THE SUPER AWESOME STUDY GUIDE

HOW DO I REVISE?

Using this guide

This guide is designed to help you form a revision plan that is effective for you and help you figure out

How do I revise?

How are we going to do this?

There are a bunch of different ways to revise and activities you can do to learn information for exams.

This guide has a collection of methods for revising and tips as well explanations on how they work so that you can pick and choose the ones that are most interesting and useful to you.

Planning your revision

Over the holidays, your teachers are expecting you to put in the same amount of hours each week revising as you would spend in class.

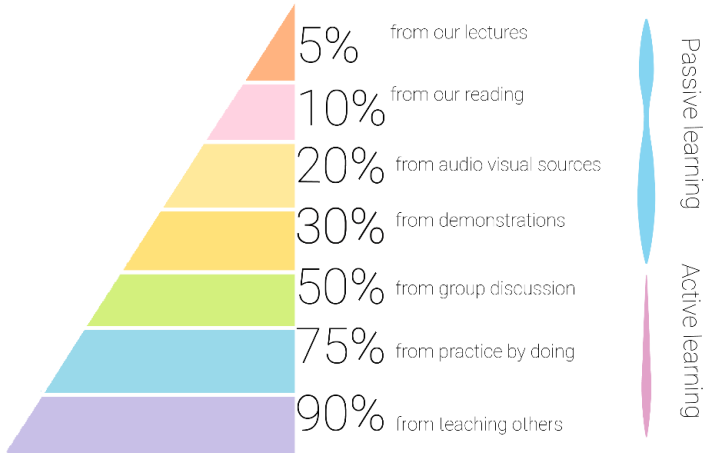
This is approximately 2 hours a day including weekends.

An easy way to plan your day's revision is to assign 1 to 2 subjects to each day, making sure you visit each subject at least once in the week.

Then pick and choose a selection of activities from this guide to fill your time for the day

Learning retention

After 2 weeks of learning we remember:



See how different activities have different effects on how well you retain information?

We're going to mix passive learning (like a warm up) with active learning (the workout!)

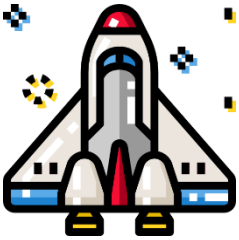
Make your revision high impact

The pomodoro technique and spaced learning are great for keeping on task and getting the most out of revision!

Pomodoro: If you struggle with focus work in a 25 mins on 5mins off cycle using a timer.

Spaced Learning Try learning the same content but in a different way (maybe with more detail) in short sessions with breaks that stimulate another part of our brain.

The Pomodoro technique is very popular in art and science have a google and see some feedback!



Spaced learning has a bunch of educational and psychology research behind it, research shows spaced learning is much more effective than cramming.

Improving organisation

Spend 15/20 mins every week working out work what you need to do, what needs handing in and what has already been handed in.

This will cut down the amount of time you spend having to sit down to work as you will be able to get on with what you need to do straight away, feel less stressed and able to prioritise what is most important.

To-do List Template:

Subject:

•	Task 1	Due Date	Time estimate
	 Task 1 A	17/12/20	1hr 30
	 Task 1 B	04/01/21	3 hrs - Do one hour a week
•	Task 2 …		
	 Task 2 A		
	 **Task 2 B**		
			

Avoiding distractions and staying productive

Making sure we are productive when we are sitting down to study is important. We all know how annoying it is to be sat down to revise for a couple hours and we only get one paragraph written / one question answered.

If we are not being productive with our time we may as well have spent it doing what we want to do instead.

How about we try to be exceptionally productive for two hours and spend the next two chilling / catching up with friends instead of spending 4 hours at the desk trying to work but not getting much done. The work won't go away.

You can monitor your productivity by writing down what you did with your time, after every period of independent study. This can be a goal to improve each time.

Useful links:

https://www.edumadic.com/post/how-to-stay-productive-while-studying-online#:~:text=Studying%20Online%3A%20How%20to%20Stay%20Productive%20During%20Quarantine.,a%20list%20of%20break-time%20activities.%20%E2%80%8D.%20More%20items

https://palepinkgetaway.com/how-to-stay-productive-while-studying/

https://www.tsg-training.co.uk/10-tips-for-staying-productive-when-studying-at-home/

Examples of ways to remained focused:

Digital well-being

There is a feature on your phone which will be your lifesaver! It allows you to disable access to certain apps that tempt / distract you the most. You don't have to cut them out for the whole day but maybe 45 mins here and there when you sit down to study.

