



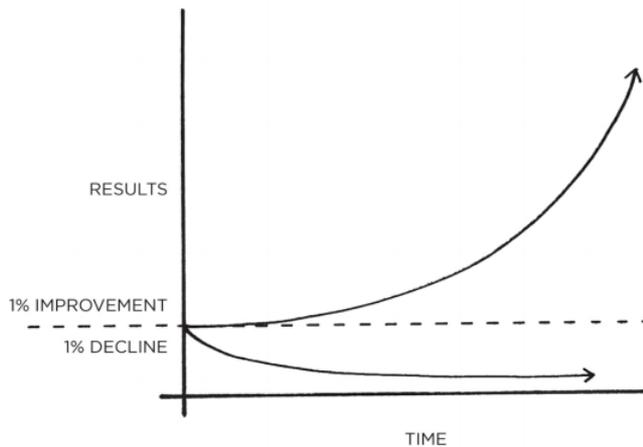
ST JOSEPH'S COLLEGE

EFFECTIVE REVISION STRATEGIES

1% BETTER EVERY DAY

1% worse every day for one year. $0.99^{365} = 00.03$

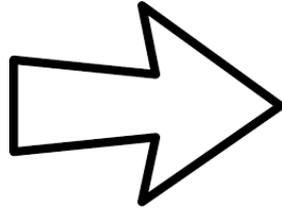
1% better every day for one year. $1.01^{365} = 37.78$



**‘Getting one per cent better everyday counts for a lot in the long run’,
James Clear**

THE POWER OF HABITS

Make it obvious



- Revise in one area, so you relate it to 'work'
- Leave your revision materials out ready to start
- Write a revision schedule, put it on the wall and stick to it!

Make it attractive



- Do something as a reward once you have completed your revision e.g see friends, play Xbox
- Make sure you have snacks and drinks at the ready

Make it easy



- Start small- 10 minutes a night and build up over time
- Reduce distractions- no music or phone
- Ask your family to encourage you and get them involved e.g quizzing you

Make it rewarding



- Start successful by small tests/ quizzes but ensure you are being challenged
- Reframe your thinking.. 'I am a hard worker/ I want to get better at...' rather than 'I want a grade A/8'.

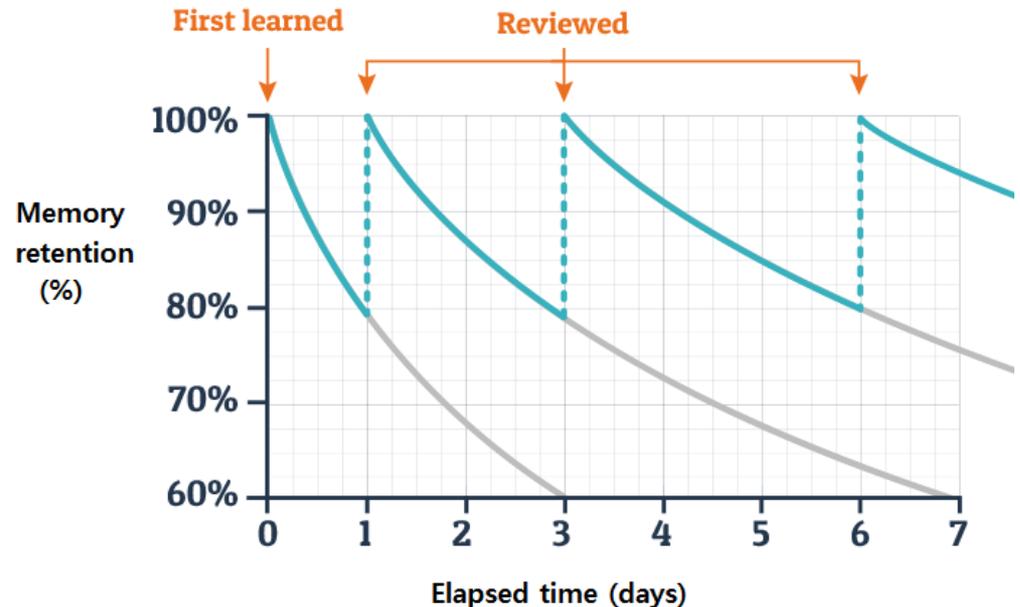
SCIENCE OF LEARNING

Research into cognitive science has provided us with advice on the science of learning, and what works best.

It has taught us three things about memory

1. Your working memory is easily overloaded, cramming doesn't work.
2. Information is forgotten if not revisited.
3. Practice and retrieval helps strengthen long term memory and boosts learning.

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



EFFECTIVE REVISION STRATEGIES

Retrieval practice

Spaced practice & Interleaving

Dual coding

Flash cards

Elaboration

Deliberate practice



RETRIEVAL PRACTICE

Learning strategy where we focus on getting information out.

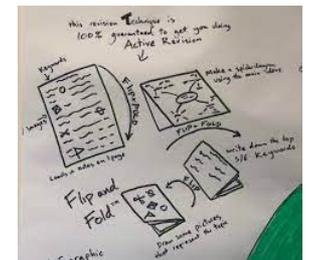
Through the act of retrieval or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur.

