TAKE ctrl YOUR FUTURE

REVISION TECHNIQUES

Use it! don't lose it
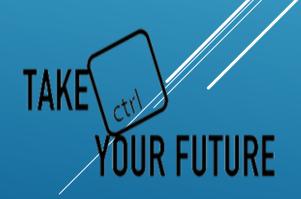
THE STATISTICS

- 66% material is forgotten after 7 days

- 88% material is forgotten after 6 weeks

- Reading notes and text books leads to a mere 10% retention ☹

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BE ORGANISED

- When?
  - Alert – times of the day…
- Why?
  - Review

- Filling System
- Notes
  - Less is more

- Where?
  - Sit at a desk – somewhere designed for study
- What?
  - Make task specific & realistic
- How?
  - Like > Less favoured > Like

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MAKE A TIMETABLE

- ▸ Know your topics and subtopics

- ▸ Plan when you are going to study

- ▸ Use short bursts

- ▸ Timetable in Exercise

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KNOW YOUR LEARNER

Visual learners prefer to:

- ❖ Draw pictures and diagrams
- ❖ Colour code their work
- ❖ Use different coloured paper, pens etc
- ❖ Use their own system of symbols etc
- ❖ Create images and scenes in their minds

Auditory learners prefer to:

- ❖ Say their work aloud
- ❖ Give presentations to an imaginary audience
- ❖ Record notes on a tape recorder
- ❖ Use silly noises to remember things
- ❖ Hear the information in their mind
- ❖ Play instrumental music

Kinaesthetic learners prefer to:

- ❖ Do actions when learning key facts
- ❖ Walk about when learning
- ❖ Find it harder to sit at a desk
- ❖ Add emotions and textures to exaggerate information
- ❖ Try to experience what they are learning

▶ If you know what type of learner you are, you can then tailor your revision to your needs...

REVISION ACTIVITIES

- Highlight
- Chant/Rap
- Exam Questions and Mark Scheme
- Write your own Q's
- Mnemonics

- Mind-maps
- Key words – post-its
- Flash Cards
- Podcasts
- Family and Friends Test

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AFTER A ONE HOUR MEMORISING SESSION:

▸ 10 minutes later revise the topic for 10 minutes

▸ 1 day later revise the topic for 5 minutes

▸ 1 week later revise the topic for 2-5 minutes

▸ 1 month later revise the topic for 2-5 minutes

▸ Before exams revise the topic as required.

▸ **Each time knowledge is reinforced; it enters deeper into the long-term memory and becomes more stable.**

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