

# Study skills

Revision techniques

# We remember

- ▶ 10% of what we read
- ▶ 20% of what we hear
- ▶ 30% of what we see
- ▶ 50% of what we see and hear
- ▶ 70% of what we say
- ▶ 90% of what we say and do



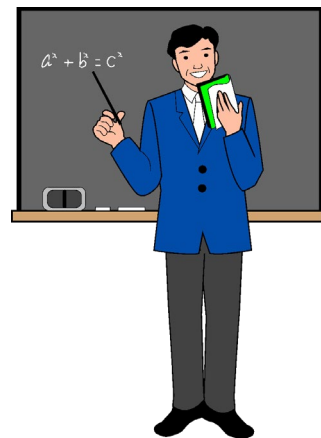
# So, to remember

▶ Read it, listen to it, look at it

▶ Talk about it

▶ Act it

▶ Teach it



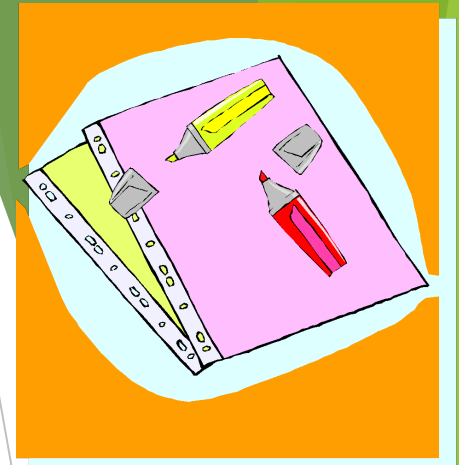
# Motivate Yourself

- ▶ Now and the future are in different brain areas.
- ▶ The future - GCSEs, A levels, Degree, Job, Promotion, Overseas, MD, big car, houses, desert island....
- ▶ Now - chocolate, chat, night out, snapchat, instagram .....
- ▶ The future should motivate you to prioritise your studies NOW.



# Organise Yourself

- ▶ What do you need to know?
- ▶ Where is the information?
- ▶ How will you learn it?
- ▶ When will you learn it?
- ▶ Create a revision timetable



	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	SCHOOL
Monday		ENG	ENG					ENG				ENG				SPORT
Tuesday		HIST	HIST					HIST				HIST				FAMILY
Wednesday		WB	WB	WB	WB	WB			WB		CHEM	CHEM				MUSIC
Thursday		CHEM				WB		WB					CHEM			LEISURE
Friday		ENG	ENG	ENG												
Saturday	HIST	HIST	HIST	HIST												
Sunday				CHEM				CHEM	CHEM	CHEM	ENG	ENG				
	ENGLISH 8 HOURS			HISTORY	8	CHEMISTF			8	WB	8					

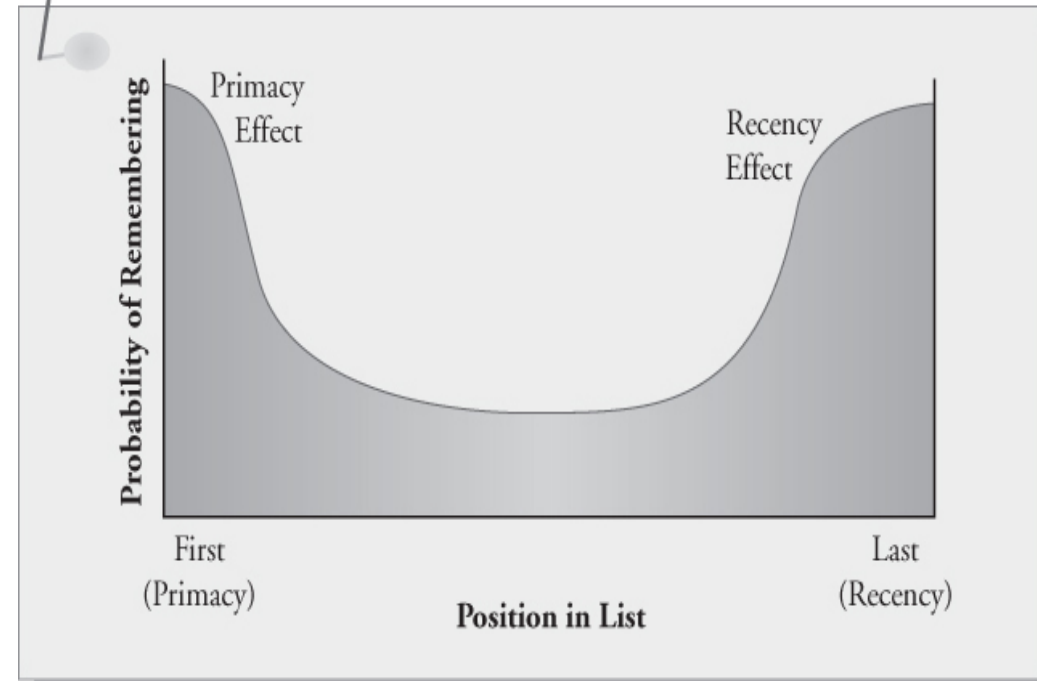
Use an excel sheet to devise a revision timetable, adding your hobbies and commitments.

