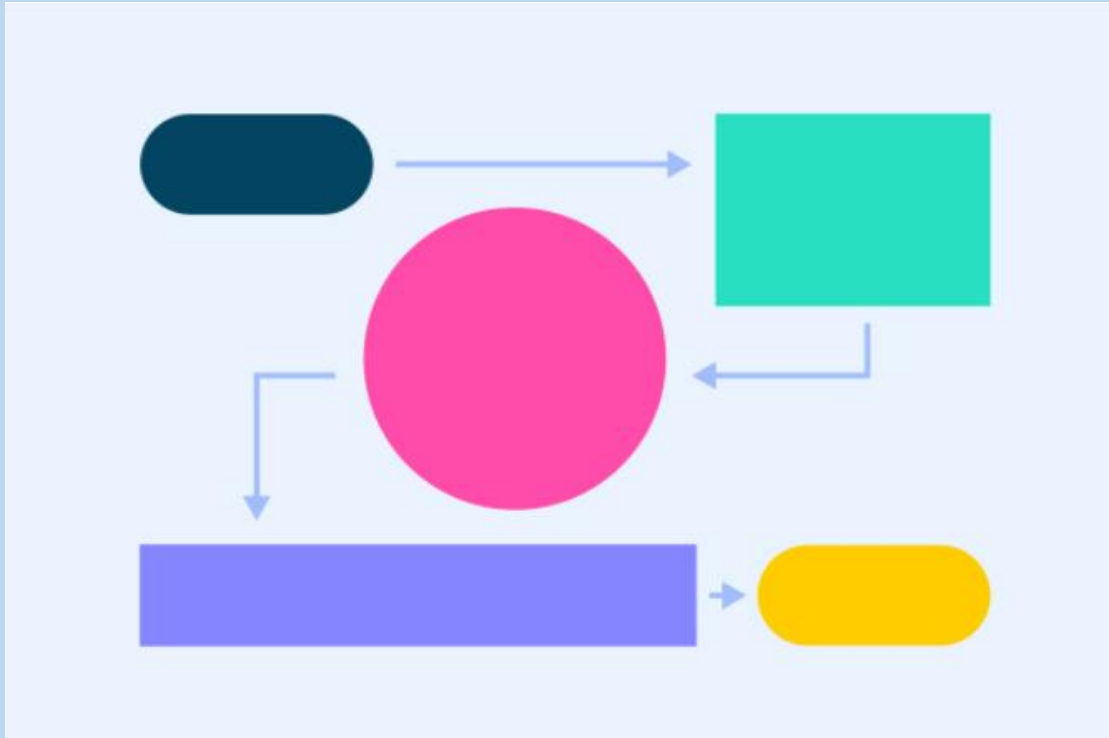
- Step Three: When you are revising this topic for a test or an exam, your concept map will show you what you need to cover and how it all connects.
- A good revision strategy is to see if you can redraw your topic concept map from memory.



Revision Strategy Five

Flow Diagrams

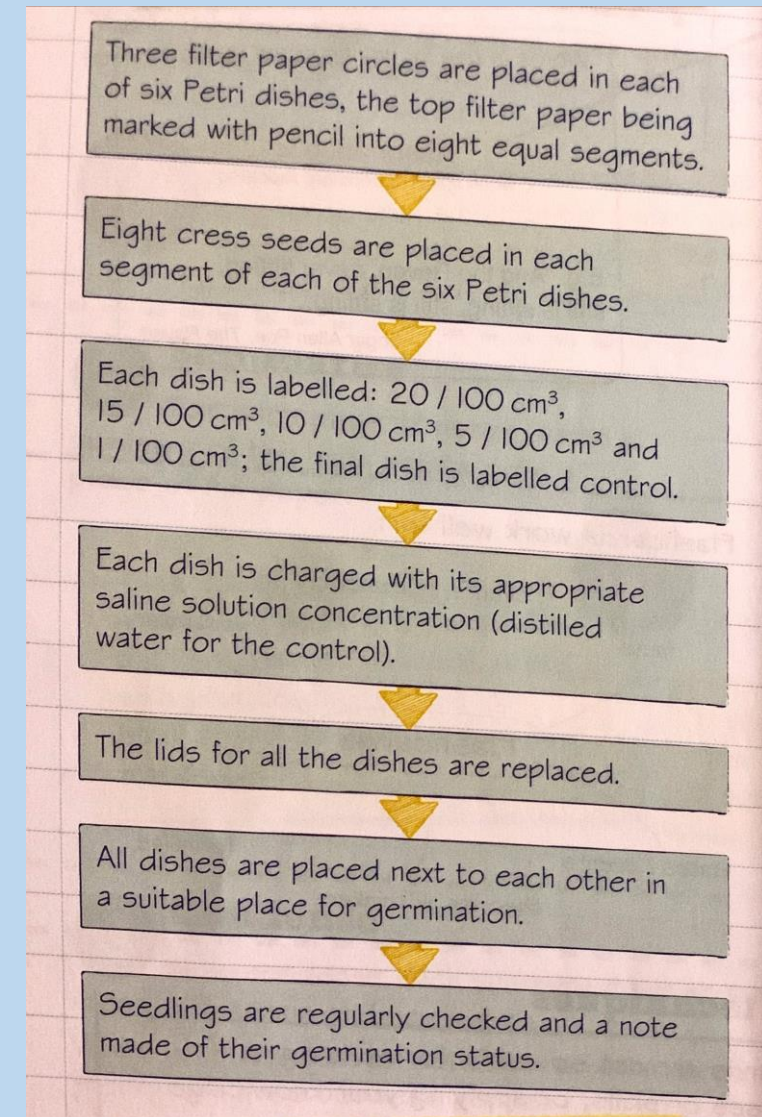
What are flow diagrams?



- 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.

How do I create a flow diagram?

- 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.
- This is an example of a biology experiment.



Revision Strategy Six

Weird Pairs

Weird Pairs

- Our brains like to make connections and picks up on unusual things which makes it a great tool for remembering.
- Have a look at the list of words on the next slide.
- The idea is that this technique will:
 - Remember all of them
 - Remember them in the same order
 - Remember them so well that you could list them backwards

Weird Pairs

- | | |
|------------|--------------|
| 1 Scout | 11 Mob |
| 2 Lunch | 12 Prison |
| 3 Tyre | 13 Balcony |
| 4 Trousers | 14 Court |
| 5 Watch | 15 Tea |
| 6 Soap | 16 Escape |
| 7 Church | 17 Halloween |
| 8 Sister | 18 Ham |
| 9 rabid | 19 Knife |
| 10 rifle | 20 Boo |

The idea with this strategy is that you link the first two words on the list in a memorable way.

For example, there are scouts having lunch.
For lunch they are having tasty tyre.

The weirder the pair, the more likely you are to remember.

Weird Pairs

1 Scout	11 Mob
2 Lunch	12 Prison
3 Tyre	13 Balcony
4 Trousers	14 Court
5 Watch	15 Tea
6 Soap	16 Escape
7 Church	17 Halloween
8 Sister	18 Ham
9 rabid	19 Knife
10 rifle	20 Boo

- Each of these words are signposts for the main plot line in to Kill a Mockingbird in the correct order.

Today's Task

- Pick a subject and topic of your choice.
- It can be something you did this week or last month.
- Complete one of the 6 revision activities – or a revision activity of your choice!
- *PPEs in 21 days!*