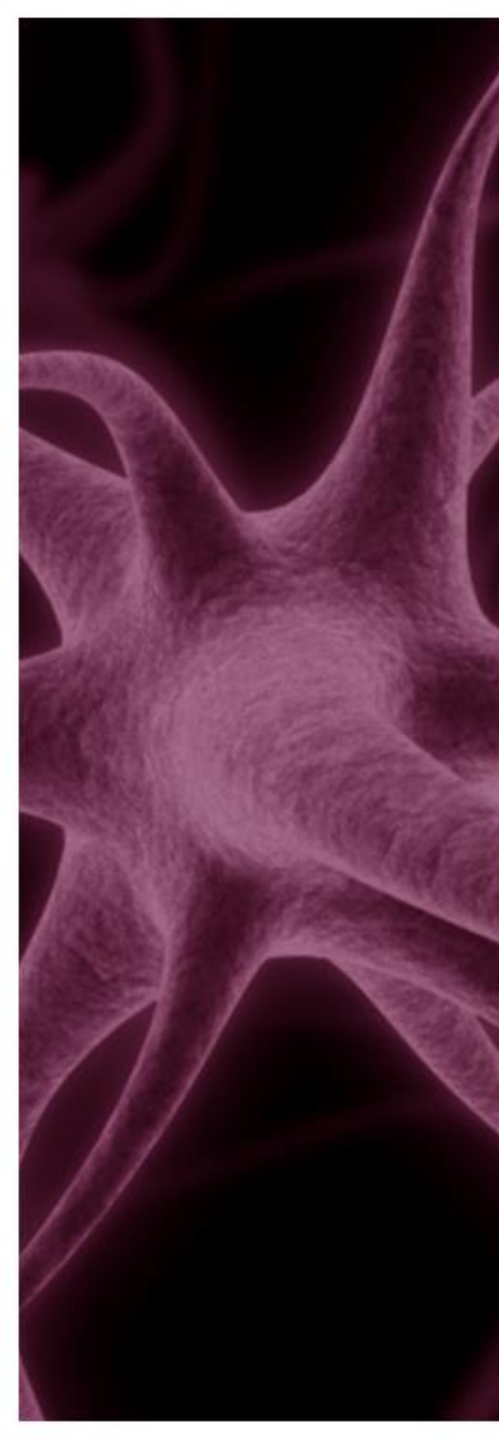


When revising you could do the following:

1. Read through your books
2. If you do not understand something ask somebody.
3. Choose the memory tricks that work best for you
4. Create posters to help you to organise information
5. Create cards with key points and practice
6. Use past papers to practice answering questions

Your own notes are best.

Whilst revision guides can be useful, the more you personalise your revision the more effective it will be, so the notes you make are best. The process of making the notes is part of your revision and once you “own” the work it is easier to remember.



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Chunking

Chunking is breaking up a big piece of information into smaller chunks rather like steps in a ladder. It can be used for numbers and words. Often students use Bullet points to break up information.

Try to remember this by breaking it up into chunks:

The average person can take in four numbers or words at a time, can concentrate on revision for a maximum of 45 minutes at a time and benefits from creating a revision timetable.

Chunked:

- ❖ Remember 4 words/numbers at a time
- ❖ Revision max 45 mins.
- ❖ Creating a revision timetable

Confident

Multi store memory model
Working memory model
EWT (cognitive interview technique)
Explanation of Bowlby
How research into attachment has informed child care practices
Impact of attachment on socialisation



Less Confident

Strategies for memory improvement
Evaluation of Bowlby's attachment theory
Strange situation in research
Cultural variations in attachment
Disruptions in attachment – consequences



Mnemonics

Stands
For
Something

Mnemonics help you to remember by using short words that stand for something to help you. Here is a Mnemonic for **REVISION**.

