

Stress can block access to memory - the harder you try to remember something, the harder it is to find. Warm up the memory by remembering other things.

Memory works by linking ideas together - you don't have to remember everything. Just by focusing on a few key words you can link into more information

# The TCC GUIDE

Use your smart phone and Tablet to revise

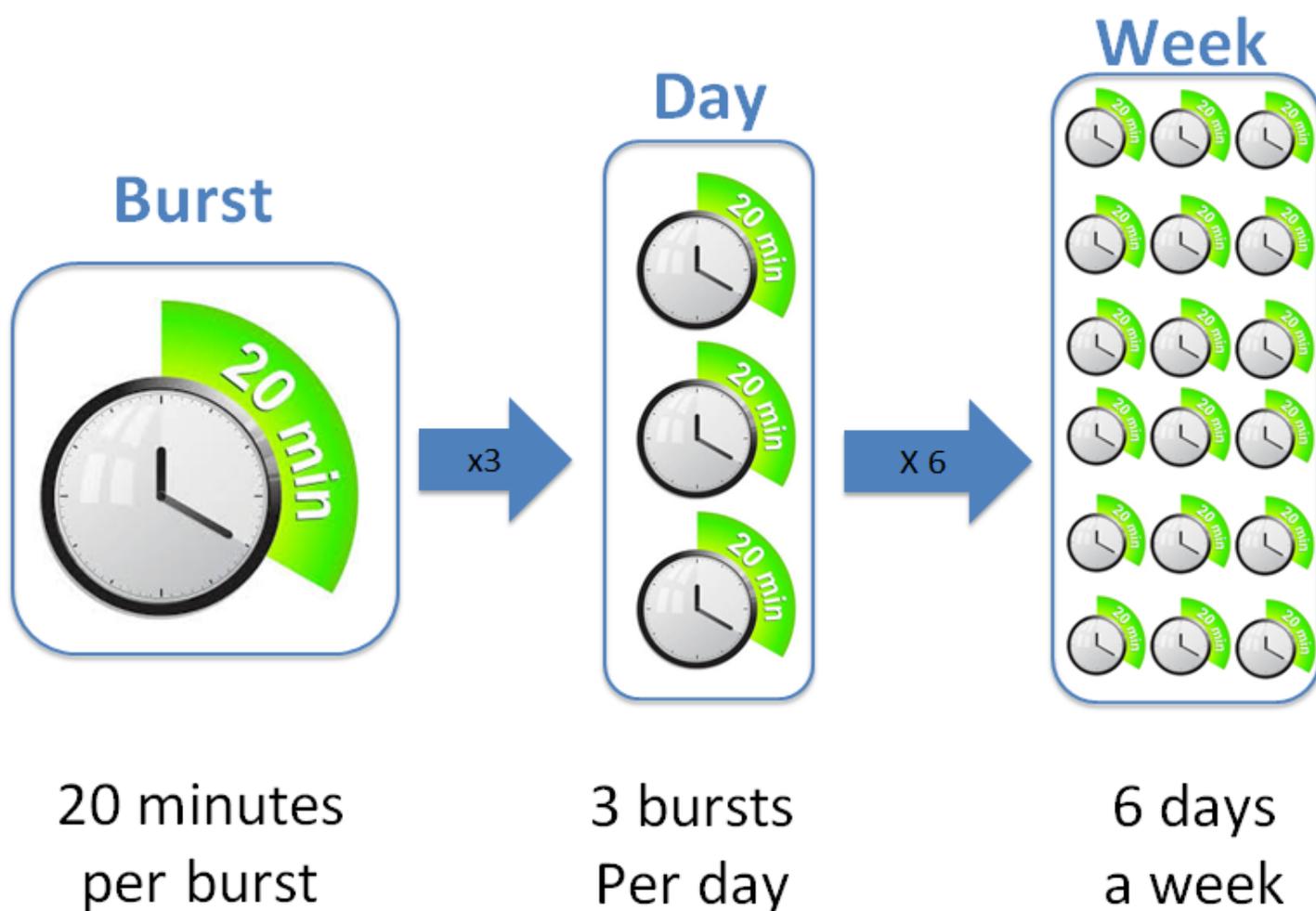
Find as many different ways as you can to test yourself

