

Revision Techniques

Year 10/11 PSVE

Think about the following questions.

Do you revise your notes?
Why do you need to revise?
Where do you revise?
When do you revise?
How often do you revise?
How do you revise?

In the following slides, we are going to look at:

- Why should you need to revise?
- Where should you revise?
- When do you revise?
- How often should you revise?
- How should you revise?

Why should you revise?

- Your brain forgets details of the work you did weeks or months ago,

But ...

- you need these details to achieve your target or full potential during exams,

therefore ...

- you must 'top-up' your brain using effective and appropriate revision techniques/strategies regularly.

Always remember,

Exams are not memory tests which require you to write every thing you know about a given topic.

Instead,

They require you to demonstrate how much you know and understand about the topic, idea, principle; skills how to calculate, evaluate, interpret data and so on.

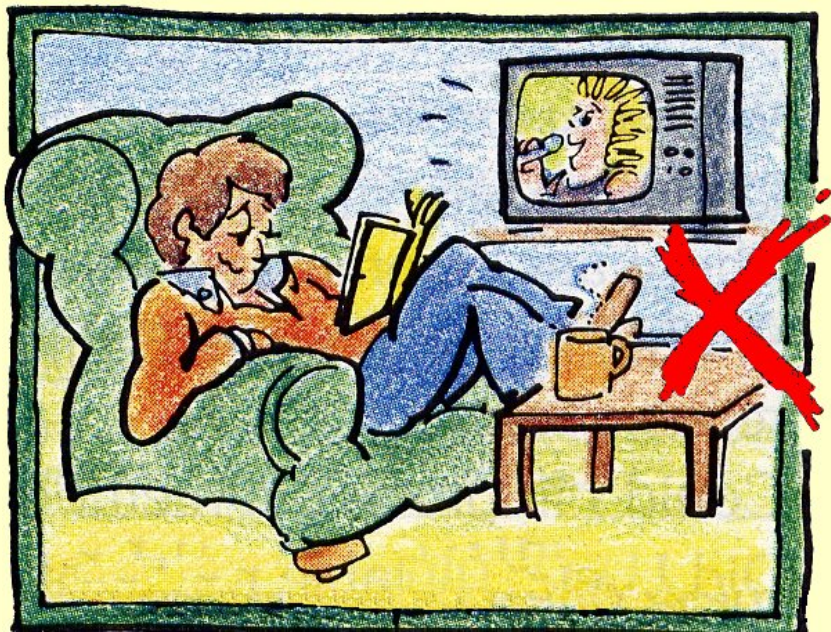
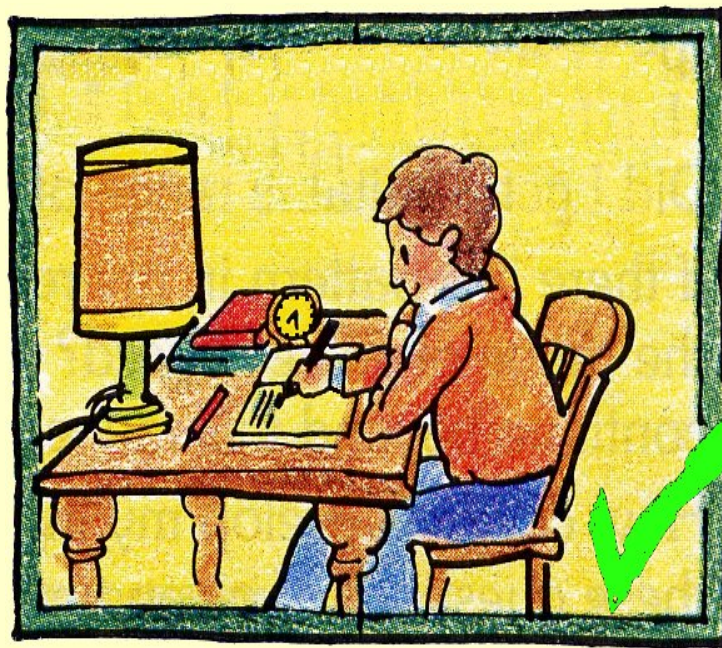
So

Effective revision strategies will help you to:

- recall and consolidate the information that you have learnt or studied;
- restructure your knowledge and understanding in an organized and coherent way.

