

# How to...



HECKMONDWIKE  
GRAMMAR SIXTH FORM

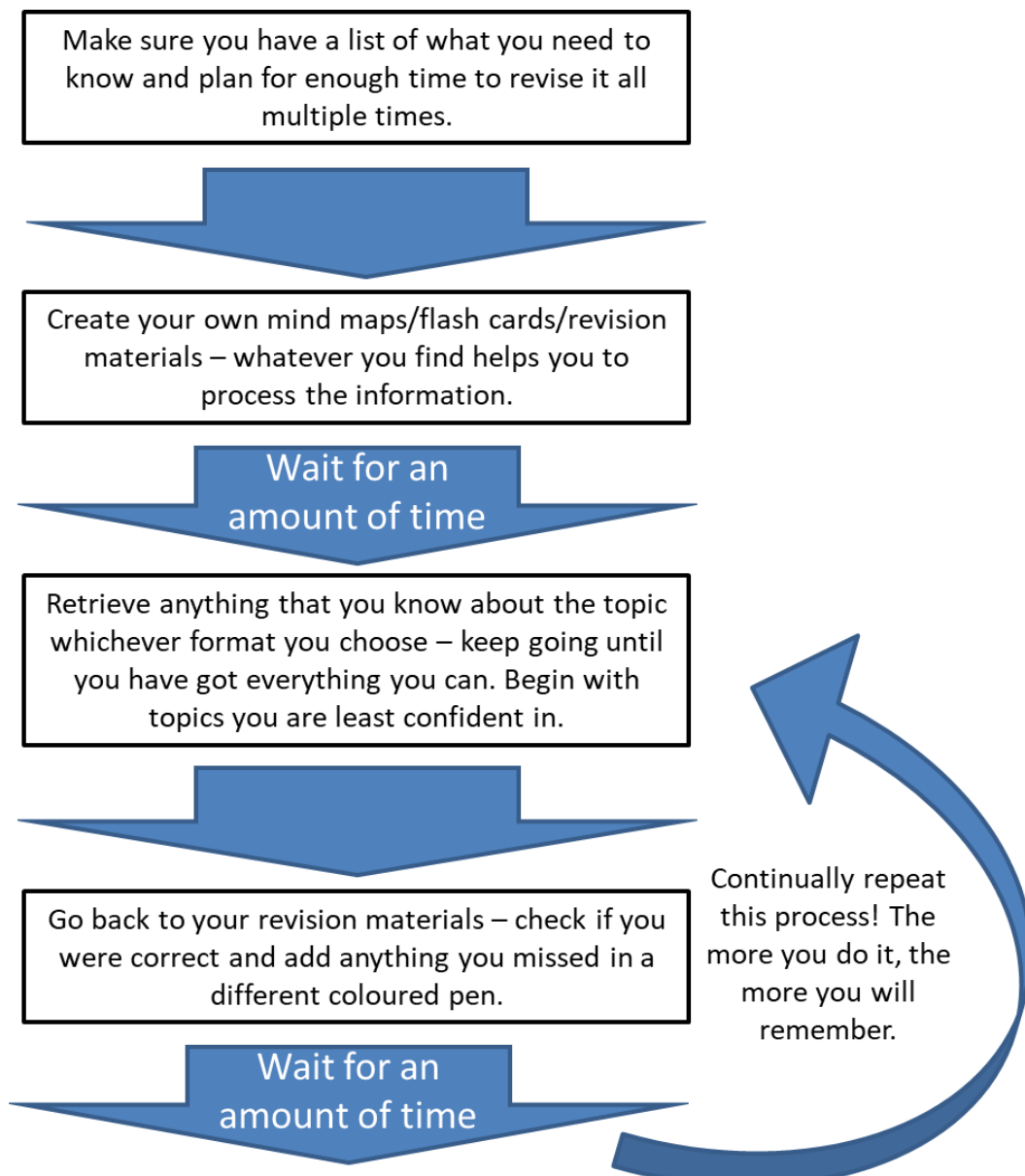
...