DnD (Do not disturb)

Like digital well-being, setting up do not disturb when you study will also help.

Phone in a different room

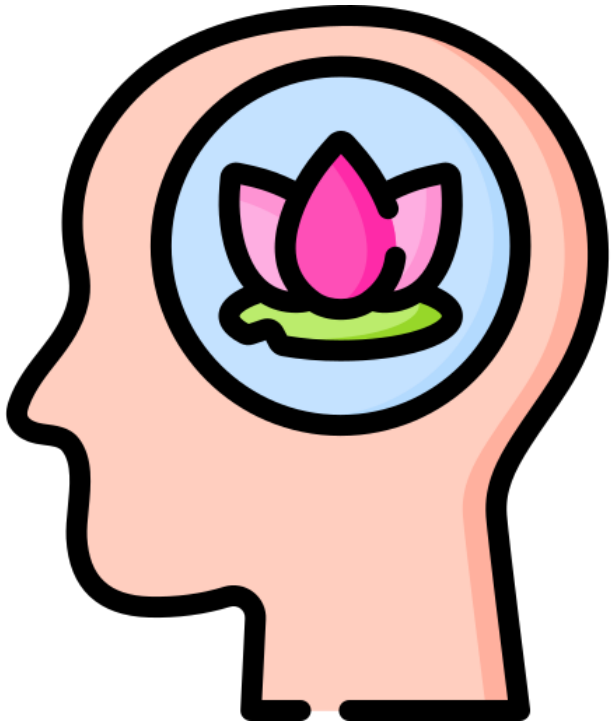
Do this! It stops you from using it so much as every time you want to you have to get up and walk elsewhere to use it

Timers

Timers work as a great trick. Try setting one even just for 15 mins when studying and it will push you to work your hardest (as you won't feel like you will be doing it for very long). You also have a short break to look forward to at the end of it. However, it is very likely that once you start pushing yourself during this time you will be on a role and instead reset the timer for another 15 minutes.

Even if we don't always stick to these rules, at least trying to use them will help us to develop self-discipline and the more we do it the more likely we will learn to stick to them for longer.

WELLBEING



Motivating ourselves

What is our GOAL and WHY are we at college? Sometimes it just takes a moment to think about why we are studying and what we hope to achieve from it to remind us why it is worth putting in the effort and hard work.

We all have an idealistic picture of where we want to see ourselves in 5 / 10 /20 years' time but getting there will not come without studying and staying focused now.

Even if we don't have an idea of WHAT we want to do, that may develop and become clear in a few years' time – you don't want to hold yourself back from any opportunity do you?

Leaving as many doors open as possible by achieving good grades WILL make the choice YOURS

You won't regret trying and failing but you WILL regret not trying at all

Tips for motivation:

- Write down your goals when you feel like giving up, remind yourself of why you are here
- Spend some time exploring the opportunities for the future, finding something that interests you that will give you some drive and ambition
- Remind yourself what you like about your subjects, what interests you the most, why did you choose them?
- Look at inspiring quotes and videos (plenty on YouTube)
- Reflect on your hobbies, how could you make your life incorporate these more in the future
- What drives you, is it money or is it doing good for others i.e. becoming a doctor or social worker… whichever it is you need the best grades you can get
- REMEMBER once you leave school you are competing with millions of other driven students, getting higher grades than them provides you with just a small head start.

- Set rewards for reaching your study goals – treat yourself to movie nights, your favourite snack or buy something to reward yourself.
- Reflect on your past accomplishments in school – what was one of the best grades you got – how did you work for that / did you do anything

differently. If you can OVERCOME the obstacles then and succeed, you can do it again

- The time flies by, you only have one chance and there's only 5 months or so left until your exams so work hard now and you won't have to ever do it again once you have got the grades you want

- Reflect on what you are doing well at. This may even be simply handing in an assignment but at least it is an achievement and you are trying

- Success all comes with a multitude of mistakes and failure it's how we learn

- And finally… DON'T GIVE UP. When you don't understand something keep trying, try another method, seek further help to understand, if you go over it enough times you will get it eventually

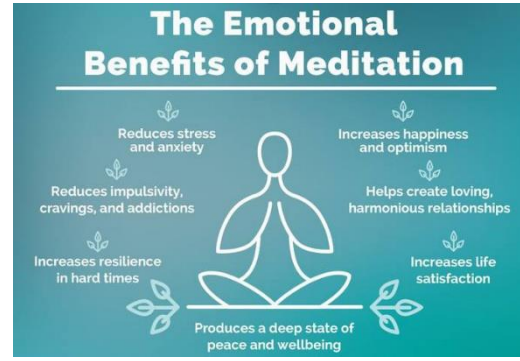
Healthy habits and stress relief

Keeping fit and healthy is vital in order to be able to focus, think, and remember. Looking after physical and mental health makes revision (and life!) easier.

