

### ABC PRIORITIES

The difference between essential and important! To help you sort out what must be done and when - use this technique. Write a list and then go through the list and sort by A, B or C.

- □ 'A' must be done
- □ 'B' should be done
- □ 'C' could be done
- □ Sort them A1, A2, A3/B1, B2, B3 and so on.



### CHUNK IT DOWN

Use this when you cannot get started or a task seems too much to take on. Break the task into stages (maybe five?). Do it one stage at a time

- □ Look at what you have been asked to do
- Put the tasks into smaller units
- Do these in order
- Have a break between each



### TALK IT UP

How you talk to yourself influences your confidence. Use positive words and phrases again and again to keep yourself positive. Write them down and repeat them.

- □ Think of positive words and messages which describe you
- Say them quietly to yourself
- Repeat them when you are feeling low
- □ Say them to your favourite music



### Q AND A

Q and A stands for question and answer. Q and A is a great way to practise recall. Try to get others to test you out and use cards to:

- Write a question on one side and an answer on the other
- Put questions from old test papers on the cards
- □ Pencil in answers to questions which you are not sure about

### INDEX CARDS

Index cards are postcard sized lined cards. Index cards are a good way of keeping notes or memory maps in one place. Good index cards:

- are numbered - so that you can practise
- mixing them up and then re-ordering them
- □ are written on one side only so you can turn them over and test your memory of what's underneath use colour and shapes

### MEMORY MAP

Memory maps are a visual summary of the most important information. Good memory maps use space, show relationships and:

- have the key ideas growing from the centre
- link ideas together using summary words are colourful



# Top 10 Revision Tips



## Rise and shine

Starting your revision by 9am will help you get into a routine that you can stick to.



## Breakfast

Having breakfast before revising is vital as it helps you to concentrate for longer.



## Get colourful

Keep your notes organised and bright. Use different fonts, pens and diagrams. Colour coding your areas also helps.



## Teach

If you are confident with a subject, teach it to your friends and they can do the same for you.



## Log off

Switch off all devices, a five minute peek at Facebook turns into an hour so easily. Use internet time as a reward on a break.



## Stick to the plan

Make a revision timetable, it will help you prioritise your areas. Plan for different ways of learning (mind maps, essays, fact cards)



## No last minute revision

Cramming 10 minutes before an exam doesn't work, planning your time and working hard does!



**Breathe!**

**You'll be great!**

## Take breaks

Take a short break (5-10 minutes) after every half hour - It's important to get away from your work area. Adding breaks into your timetable is vital.





# 10

# Learning Techniques



## PRACTICE TESTING

Using practice test to review information



## ELABORATIVE INTERROGATION

Asking yourself "why" as you read



## INTERLEAVED PRACTICE

Trying out different types of problems when you practice



## KEYWORD MNEMONICS

Associating new words with similar sounding words



## HIGHLIGHTING & UNDERLINING

Emphasizing key points in the text

## DISTRIBUTED PRACTICE

Spreading out study session over time



## SELF-EXPLANATION

Generating reason to explain new information



## SUMMARIZATION

Summarizing lengthy information



## VISUALIZING

Generating mental images while you read



## READING

Reviewing information multiple times

