



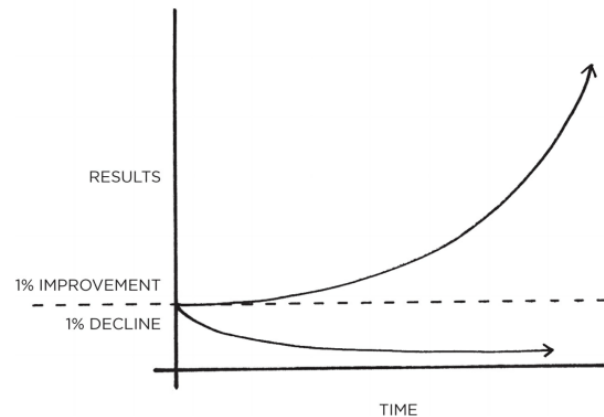
## The Power of Habits:

Habits are incredibly powerful in helping you to succeed. If you think about the greatest sports people, it is their habits of training and preparation which sets them apart from all others who want to achieve gold. This is the same with revision. If you have the mind-set of wanting to be a better student and build the habits to become the person you want, the results will follow.

## 1% Better Everyday:

It is great to have targets around what you want to achieve. You may want to achieve a Grade 8 in history for example. Targets give you a goal and direction. However it is your habits that allow you to make the best progress.

Getting 1% better everyday counts for a lot when studying for exams. Think about the amount of progress you can make if you start revising from today. What could you achieve by the summer?



## Developing Habits:

Developing revision habits is hard and it takes time for them to "Stick". If you stick at it you will eventually achieve your goals.

The key is to start now and follow these 4 principles to build great revision habits!

### Make it Obvious



- Revise in one area, so you relate that area to work and revision.
- Leave your revision materials out ready to start.
- Write a revision contract to schedule your revision. Stick to it.
- Stack habits together, so go for a walk and listen to a revision podcast.

- Revise with a friend and attend revision classes together.
- Do something enjoyable as a reward once you complete your revision.
- Write a revision contract/timetable with your family agreeing to revise on specific days and times. They can keep you on track.



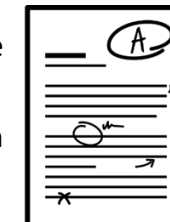
### Make it Attractive

### Make it Easy



- Start small. 45 minutes per night and build it up over time.
- Reduce distractions when you revise, no music or phone.
- Ask your family to encourage you and get them involved in supporting your revision. Getting someone to help with quizzing is a great idea.
- Create a revision timetable, place it on your wall and tick it off when done.

- Revision should be rewarding for its own sake.
- Give yourself an edible treat when you have finished some challenging revision.
- Be strict on yourself. Never miss more than two planned revision slots.
- Show your teacher your revision. They will be proud.



### Make it Rewarding



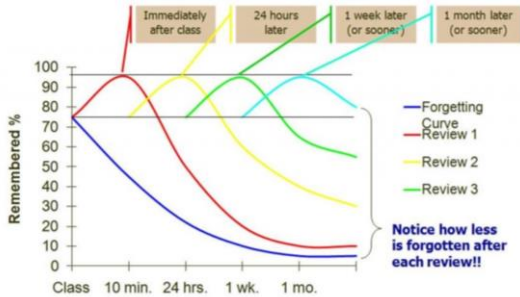
# Five Effective Revision Techniques

## The Science of Learning :

Research into cognitive science has provided us with advice on the science of learning and what works best. It has taught us these three things about memory.

1. Your working memory is easily overloaded. Cramming doesn't work.
2. Information is forgotten if not revisited. Its normal for this to happen.
3. Practice and retrieval helps strengthen long term memory and boosts learning.

To improve your learning, you want to break the forgetting curve, by reviewing your learning often.



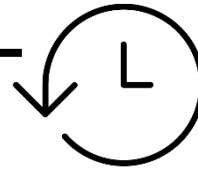
## What should you avoid?

You should not revise using the following methods, they make you feel you are doing something as its effortful, but your brain isn't working hard, so it has little impact.

- Re-reading
- Highlighting
- Copying/Summarising ( Instead do this from memory)

The most powerful methods, as shown on the right, all aim to boost your memory by practice and retrieval.

### 1: Spacing and Interleaving



- Rather than revising in "topic blocks" it is better to chunk these topics up and interleave them.
- Interleaving is a process where students mix, or interleave, multiple subjects or topics while they study in order to improve their learning.
- Don't cram all your revision to the end. It will overload your memory. You will not learn effectively revising this way.

- "Excellence in not an art. It is the habit of practice"
- **Review:** Spend time revising a topic/unit of work.
- **Practice:** Do an exam question/past paper in timed conditions. No notes. Do this from memory.
- **Check:** Compare your answer to your notes or a model answer. Then amend. Aim to improve.



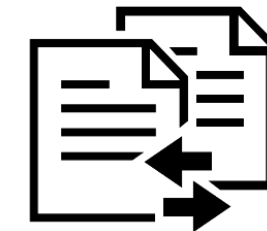
### 2: Deliberate Practice

### 3: Retrieval Practice



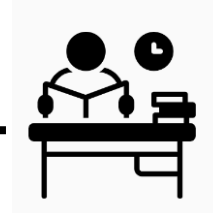
- Recalling information is simple but powerful. It tests your memory. It helps you remember and boosts learning.
- Strategies include, self testing, past papers, flash cards , mind maps, brain dumps, and quizzing.
- The most important part is to **do it from memory. Then compare it to your notes in your books/booklets to identify weak areas to revise.**

- Flashcards are an incredibly easy method to revise.
- Boil down your learning into small easily revised chunks.
- Use your exercise books and revision materials to create questions on one side with answers on the other.
- Online flash card generators such as BrainScape, Memorise are superb for this.



### 4: Flash Cards

### 5: Dual Coding



- Dual Coding involves combining words and images to help your learning by representing your revision more visually.
- Use words and images together to create, mind-maps, timelines, flow diagrams. The images and words together help your brain remember key information.

# Five Effective Revision Techniques