# Revise in bursts

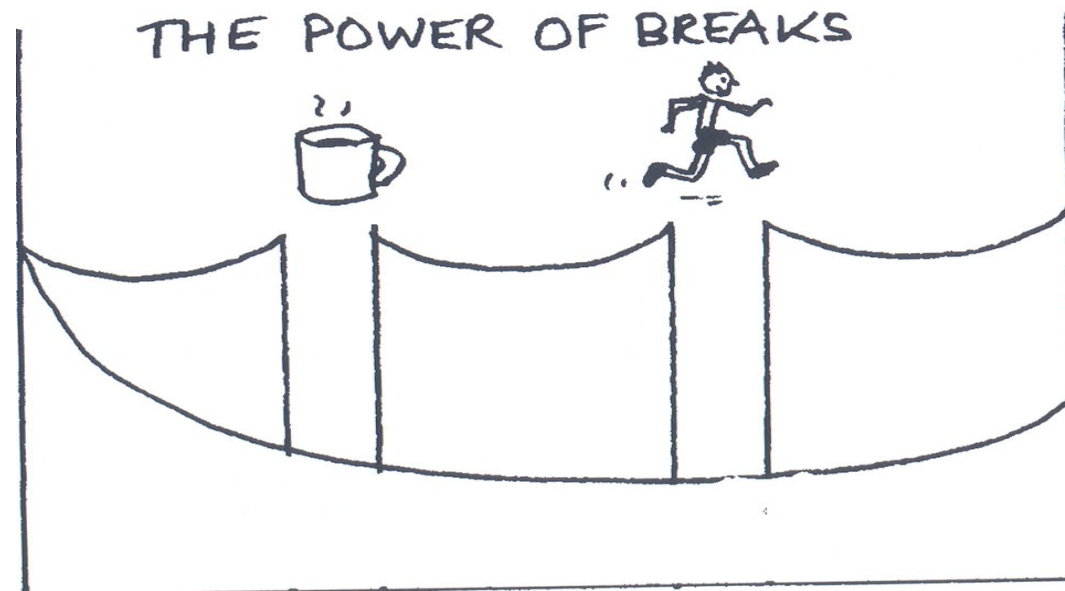
- ▶ Work in bursts of 20-50 minutes
- ▶ Experiment - how long can you concentrate?
- ▶ You remember more at the start and end of each revision session.

*(Primacy and recency effect)*

- ▶ Bursts give you more starts and ends, keeping your mind fresh and increases the probability of remembering.
- ▶ Therefore, by revising in chunks, you will increase the number of primacy and recency opportunities, increasing the amount you learn.

