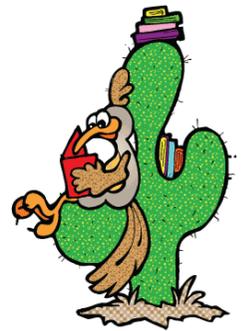


A Guide to Successful

Revision



1. Understand your learning style

Auditory learners



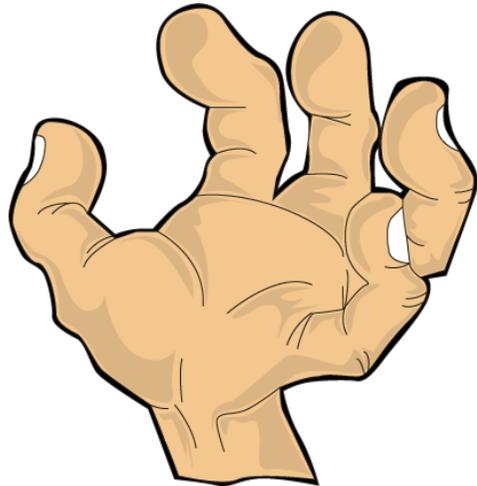
- + Read aloud
- + Have someone read your notes to you
- + Tell someone what you have been learning
- + Make up a story about your learning and tell it
- + Tell yourself what you are learning



Visual learners



- + Make images - draw diagrams, make charts, create mind maps, anything that makes a picture.
- + Use colours
- + doodle



Kinaesthetic learners

- + Learn best from remembering movements and feelings
- + Writing and drawing
- + Walking whilst memorising might help
- + Record work on your ipod and listen to it



2. Eat Well



It sounds strange but, it does help. If you eat something sweet it's harder to concentrate. You can reward yourself with sweets after revising but **NEVER** before you start. If you are really hungry that's not going to help either, so eating something that doesn't give you a sugar rush is OK - something like cereal (not sugary), or marmite on (brown) toast. Your brain works better when well hydrated so make a habit of drinking water or fruit juice every time you start to revise.



3. Sleep Well



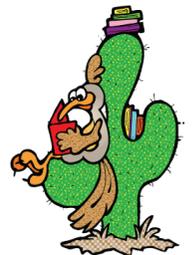
If you are tired then your brain is not working efficiently and you simply will not remember things as well. The best thing you can do is try to have a regular pattern for sleep. Getting to bed and getting up around the same time each day. You will feel better for it and you will find revision a bit easier.



4. Put things higher than eye level



This one is easy and effective. As you make revision notes stick them on your wall above your normal eye level. Studies have shown an increase in recall of information by around 50% over information posted below eye level. Try sticking post it notes up the stairs to read as you go up them!



5. Use Mnemonics



Mnemonics really help you to store information and recall it effectively. The sillier the better. Those made up by you tend to be more effective than those made up by others. Get creative - you'll surprise yourself just how easy it is to remember whole chunks of information this way.

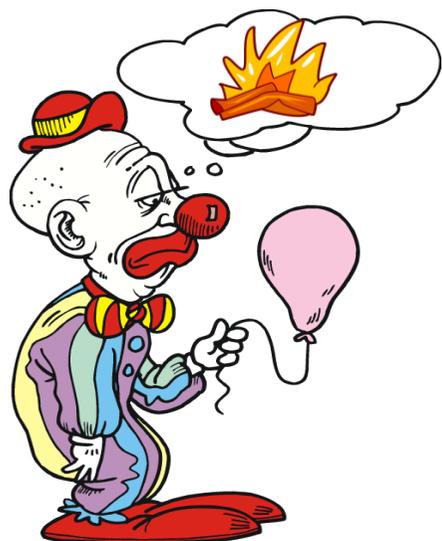


6. Association

Your brain can only retain information by linking it to other things that you already know. This is why you can hear someone's name and then instantly forget it. You have no immediate place to store it. But as soon as you make an association it sticks. Again the sillier the better. For example. Speeding up a reaction:

1. **concentration of solution**, 2. **surface area**,
3. **increased temperature**

Imagine a clown **concentrating** on his floppy balloon he blows it up with **hot air** and increases the **surface area** of the balloon.



