

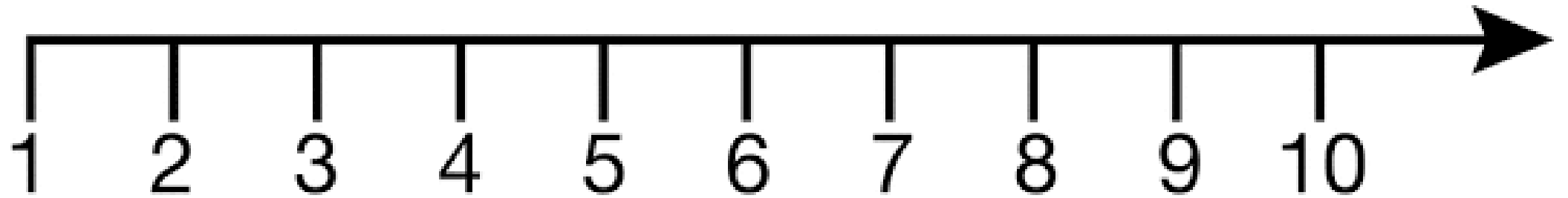


REVISION HABITS

**YOU CAN
DO IT!**



WHAT IS EFFECTIVE REVISION?



Not very
successful

Very
successful

ASPIRATION



EXCELLENCE



ACHIEVE

WHAT IS EFFECTIVE REVISION?

TRUE OR FALSE?

The following are a useful revision strategy.

1. Cramming

FALSE

2. Flashcards

True

3. Re-reading notes

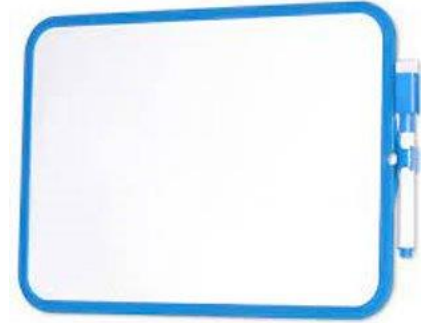
FALSE

4. Highlighting notes

FALSE

5. Self-quizzing

TRUE



**YOU CAN
DO IT!**

WHAT IS EFFECTIVE REVISION?

Revision must include two key elements for it to be effective:

- 1. Powerful revision habits**
- 2. Powerful revision strategy**



NEW INFORMATION



ASPIRATION



EXCELLENCE



ACHIEVE

WHAT IS EFFECTIVE REVISION?



NEW INFORMATION

A habit is a pattern of behaviour or thought repeated so often that it becomes automatic in certain situations.

ASPIRATION



EXCELLENCE



ACHIEVE

THE HABIT FORMATION LOOP



- 1. Reminder** (the trigger that initiates the behaviour)
- 2. Routine** (the behaviour itself; the action you take)
- 3. Reward** (the benefit you gain from doing the behaviour)



WHAT IS EFFECTIVE REVISION?



SEARCHING FOR
MEANING

- Doom scrolling social media
- Staying up late/not getting enough sleep
- Negative/fixed mindset about your ability
- Not doing (enough) homework
- Binge eating sugary food

ASPIRATION



EXCELLENCE



ACHIEVE

HABITS TO GET RIGHT



MEDEN
SCHOOL

SEARCHING FOR
MEANING

Sleep

- Getting one hour less sleep per night affects your daytime functioning the next day
- Research shows you cannot catch upon lost sleep
- A regular sleep routine is essential for effective revision
- Dark room, no noise, cool temperature
- 7-9 hours is optimal

Phones

- Completing homework or revision with your phone next to you affects your ability to think about what you're revising
- Using your phone at night as a way of relaxing does not help you to sleep.
- Charge it in another room

ASPIRATION



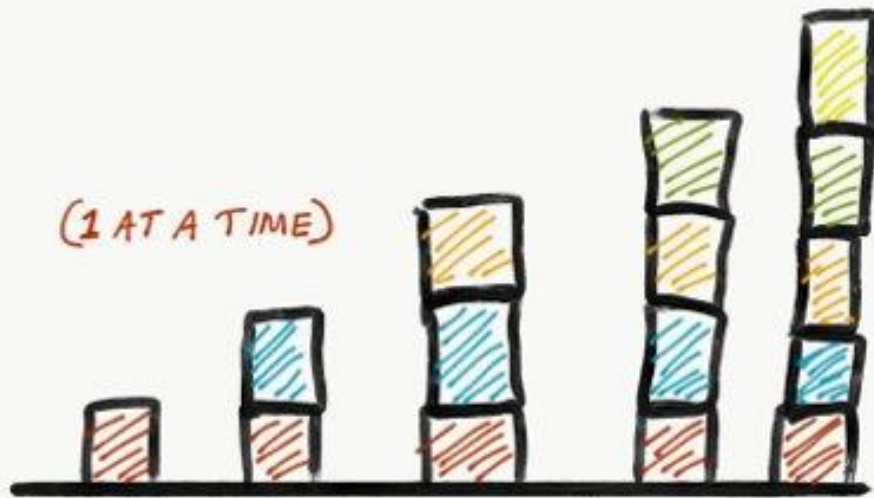
EXCELLENCE



ACHIEVE

WHAT IS EFFECTIVE REVISION?

