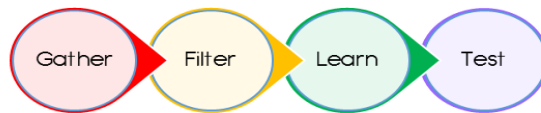


**Looking for guidance on how to revise, or how to help your child revise?
Here are ten tips and techniques to help.**

1. Structure your techniques and time properly:



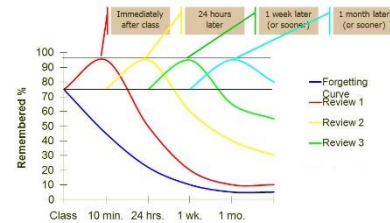
| Gather | Filter | Learn | Test |
|---|--|--|---|
| <p>Session 1. After the first time you have revised a topic you should not need to do any further "gathering"</p> | <p>Session 2 After the 2nd or 3rd time you have revised a topic you should not need to do any more filtering.</p> | <p>Session 3 Give yourself a variety of activities and change where you work from time to time. Don't forget to revise with friends sometimes too.</p> | <p>Session 4 onwards As you approach your exam date you should be spending more and more time on the testing phase and making the tests more challenging.</p> |
| 10% of your time | 30% of your time | 40% of your time | 20% of your time |
| <p>You will need:</p> <ul style="list-style-type: none"> • Class books • Text books • Revision Guides • Knowledge Organisers • Revision Websites • Old Exam papers • Model answers <p>Before you start, rank the topics you need to cover from most to least confidence. Begin with the topics lowest on the list. Read through and become familiar with the information you need to know in order to be successful. Identify any bits of knowledge you have missing and go to see your teacher to help fill this gap.</p> | <p>Reduce the amount of information you have down to the essential parts of the knowledge. You could do this by:</p> <p>Creating mind maps or flash cards.</p> <p>Creating Crib Sheets (these are like pages from a revision guide with all the essential information.</p> <p>Writing "perfect" exam answers from your notes.</p> <p>Making your own knowledge organiser or summary sheet.</p> | <p>Use these strategies to learn the information so that you can recall it easily:</p> <p>Look/cover/write/check.</p> <p>Read and repeat information for 2-3 minutes, do something else for 10 minutes and then try to recreate from memory.</p> <p>Complete exam questions and then go back to self-mark. Fill in the gaps in a different colour pen. Revise the bits you missed again.</p> | <p>Low Stakes Testing Easy, quick quizzes which test small pieces of knowledge. This works well for simple facts, dates, key words or important formulae. You must complete some low stakes testing within 24 hours of revising a topic to anchor learning in your memory.</p> <p>High Stakes Testing These are longer exam style questions which apply knowledge as you would have to in the exam. These should be completed within 48-72 hours of revising a topic and then repeated regularly to keep your revision "fresh".</p> |
| Gathering IS NOT REVISION, don't spend ages on this stage. | Copying out information word for word is not filtering or learning. | | Silent. No Support. Timed. |

Try the famous Pomodoro revision technique - revise for 25 minutes, then take a 5-minute break. After four 25-minute work periods, you can then take a 20-minute break. The technique aims to boost your focus and prevent mental fatigue.

Prof Dunlovsky tested 10 common revision techniques and only 2 turned out to be really effective - **testing yourself and spreading out your revision over time.** "Students who can test themselves or try to retrieve material from their memory are going to learn that material better in the long run", says Prof Dunlovsky. "Start by reading the text book then make flash cards of the critical concepts

and test yourself." A century of research has shown that repeated testing works. "This is because the student is more engaged and it is harder for the mind to wander." He adds: "Testing itself, when you get the correct answers, appears to produce a more elaborative memory trace connected with your prior knowledge, so you're building on what you know".

So, make sure your revision is **actively testing your knowledge**, over a considerable period of time and that you are not just making pretty notes! Doing **past exam papers** is the most effective way of testing your knowledge, and a very effective revision technique, especially when checked with the exam boards marks schemes. All GCSE, AS and A Level past papers and mark schemes are available on exam board websites on line.



