



Make sure you are eating healthy food and drinking plenty of water.



Go to bed early and get enough sleep.



Find a quiet place to revise where you will not be disturbed by other people.



Avoid distractions - turn your mobile phones and technology off.



Don't give up - If something feels difficult use teachers, friends, parents and carers to help you understand it better



## USEFUL REVISION LINKS

### COURSEWORK & REVISION

- [www.Essaybank.com](http://www.Essaybank.com)
- [www.Sparknotes.com](http://www.Sparknotes.com)
- [www.gcseguide.co.uk](http://www.gcseguide.co.uk)
- [www.bbc.co.uk/schools/gcsebiteize](http://www.bbc.co.uk/schools/gcsebiteize)
- [www.gcse.com](http://www.gcse.com)
- [www.s-cool.co.uk](http://www.s-cool.co.uk)
- [www.edulinks.co.uk](http://www.edulinks.co.uk)
- [www.schoolnet.com](http://www.schoolnet.com)

### EXAM BOARDS

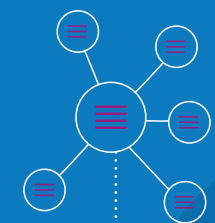
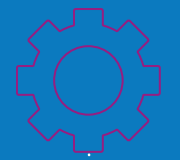
- [www.aqa.org.uk](http://www.aqa.org.uk)
- [www.Edexcel.org.uk](http://www.Edexcel.org.uk)
- [www.ocr.org.uk](http://www.ocr.org.uk)
- [www.cbac.co.uk](http://www.cbac.co.uk)
- [www.wjec.co.uk](http://www.wjec.co.uk)

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# REVISION STRATEGIES

Start forming great habits now!



1

## DELIBERATE PRACTICE

This is the concentration on a specific topic/skill/exam question and repeatedly practising it.

E.g. creating flashcards to revise topics. Then reading through your flashcards on a regular basis. Then removing the flashcards you remember and deliberately reading through the ones you forget more often. E.g. answering a specific exam question using feedback to improve each time.

## INTERLEAVING

This is where you revisit older topics studied in a previous year or term and dip back in to revise them.

E.g. create a mind map for an older topic and re-test yourself on that knowledge. A mind map can also be used to make links to more recent topics to help connect your learning.

2

3

## FORCED RECALL

Read through a specific topic to revise for 5 minutes and then turn the information upside down. Next, write down what you can remember.

This method forces you to remember, which is more effective as this allows information to 'stick' in your brain. When information is copied directly there is no forced recall so the 'sticking' power is lessened.

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## SPACING

Spacing is where you leave gaps of time (spaces) between revising the same topic.

E.g. Choose a difficult topic and begin to revise it. Then leave a gap (space) before you next look at your revision e.g. 2 days, 4 days, 1 week. This technique aims at improving the long term memory and works on the basis that memory and understanding of topics improves over time.

5

## QUIZZING

Many of the most successful memory techniques are those that get you to actively think about the material to be learned and importantly connecting it to previous learning.

One strategy is the simple act of getting you to ask "why"??...

- why did...
- why could...
- why was...
- why will...
- why would...
- why does.....?