HABIT FORMING PROCESS



DARIUS FOROUX

Successful habits

- Step-by-step
- One at a time

Great things are done by a series
of small things brought together

- Vincent Van Gogh

ASPIRATION



EXCELLENCE



ACHIEVE



**Mindset plays a huge
role in determining
your success**



I can

it



WHAT IS EFFECTIVE REVISION?

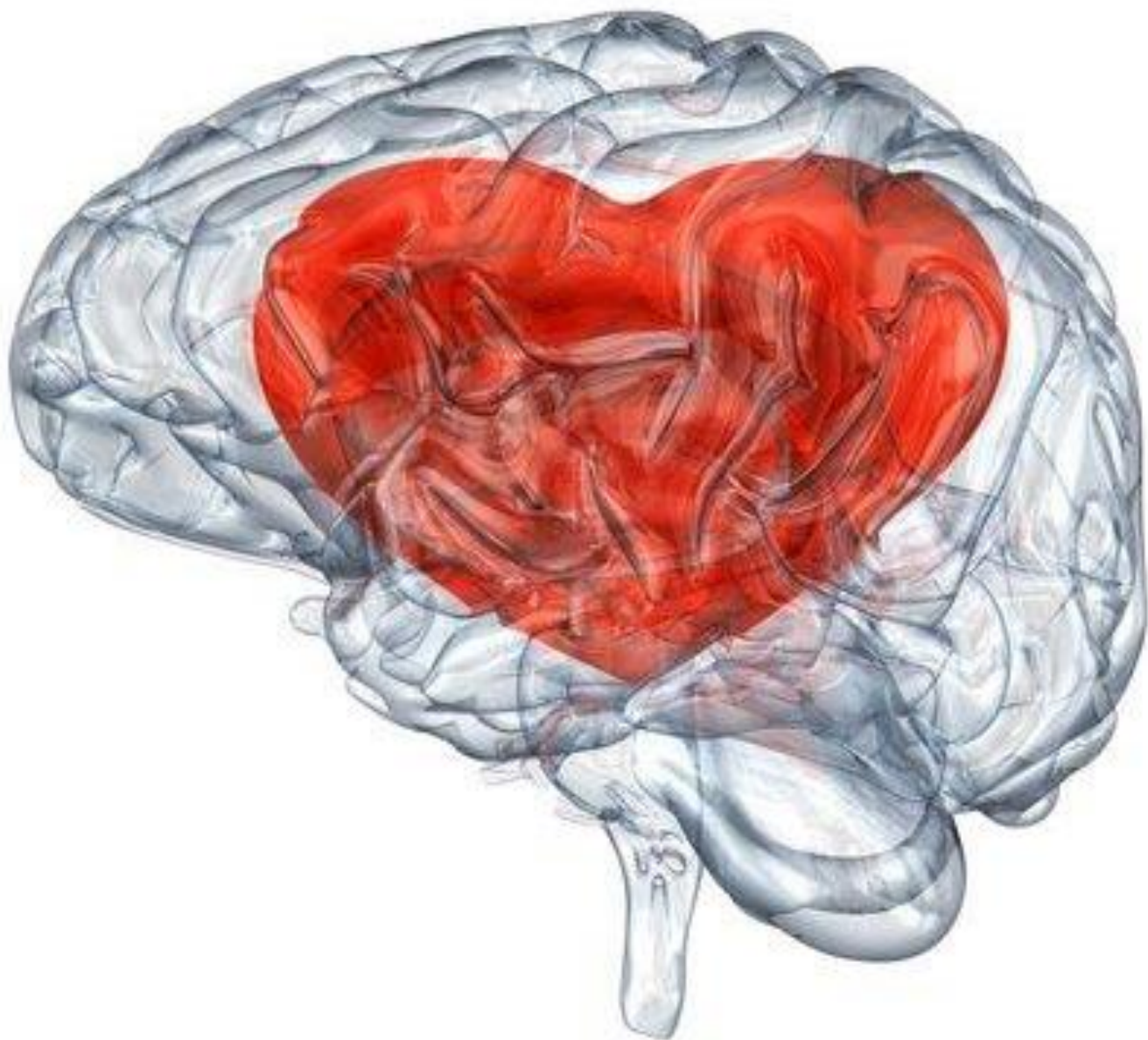
I can't do it. It's too hard = I will try for ten more minutes

I'm not very good at English = I will choose a topic that doesn't seem impossible and revise for ten minutes


I don't know how to revise = I will ask a teacher and try **one strategy consistently**

SEARCHING FOR
MEANING





Our
brains
LOVE
reward

A pair of hands holds a white sign with the text "YOU CAN DO IT!" in bold, black, sans-serif capital letters. The sign is held against a bright blue sky with scattered white clouds. The sign has a slightly curved top edge.