## Revise effectively

# Overview



Use this flowchart to help you with your revision – you will need to make effective resources, then recall from memory multiple times to ensure that the information is retained in your long term memory



# Details

## Ways to maximise your revision

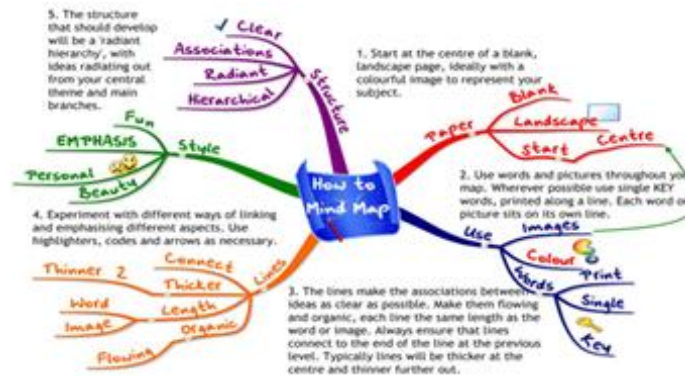
- Aim for 8-9 hours of sleep a night.
- Eat breakfast before learning or revising.
- Revise with no distractions—in silence with no background noise.
- Revise away from mobiles/tablets/computers.
- Always work out what you do and do not know about a topic before you start to revise. Start with the topics you are least confident with.
- Be positive — and surround yourself with positive people.
- Plan your time carefully so that you do not run out of it!
- Just because you remember or understand something in a moment, it does not mean you will remember it long term- make sure you return and check your understanding of it multiple times
- Do not just re-read and highlight notes or even re-write them as they are. In order to learn effectively, you need to put your notes into a different format (as per the methods in the booklet)

## Creating an effective revision timetable (see additional booklet for more on this)

- **Create a list of everything you need to get done** – by subject/exam paper/subtopics.
- **Allocate how much time is needed** for each item on the list (e.g. 30 minutes a core study).
- **Prioritise your list** – what needs revising first (e.g. what exam is first, what you find hardest/will need to cover more than once).
- **Divide your day into study blocks** – do you want to study for 30-minute blocks, hour long blocks or longer? – block off time for breaks, weekly commitments and mealtimes. **Regular study breaks help motivation.**
- **Fill in your blocks with items from your list** – how many feel achievable in the day?

# Methods of revision: how to adapt your notes from lessons:

## Method 1 - Mindmaps



- Place the main 'topic' into the middle of the mind map.
- Break it down into key parts of the topic for the main 'legs'.
- Choose a colour for each leg that you associate with that topic.
- Summarise the material very briefly into words or short phrases and add them to offshoots, writing on the top of the lines.
- Adding pictures aids memory retention.

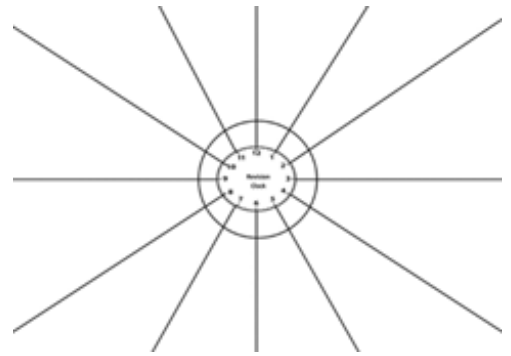
## Method 2 - Flashcards

- Start off with a list of topics in your course which has been broken down into smaller units.
- Pick the first of the smaller units and write a question on that unit on the front of a card. Each card should only have 1 question and 1 answer (even if that answer has several parts).
- On the back of the card you should bullet point the key facts, details and points to answer that question. Keep this brief and summarised (the act of summarising from your notes is an important part of your revision).
- Use these for retrieval! Lay them out/have them in a pile – try to remember what is on the back when you look at the heading on the front. Set a goal to review each flashcard in your pack 3 times per day. Actively try to remember before you turn it over to check if you are right! Set aside the cards you know ONLY after you can answer them correctly after a night of sleep.
- You could do a different colour for each topic!