Revision  
Techniques

Revision is not about learning anything new - it is about finding what you can't remember or don't understand yet

Some great revision websites are out there for you to use - all for free

# How much revision should I do?



# The Dump Test



- You really should start every revision session with a good dump!
- Take a blank sheet of paper. Decide which subject you will revise and which precise topic, i.e. Science –Photosynthesis; English – Of Mice and Men – Lenny; History – Treaty of Versailles
- Using no books or notes spend exactly 60 seconds dumping everything you know about the topic onto the paper. It does not need to be structured – random words or images are good.
- You are accessing prior knowledge and sending messages to the memory to retrieve the information
- Put the Dump Test away and spend 15-16 minutes revising the topic in any way you want.
- At the end, put all books and notes away again. Pick up the Dump Test again. Take a different colour pen. Dump again for 60 seconds – You will write down on average 7-15 things which you could not write at the beginning of the session. This is progress – it visibly shows that you have just got better.

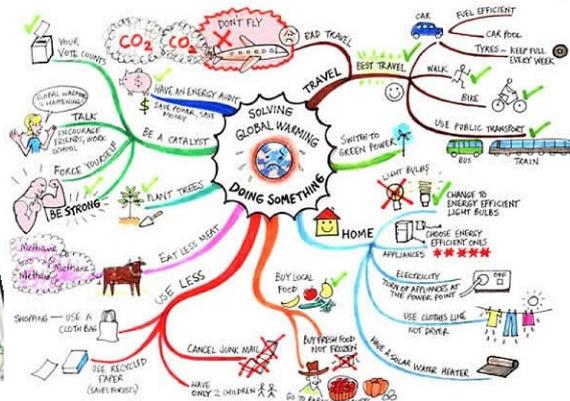


## Draw What You Know

- Take a section of notes and transform it into images, pictures or symbols.
- Ideally draw images yourself but you could always cut and paste from Google Images.
- Try and use as few words as possible. Bad drawings are great – they are more likely to stick in the memory. If possible – show the drawings to some one else and explain what they mean.
- You are converting knowledge into understanding by personalising information.
- You can then stick the drawings up around the house. Over the course of 1 week you will see that picture over 1,000 times – each time reinforcing the image in their memory.
- (A word of warning – if you are revising Biology – be careful what you draw when revising reproduction. Ask first!)

# Mind Maps and Revision Posters

- Some people find it incredibly difficult just to use images. Constructing mind-maps or revision posters is a good alternative.
- The basic rules for mind-maps are very simple: put the topic in the centre of the page, draw 6-7 different coloured branches – each one should be about something different, add smaller branches to each big branch giving a bit more detail – try to only write 1-2 words on each branch (this will help you select the most important words), add an image to each branch
- A revision poster can be set out in any design you like.
- Some students get into making revision posters on PowerPoint and either printing them or setting them up as screensavers and wallpapers on computer screens.



## Words and Links

- Write down 20 words that would have to be used when describing/explaining a particular topic – use your notes or textbook to help you with this. You could compare your 20 with other students and/or your teacher and argue about whose words are more important.
- Now reduce the 20 words to 10 – which ones are the most important now and why? Can you reduce them even to 7?
- Another alternative is scatter the 20 words across a sheet of A4 or A3 paper and draw arrows linking 2 words together. On the arrow write why it is linked. Draw as many arrows as you can – it encourages you to make your own links and therefore develop understanding. Ask your teacher to give you sheets with the 20 words on – you then do the arrows and links



# Sticky Note Revision

- Spend 1 20-minute revision session putting notes on a particular topic onto sticky notes. Each sticky note can have a maximum of 10 words on it – the fewer words the better though. At the end of the session, stick the sticky notes onto a door, wall or sheet of paper. They must be visible.
- Every day for the next week return to the sticky notes for 3-5 minutes and rearranges them in any way you can think of: most important, least important, chronological, alphabetical, similar/different. You will find that each day you come up with a new way to rearrange them. This activity again helps you to make links within a topic and also reinforces memory.
- An alternative could be to use fridge magnet letters to make different words on a particular subject each day – the good point about this is that hopefully other members of the family will ask what it means and you will have to explain it – easy revision.



