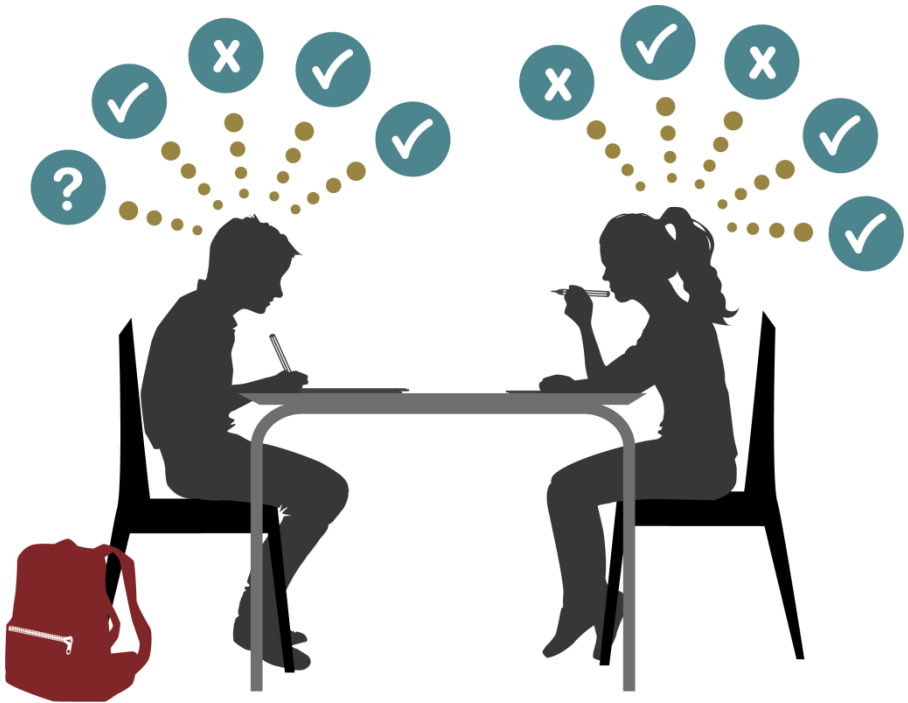




# Beaumont School

## How to Effectively Revise and Learn

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### *Before you begin .....*

- ✓ Find a suitable place to work which is peaceful.
- ✓ Ensure you have all the equipment you need at the start.
- ✓ Ensure you don't have distractions, turn off your phone and put it out of the room.
- ✓ Revise in 45 minute blocks then have a 15 minute break.

## Recalling Information (Retrieval Practice)

Recalling information from your memory is one of the best ways to revise: retrieval means actively remembering knowledge.

- ✗ Don't just re-read information.
- ✗ Don't just highlight your notes.



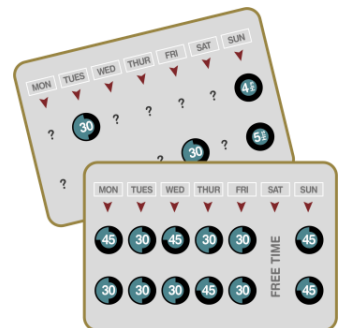
- ✓ Do create revision notes, flash cards or use a revision guide to summarise the information you need to learn.
- ✓ Do read your revision notes, cover them up and set a ten minute timer and write down as much as you can about the topic.
- ✓ Do use quizzes and the help of other people to test your knowledge and memory.

**Top Tip:** *Early on in your revision schedule, use recall practise as a way to work out the areas you are less confident in and tweak your revision timetable to give you more practise in these topics.*

## Spacing

Spacing your learning means leaving gaps between revision sessions; it is the opposite to cramming.

- ✓ Do create a revision table where each subject or topic is spaced out. Each time you return to the topic, you will remember more and more.
- ✓ Do leave one or two days between each subject session.
- ✓ Do use all the recall practice and testing strategies during your spaced revision.



**Top Tip:** *Measure your success after each revision session: can you remember a little bit more about the topic each time you return to it?*

## Interleaving

As well as leaving gaps between your revision sessions, you should mix up the subjects and topics you focus on.

✗ **Don't just re-read information.**

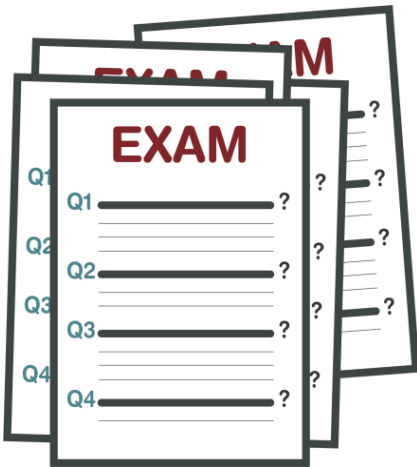
- ✓ **Do interleave 2-3 subjects in a day or week.**
- ✓ **Do create a revision timetable to remind you to change your subjects during the day.**

MON	TUES	WED	THUR	FRI
ENGLISH	HISTORY	MATHS	FRENCH	SCIENCE
MATHS	FRENCH	SCIENCE	ENGLISH	HISTORY
SCIENCE	ENGLISH	HISTORY	MATHS	FRENCH

**Top Tip:** *When you finish one revision session, lay out what you need for your next session and take a break. When you return, you'll find it easy to get going on your next subject.*

## Testing

Testing yourself in timed conditions will not only test your memory and knowledge, but will make you feel more prepared for and less anxious about real exam conditions.



- ✓ **Do use past papers when you are feeling more confident with the subject content.**
- ✓ **Do compare your answer against mark schemes and learn what the examiner is looking for.**
- ✓ **Do recreate test conditions, eg, silence, timed and without notes.**

**Top Tip:** *Test yourself more than once on the same topic to see if your knowledge and understanding grows.*

## Dual Coding

Dual coding means your revision notes/flash cards combine visuals and words. For example, drawing small pictures to represent key facts or transfer a piece of text into a diagram like a mind map.



- ✓ Do use dual coding when you have text heavy notes that could be represented visually.
- ✓ Do try to come up with a variety of different ways to represent information visually, eg, timelines, diagrams, flow diagrams, cartoon strips etc.
- ✓ Do remember to try and recall these diagrams during retrieval practice.

**Top Tip:** Don't spend a long time drawing 'pretty' diagrams, keep them simple and clear. Try to draw visuals from memory several times.

## How to Effectively Revise and Learn

Overall .....

- ✓ Do not rely on reading or highlighting your notes or exercise book.
- ✓ Ensure you write revision notes and test yourself by recalling them.
- ✓ Do not leave your revision to the last minute.
- ✓ Space out the topics and subjects you need to revise and mix up the topics and subjects over a day.
- ✓ Use past papers or example exam questions and compare your answers to the mark schemes.
- ✓ In your revision notes/flash cards, change the large pieces of text into visuals such as mind maps, diagrams, timelines etc.