

# HOW TO REVISE



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How and why revise

# ACTIVE REVISION

We remember

20% of what we READ

30% of what we HEAR

40% of what we SEE

50% of what we SAY

60% of what we DO

So by using a combination of our senses and making revision active we can dramatically increase the ability to remember facts and to be more prepared for exams.

## STARTING POINTS

There are a variety of different techniques you can use and different people prefer different techniques. You should use a variety of techniques to keep your brain active and to ensure that revision does not become boring.

To start you need to clarify what you need to revise. You can do this in a variety of ways

- Ask your teacher if there are any topics that are always on the exam paper
- Look at your mock result were there any weak areas
- Do not revise what you already know decide your starting point depending on the knowledge you already have.

## PLANNING TO REVISE.

- Organise your time draw up a timetable of subjects and topics, do a couple of different subjects in each session.
- Gather all the resources you need first- do not waste time starting and then looking for a highlighter.
- Remove distractions like phones
- Use colour to keep the brain active and to help your memory. If the London underground map was in black and white it would not be so easy to visualise.
- If possible place cards or notes around your room so you see them all the time but do not let them stop you sleeping.
- Return to topics regularly, little and often is better rather than a long time on one subject
- Remember to leave time for relaxation

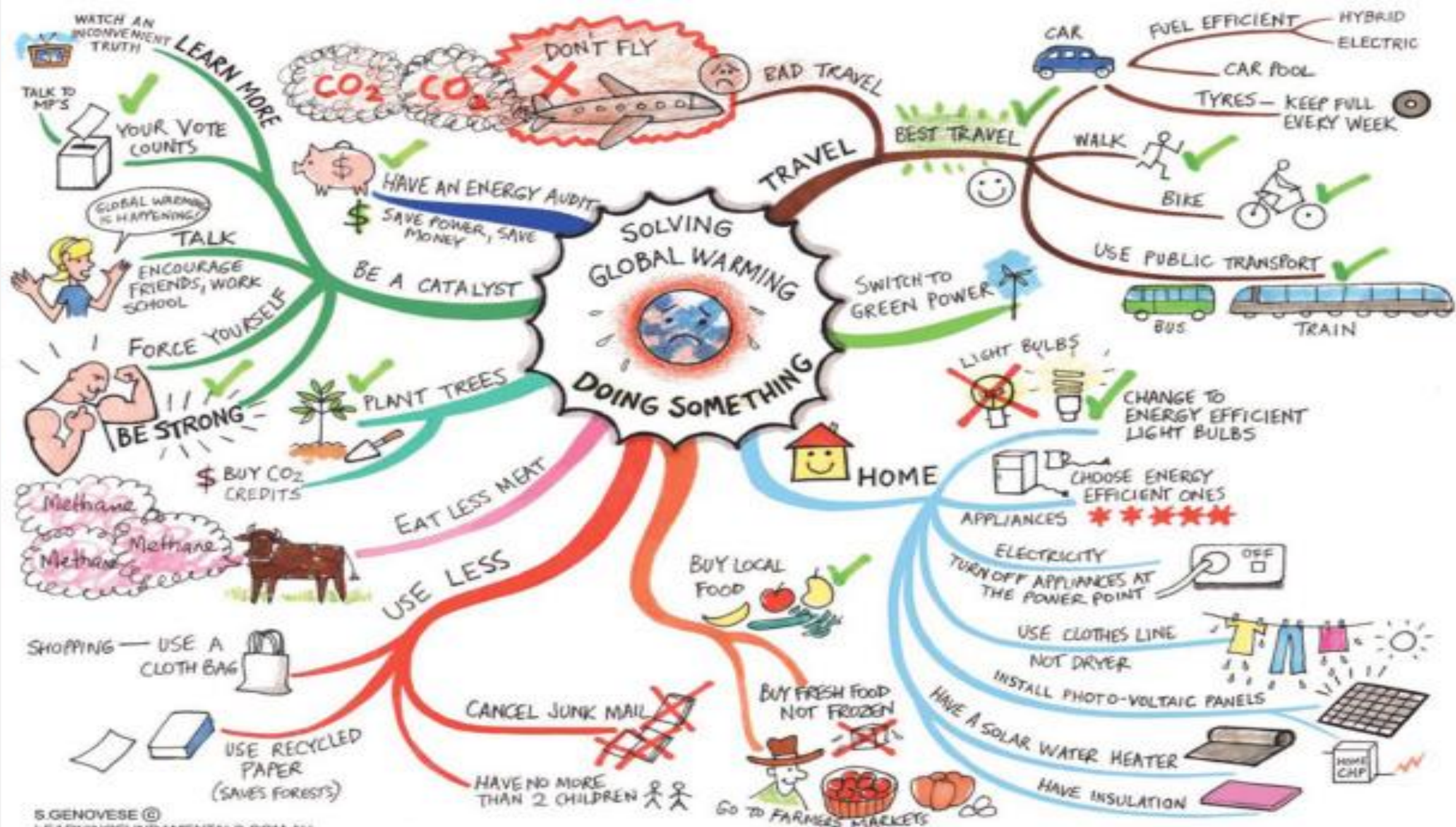
# METHODS OF REVISING

- Mind maps

This is a quick and easy way of developing ideas and showing what you know. This method works for many people as a starting point but relies on using colour to show what you know and the development of your thoughts.

Start with a topic or an idea and use different colour pens to add detail. Do not limit yourself to just words you can use pictures and abbreviations to help your self.

Use mind maps to summarise and to plan your work.



# METHODS OF REVISING

- Image chains and peg words

Image chains are a good method to use if you need to remember a list of things. Start with the list and then visualise the different items into a picture in your head, the more unusual the picture the higher the chance of remembering the words. If you link a story to it the facts you associate with this picture will be easy to remember.