7. Study place

Choose a warm comfortable place with as few distractions as possible.



8 Revisit

You remember twice as much if you re-visit the information within the hour. You can double the effectiveness of any revision if you stop after 50 minutes and go over it all again. So, the amount of information you will remember will increase by 100% if you are disciplined enough to look at it all again before you finish. Studies have shown that one of the best timetables for revision looks something like this?



10 minutes	Go over what you did yesterday
20 minutes	Learn something new
5 minutes	Take a break
20 minutes	Learn some more new
10 minutes	Go back over it all

Then take another short break -(maybe go and get a glass of water or take a short walk)

How about some brain gym?

**ATTEND ALL AVAILABLE
REVISION SESSIONS**



Understand your learning style.

Auditory learners - learn best from sounds. Read your notes out loud. Get someone else to read them to you. Find someone who you can tell what you've been learning. Make up a story, song about the things you're learning and re-tell/sing it. Don't be embarrassed about talking to yourself and get comfortable chatting about what you're learning to yourself. (Just tell your family that you've been told to do it, then they might not think you're made)

Visual learners - learn best from remembering images. Draw diagrams, make charts, create mind maps - anything that will give you a picture to remember. When you make revision notes use colours creatively and don't be afraid to doodle. (Anything that makes your notes more visually memorable). Like the auditory person, stories are very powerful - fill them with colours and interesting details.

Kinaesthetic learners - learn best from remembering movements and feelings. Again writing and drawing revision notes is helpful. You might find walking while memorising helpful. You could try recording everything you need to remember on your ipod and then listen to it whilst walking.

What every style of learner you are trying mixing all three styles to help you learn.

2. Eat Well

I understand that this sounds strange but trust me, it does help. If you eat something sweet it's harder to concentrate. You can reward yourself with sweets after revising by all means but NEVER before you start. No compromising on this one. If you are really hungry that's not going to help either so eating something that doesn't give you a sugar rush is OK - something like Shredded Wheat, or marmite on (brown) toast. We also know for a fact that your brain works better when well hydrated so make a habit of drinking water or fruit juice every time you start to revise.

3. Sleep well

If you are tired then your brain is not working efficiently and you simply will not remember things as well. The best thing you can do is try to have a regular pattern for sleep. Getting to bed and getting up at about the same time each day. You will feel better for it and you will find revision a bit easier.

4. Use mnemonics

Mnemonics really help you to store information and recall it effectively. The sillier the better. Those made up by you tend to be more effective than those made up by others. Get creative - you'll surprise yourself just how easy it is to remember whole chunks of information this way.

5. Association

This is really an extension of mnemonics. Your brain can only retain information by linking it to other things that you already know. This is why you can hear someone's name and then instantly forget it. You have no immediate place to store it. But as soon as you make an association it sticks. Again the sillier the better. For example to remember lists of items/dates/materials etc imagine they were placed around your bedroom/lounge. Make the objects colourful and strange in some way. See it clearly in your head and you'll find them very easy to remember.

6. Revisit

You remember twice as much if you re-visit the information within the hour. let me just say that again. you can double the effectiveness of any revision if you stop after 50 minutes and go over it all again. just to re-iterate, the amount of information you will remember will increase by 100% if you are disciplined enough to look at it all again before you finish. have you got it yet? Studies have shown that one of the best timetables for revision looks something like this?

10 minutes	go over what you did yesterday
20 minutes	Learn something new
5 minutes	Take a break
20 minutes	Learn some more new

10 minutes	Go back over it all
Then take another short break -(maybe go and get a glass of water or take a short walk) How about some brain gym?	

7. Study place

1. choose a warm comfortable place with as few distractions as possible.

9. Attend any revision classes that are being offered.