

6. 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 or other room. Make the objects colourful and strange in some way. See it clearly in your head and you'll find them much easier to remember.

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. In other words you can double the effectiveness of any revision if you stop after 50 minutes and go over it all again. 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? | |

9. Attend all available revision sessions

Good Luck.

A guide to successful revision



1. 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.



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 or exercising.

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 at about 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



A strange one but 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.

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.