



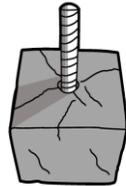
Helping Support Your Learning and Revision



Understanding how you learn can improve your revision and reduce stress

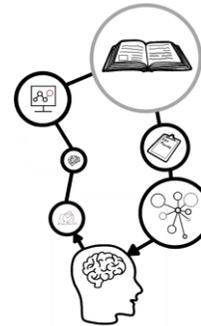
Concrete Examples

TAKE A DIFFICULT TOPIC OR CONCEPT AND TRY AND FIND AN **EXAMPLE/S** THAT MAKES UNDERSTANDING IT EASIER.



Elaboration

ASK **HOW** AND **WHY** WHEN REVISING A KEY TOPIC, COME UP WITH DIFFERENT WAYS OF ASKING THE QUESTION. THEN MAKE SURE YOU KNOW THE ANSWER!



Retrieval

REVISE AND LEARN KEY CONCEPTS BY **QUESTIONING**, BRINGING BACK INFORMATION AND CONNECTIONS WITHOUT USING YOUR NOTES.



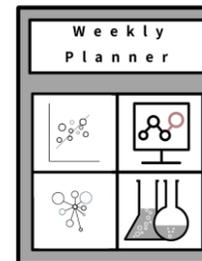
Spacing

PLAN YOUR LEARNING, ORGANISE YOUR WORK, REVISE WORK OVER TIME IN SMALL CHUNKS. RECORD YOUR LEARNING



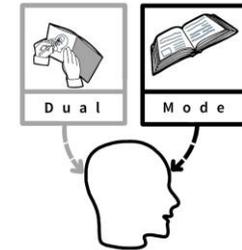
Interleaving

WHEN REVISING, SWITCH BETWEEN TOPICS OR SUBJECTS, OR EVEN PROBLEMS YOU ARE SOLVING, SO YOU COVER A RANGE OF MATERIAL.



Dual Coding

USE VERBAL AND VISUAL NOTES TO LEARN AND RECALL SUBJECT MATTER. USE SKETCH NOTES AND MIND MAPS WITH NOTES.



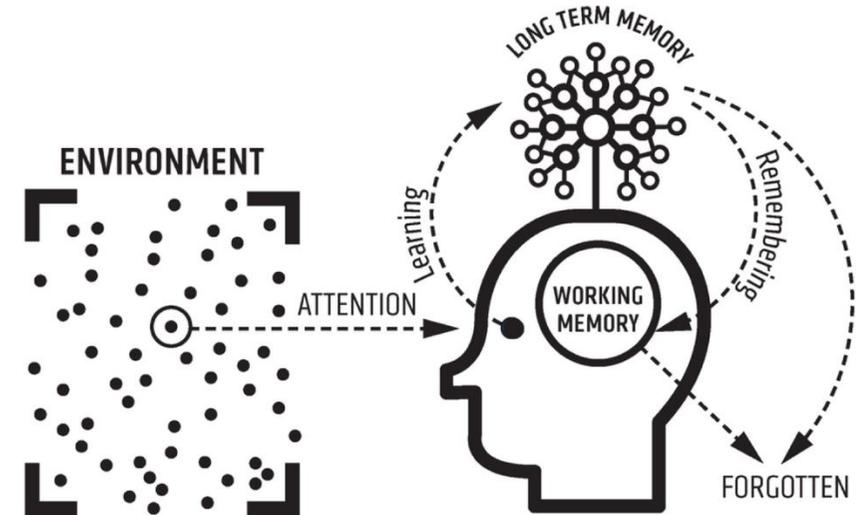


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This diagram is a mental model of the learning process and how you build it from prior knowledge: you are continuously piecing together ideas, information, experiences and concepts to form a coherent web that constitutes your understanding:

- You need to deliberately activate your prior knowledge, understanding and skills to which new ideas will connect.
- You need to involve yourself in retrieving your existing knowledge, understanding and skills. You can do this by consciously exploring your mental models and making as many connections as you can to new information.
- New knowledge, understanding and skills needs to be consolidated into your brain's schema in ways that you yourself understand; this needs a degree of rehearsal and evaluation so that what is being stored is complete and accurate; thinking or talking through what you know and understand, with guidance and structure, is important.



The assessment period can be stressful that is why it's very important that you revise & prepare as this can help to reduce exam anxiety. In addition to revising there are other strategies you can do to look after your mental & physical health.

- **Exercise.** Take regular breaks from revision with exercise. Take part in a sport you enjoy, go for a walk or any activity that is active & part of your daily routine.
- **Relax.** Relax during the exam period? Yes! It is essential that you do make time to switch off & have a break. Watch Netflix, read or talk to friends.
- **Sleep.** Staying up late to revise is a bad idea! Sleep deprivation can have a very negative impact on concentration, performance & memory.



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- **Eat.** Diet is important so don't neglect it during the exam period. Don't skip meals, stay consistent with a healthy balance of meals & stay hydrated.