Where should you revise?

- In a quiet room (a place with almost no disruption)
- Warm and well-lit,
- Table and chair



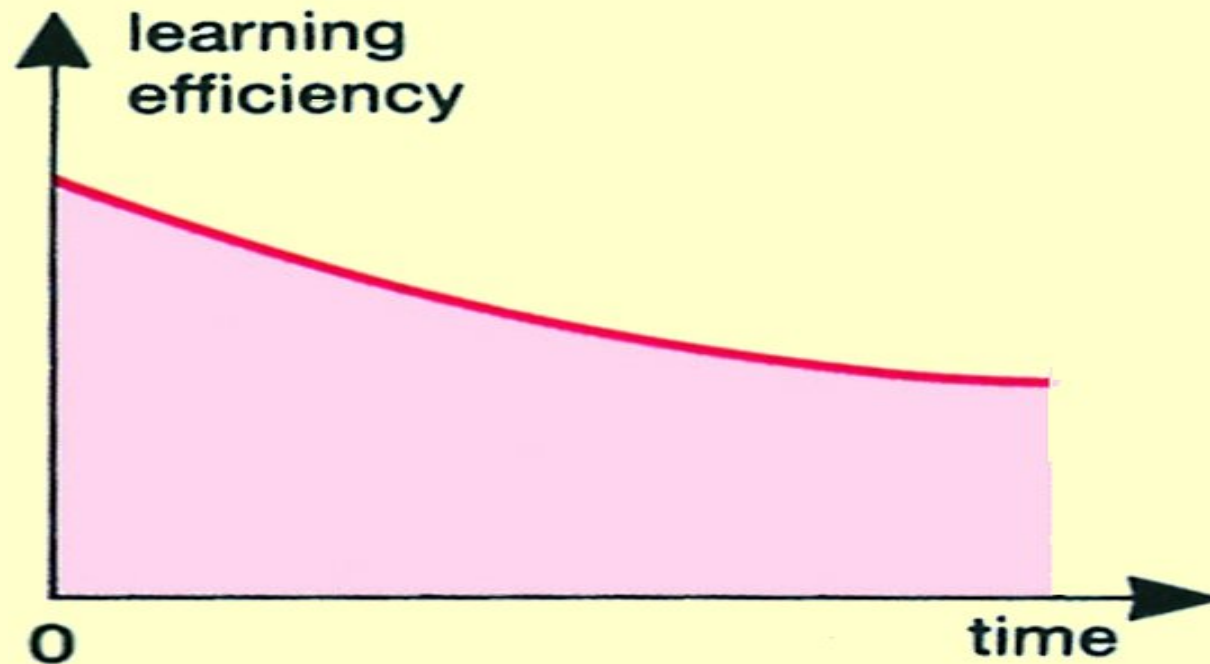
- Ideally, with a table-lamp, to help you to focus on the page,
- a clock for timing

When should you revise?

- Start your revision early each evening, before your brain gets tired.
- You must have a revision/ study time table (develop it as a habit)
- Make sure your revision timetable is realistic and “do-able!”

