

Effective revision strategies - what the research says!

• **Higher effectiveness**

- Regular practice testing
- Distributed practice (short sessions)

Fail to prepare
and prepare to
fail.

• **Moderate effectiveness**

- Elaborative interrogation (turning facts to be learned, into why questions and then answering them)
- Self - explanation (explaining to yourself what you are doing and thinking - Interleaved practice)

• **Lower effectiveness**

- Summarising
- Highlighting
- Mnemonics
- Imagery to represent text
- Re-reading

What's in it for me?

The more you prepare, the more confident you will feel, the less anxious you will get and the greater you will perform.

This leads to **results** you want and deserve.

This leads to admittance to a **college course** of your choice.

This leads to a **job** of your choice that provides you with the **luxuries** of your choice.

A blend of these techniques, tailored to how you like to learn is more effective than using one technique in isolation. There is a strong scientific consensus that **regular and distributed practice have the greatest impact** and should be part of any revision strategy.

7 Simple Revision Strategies:

1. **Display your exam timetable** and revision timetable in a place where you, your family and visiting friends will see it regularly.
2. **Use 20 - 5 revision technique.** 20 minutes work, 5 minutes break.
3. Never rely on reading alone to revise. **Make sure you are processing information** by solving problems, producing concept maps or writing short notes.
4. Do keep up hobbies like sport or music. **Maintain a social life but in moderation.**
5. Get up early and **eat a proper breakfast** on revision and exam days. Choose foods carefully.
6. **Vary the subjects you revise**, saving your favourites for last.
7. **Ask your teachers for advice on exam technique** - they're the experts.

During the exam

1. **Read the entire question before answering**, checking that you have also looked at any additional text, graphs, tables or other information.
2. **Look for important command words** like describe, explain, compare, analyse or evaluate in the questions. (Highlight these command words)
3. **Look at the number of marks available for each question** - this is a guide to how many separate written statements are needed, the required length of the answer, the amount of time to spend on the answer, or how many stages there are in a calculation.
4. **Find any additional help sheets available to you** (for example a formula or data sheet in science, a resource in geography).
5. **Always finish a question**, even if you think you made a mistake at an early stage or had to make a guess. You will score marks despite this.
6. **Check carefully** for spelling, punctuation and grammar at the end.
7. Check the whole paper (even the back page) to **make sure that you have answered every question** that you should have. Read the question again and make sure your answer is linked to the question.