8 hours sleep a night this helps move all that revision material into long term memory.

Stay hydrated - keep a water bottle on hand and keep it topped up.

Stay calm – stress impairs your learning ability and interferes with your sleep making you feel more tired, Try yoga, meditation or mindfulness (easily found on YouTube). You will be surprised the difference even 15 minutes can make.

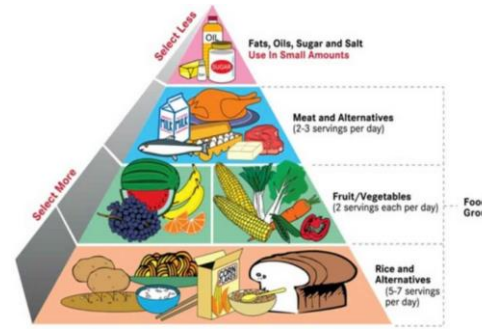


Eat breakfast – even if it's a cereal bar or a piece of fruit, we need that energy for our brains to keep us going!

Exercise give your mind a break from studying and keep yourself calm. Even just a walk – it is proven to refresh and relax your mind to improve concentration and productivity when you return to the work.

regular breaks and do something without focusing on work to refresh your head

Balanced diet – lots of fruit and veg! Even make a food diary to keep track. Getting the right nutrients and vitamins makes studying and concentrating feel easier, and give you more energy. This improves mood and happiness.



night mode on your phone from 7pm to reduce your exposure to blue light. Apps such as twilight also remove the blue tint on the screen

listen to your body

- If you are not feeling well focus on trying to get better rather than overworking yourself
- If nothing is going in then have a break or start fresh the next day

- Try to establish the cause of your lack of concentration, did you sleep less the night before? Improve this the next night and start the task with a clear head in the morning

Important links for healthy habits and reducing stress / motivating ourselves:

https://psychcentral.com/lib/healthy-study-habits-for-students/

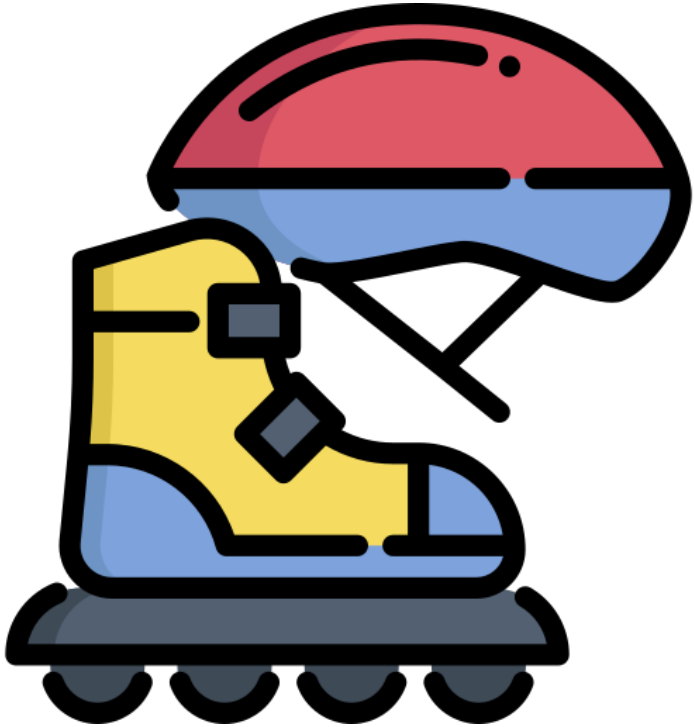
Effects of sleep deprivation - https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/

Benefits of mindfulness - https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

6 surprising facts about walking - https://www.thebmc.co.uk/six-surprising-scientific-facts-about-walking

Healthy eating benefits - https://www.livestrong.com/article/38822-benefits-eating/

REVISION ACTIVITIES



GO Conqr

This isn't so much a revision activity, but Go Conqr is a website that lets you make flashcards, mindmaps, and a bunch of other revision activities.

You can do a bunch of exciting stuff like send resources you've made to friends, and it has cool features like testing you on content you're weaker on.

