# REVISION
SUPPORT GUIDE

Strategies for Revision

The best way to revise - Informed by Evidence

HOW DO I LEARN & REVISE EFFECTIVELY?

• Learning is the process of understanding information and being able to remember it over a long period of time.

• Revising is the process of revisiting information which you have already been taught to ensure that you have learned it and to ensure that you can easily use it in exams.

• To remember a lot of knowledge quickly, that knowledge needs to be securely stored in your long-term memory.

• To make sure knowledge goes into your long-term memory, stays there, and to make sure you can find it quickly, you need to spend time thinking hard about that knowledge in your working memory.
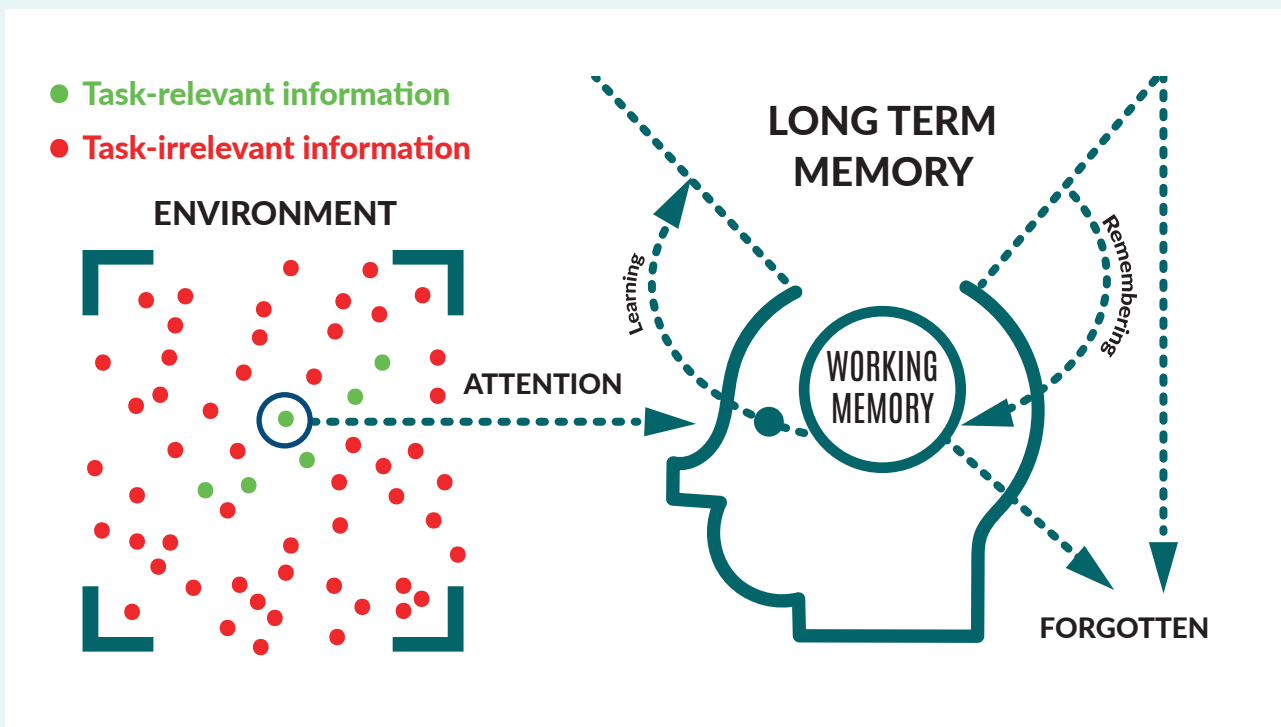
HOW DO I DECIDE WHAT TO REVISE?

Whenever you revise, you are doing one of three things:

1. Finding and closing gaps in your knowledge.
2. Strengthening fading knowledge in your long-term memory.
3. Practising recalling knowledge quickly.

Before you start revising for a subject, you should decide what you need to focus on.

How do I create a Revision Timetable?

 Step 1: For each subject make a list of content you need to cover in each subject.
Step 2: Identify the after-school sessions and holiday sessions that you must attend.
Step 3: Identify the times you are going to complete revision at home
Step 4: Create your revision plan

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am							
9-10am							
10-11am							
11-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							

WHEN SHOULD I REVISE?

To revise effectively, you must think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time you find it easiest to focus. This should be a time when you are well-rested and when you are used to working.