Peg words are similar and again good for remembering a list or sequence of events. To start with you need to associate a word to the numbers one to ten and never change these words. So if 1 was bun and 2 was shoe and 3 was tree you would link the first item or event to a picture of a bun the second item or event to a picture of a shoe etc.

These visual methods are good for pupils who have a good imagination but if you have to spend too long visualising this is probably not the method for you.







## METHODS OF REVISING

- Alphabet or familiar memory triggers

We all know the letters of our names so link adjectives or flavours or colours or materials to the letters in your name and if you are struggling to find a word/ flavour/ colour/ material think of your name and hopefully you will remember a useful word.

Use a similar skill to link items you need to remember to things in a room you know well so in the exam hall you can imagine your bedroom or front room and then the things you need to remember should come back to you.

A APPLE	B BANANA	C CARROT	D DAMSON	E ENDIVE	F FIG	G GRAPE	H HORNED MELON
I ICEBERG LETTUCE	J JERUSELUM ARTICHOKE	K KIWI	L LEMON	M MELON	N NECTARINE	O ORANGE	P PEAS
Q QUINCE	R RASPBERRIES	S STRAWBERRIES	T TURNIP	U UGLI FRUIT	V VINE LEAVES	W WATERCRESS	X
Y YAM	Z ZUCCHINI						

## HOW NOT TO REVISE

If you are just reading the text book over and over the information will take longer to lodge in your long term memory- instead write down what you already know before you open the book. Then read a section and add to your notes using another colour pen will show you it is new information. The next time you do this topic look at the card or the notes you made previously the day before and then start in the same way.

Talking to your friends can help you clarify your thoughts and may help to trigger other thoughts but can easily move into general chit chat and move away from the topic you are trying to revise. If you are going to work in a group you could start by all completing an exam question on your own and then looking at each others answers and developing your answer further.

There are a variety of different thoughts regarding using music and revising and if you are not constantly distracted by changing the track or singing along background music may help some people but classical music is best! However TV is too distracting so must be avoided.

# HELP

- [BBC bitesize](#)
- [Subject revision guides](#)
- [GCSEpod](#)
- [Past exam papers](#)
- [Revision classes and support sessions](#)