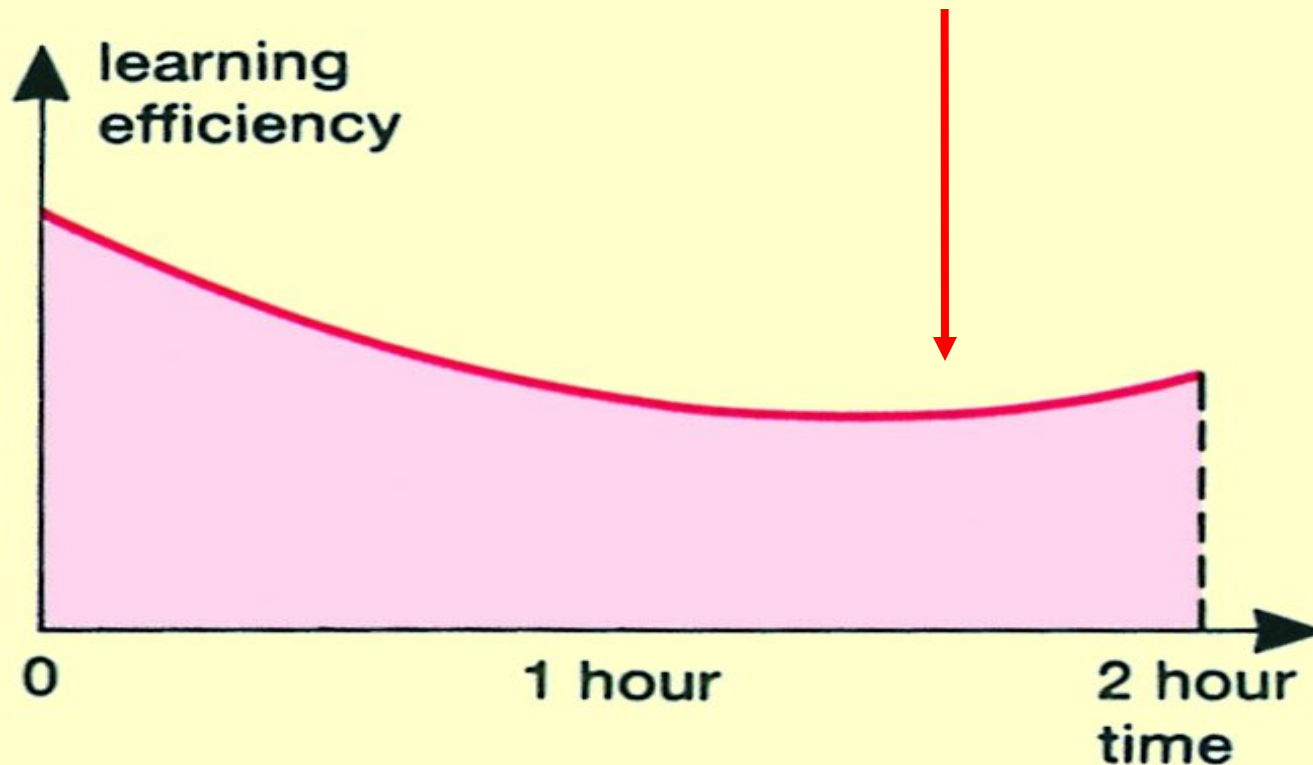
How should you revise?

If you just sit down to revise, without a definite finishing time, then your **learning efficiency** falls lower and lower, like this:



How can you improve this?