Super easy to use and pretty self-explanatory, so check it out!
link: https://www.goconqr.com/en-US/users/sign_up

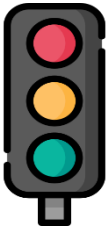
passive

Traffic Light

Outline: red amber green the topics in a unit

20mins

- Let's make a list of our topics in a unit and tag them red, amber, and green them based on how well we know them.
- Do this intuitively by what you feel least confident about or by testing with flash cards
- We can move topics between colours as we improve and also as our memory of them becomes less strong



passive

Highlighting

Outline: Select key words and phrases and think about them

10mins

- Read through the text once
- On second pass scan and highlight key phrases
- The aim is to read the text and engage with it by thinking about what the takeaway messages are.
- Then, we'll reinforce this information with other revision techniques

This is not a standalone activity! Think of highlighting as a warm up; it gets our minds moving and thinking about the topic and considering what we need to be studying in detail.

Tip: Don't go overboard! Keep it selective

Link: https://www.learningscientists.org/blog/2018/9/20-1

passive

Annotation

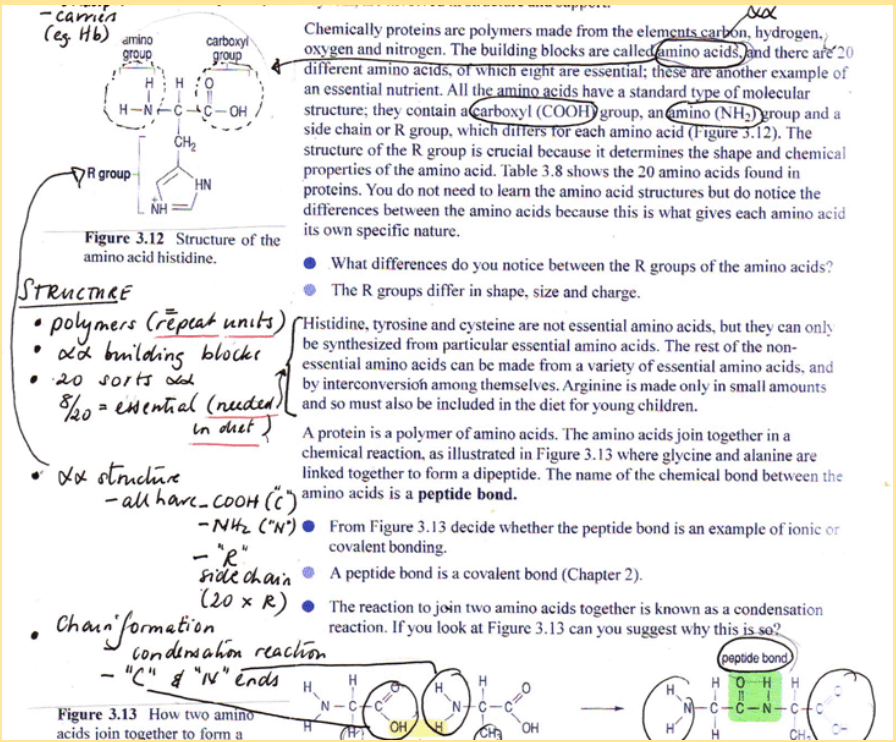
Outline: annotating notes makes sure we engage with texts we are reading

30mins

If you are someone that usually re-reads content to remember it, annotating notes with interesting questions bout the topic or notes to yourself on challenging material turns reading into active learning

Link: https://help.open.ac.uk/highlighting-and-annotation

In this example of annotation we can see how these notes are going to lead to flashcards and more detailed understanding of



active

Mind Mapping

Outline: Central topic - branches and sub-branches of relevant ideas

40 mins

Mind maps are an effective way of storing information by making it easier to visualise and identify different topics as well as linking them together. It provides an organised summary of the key parts of the topic.