2. Start Early!



Distribute revision of different subjects or different areas of a subject. Research shows that spacing out practice aids memory. Cramming will help for a short period and may be useful the night before an exam but this is not the most effective for long-term memory. A revision time table can help with this.

3. Make effective revision notes using Spaced Revision

Don't copy out your textbook or booklets word for word, you already have that resource! Rereading and **highlighting key points is not the best way to revise**. Make notes throughout the year, each time you return to them condensing them a little more, until you eventually have a set of flash cards. You should use your brain to actively process the information at a deeper level and make notes in a format that elaborates the information so that it is meaningful to you. This will aid recall of the information at a later stage as you have created this memory trace and the more frequently you go over these notes, quizzing yourself on them, the stronger this memory trace will become and the quicker you will be able to retrieve this information in the exam.

Therefore use [Spaced Revision](#) to ensure you are laying down those memories traces! Initially **review** your topic and then **transform** it into notes in a format that works for you; try mind maps, diagrams, A3 Paper topic spreads, flash cards, A5 spiral bound bullet pointed books, a poem, a song or use the '[Cornell Method](#)'. (Fun font fact: if you like to type your notes use *Times New Roman* as it is *reportedly* the fastest one to read!) Then return to the topic the next day and **test** yourself, address any gaps in your knowledge, and then complete and mark your own **past paper questions**. [Click here for more tips and advice on Spaced Revision](#).

4. Learn Key Terms

Learning the correct definitions in some subjects will help gain a few extra marks, so long as you use them appropriately. Make your own memory cards with the key word on one side and the definition on the other and test yourself regularly.

5. Use digital index cards

Website and app [Quizlet](#) allows you to make your own editable flashcards digitally and it automatically creates tests for you to make sure your info is sinking in. Alternatively, you could just look through the thousands of other pupils' and teachers' flashcards if you don't want to do your own!

6. Use BBC Bitesize, YouTube and other useful websites:

[BBC Bitesize](#) is an excellent resource for many GCSE and A level topics, and revision advice [BBC Mindset](#), for both junior and senior school pupils. Other sites pupils have found useful include [getrevising](#), [linguascop](#)e for Languages, [sparknotes](#) for English, and [tutor2u](#) covers a variety of A Level subjects including Religious Studies, Politics, Economics, Psychology, Business Studies, English, Maths, History, Geography and PE . [CrashCourse](#) – is an excellent resource on YouTube offering easy to understand 10 minute mini guides to topics in Psychology, Literature, Biology, History and more! Watching videos or documentaries can help you gain a deeper understanding of a topic than just reading about it.

7. Create mnemonics

A mnemonic is a way of assigning a rhyme or acronym to information to make it easier to recall. [Wikipedia](#) has tonnes of academic examples of mnemonics you can use, but if you get creative and invent your own they will be easier to remember. This can be a good way of helping you store larger chunks of information and some people like to stick them on post it notes around their room or the house.

8. Block distractions

When you are on a revision deadline, Instagram, WhatsApp, Facebook notifications are the last thing you need on your mind. [SelfControl](#) is a free app that allows you to block any websites that distract you so you can crack on with the task at hand, or just leave your phone in another room for a while. I guarantee you will both survive this separation and be glad of it in the long run.

9. Eat, sleep, revise, repeat!

The brain needs fuel to work properly so it is important to eat well during the exams period and exercise can be a very effective stress and anxiety reliever. It's been suggested that taking a 20 minute walk before an exam can boost your cognitive performance by up to 10%, according to [research](#) conducted by Dr. Chuck Hillman of the University of Illinois, so get moving! Additionally, research is increasingly pointing to the benefits of sleep for aiding our memory so try to learn the hardest topics closest to sleep time, but keep your bedroom a stress free zone and get to bed early!

10. Parent chats can really help

Ask your child to explain to you what they have learnt or what they are revising. They are going to be asked to explain their knowledge in the exam and adding reason or examples to an answer will help them remember. 'Teaching' others what they have learned really strengthens the memory and deepens their understanding of the topic. Then take the opportunity to quiz them at random times; at breakfast, at the dinner table, or even in the car. Their books and revision guides should be a good source of quizzing information for you.

Happy Revising! 😊