Revising when you are tired:

Revising when you are well-rested:
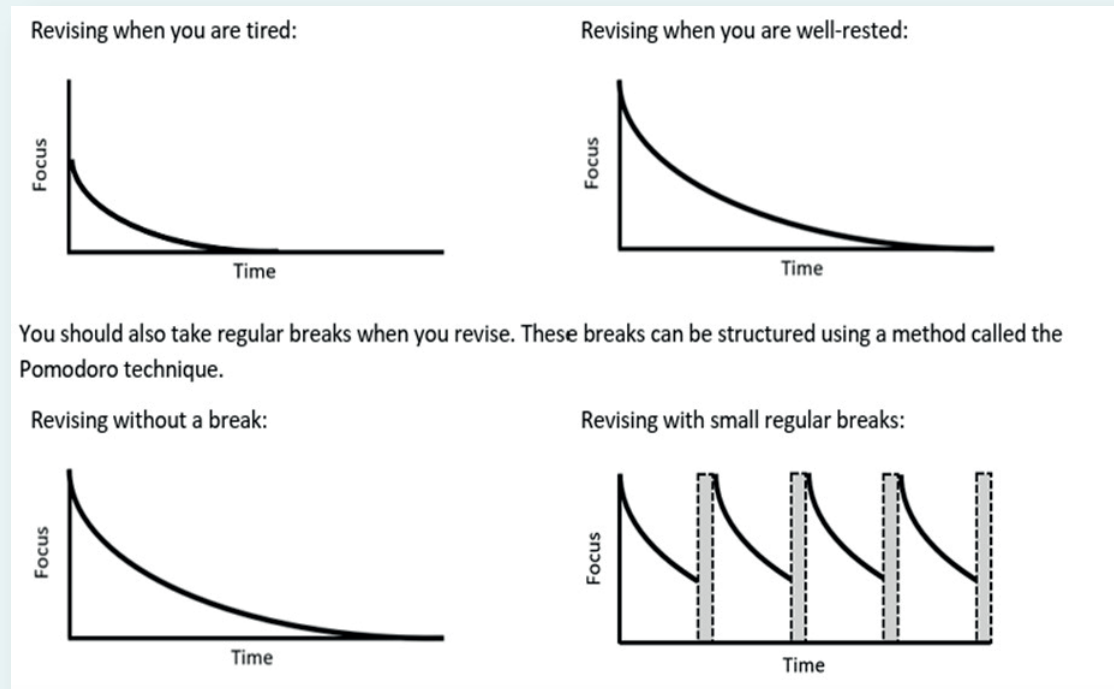
You should also take regular breaks when you revise. These breaks can be structured using a method called the Pomodoro technique.

Revising without a break:

Revising with small regular breaks:

DO:
• Get into a routine of revising at a particular point every day.
• Revise when you are well-rested or at a time when you are used to working.
• Take regular small breaks.

DON'T:
• Depend on when you want to revise.
• Revise late at night or when you are tired.
• Try to force yourself to work for long periods of time without a break.