Front	Back
Common rise and run of a concrete stair?	
Carbohydrates?	<ul style="list-style-type: none"> <li>Classified as plants</li> <li>Starches, sugars, &amp; fiber</li> <li>Simple (sugar) or complex (starches, fiber)</li> <li>Supply energy</li> </ul>
Canine Parvo Virus?	<ul style="list-style-type: none"> <li>Water hose diarrhea with mucus and blood</li> <li>Sunken eyes</li> <li>Anorexia</li> <li>Rapid, weak pulse</li> <li>Destroyed intestinal villi</li> </ul>

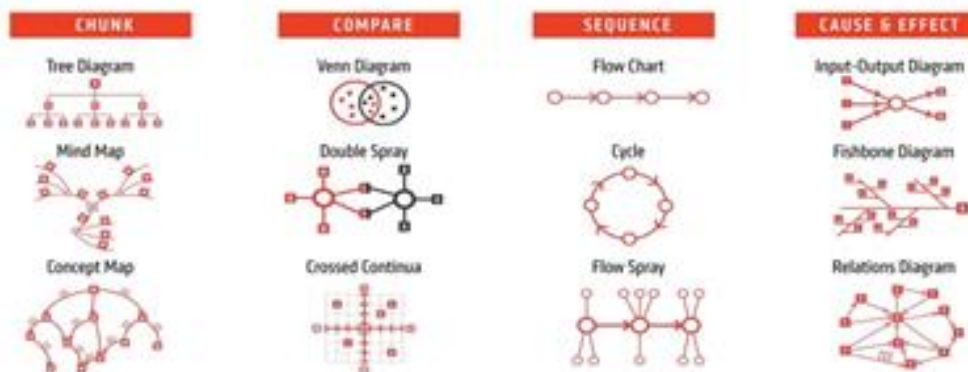
## Method 3 – Revision clocks

1. Divide a topic into segments and place a title in each of the segments of the 'clock'.
2. Spend some time adding everything you can remember (retrieve) into the clock.
3. Go back to your notes and add anything you have missed in a different coloured pen. Correct anything you have wrong in that different colour.
4. Do not forget to thoroughly check your notes! Or you will miss out on a very important stage.
5. Learn the information that you didn't remember, then retest yourself



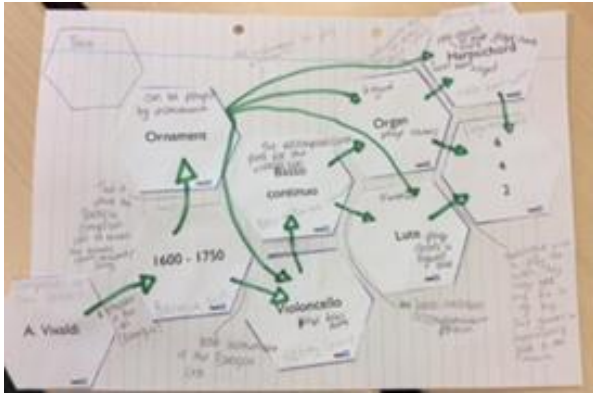
## Method 4 – Graphic organisers

### WAYS TO ORGANISE – TYPES OF ORGANISER



1. Firstly, decide which type of graphic organiser will fit the topic/subject that you are revising
2. Draw as many of the stages as you need to
3. Add the information that you are revising in a summarised form, including images where they would be useful
4. Then, spend some time adding everything you can remember (retrieve) into the graphic organiser.

