How to Revise 'Little and Often' the SBSJ way…

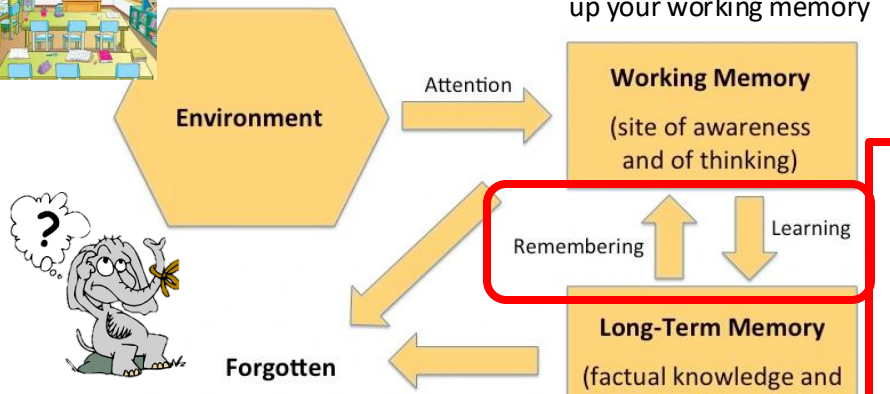
In a Nutshell!

You need to find the best way that works for you, this might mean trying a few different things. The key is though that it must be active revision that helps to build strong links back to your memory. Just reading over things is not enough you need to be testing yourself and applying knowledge to make it effective.

Why does it work?

1. Your environment is your lessons and classroom.

2. Working memory can only hold 4 or 5 things and then it's full. Background noise fills up your working memory

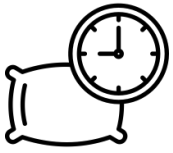


3. Long-term memory can store infinite amounts of information.

4. But if you don't use things in your long-term memory often enough, they get lost, forgotten!

5. This is where the magic happens when you revise! You move things from long term to working memory helping you to builds strong connections and not forget what you have learnt.

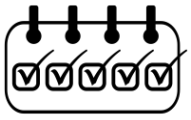
TOP TIPS



Vary your tasks and subjects to keep it fresh.

Rest between tasks. Don't revise tired.

Get the environment right, away from distractions.



Little and often, regular revision.

READ, COVER, WRITE, CHECK

QUIZ IT

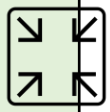
Make a multiple-choice quizzes. Stick to facts you can learn not opinions.

MAP IT

Make a mind map organizing the information on the KO. Try to add to it or reproduce it using your memory

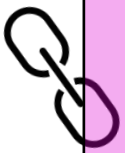
SHRINK IT

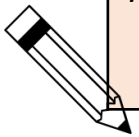
Reduce the KO to 5 key sentences summarizing the topic, put these on flash cards



LINK IT

Choose 5 key points on the KO and link to your previous learning or wider knowledge



DRAW IT

Represent the KO in images and words. Or add images to your other tasks.