Use your class notes and textbooks to make a list of the important information and content that you need to know across subjects.

Then close your books and test yourself- you can create quizzes, flashcards, brain dumps or verbal questions.

Folding frenzy!

Retrieve as much as you can **from memory** then check your answers. It is important to know what you know and what you don't knowyet!



SPACED PRACTICE & INTERLEAVING

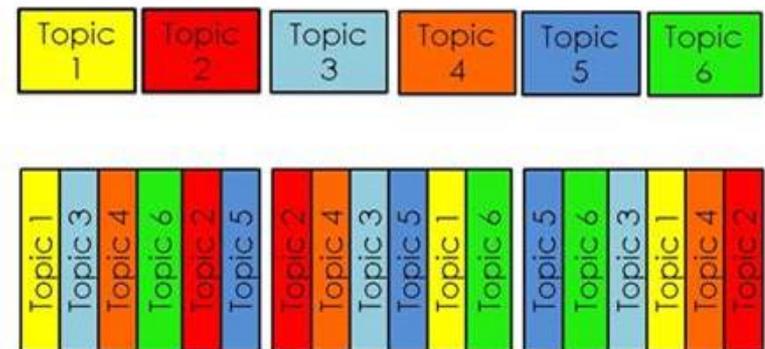
Rather than revising in 'topic blocks', it is better to chunk these topics up and **interleave** them and spread them out.

Start planning early for exams and set aside a little bit of time everyday. Five hours spread out over two weeks is better than the same five hours all at once- **space practice** is regarded as one of the most effective revision strategies.

Divide your revision into short manageable chunks of time- aim for **20- 30 minutes** per session.

Spread out your revision in chunks over time- forgetting helps your memory in the long term.

Blocking vs interleaving



DUAL CODING

Dual coding involves combining words and images to help your learning by representing information visually.

You can create timelines, cartoon strips, mind maps, diagrams, graphs and flow diagrams to explain events in time order, causes and consequence or links between ideas.

THE DUAL CODING THEORY
by Allan Paivio

INFORMATION
SEPARATE REPRESENTATIONS
VISUAL
VERBAL

BY ACTIVATING BOTH CODING MODES
THE BRAIN CONNECTS THE DOTS:
IT CREATES AN INTERCONNECTED SYSTEM OF VERBAL & VISUAL ASSOCIATIVE STRUCTURES.

KEY TAKEAWAY
CAPTURE/PRESENT INFORMATION IN BOTH VERBAL & VISUAL FORM

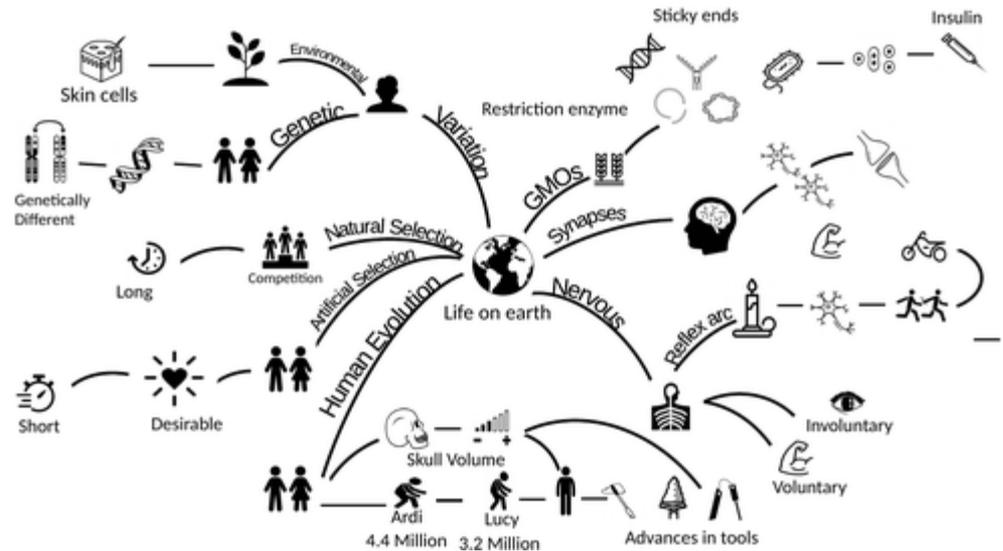
TO ENHANCE RECOGNITION & RECALL

TO MAKE YOUR CONTENT MORE MEMORABLE

TO SUPPORT LEARNING

UX IMPLICATION: USING THE COMBINATION
RIGHT WORDS
• KNOWN CONCEPT
• RIGHT FOR THE AUDIENCE
• JARGON-FREE
RIGHT VISUALS
• FAMILIAR TO THE AUDIENCE
• RELEVANT
• NOT OVERCOMPLICATED
IMPROVES USABILITY