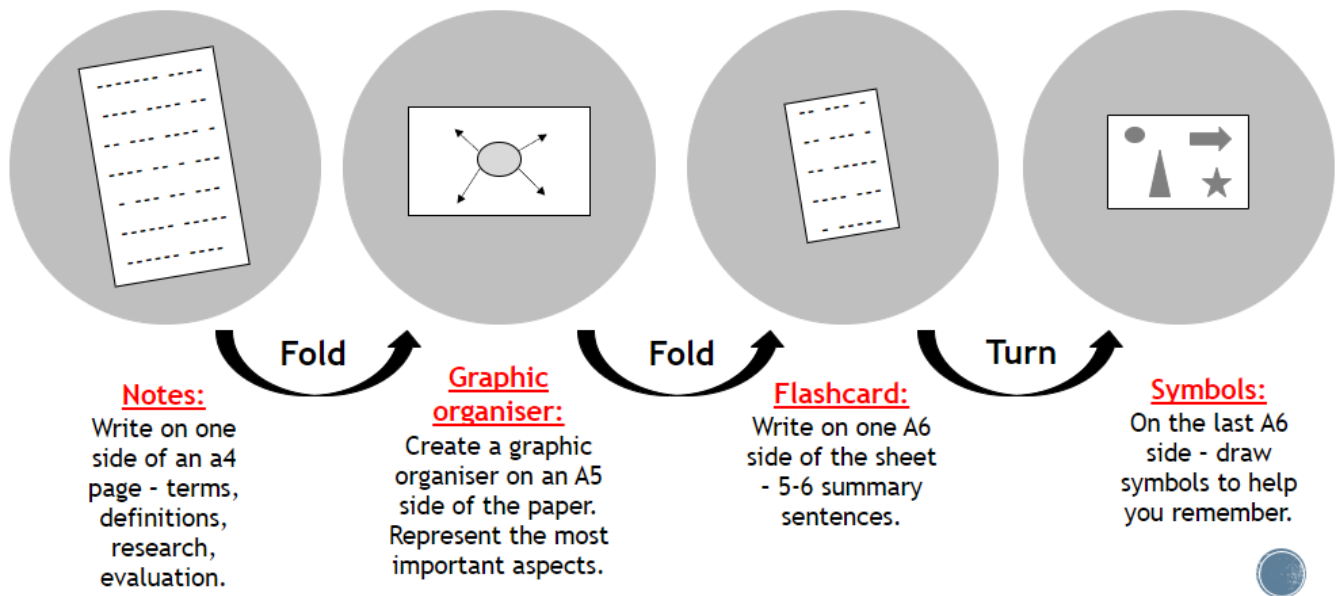
## Method 5 – Graphic organisers



Add key pieces of information about a topic into each hexagon. The shorter the better at this stage.

Then, link the information together by moving the hexagons around so that wherever a side meets another side, you can link the two ideas/pieces of information. You can also use a template and write the links between the hexagons.

## Method 6 – Folding frenzy



The folding frenzy stages can be completed at different times rather than all in one go – spacing your revision is important.

**There are many more revision strategies that you can try – these are just a starting point**

# Apps to help you...

## ..in your revision:

1. **Noisli** – an app designed to help you block out frustrating background noise, help you get in the zone and reduce stress
2. **Clockwork tomato** – a time management app that boosts productivity by breaking down work periods into 25 minute slices, separated by small breaks
3. **Gojimo** – you pick your subject and exam board, then take part in quizzes to test your knowledge – you get instant feedback and detailed explanations so you can figure out where you went wrong
4. **iMindMap and Bubbl.us** – helps you create mind maps that can be easily shared with friends too.
5. **Quizlet** – enables you to create revision flashcards
6. **Memrise** – good app for learning and testing vocab
7. **Get revising** – helps you create a revision timetable
8. **Forest App** – helps with focus – if you leave the app to check social media for example the seed withers away –the idea is that the more you focus, the more trees you grow on the app

## ...with your wellbeing:

1. **Stop, breathe and think** – A friendly app to guide you through meditations for mindfulness and compassion
2. **My fitness pal** – it can be very valuable to exercise during the exam period to release stress
3. **Calm** – focuses on mindfulness, sleep etc.
4. **What's up?** – support for anxiety, putting your thoughts into perspective, mood diary.
5. **Chat Health** – safe and easy way to speak with a qualified health professional
6. **SAM app** – helps you monitor anxious thoughts and behaviour over time, self-help exercises and private reflection
7. **Happify app** – science based activities and games to help you overcome negative thoughts and stress
8. **Headspace** – mindfulness, meditation and stress management

# Actions: what you need to do next

- Create a list of exactly what you need to learn for each subject and use this to create your revision timetable
- Create a revision timetable and print it out – make sure you have time to
- Decide which of the methods listed above would work best with each subject/topic
- Make sure that you retrieve information from memory
- Try these methods out and evaluate the use of them – have they worked and why/why not?
- Adapt your revision methods accordingly
- Use the How to...Plan your revision time booklet if you want help in creating a revision timetable

## Useful links

<https://erevision.uk/blog/the-science-of-revision> - short overview of some of the theory behind effective revision

<https://www.bbc.co.uk/news/health-22565912> - longer read on the science of learning, focusing on the work of Professor Dunlosky

<https://www.youtube.com/watch?v=C20EvKtdJwQ> – video on the Leitner system of using flashcards effectively

<https://www.bcu.ac.uk/exams-and-revision/best-ways-to-revise/how-to-revise-effectively> - useful site on how to revise effectively with embedded links

<https://oxbridgeapplications.com/blog/whats-the-best-way-to-revise-for-exams/> - advice from university students

**If you need any further support, please speak to Mrs Whitelaw, Mrs Barnard or Mr Ellis**