

RUISLIP REVISE TOP 5

The most effective ways to revise

RETRIEVAL PRACTICE: QUIZ AND TEST



Rather than re-reading or highlighting class notes, **actively retrieve** the information from your memory, eg. reorganise key ideas in a diagram or mind-map; write down key information with gaps missing to fill in; create a quiz or flashcards for self-testing. **Aim:** effortful retrieval

SPACED PRACTICE: REVIEW OVER TIME



Leave time before revising: review information a few days or even weeks after you have learned it in class so your brain has to work harder to retrieve it. Some forgetting makes the information stick more. Move between different topics, **making links** between them and **transferring** information, skills and ideas between topics.

ELABORATION: EXPLAIN & DESCRIBE



Ask yourself **questions** while you study about how things work and why. Ensure you are able to **explain ideas and concepts** to others or in writing, or out loud to yourself in detail. **Link ideas to concrete examples** and explain them to others. Work in pairs to revise, combining ideas and writing joint answers to questions.

DUAL CODING: DOUBLE YOUR BANDWIDTH



Pairing **words with visuals** (dual coding) helps to double our processing ability by maximising working memory. Translating tricky content into different modes: **spoken/written alongside a visual**, also functions as a cue for our memory. Using pictures alongside words is proven to help information stick. Link images to key revision facts to aid retrieval. But keep it simple.

DELIBERATE PRACTICE



Once you have secured your core knowledge, and are confident in the methods you need to apply to each subject, the best thing to do is to put it into practice. Practise past questions or exam papers and get feedback from your teacher on how to improve. Papers are available from exam websites, google classroom or your teacher.