Rest

Exercise

Variety

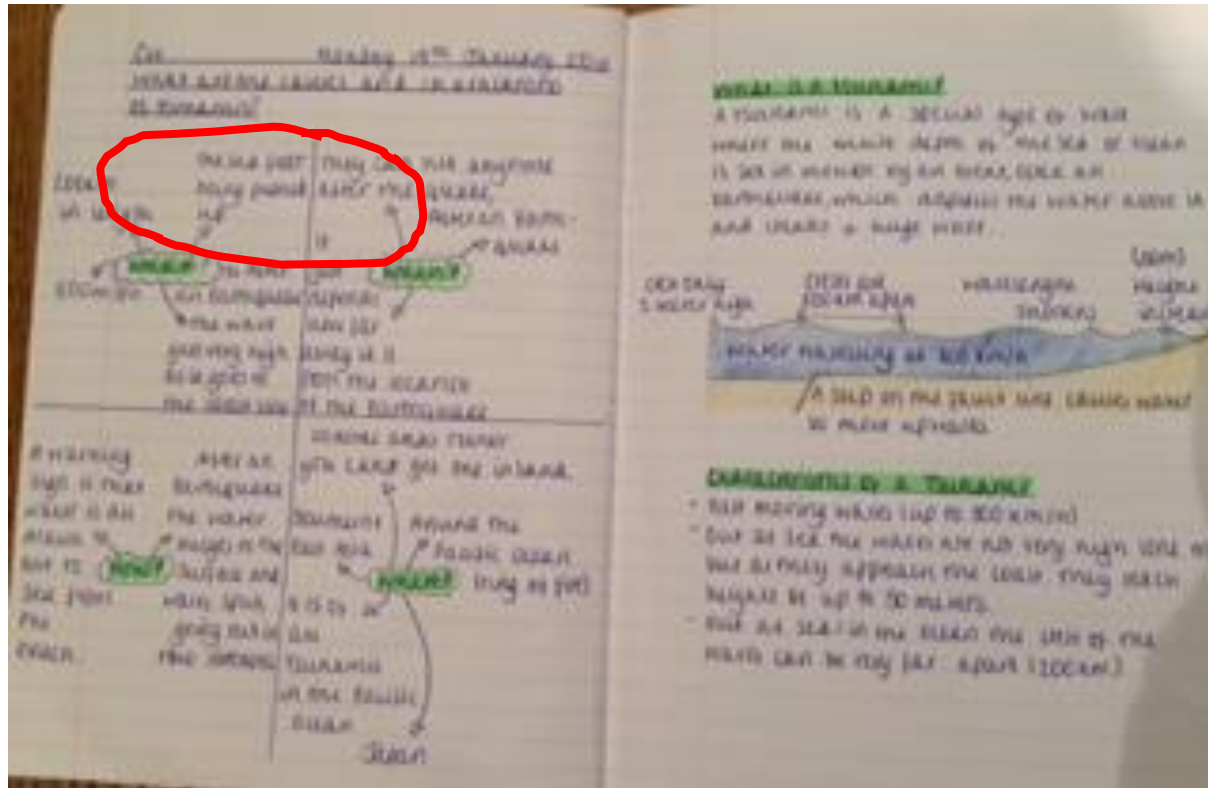
Imagination

Structure

Individual

Ongoing

Not too long



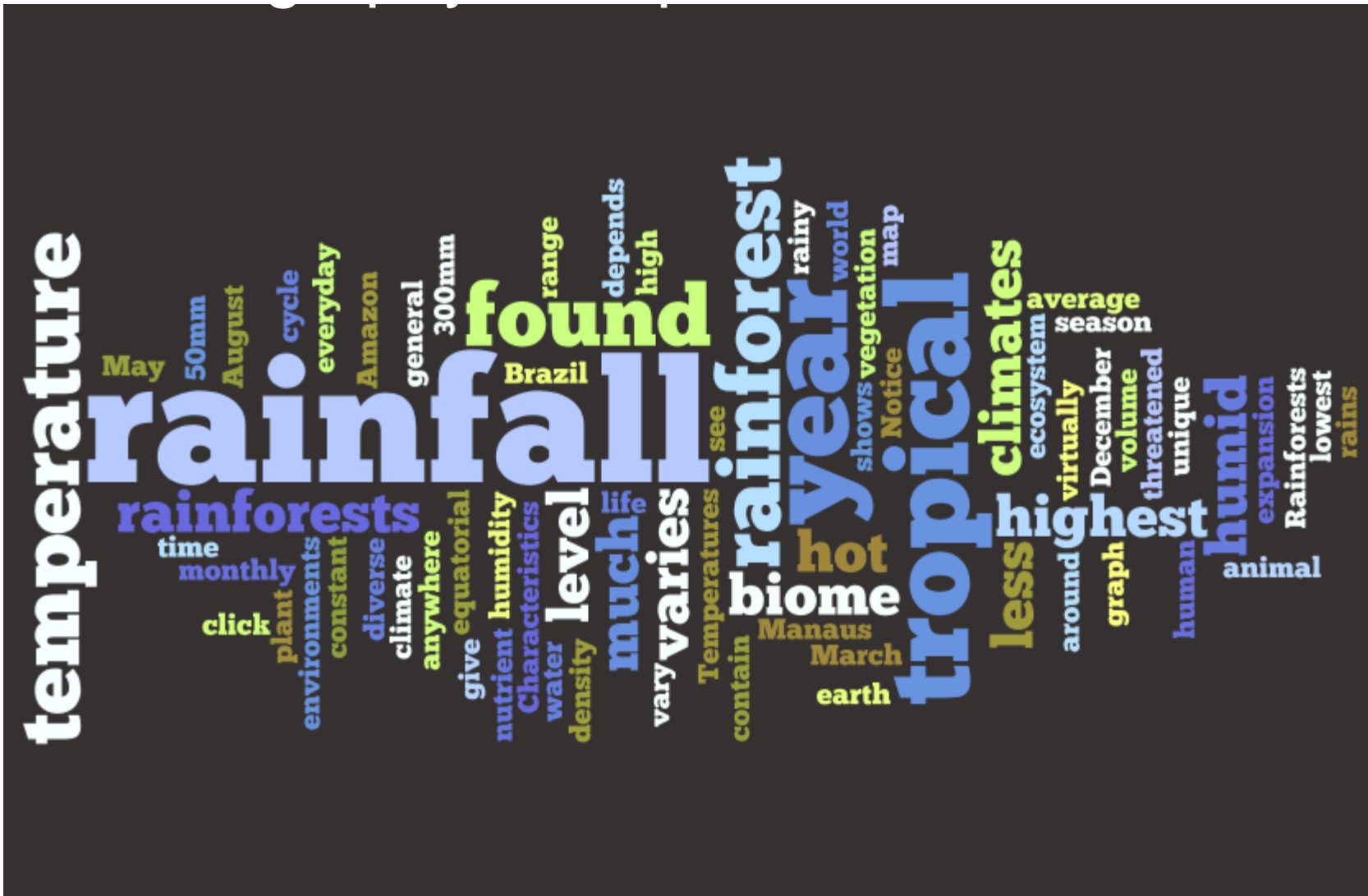
Research suggests that new learning can stay in your memory for about 4 weeks before needing to be revisited. This is a good long term revision strategy that will serve you well to ensure you constantly re-visit your learning.

Association

Association helps a lot of people to remember, because it is much more powerful when we use our imagination. The idea is to link objects and ideas to each other in the craziest way possible.

Mind maps (Also called Spider grams) are good for remembering topics and sub-topics, such as characters in a book.

On the other hand concept maps are good for remembering items where the order is important, such as the storyline (plot).



wordle.net

1. Imagine a Mind map is like a giant Spider's Web with all the ideas around it. The spider (or main idea) is in the middle and everything is around it. The most important ideas are in the middle and the sub-topics go out further and further.

Concept Map

2. Now imagine that Spider's Web falling down and turning it into some kind of weird chain with the words concept map on it. The spider can go backwards and forwards and around so he knows how ideas connect, but there are no sub-topics.

Card Cover

Two ways to practise with cards:

1. Put the answers on the back, but you will need to remember more at once before you check

OR

2. Use a piece of paper and move down to reveal answers as you guess the contents.

These techniques are very useful for checking that you know key facts.

Practice

Test Cards

1. I read
2. I cover it up
3. I test myself



QUIZZES



PAST PAPERS

By Rote

Learning by rote is simply reading the text over and over until you remember it. It is the most basic kind of revision, but without the help of other techniques may not be very effective and it can be very boring. There are some students with excellent auditory memories, who can learn effectively this way.

Listening

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Audio script

Unfortunately, as these recordings were unscripted, a transcript is not available.

Who are The Naked Scientists?