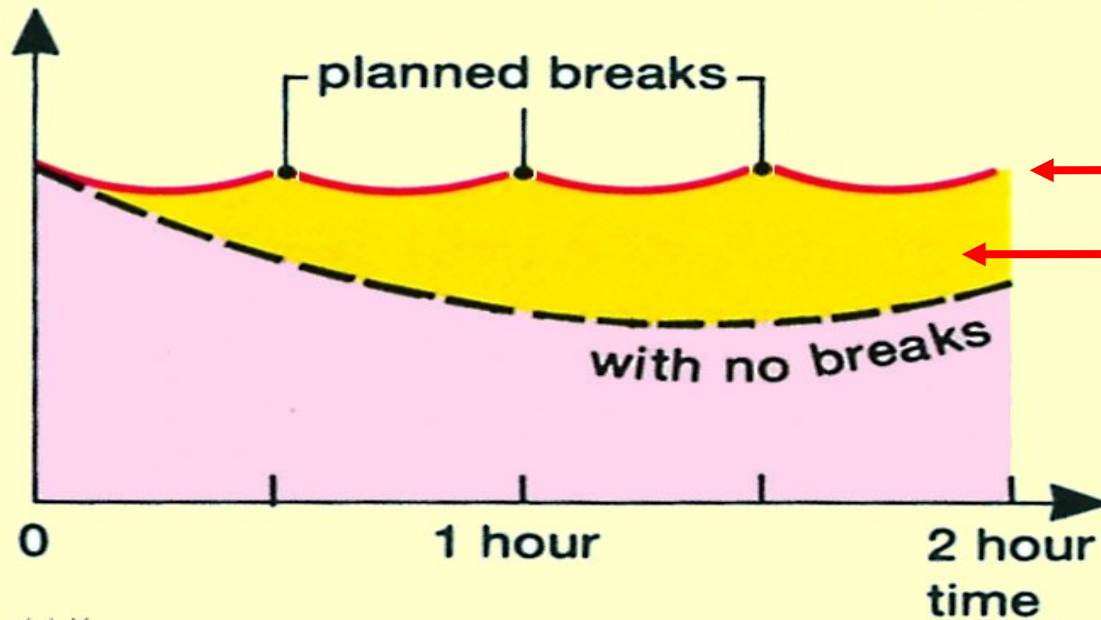
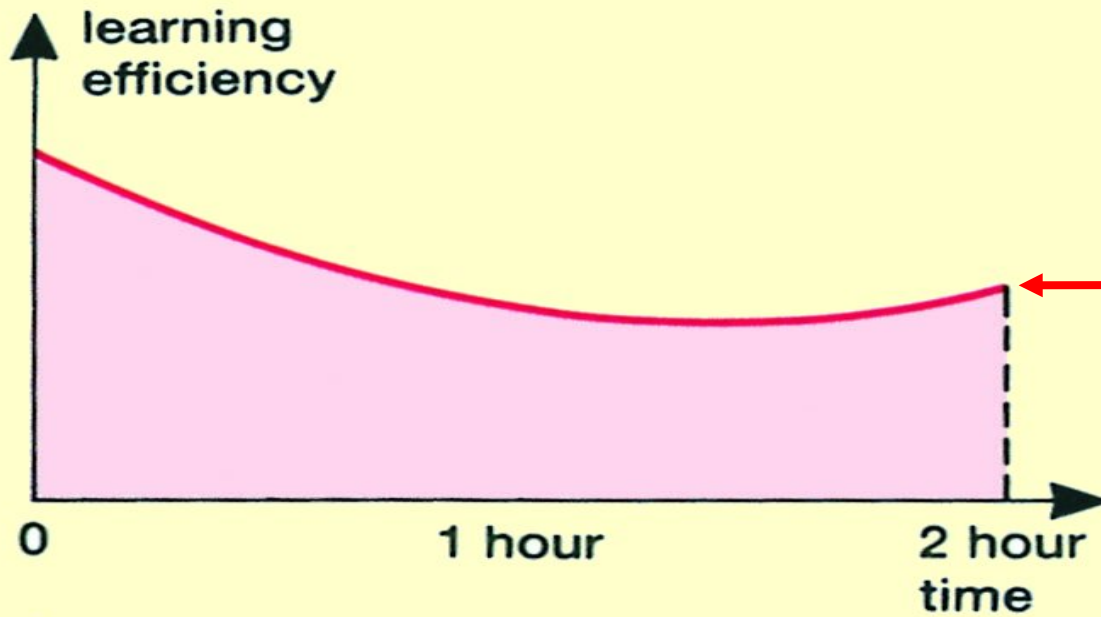
If you decide at the beginning how long you will work for, with a clock, then as your brain knows the end is coming, the graph rises towards the end



How can you improve this even more?

If you break up a 2-hour session, into 4 shorter sessions, each of about 25-minutes, with a short planned break between them, then it is even better.

