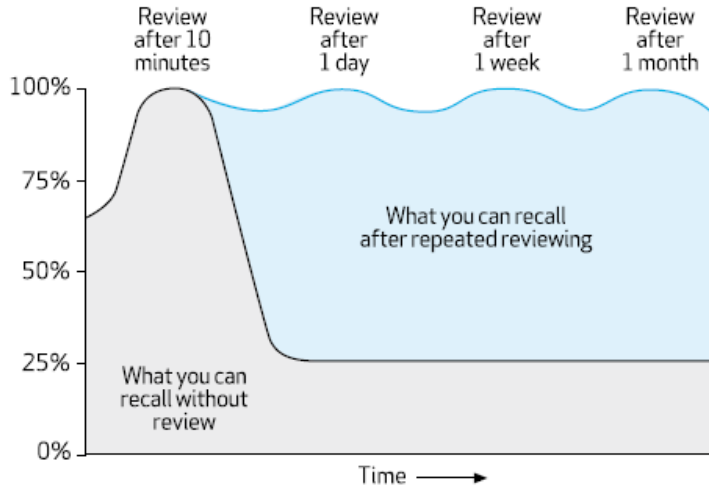


# Revision Advice

*Insanity: 'doing the same thing over and over again and expecting different results'.  
Albert Einstein*

**Revision:** The **good news** is that the more you read, the more you understand. The **bad news** is that the longer you read, the less you remember!! It takes 20 minutes for the mind to get into the rhythm flow of the material but after about 40 minutes we stop remembering information. **Solution:** organise your study periods into **30 minute sessions with five minute breaks between them**. This will allow you to maintain a high level of recall of material memorised while your level of understanding will continue to rise.



**"Studying without revision, is like running a bath without the plug in!"**

Around 80% of memorising is lost in the first 24 hours, so keep going over and over the information. The more times you review, the quicker it will be to recall because each review session strengthens your memory.

If you regularly review 'key information' that you have learnt, summarised and memorised, you will be surprised at how much of it sticks! This is a good study habit and it doesn't need to take too much of your time!

## There are 4 key steps to finding success with your revision

**1<sup>st</sup> Step - Understand:** Your brain will not memorise something it does not understand. Therefore it is **vital** that you know what everything means before you start to revise it. So there are three steps that you have to take in order to really begin to understand something:

<b>Read it...</b>	One of the ways the brain receives information
<b>Make sense of it...</b>	Listen to teachers' explanations, watch video clips, read more about the subject or ask friends to explain certain points to you
<b>Summarise it...</b>	Get rid of the information you don't need, reduce to the key points that you need to remember

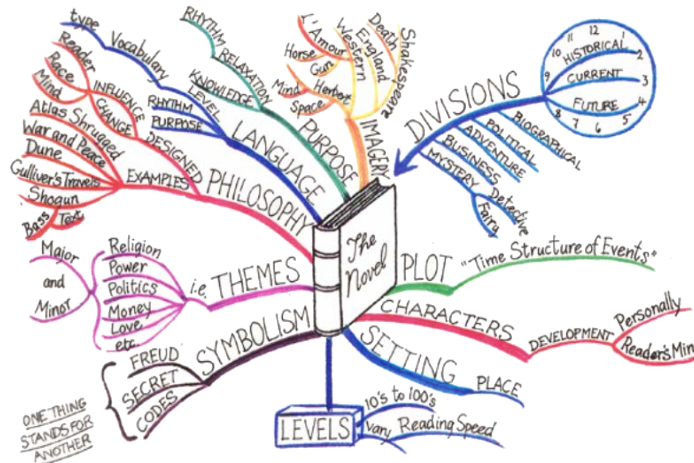
**2<sup>nd</sup> Step - Summarise:** All books, films, lessons, conversations, magazine articles, TV shows, etc., contain two things: **Repetition:** saying the same things over and over again but in a different way each time. **Irrelevant information:** stuff you just don't need to know! In fact, if you got rid of all the repetition and irrelevant information, you could throw away about 80% of everything you read, watch or listen to! In order to get rid of repetition and irrelevant information you need to ask six questions about the information and then put the answers into a hierarchy.

**WHO?**  
**WHAT?**  
**WHY?**  
**WHERE?**  
**WHEN?**  
**HOW?**

Once you have an answer to each of these questions, then you can put all of these answers into order by building a hierarchy of the information.



**Mind Maps:** Mind Maps summarise and link information. They start with the **THEME** and then show our **MAIN IDEAS**, our **SECONDARY IDEAS** and our **TERTIARY IDEAS**. Information must be written on the lines. Use colour and drawings to help.

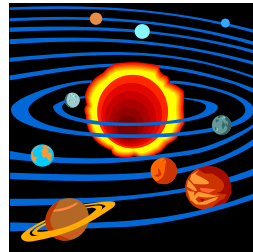


**Mnemonics:** Mnemonics should be **imaginative**, **creative** and **fun**. You should be able to see pictures in your head and if they make you laugh, then you will remember them more easily. Take the **first** letter of each word you are trying to remember and create a silly sentence from those letters.