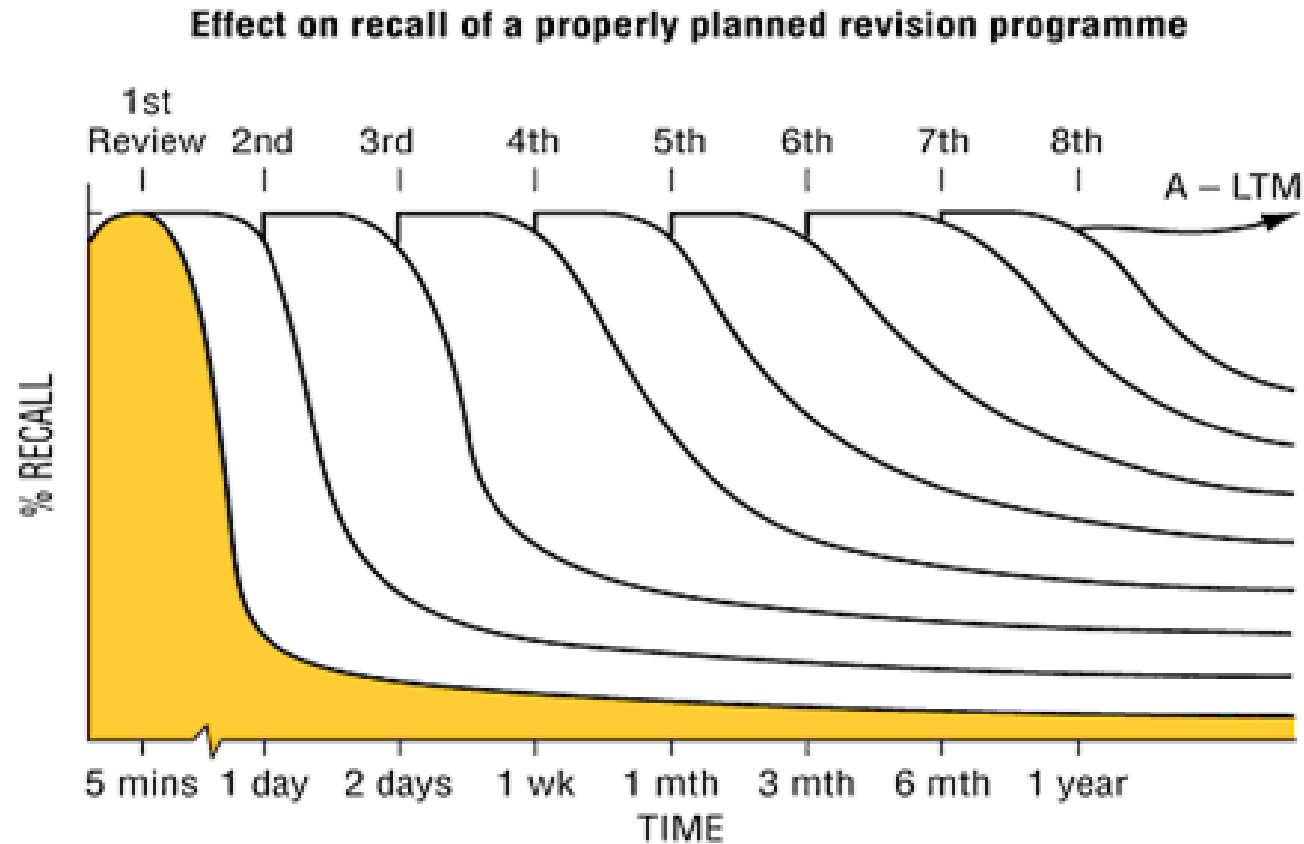


Source: David A. Sousa, *How the Brain Learns*, 4th ed. (London: Corwin Press, 2011), p. 95.



# Review your work regularly

- ▶ So, plan regular, short revision sessions, because 80% of information you learn can be forgotten in 2 days!
- ▶ But regularly revising the same material will result in the information being transferred into your long term memory.



# Memory tricks

- ▶ Keywords - convert your classwork notes into keywords. They will be easier to remember than pages of writing.
- ▶ Mindmaps - convert your classwork, assessments into mind-maps; using colours, pictures and key words to help remember the important information.
- ▶ Exaggeration and the ridiculous/rude - remember facts and figures by exaggerating the images in your mind, make them rude to help you remember.
- ▶ Pegging - attach a 'memory-peg' to key facts and information to help you remember.
- ▶ Multi-sensory - use all of your senses to help you remember information and skills.



# Revision Cards - Question cards, Flip cards, Picture cards

- ▶ Get a stack of cards or post-it notes and write questions, draw images, or list terminology/definitions on the front/back. Once you begin to regularly get a question right, remove that card from the pile of 10 and replace it.
- ▶ Keep rotating the cards and every now and then put one from your green pile back in to keep it ticking over.
- ▶ Alternatively, you could add keywords from your classwork notes.
- ▶ In English literature, you could add a character on one side and list quotes on the back.

# Physical Health & Fitness

- ▶ Healthy circulation oxygenates the brain
- ▶ Endorphins - release happy hormones that make you feel great
- ▶ Exercise reduces stress
- ▶ Plan exercise into your revision timetables



# Look after your mental health

## 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Talk about your feelings



Keep active



Eat well



Take a break



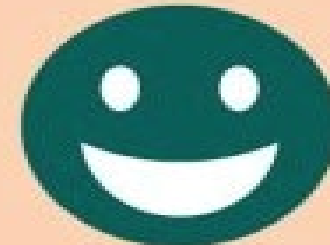
Drink sensibly



Keep in touch



Do something you're good at



Accept who you are



Ask for help



Care for others



Mental Health  
Foundation

[mentalhealth.org.uk](http://mentalhealth.org.uk)