Compare the next 2 graphs:



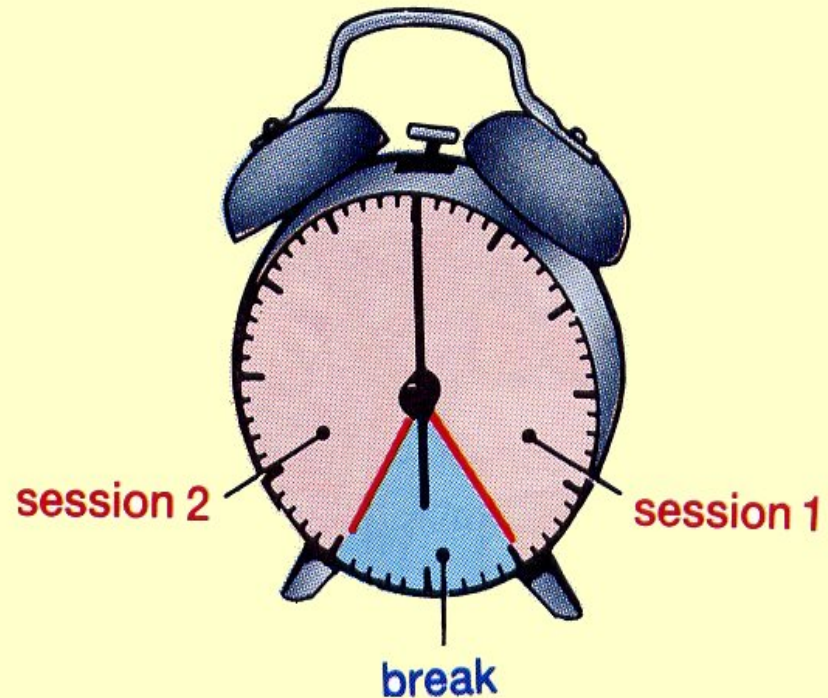
For example,

Suppose you start work at **6 pm**.

You should decide, looking at your clock or watch, to stop at **6.25 pm** --and no later.

Then at 6.25 pm have a break for **5-10** minutes.

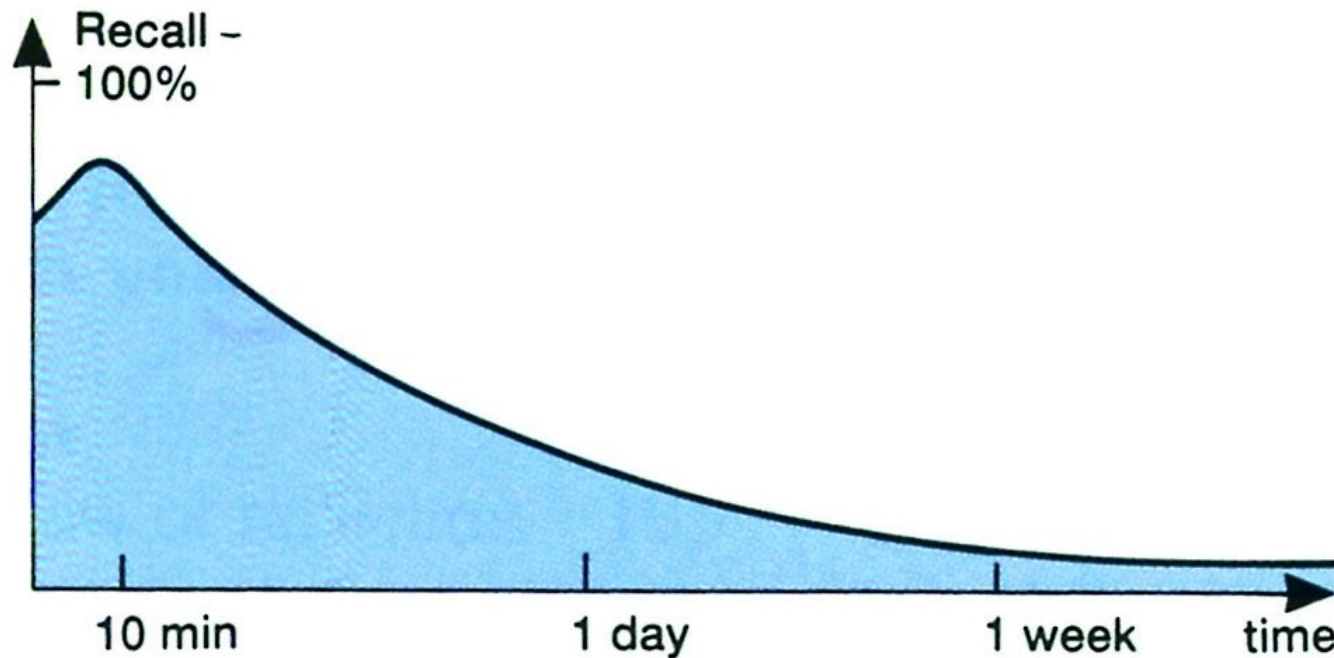
When you start again, look at the clock and decide to work until **7 pm** exactly, and then have another break.