COMPASS

North	Naughty
East	Elephants
South	Squirt
West	Water



Planets

<b>M</b> ercury	<b>M</b> y
<b>V</b> enus	<b>V</b> ery
<b>E</b> arth	<b>E</b> asy
<b>M</b> ars	<b>M</b> ethod
<b>J</b> upiter	<b>J</b> ust
<b>S</b> aturn	<b>S</b> peeds
<b>U</b> ranus	<b>U</b> p
<b>N</b> eptune	<b>N</b> aming
<b>P</b> luto	<b>P</b> lanets

**Association:** The words "to associate" means to **link**, to **connect**, to **join** or to **relate**. When used to remember information, an association is something that links one thing with another in your mind. The **bigger**, **stranger**, **funnier** and **weirder** the association, the more chance you have of remembering the information.



**For example:** instead of just trying to remember an object such as "a car", try and use your imagination to really **see** this car: it's colour, shape, the sound it makes as it drives off, the look and feel of the interior, etc. Create a car in your mind. Make it real!

**Visual Image Chains:** An easy way to remember a list of words, in order, is to **associate** each word with a sound, sight or feeling and then link it to the next word on your list using a story or association between the two words. **For example:** Let's say you had to remember the following list of words: **Whiteboard, bag, clock, umbrella, chair, glue, door, torch, car, glasses, Gorilla, headphones, magazine, blender, suitcase, picture frame, Mickey Mouse, fire extinguisher, light bulb & jacket!**

**Try this with a list of things you need to remember, build a visual image chain in your mind... it works!!!**

**The Journey Technique:** Create a journey round a familiar building such as your home or the Main Hall, where you will be taking your exams. Associate things you need to remember to items in each room. Walk between the rooms or between things in the hall to help you recall the information that you've stored!  
 Stage 1: choose a room e.g. kitchen or parts of the exam hall e.g. Curtains, Clock, Boards...  
 Stage 2: Associate the information e.g. in the kitchen, the Toaster = a character in a book and so on...



**3<sup>rd</sup> Step - Memorise:** To do well as a student depends to a large extent on how efficiently you can:

1. Put information into your memory (**encoding**)
2. Keep it there (**storage**)
3. Get it out when needed (**retrieval**)

There are two types of memory stores & two main principles to consider:

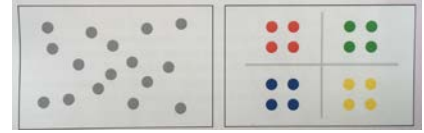
**Short Term Memory Store:** Less than one minute: approximately seven chunks of information

**Principle 1: Imagination** – our brain works with images i.e. if you heard the word 'breakfast' would you think → or the actual word written?



**Long Term Memory Store:** Up to a lifetime: Unlimited! *Remembering 6 billion people's names would only use up approximately 2% of your memory's capacity!*

**Principle 2: Organisation** – which is easiest to count? Both have 16 dots in! So organise your revision!!



**4<sup>th</sup> Step - Application:** *The most important bit!!!*

Doing well in your exams takes practice! You can significantly improve your performance in exams by increasing your familiarity with exam questions / past papers. The more past papers that you try, the more experienced and skilled you will get in answering questions and then the more comfortable & composed you will feel on the day! Your teachers will have plenty available for you... just ask!!

## When you are ready to revise, remember 8 things to help you memorise!

<p><b>1. Be Relaxed</b></p>	<p><b>2. Believe in your capacity</b></p>	<p><b>3. Get excited about the work</b></p>	<p><b>4. Actively notice</b></p>
<p><b>5. Exaggerate</b></p>	<p><b>6. Associate</b></p>	<p><b>7. Use different memory modes</b></p>	<p><b>8. Revise</b></p>

## How do you prefer to learn?

**Visually:**  
Learn best by seeing pictures, diagrams...



**Auditory:**  
Learn best by hearing and speaking...



**Kinaesthetic:**  
Learn best by doing, moving, experiencing...



- Draw pictures and diagrams
- Colour code your work
- Use different colour paper and pens
- Use your own system of symbols, etc.
- Create images or scenes in your mind
- Use shapes...

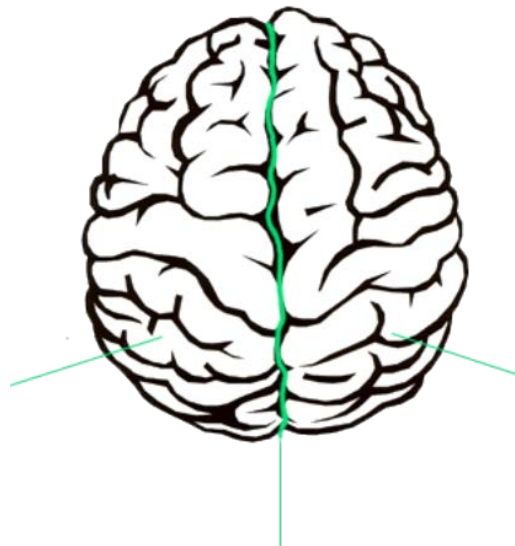
- Say your work out loud – give presentations to an imaginary audience
- Record notes (etc.) on tape
- Use silly noises to remember things.
- Hear the information in your mind
- Play instrumental music
- ‘words sounds like...’

- Do actions when learning key facts
- Walk about when learning
- No need to sit at a desk
- Add emotions and textures to exaggerate information.
- Try to **experience** what you are learning

## The two sides of your brain

**Language**  
**Logic**  
**Numbers**  
**Sequence**  
**Words**  
**Order**

**The left side**



**Rhyme**  
**Rhythm and music**  
**Pictures**  
**Patterns**  
**Creativity**  
**Imagination**

**The right side**

*Be fair... get both sides involved...  
Learning is most effective when it's fun...  
Good luck with your revision and with your exams!*