## Talk Until You stop

- One purpose of revision should be to find the things you can't remember or don't really understand yet. This is not easy – try to tell anyone something you have forgotten! Often we can flick through a book without reading it convincing ourselves that we do know it.
- For this technique, select a specific topic. No books or notes are allowed. You have to talk out loud on that topic for as long as possible. If you feel self-conscious – turn the stereo up louder.
- You will talk for a period of time but will eventually stop, often in mid-sentence, because you have reached a part they don't fully understand and can't explain or have forgotten something. You should make a note of either what you didn't understand or what you said just before you stopped.
- You have just found the part you need to revise.. It is important that you talk out loud so you notice when you stop.

# Podcasts

- The vast majority of students have I-pods, MP3 players and mobile phones – all of which take podcasts. Some teachers have already recorded revision podcasts – you can download them from **Edmodo**. If your teachers haven't recorded any yet – nag them!
- Even better, record yourself talking about a particular topic. **Audacity** is a really good programme for this and can be downloaded for free from the internet. All you need to buy is a microphone – they cost about £5 and most supermarkets have them. Limit your podcast to less than 20 minutes (the ideal time for revision).
- Some students have done all of their revision on the school bus, doing a paper round, jogging, working on a farm or shopping in ASDA. The easier you can make revision the more likely it is that you will do it.
- Experiment with listening to podcasts last thing at night – revision in your sleep!
- If you have a Smartphone – download **Audioboo** – this will allow you to make your own 5-minute podcasts



## Where Was I When?.....

- Some people find it difficult to remember the content of lessons. Warm up your memory by starting revision sessions by focussing on other things to remember.
- Divide a piece of paper into 16 squares – each square represents something from a particular lesson.
- Put anything in any square which you can remember in any order you want – who you sat next to, time of day, weather outside, who teacher was, clothes teacher wore, 1 word you said to anyone in the lesson, 1 word someone said to you, where in the room you sat, how many different activities there were in the lesson, who spoke the most, funniest thing that happened, who got in most trouble, what was the lesson about (leave this to last).
- Do this for one lesson each day for three weeks (creating a habit) and you will consciously or sub-consciously start looking for things in each lesson to remember. They will be hooks to hang other memories on.

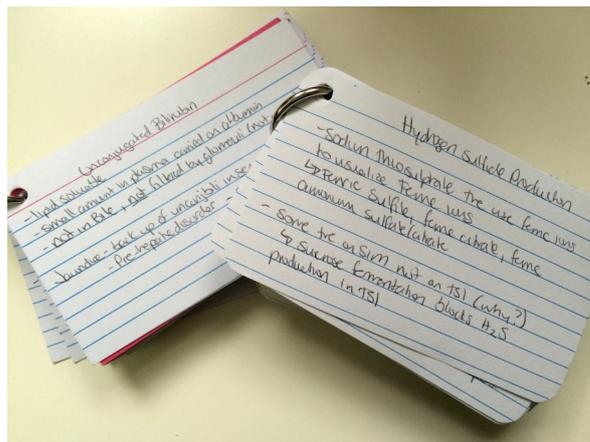
## Revising With Others

- Revision does not have to be done alone. Some of the most successful students in recent years have worked with other people to revise.
- One activity is to use each revision session to make up tests and quizzes for each other.
- Pick a topic, spend 10-12 minutes making up questions on it and then test each other.
- You could be physically together (as in you are in the same room – any closer and you are enjoying revision far too much) but you could send the questions and answers to each other by e-mail, or on Facebook, What'sApp or even by text. You can use Edmodo to test each other.

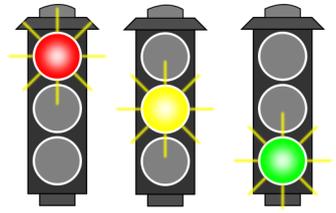


## Question Cards

- Write key questions that are part of a particular subject on one side of a small cue card. You could take the words that you came up with on a dump test.
- Bullet point the key info that needs including on the back of the card.
- Encourage friends and family to ask you the questions.



