

ReVISION



Revision Tip of the Week

IF YOU STUDY TO
REMEMBER,
YOU WILL FORGET,
IF YOU STUDY TO
UNDERSTAND,
YOU WILL
REMEMBER!

KNOWLEDGE IS
POWER,
BUT
ENTHUSIASM PULLS
THE
SWITCH!

FOR EVERY
MINUTE
SPENT ORGANISING,
AN HOUR IS
EARNED!

AN ORGANISED
SPACE
CREATES CLARITY
AND
CLARITY ATTRACTS
SUCCESS!

IT'S **ALL** ~~THE~~ **STATS**



- When is the best time of day to revise?



2 Maximising your Memory

- Dr Jane Oakhill (University of Sussex) has carried out research to find out whether time of day affects your memory
- She states that we have two types of memory:
 - **Declarative Memory:** The recall of exact details
 - **Semantic Memory:** The ability to integrate new information
- When you are planning to revise and study, you need to plan your tasks to make sure you are using your **Declarative Memory** in the morning and your **Semantic Memory** in the afternoon/evenings



2 Maximising your Memory

- When you are planning to revise and study, you need to plan your tasks to make sure you are using your **Declarative Memory** in the morning and your **Semantic Memory** in the afternoon/evenings. Use this guide to help you plan the best time to study:



Morning: 8-12pm

Best time to revise for:

- Test-review tasks
- Problem-solving tasks
- Report-writing tasks
- Maths tasks



Mid-Day: 12-2pm

Best time to revise for:

- Movement tasks
- For example: art, music, PE



Afternoon: 2-6pm

Best time to revise for:

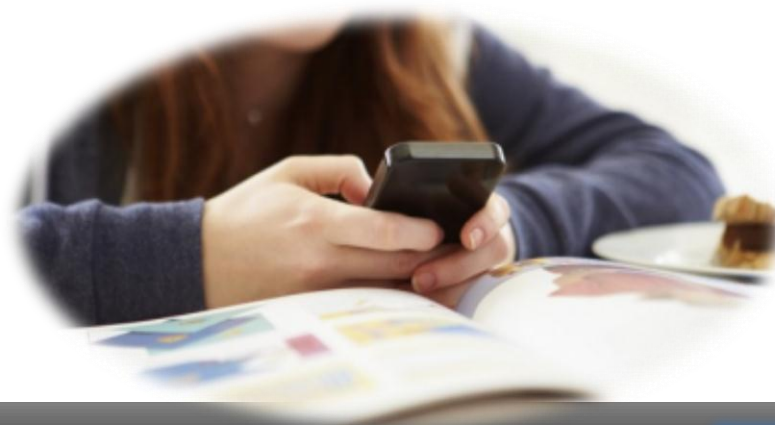
- Heavy reading tasks
- For example: history, literature



IT'S **All** ~~THE~~ **STATS**



- Should you have your mobile phone with you when you revise?



IT'S **ALL** ~~THE~~ **STATS**



- The effect of banning mobile phones from school premises adds up to the equivalent of an extra week's schooling over an academic year!
- Schools that have banned phones have found that test scores in students aged 16 improved by 6.4%
- (Centre for Economic Performance – London School of Economics)

Imagine how your exam results could improve if you banned your mobile phone when revising!



3 Location, Location, Location

- Choosing the best place to revise is vital
- It can help maximise your concentration and efficiency
- You need to decide:
 - Where is going to be quiet, with the least distractions
 - Where you feel comfortable and can take regular breaks
 - Where you can get support and guidance



3 Location, Location, Location



Home:

- No travel required
- Familiar surroundings
- WiFi connection
- Open 24/7
- Can take regular breaks
- Support from peers/parents



School

- Exam ready environment
- Support from peers/staff
- Minimal distractions
- Group revision with friends
- Access to resources
- Safe environment



Library:

- Total silent environment
- Fewer distractions
- Access to resources
- Access to ICT facilities
- Safe environment



eat. sleep. revise. And repeat.



3 Location, Location, Location



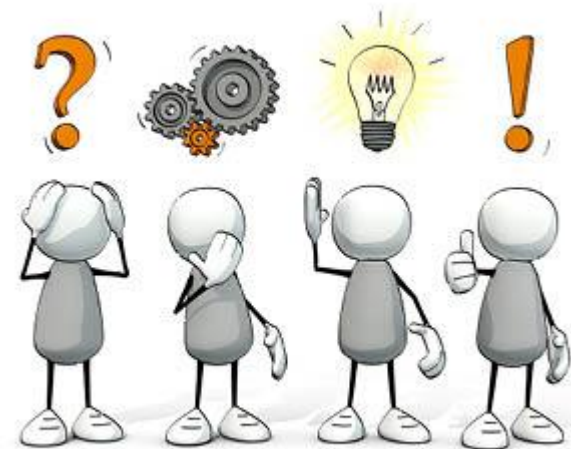
At a Study Buddy's:

- Same benefits as being at home
- Supported revision
- Peer testing
- Safe environment



Park:

- Quiet if you find the right spot!
- Fresh air
- Ability to take a quick break





- Plan your revision topics to maximise memory!
- Find a good place to revise or a good friend to revise with!
- **Remember it is best to undertake at least 50% of your revision on your own!**