**YOU CAN
DO IT!**

WHAT IS EFFECTIVE REVISION?

Revision must include two key elements for it to be effective:

1. Powerful revision habits
2. **Powerful revision strategy**



NEW INFORMATION



ASPIRATION



EXCELLENCE



ACHIEVE



Meden School Revision Curriculum

Key
Stage
3

Flashcards

Flash cards promote studying through active recall, which is one of the practices through which our brains learn most effectively.

Look, say, cover, write, check

This ensures knowledge is actively recalled. Saying information out loud helps the brain to remember it in future.

Brain Dump

This is a powerful learning strategy because it uses retrieval practice to ensure information is remembered.

Key
Stage
4

Flashcards

Flash cards promote studying through active recall, which is one of the practices through which our brains learn most effectively.

Quizzing/ self-quizzing

Quizzing promotes study through active recall. Spaced quizzing helps us to know and remember more.

Practice

Practice is an important revision strategy as it helps your brain prepare for final exam conditions.

Key
Stage
5

Flashcards/ self-quizzing

Flash cards promote studying through active recall, which is one of the practices through which our brains learn most effectively.

Brain Dump

This is a powerful learning strategy because it uses retrieval practice to ensure information is remembered.

Practice

Practice is an important revision strategy as it helps your brain prepare for final exam conditions.

Success doesn't come from what you do occasionally, but from what you do consistently.

ASPIRATION



EXCELLENCE



ACHIEVE



1. Flash Cards



Why flashcards?

Flash cards promote studying through **active recall**, which is one of the practices through which our brains learn most effectively.

Flash cards are a great way to put **spaced repetition** into action.



Top tips

- 1 **Create your own** revision cards to help to retrieve information.
- 2 **Add pictures** to your flash cards to make them more memorable.
- 3 **Use mnemonic devices** to help you remember important points about your subject.
- 4 **Stick to 5 -10 facts per card.** It's important not to overload them with too much information.
- 5 **Use flashcards in both directions**
- 6 **Recall the information out loud** to aid memory retention.



2. Quizzing/self-quizzing



Why use self-quizzing?

This is a powerful learning strategy because it uses retrieval practice to ensure information is remembered.

Once you have learned new information creating your own quizzes on it helps to repeat the process of remembering.



How to self quiz

- 1** **Decide** upon the information or topic you want to revise
- 2** **Sort** the information into smaller sections or groups.
- 3** **Create** closed and open-ended questions about your chosen topic. Write down the answers on a separate resource (flashcards work well)
- 4** **Test** yourself regularly on your self-made quiz.



3. Practice



Why exam practice?

This is a powerful learning strategy because it uses retrieval and exam skill to prepare you for the real exams.

Practice ensures you are mentally prepared for exams by giving your brain plenty of experience with the types of question you might be asked in the real exam. It mentally prepares you and removes any extra cognitive load so you can focus on the answer to the question.



How to practice

- 1** **Decide** upon the information or topic you want to revise
- 2** **Seek out practice exam questions** to complete
- 3** **Create a calm, distraction-free zone** to complete your exam practice.
- 4** **Time yourself** in exam conditions
- 5** **Ask for feedback** from your teacher

WHAT IS EFFECTIVE REVISION?

TRUE OR FALSE?

The following are a useful revision strategy.

1. Mindset doesn't influence your progress

FALSE

2. Flashcards

True

3. Re-reading notes

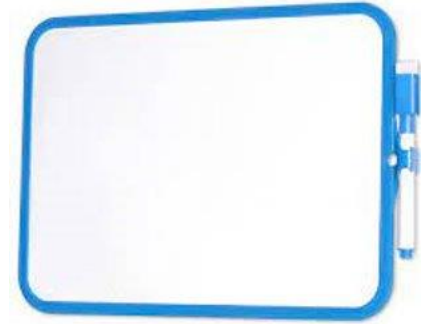
FALSE

4. Practice helps you to make progress


TRUE

5. Self-quizzing

TRUE



**YOU CAN
DO IT!**

A pair of hands holds a white sign with the text "YOU CAN DO IT!" in bold, black, sans-serif capital letters. The sign is held against a bright blue sky with scattered white clouds. The hands are positioned on the left and right sides of the sign, gripping it firmly. The sign has a slightly curved top edge.

**YOU CAN
DO IT!**