How often should you revise?

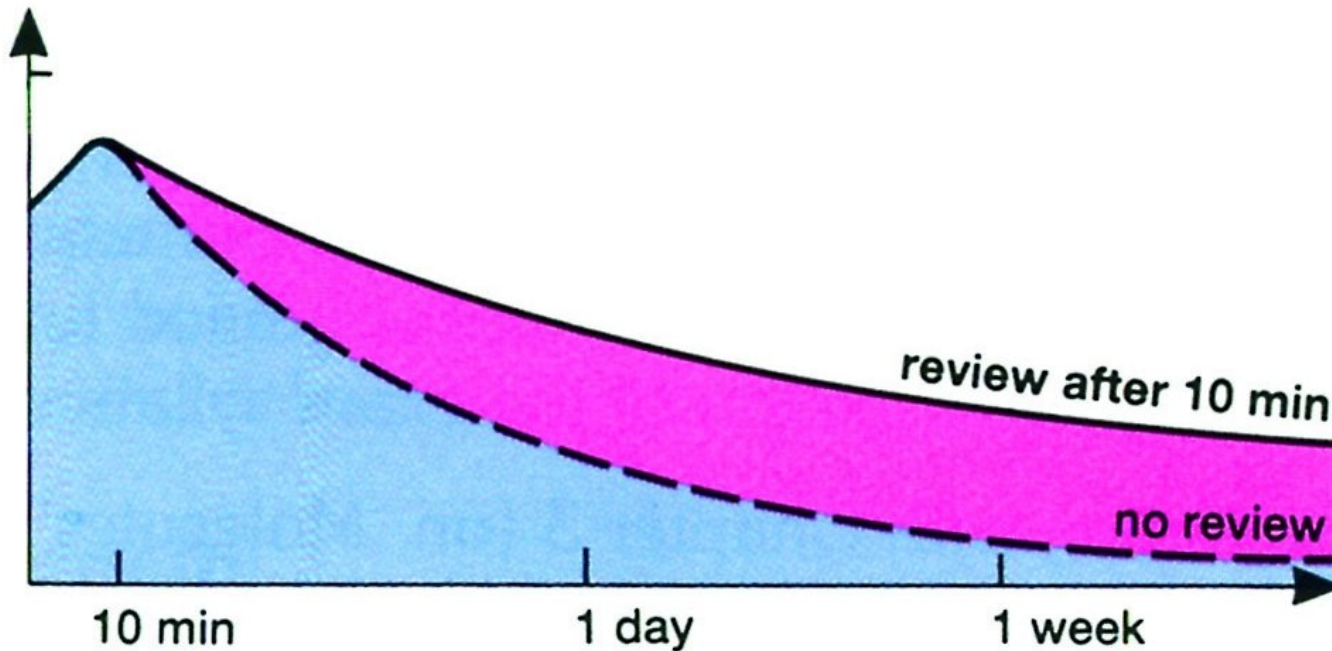
Look at the graph below:

It shows how much your brain can recall later. It rises for about 10 minutes ...and then falls.



