

Successful Revision Advice 😊

1. Space your practice.

Research shows that if you want to study effectively, you should **spread out your revision rather than cramming**. This is easier said than done, but if you are **organised** enough, you can spend less time revising and remember more.

Revision Timetable

Write in the subject and topic. You could also put in the revision method you are going to use.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

2. Make sure you fail occasionally!

The moral is clear: invest some time in **trying things out**, which may mean failing occasionally, if you want to maximise learning in the long run. By this, we mean that it can be helpful to **try a number of different revision methods** to find the one that suits you the best.



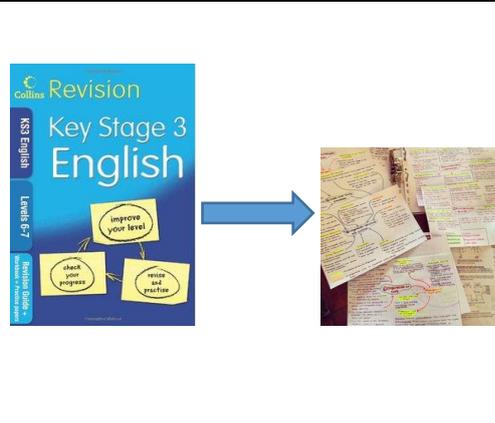
3. Practise the thing you'll be tested on.

If your exam involves writing an essay, you need to practise essay-writing. Merely memorising the material is not enough. Writing exam answers is a skill, just like playing an online game is a skill. You wouldn't try and improve at a game by trying to memorise moves, you'd practise making them. Other research confirms that practising retrieving information is one of the best ways to ensure you remember it.



4. Structure information - don't just try to remember it.

Trying to remember something has been shown to have almost **no effect on whether you do remember it**. Therefore, **just looking at your notes won't help you learn them**. Instead, you need to reorganise the information in some way – whether by making notes of your notes, thinking about how what you're reading relates to other material, or practising writing answers. This approach, called "**depth of processing**", is the way to ensure material gets lodged in your memory.



5. Rest and sleep.

New research shows that a **brief rest** after learning something can help you remember it a week later. Other experiments have shown that a **full night's sleep** helps you **learn new skills or retain information**. Even napping can help consolidate your memories, and maybe even make you **more creative**. This is great news for those of us who like to nap during the day, and is a signal to all of us that staying up all night to revise probably isn't a good idea.

