

# REVISION

What works and what doesn't

How can you say your  
truth is better than  
ours?

Mumford and Sons, *I Gave You All*, 2009

# CREDITS

- ⦿ Ideas of HOW to revise come from New Scientist 28<sup>th</sup> March 2015
- ⦿ These represent the results of a combination of various studies into research habits.
- ⦿ Sample sizes and methods varied but the outcomes here are all statistically significant.
- ⦿ For more detail, find “Know it all” on the New Scientist website or ask LVK to borrow his copy!

# What doesn't work

According to research, the following ideas are less effective ways of remembering things.

They work but you have to do more to get the same result:

- × Highlighting and underlining
- × Re-reading important texts
- × Keyword mnemonics
- × Copying your notes
- × Elaborate mental imagery
- × Personalised learning styles
- × Summarising the material

# Successful revision

- ◎ Four strands to getting the best possible outcome:
  1. Where
  2. When
  3. What
  4. How

# WHERE to work

Giving yourself a space that is *only* for work is an important psychological first step in getting you to learn.

- Choose somewhere that is not too comfy!
- It should be dedicated “work area”.
- Put your phone somewhere else (see WHEN to work)
- If you like listening to music choose a long playlist or cd that you can play and forget about.

# WHEN to work

Time based revision allows you to know that you've finished; feel good about having achieved something; and keep a track on what you are doing.

- Get into a good habit.
- During the day.
- Be realistic in your intentions. (see WHAT to revise)
- When it's time, take a break.
- Get back to work afterwards.

# WHAT to revise

Successful revision starts with a clear idea of what you want to actually achieve.

- ⦿ Make a list.
- ⦿ Choose ONE of these to focus on at a time.
- ⦿ Once you've achieved this, give yourself a pat on the back!



# HOW to revise

This is the important part: what actually works best in the least amount of time?

These strategies have been shown, in studies, to be the most successful ways of revising.

# HOW to revise

- ① Practise remembering
- ② Group work
- ③ “Teach” someone else
- ④ Passive revision
- ⑤ Recognise your hard work

# How to help

As a parent, what can be done to actually help, especially if they are revising something I don't understand?!

- Planning is the hardest part
- Establish routine
- Supportive environment
- Beginnings and ends

If only I had an enemy  
bigger than my apathy,  
I would have won

Mumford and Sons, *I Gave You All*, 2009