However,

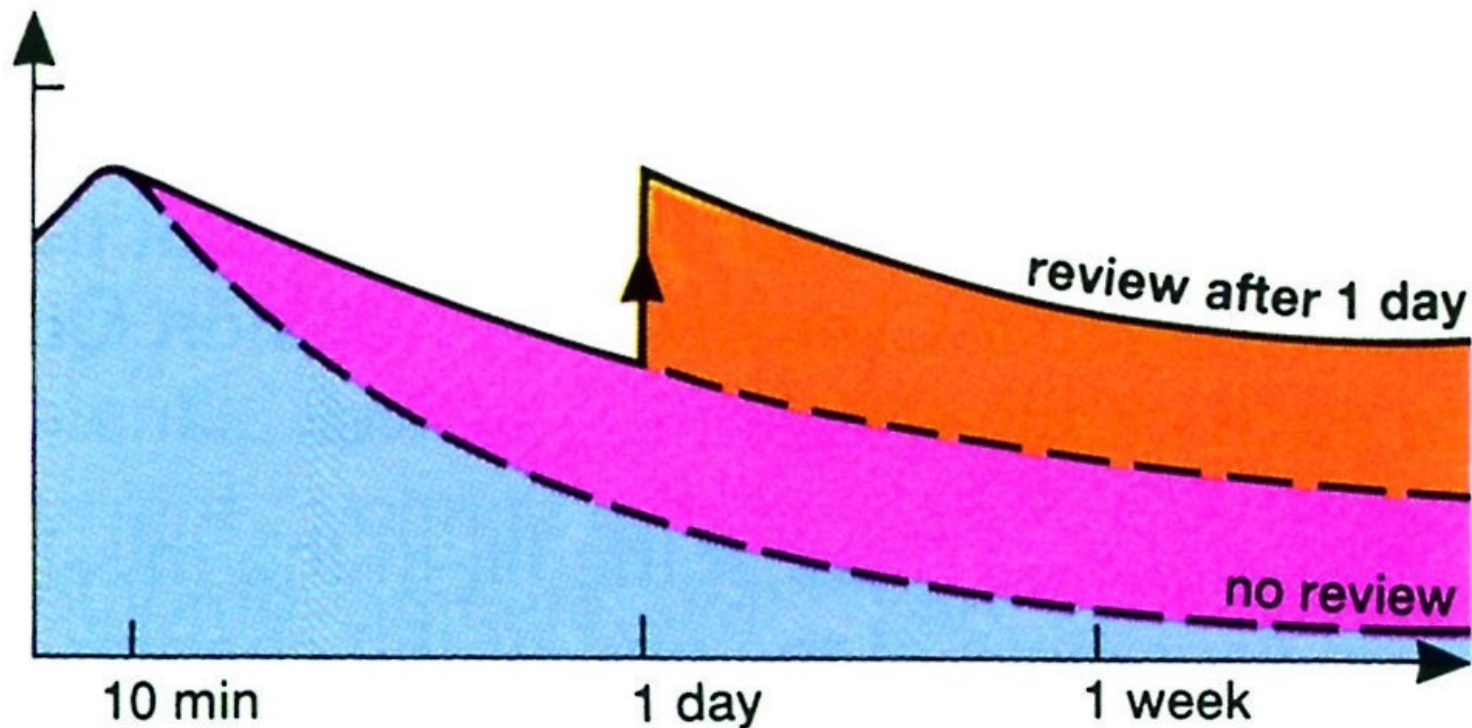
if you quickly re-revise after **10 minutes**, then it falls more slowly! This is good. Analyse the new graph:



Even better,

if you quickly re-revise again, after **1 day**,
then it falls even more slowly! Good!