These podcasts were recorded by 'The Naked Scientists'. Their aim is to strip science down to its bare essentials. Find out about them on their [website](#)

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- ▶ [Diet and exercise part 2](#)
- ▶ [Drugs and health part1](#)



Drugs and health part 1
Bitesize Science Audio



00.00

00.00

By Rote

Read it again and again and again and again
and again and again and again and again and
again and again and again and again and again
and again and again and again and again and
again and again and again and again and again
and again and again and again and again and
again and again and again and again and again
and again and again and again and again and
again and again and again and again and again
and again and again and again and again and
again and again and again and again and again

Brain Friendly Revision

- You remember the words at the beginning and at the end, it's the ones in the middle that get lost
 - **why?**
- It helps to make categories of words in your mind – colours, modes of transport, moods etc.
- It helps to make links or associations – fish, chips, peas, salt and vinegar
- It helps if words are repeated – e.g. **'the'**
- Some words stand out
- Some words have strong emotion attached to them, e.g. **'exams'**

Brain Friendly Revision

Order/Sequence

Have a look through your notes/books and order or sequence the notes. Place them in a logical sequence so you can see how things progress. You may find a more logical way of seeing things.

Reading Out Loud

Read your revision notes out loud to a particular rhythm – this could be set by music playing in the background or tapping your foot or by walking calmly and steadily. This is a sort of walk and talk.

Brain Friendly Revision

Change key words in the topic for pictures or symbols or abbreviations and use those in your revision


Q & A

Devise questions and answers about a topic for other people and quiz each other.

You could think of doing a “Who wants to be a millionaire” game where the questions are graded according to the difficulty you choose.

Brain Friendly Revision

Questions

Ask questions before you revise  anything. Think about the topic to be studied and take some time out to think about the questions you would like to have some-one answer for you. Write them down and as you read through your notes jot down any answers you find.

The brain likes looking for answers. Go and get help for any answers you do not find.

Post-its

Write information on post-it notes and place them on the wall, door, large sheets of paper etc. You can then rearrange them according to a variety of ideas:

- Group various things together
- Organise them into what you know and don't know – rearrange as you learn more
- Follow trends or themes

Brain Friendly Revision

Tapes

Make a tape for yourself to revise from. It could be you reading your notes out loud. It could be you singing your notes.

It could be you reading and then stopping to summarise what you have read (key words, ideas, phrases, quotations)

or

Asking questions on what you have covered.

Listen to the tape as you lie in bed, walk to school, travel on the bus.

Visuals

- Make good use of drawings /diagrams in your revision.
- Use different colours.
- Replace key words /ideas /people/places with pictures.
- Create and put posters up around your home.

Brain Friendly Revision

Highlighters

As you read through your notes use different coloured highlighters to pick out key words /themes/ideas/ points etc. You could try a different colour for each theme or topic.

There are revision websites where you can read revision notes and highlight as you go. You can use very small post-its to highlight things as you go along.

Underlining

- ❖ As you read through the work in your exercise book underline key words.
- ❖ You could come up with a predicted list before you start or you could make a list of the key words at the end.
- ❖ You could underline in different colours, patterns or lines like wiggly, thick etc.

Brain Friendly Revision

Make lists

- Bullet point them

Or

1. number them

Or

- a) letter them

According to what suits you best. Numbers will definitely suit those who are more comfortable using their left/logical, side of the brain.

Use Colour

Your brain just adores **colour** and will **remember** things much more easily **if you use it.**

E.g. put all the important words in **red**, the important concepts in green, important dates in purple etc.

Brain Friendly Revision

Re-write the topic in your own words.

Find out why you are learning it—then make it interesting for you.

Reward yourself

Once you have learned something give yourself a treat. Go out with some friends for an hour, watch TV but only once you have reached your revision target.

Helpful tips. On the day:

Make sure you have everything you need.

- ❖ A watch
- ❖ Pens, pencils (spare or sharpener),
- ❖ ruler
- ❖ Calculator if needed and allowed
- ❖ A pen you can write with quickly, comfortably and legibly

In the exam

– Read:

- ❖ - the instructions (if there are any)
- ❖ - each question carefully
- ❖ - your answers back if you have time, to check for any mistakes

– Time yourself

Divide the time appropriately

between the number of questions you have to do and watch the clock to stick to this.

- Consider not spending too long on a question you are unsure of – move on and return to it later.