Tips for a mind map:

- Put all sections in different colours
- Make connections between branches and sub branches in a different colour to see how sections link together
- Use pictures to aid memory
- Use as little text as possible, this map is just to trigger your memory and remind your of the most important points for your exam
- USE GO CONQR! (there's a link to this on the first page as well as below)

links:

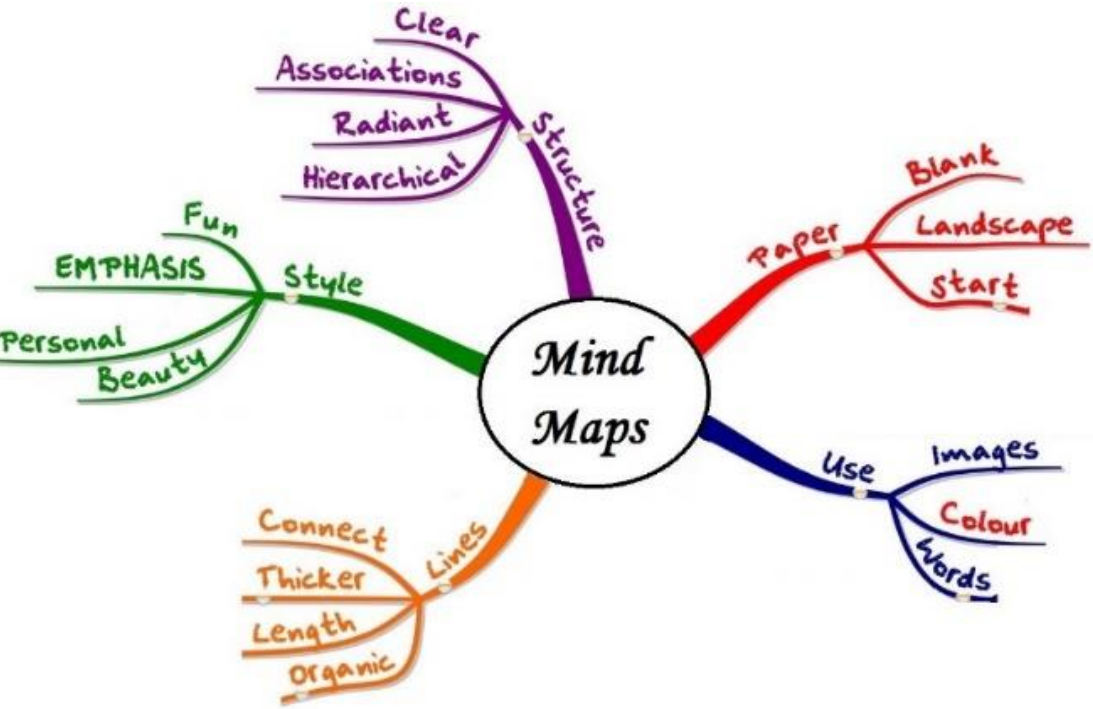
https://www.lifehack.org/articles/work/how-to-mind-map-in-three-small-steps.html

Mind map template

https://creately.com/blog/examples/mind-map-examples-creately/#StudentMindMap

go conqr

https://www.goconqr.com/en-US/users/sign_up



“Welcome to my Ted Talk!”

active

Outline: prepare a short talk teaching someone about the topic

30mins

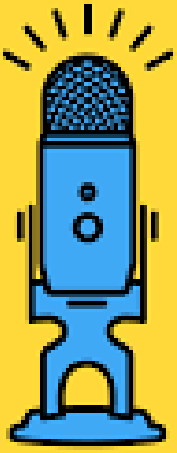
- Think about key points and make speaking notes
- Put it in your own words
- Leave time for any questions from the audience.

This is an amazing test of your understanding of a topic, it also is one of the best methods for memorising material! (check out the LearningRetention page at the start of the guide)
The talk should be short and sweet 1-3 mins

Tip: Make the talk fun, add humour, use diagrams, anything you think helps get the important stuff across.

Link: super inspiring education TEDtalk
https://www.youtube.com/watch?v=YsYHqfk0X2A

Have a favourite podcast/youtube channel?



Copy the format make an ep about your subject!

active

Flashcards

Outline: Key information on one side. Tests on the other.

25min

- Have a set of flash cards for each unit
- Break down topics in the unit into key information
- Great for learning:
    - Theorists and their theories
    - Formulae and when to use them
    - Case studies and their relevance
- This pairs well with highlighting! Highlight key terms and concepts you want to learn, then make them into flash cards
- USE. GO. CONQR.