EXAMPLE:
USE THE COMBINATION OF ICON + LABEL

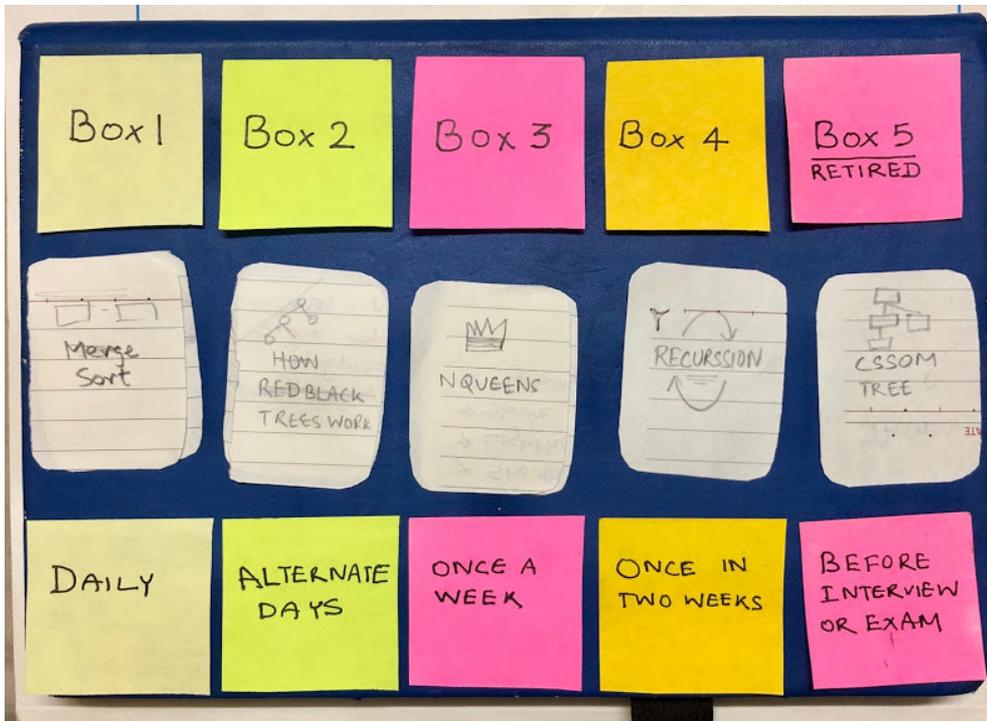


FLASHCARDS

Flashcards are an incredibly easy method to revise

‘Boil’ down your learning into small, easily revised chunks.

Create for key words, equations and diagrams, with information on one side & questions/ definition on the other



ELABORATION

Elaboration involves **explaining and describing** ideas with detail.

Elaboration also involves **making connections** among ideas you are trying to learn.

Elaboration involves **asking further questions** and **making links** to help you to connect new information with what you already know.

- Ask yourself questions about a topic to delve deeper. The more information you have about a specific topic, the stronger your grasp and ability to recall.
- Another way to elaborate is to take two ideas or concepts and think about the ways they are similar and how they are different



DELIBERATE PRACTICE

'Excellence is not an art, it is the habit of practice'

Review- spend time revising a topic or unit

Practice- Do an exam question/ paper in timed conditions- no notes!

Check- compare your answer to your notes or a model answer and redraft if need be!



COMMAND TERMS

Assess - Consider different options/arguments/factors and weigh them up to reach a conclusion about their effectiveness or validity.

Calculate - Work out the value of something.

Compare - Give a point by point identification of similarities and differences.

Define - This means what is meant by ... give the precise meaning of a term or concept.

Describe - Provide an account in detail of an event/individual/concept etc. **Discuss** - Set out both sides of an argument & reach a conclusion, including evidence.

Evaluate - Consider different options/factors & reach a conclusion about their importance/impact/value/worth.

Examine - Consider carefully & provide a detailed account of the topic.

Explain - Provide a detailed description or interpretation of a term/concept etc. **Identify** - Point out & name from a number of possibilities.

Illustrate - Refer to a specific case study or example (not illustrate as in draw).

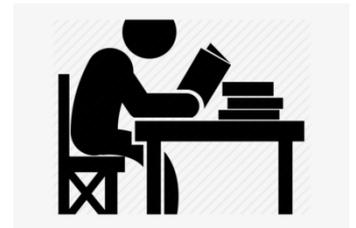
Label - Point out specific features on a diagram, image or piece of text.

Justify - Explain why your selected choice/judgement is better than other options.

Summarise - Sum up the main points/arguments this can be the similar to outline.

WELLBEING DURING EXAMS

Any exam period can be stressful and it is very important that you revise and prepare as this can help you to reduce exam anxiety. In addition to revising there are other strategies you can do to look after your mental and physical health



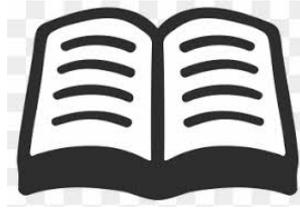
Eat: Diet is important so don't neglect it during the exam period. Don't skip meals, stay consistent with a healthy balance of meals and stay hydrated.

Sleep: Staying up late to revise is a bad idea- this will affect concentration, performance and memory

Exercise: take regular breaks from revision with exercise.

Relax: Take some time to switch off and have a break.

Read



Retrieve



Review



Repeat