Planning revision sessions using the Pomodoro Technique:
• Choose a time when you are well-rested and used to working.
• Decide the specific task you are going to complete (e.g. I will complete a Science revision module about electrolysis of aqueous substances).
• Decide on how many 25-minute slots you will need to complete the task you have decided to complete.
• Remove your phone and any other distractions from your working space.
• Set a timer for 25 minutes. Ideally use a digital timer which is not on your phone.
• Spend the entire 25 minutes working. If you have spare time at the end, start another task.
• When the timer goes off, leave your working area and take a 5-minute break.
• Repeat. Take a longer break after every 3 25-minute sessions
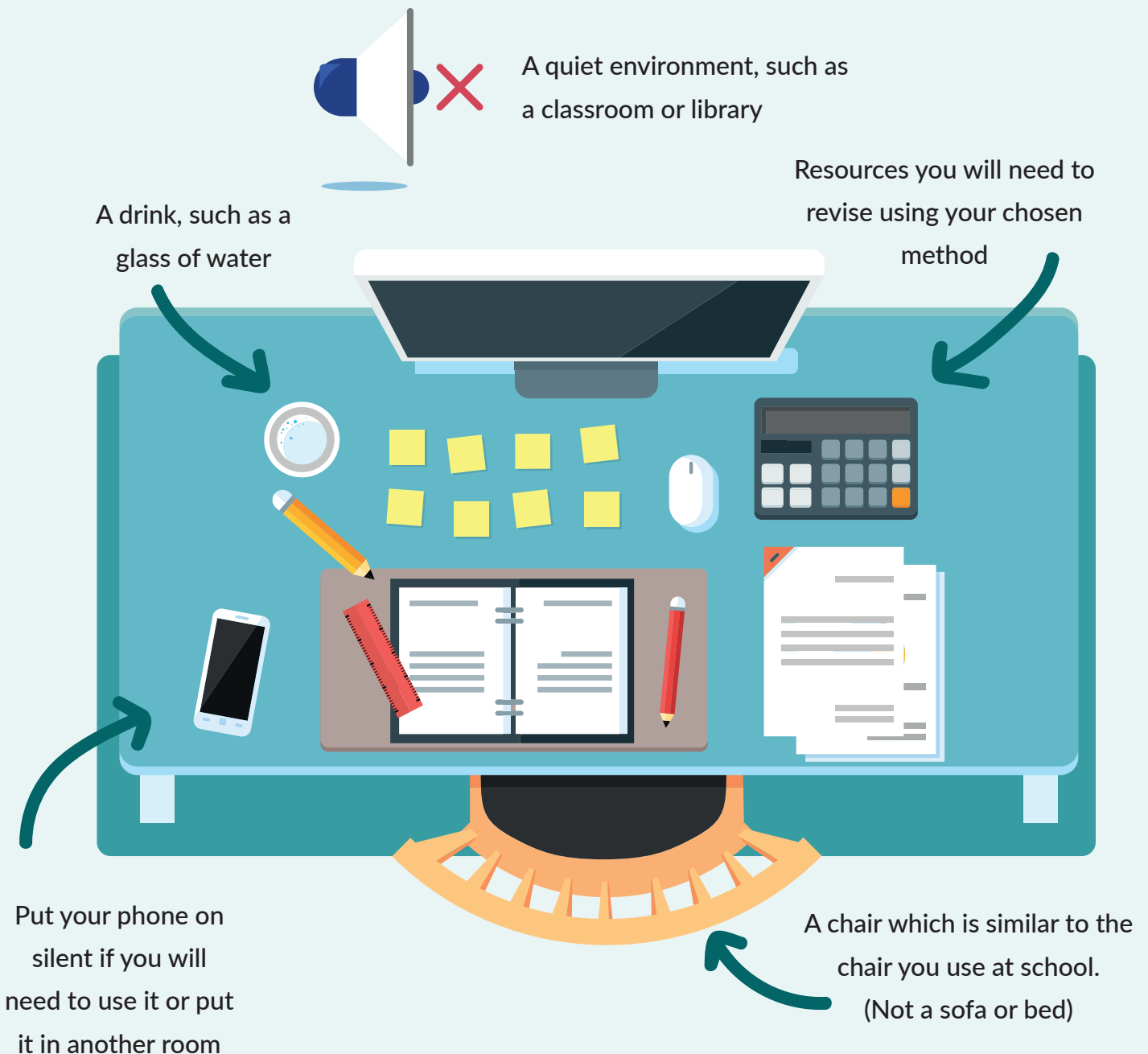
WHERE SHOULD I REVISE?

DO:

• Work in a tidy environment where you have the tools you need to revise effectively.

• Work in a quiet environment.

• Put your phone in another room or use an app on your which blocks social media.

• Work in a space which you only use for home study, schoolwork or revision.

DON'T:

• Work in a cluttered environment.

• Distract yourself with loud music or noise.

• Work near your phone or other devices with can access social media.

• Work in the same space where you relax.

An example of an effective revision space:

A quiet environment, such as a classroom or library

Resources you will need to revise using your chosen method

A drink, such as a glass of water

Put your phone on silent if you will need to use it or put it in another room

A chair which is similar to the chair you use at school. (Not a sofa or bed)

INTERLEAVING & SPACING

What is it?

This is the idea that you space out revision and keep re-visiting older knowledge. You do not cram revision but keep re-visiting topics over time.

Why should i do this?

This helps you to remember older topics as you have to retrieve that knowledge and use it. It also helps you make sense of new information as you can make links to what you already know.