Flash cards are great because they make us identify important concepts, processing the text more deeply than just reading + they test our memory retrieval. (Which is what you'll be doing in the exam!)

link: https://www.goconqr.com/en-US/users/sign_up

More advanced flashcards

active

Outline: Make challenge cards to go with your standard flash cards

35mins

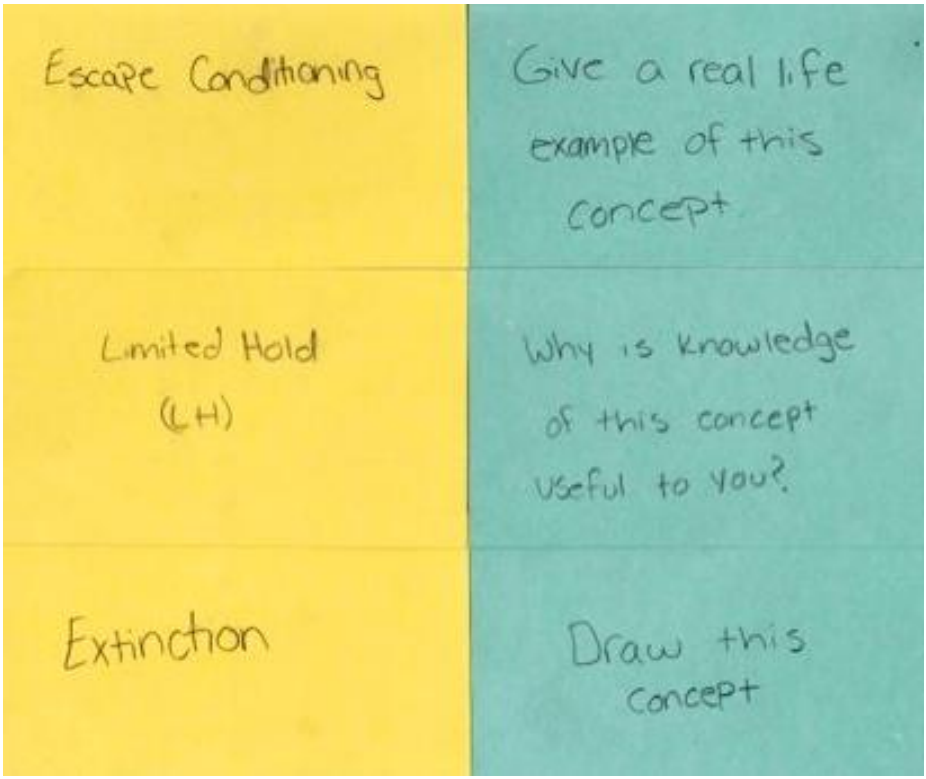
Sometimes flashcards can encourage us to memorise rather than understand**.** When you feel you've got the basics of a topic learned, making a set of activity cards to use with them can help. These activity cards challenge us to expand in detail on a topic. They can ask you to:

- Draw the topic
- Give a real life example of a concept
- Find something in your room related to the topic
- Explain how knowledge of this topic is useful to you

Link: https://www.learningscientists.org/blog/2016/2/20-1

Example:

On the left are some flashcards of topics in a subject.
On the right are some activity cards asking you to expand on your knowledge.



active

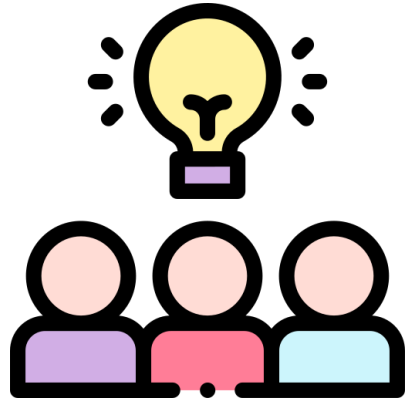
Study groups

Outline: message friends and meet online to go over challenging content

1hour

Meet 2-3 friends online to discuss specific topics from a unit, or tackle challenging questions together.

This one has two benefits: it allows you to work through confusing content in a low pressure environment, and gives you the chance to teach others if you know the content! *Remember to share all your amazing flashcards, go Conqr quizzes and resources!*



Make a revision timetable

active

Outline: stay mindful of your free time and your workload

Remember, we're putting in the number of hours we spend in class each week into revision, which is about 2 hours a day across the week for most students. There's a full guide & template you can use in the link at the bottom

Tips:

- Assign a subject to each day and a selection of revision activities. *You can complete these at any point in the day.*
- Work in a spaced learning schedule with breaks.
- Don't beat yourself up if you fall short of your revision goals, evaluate what you couldn't finish and use a To-Do list to reschedule activities.

Link:
https://teams.microsoft.com/_#/school/files/General?threadId=19%3A4f7d9488c7584d45982f342050358a22%40thread.tacv2&ctx=channel&context=Study%2520timetable&rootfolder=%252Fsites%252FAcademicCoaching%252FShared%2520Documents%252FGeneral%252FStudy%2520timetable