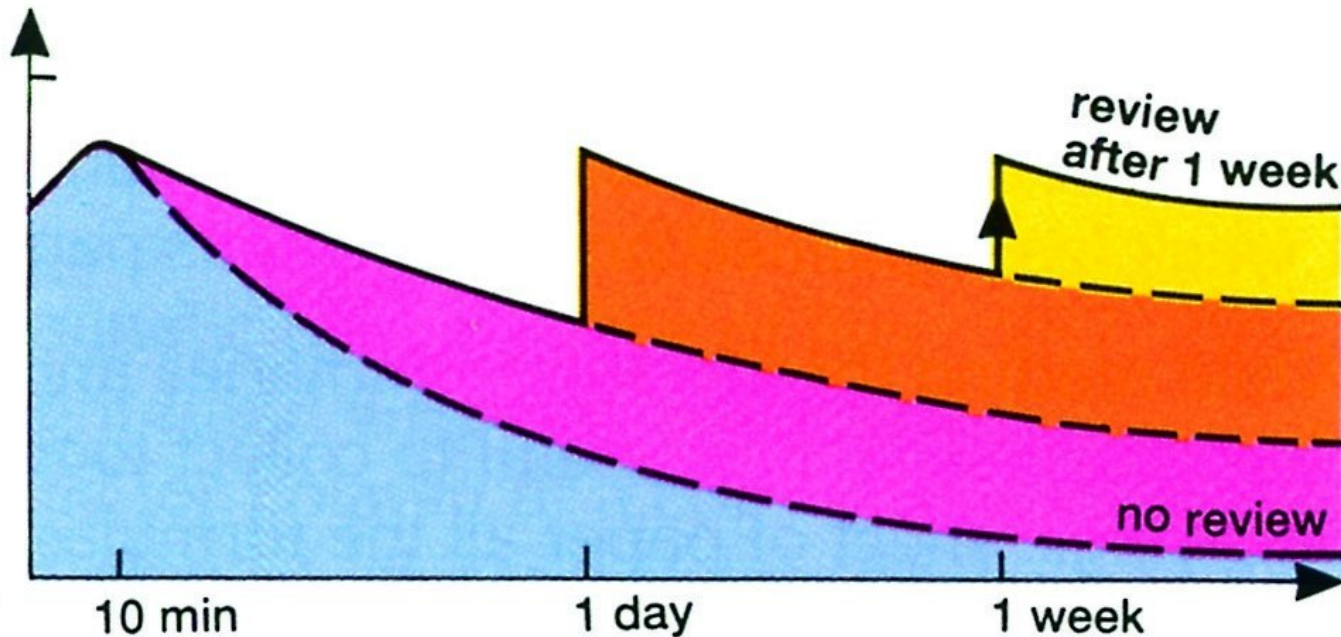
Analyse the new graph:



And even better still,

if you quickly re-revise again, after **1 week**,
then it falls even more slowly! Great!

Analyse the new graph:



So the best intervals for 'topping-up', by reviewing or briefly re-revising are:

- ✓ 10 minutes
- ✓ 1 day
- ✓ 1 week
- ✓ ...and then 1 month.

What revision techniques should you use?

- ❑ No magic or definite answer;
- ❑ depends on various factors
 - nature of the subject,
 - nature of the topic
 - individual preferences and so on.

However, there are some commonly used revision techniques. Try them and identify which one is suitable for you.

- Making your own revision or summary notes and refine as you revise them again and again
- Use prompt/ flash/ index cards
- Use concept or mind mapping (spider web)
- Use revision guides
- Practice past exam papers
- Organise and participate in study groups
- Use internet (Sam learning, BBC bitesize and other revision sites).

In Summary

- Make yourself start even if you don't really want to.
- Build in short breaks
- Make sure you **PHYSICALLY** have a break, move around and get the blood flowing
- Have a drink/snack/some fresh air
- Avoid lots of sugar and caffeine. These are not “brain foods” and will interfere with concentration.
- Have the occasional day off and give yourself rewards for a job well done.
- Re-visit work covered to continually “top –up” your memory.
- Practise test questions and reward yourself if you perform well.
- Take a if you are getting tired or frustrated.
- Do not leave the most difficult bits to the end.

And Finally....

- Revision is NOT a form of torture imposed for the pleasure of adults (although it might feel like it!)
- The need for revision will not go away if you ignore it!
- Talking about revision is NOT enough!
- Try to believe the effort will be worth it in the end!
- The better you revise the better you will do in the mocks and in the real exam

Good Luck