

## A little guide for HOW to revise

### Technique 1 – 2, 3, 5, 7

1. **Initial Session (Day 1):** Learn a new topic or review your notes for the first time.
2. **Day 2:** Look at the material again, this time on the second day after your first revision session.
3. **Day 3:** Look at the information for a third time.
4. **Day 5:** Revise the topic again, this time on the fifth day from your first revision session.
5. **Day 7:** Conduct a final review on the seventh day.



### Technique 2 - Postcards

- Write a key topic or question on one side of a postcard.
- Write a detailed answer, definition, example, or mnemonic on the other side.
- You could use visuals or short phrases to summarise information.



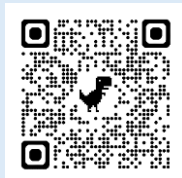
### Technique 3 – Dual Coding

Learning information through visual images and language.

Using diagrams and illustrations.

Using flow charts and timelines.

Increases your ability to understand and remember information needed for your exams.



### Technique 4 – Mind-Maps

- Visualises ideas and concepts, providing a clear and structured way to capture and organise thoughts.



## Technique 5 – Spacing

- Breaking up revision sessions with time in between.
- Do not cram all of your revision into one session.
- This will improve your long-term memory retention.



## Technique 6 – Get a Good Study Partner

- Work with another student to test each other or to ask questions to.
- Make sure this student is as motivated as you are.
- Don't study with someone who will distract you from your revision.



## Technique 7 – Retrieval Practice

- Involves recalling (retrieving) information from your memory.
- This strengthens your long-term memory and learning.
- Could involve quizzing, practice papers, or re-writing what you have learned.



Week commencing: \_\_\_\_\_

### My Weekly Revision Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

Tip 1: Stay positive - if you work hard and practise effectively, you will succeed!

Tip 2: Test yourself, don't just read. Use practice questions and mark them or re-write notes from memory.

Tip 3: Be disciplined - stick to your plan! You can change/move it, but make sure you stick to it!