The Forgetting Curve
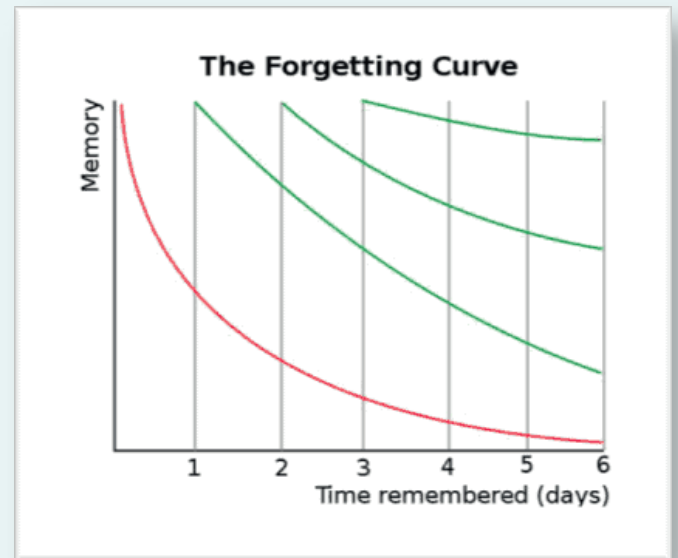
How to use it -

1. Create a revision plan, spread your learning.
2. Use the final countdown to help you organise revision

REVISION TECHNIQUES

What methods can I use?

- Test yourself with revision cards.
- Seneca
- The big picture concept maps
- Creating a timeline of events
- Using sequence maps to write down what you remember and then filling gaps
- Cornell Notes
- Dual Coding
- Deliberate Practice

REVISION TECHNIQUES

Flashcards

How to do this:

Create revision cards with questions on one side and answers on the other. These can even be colour code for specific topics

You can also make these online through Quizlet – use the QR code to see a video of how to use flash card for notes and how to quiz yourself

How to use these:

Key terms

Key facts

Big Questions

Summaries

Causation/Judgement

Agree/Disagree

Narrative

Retrieval Practice

What is this?

Testing what you know. The effort of thinking and remembering aids memory

How to use it

Spaced practice this is when you revise different topics over time, not just one topic.

For example – In History, keep revising little sections of Germany, Conflict and Tension and Medicine over time. Not just cram one topic before that exam.

Massed presentation

| Topic 1 | Topic 2 | Topic 3 | Topic 4 |

Spaced and interleaved presentation

Topic 1 Topic 2 Topic 3 Topic 4 Topic 1 Topic 2 Topic 3 Topic 4 Topic 1 Topic 2 Topic 3 Topic 4 Topic 1 Topic 2 Topic 3 Topic 4

Geography Knowledge Organiser: Plates, Earthquakes and Volcanoes

Create knowledge organisers from memory or use them to fill gaps in your knowledge then write questions to quiz yourself or a friend - Multiple choice, True or False, short explanation questions, odd one out or 'if this is the answer, what is the question?'

REVISION TECHNIQUES

Transform it - Graphic concept maps
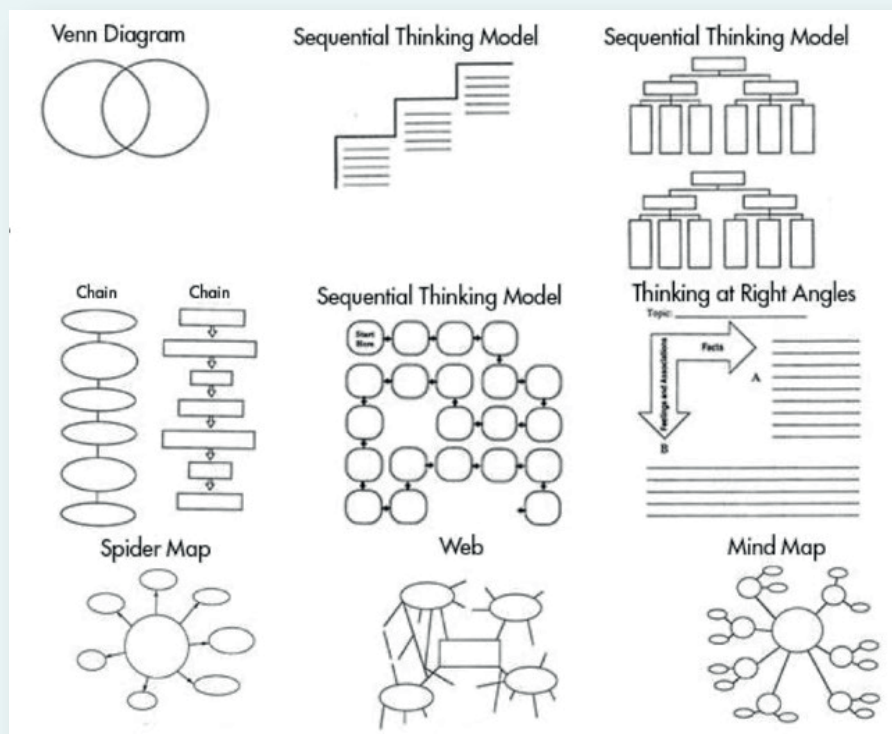
What is this?