## Past Exam Papers

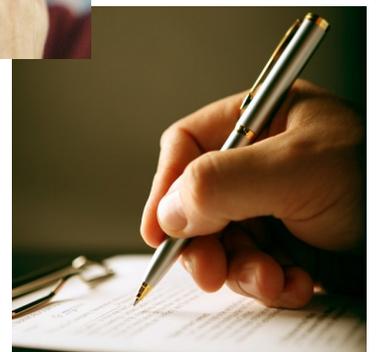
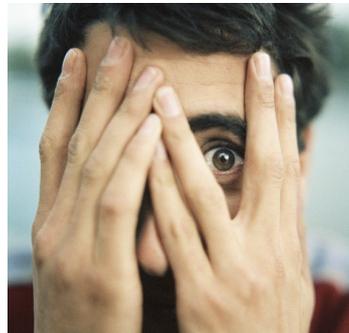


- This is the biggest single thing that students say has improved their performance in exams.
- This does not involve sitting down and completing a whole 2 hour exam paper.
- Look through past exam questions and traffic light the questions – green for those that you could do now, orange for those that you could have a stab at and red for those that you don't have a clue about. This will help prioritise where your revision needs lay.
- Another way of using past exam questions is to spend five minutes planning different questions.



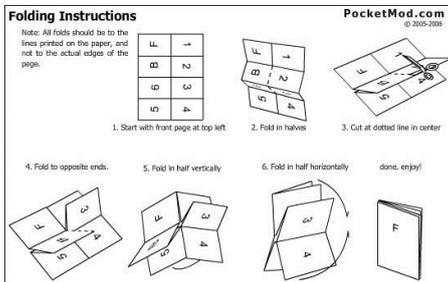
## Look, Cover, Write, Check

- This works well for some people.
- Look over revision materials for a key issue.
- Cover them up.
- Write down the key points you can remember.
- Check what you did not include.



# Peer Teaching

- To teach it you must be able to understand it – in the past students have organised themselves into small groups and met for revision sessions.
- This can include formal taught inputs, where each takes it in turns to teach one aspect of the subject they are covering. This can also involve other group activities such as using question cards (as explained above), bringing revision posters and explaining them to the group as well as taking it in turns to plan exam questions and then feedback to the group.
- You can also play revision games like Pairs (where you have a key word/person/concept/formula on one card and an explanation on the other – you then have to match up), Pictionary, Charades, Revision Cranium; the list is endless.
- Revision is so much more enjoyable if you have some-one to talk to about the subject. Friends can help sort out things you are not sure about.



## Mini books

- You can create your own mini-books about different topics.
- These can be presented in whatever way works for you.
- Some are books of poetry, others are mainly picture books with 5 key words on each page, while some students prefer to have a key question followed by a list of key points/evidence.
- If you fold up 1 sheet of A4 into pages you can carry a book around with you and have a quick look at it when you have 5 minutes spare
- The key thing is that the books need to be mini and focus on distilling notes until you have recorded the most crucial points. This is also useful to do in a group and explain your books to other people.



# Mind Map Memory Game

- This one is for revising in small groups of 4 people.
- You will need an A3 mind-map of a topic you need to revise. It is a good idea if everyone coming to the revision session prepares one each on different topics that you all need to revise.
- One person from each group looks at the mind-map for 10 seconds and then returns to tell one of the group what they have seen.
- The person who is listening then draws what they have been told.
- Then they go and look at the mind-map for 10 seconds, returns to tell their partner what they have seen who then draws it and so on.



## KWL Grids

- This is a useful way of seeing how your revision is going and which areas you still need to work on. Look through the topics you need to know for your exam and complete the chart.
- What I **K**now/Understand
- What I **W**ant to know
- How I will **L**earn this.

KWL chart

What I KNOW	What I WANT to know	What I have learned
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5

Reading needs to be an active process. Do something whilst reading - highlight, underline, doodle.

Less is more - focus on breaking down information into the most vital points

Keep proving to yourself how well revision is going

Create word clouds to pick out

Look for different ways to display your revision - it is proof of how well you are doing

Measure the success of a revision session by how many times you laughed - more is best

Sports coaches use the phrase - "Failing to prepare is preparing to fail"