Transferring notes into visual representations

Why does this help?

This can be used to create links, show sequences and to compare and contrast. It also helps to make your notes and comparisons more visual

Venn Diagram

use this to compare similarities and differences between a topic. For example, characters in Blood Brothers or two poems in English.

Spider map, Web, Mind map

These help with remembering the bigger picture of a topic and how links can be made. For example, themes in English. It is also a good way of testing what you can remember.

Scan the QR Code to see how to make concept maps

REVISION TECHNIQUES

Dual coding

What is it?

Using images and text together.

Why use it?

It is a simple method of putting knowledge into a visual form so that increases the chance of remembering

How to use it -

Simple drawings with a description and make links between them.

Scan the QR Code to see examples of Dual Coding and how to do it

Deliberate Practice

What is this?

Set aside time to practice improving your skill and knowledge.
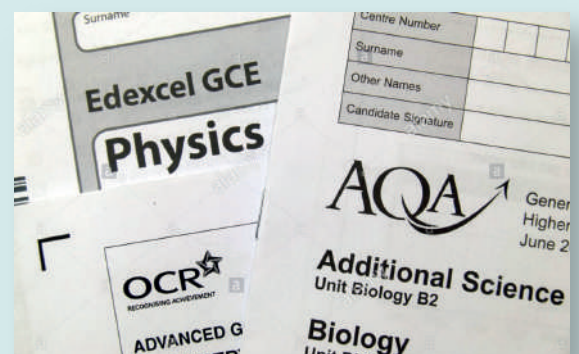
Why use it?

e.g. answering exam questions

Knowledge – remembering the facts to apply to these questions

How to use it -

Analyse models, complete practice questions and papers

REVISION TECHNIQUES

Cornell Method -

This method can be used to make you think carefully about revision. It can help you to organise a topic by considering:

- Keywords
- Big Questions
- Main Knowledge Points
- Creating summaries

Scan the QR Code for more information on the benefits of Cornell Notes and how to do them

STAYING HEALTHY
ON THE BUILD-UP TO EXAMS

By prioritising these aspects of health during the exam period, you can optimise your physical and mental well-being, ultimately enhancing your academic performance.

BALANCED DIET:

Prioritise nutrient-rich foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

Avoid excessive caffeine, sugary snacks, and processed foods which can lead to energy crashes and decreased focus.

Stay hydrated by drinking plenty of water throughout the day.

REGULAR EXERCISE:

Incorporate regular physical activity into your routine to reduce stress and boost concentration.

Aim for at least 30 minutes of moderate exercise most days of the week, such as brisk walking, jogging, yoga, or cycling.

Break up long study sessions with short bursts of physical activity to rejuvenate your mind and body.
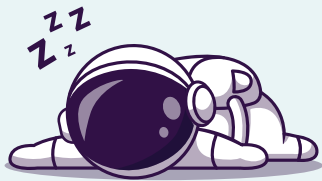
ADEQUATE SLEEP:

Prioritise getting 7-9 hours of quality sleep each night to optimise cognitive function and memory retention.

Establish a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.

Create a relaxing bedtime routine to signal to your body that it's time to wind down, such as reading or taking a warm bath.

EFFECTIVE REVISION PLAN:

Organize your study materials and create a realistic study schedule that breaks down your revision into manageable tasks.

Utilise active learning techniques such as creating flashcards, LCWC, self-quizzing and Knowledge Dumps.

Take regular breaks during study sessions to prevent burnout and maintain concentration, 25 minutes of focused study followed by a 5-minute break

STRESS MANAGEMENT

Practice stress-reduction techniques such as deep breathing and meditation, to alleviate exam-related anxiety.

Maintain a positive mindset by focusing on your progress and accomplishments rather than dwelling on potential setbacks.

Reach out to friends, family, or a support network for encouragement and emotional support during challenging times.