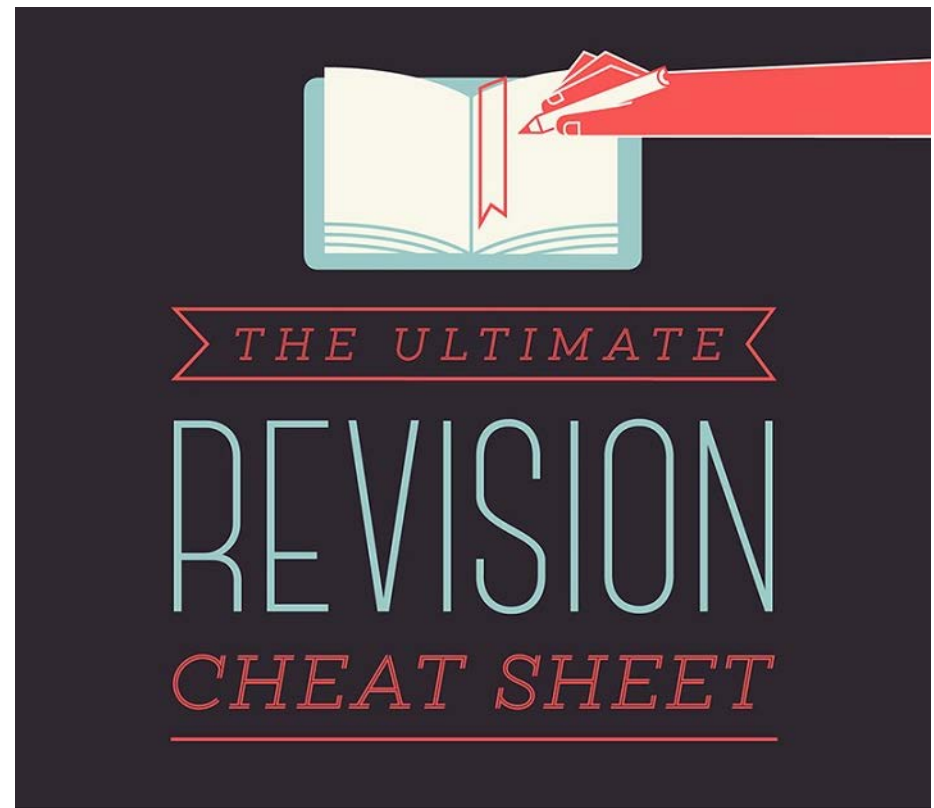


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STUDY HACKS

What principles need to be considered running up to and during the revision period?

How to learn faster

<https://www.youtube.com/watch?v=B9SptdjpJBQ&safe=true>



Over the next week I would like you to prepare your space, time and resources so that you are ready to actually revise!

TIME:

- Organise a revision timetable
- Studying smaller bits of multiple subjects each day is more effective than studying a lot of the same one or two subjects because reviewing information periodically moves information from your short-term memory to your long-term memory.

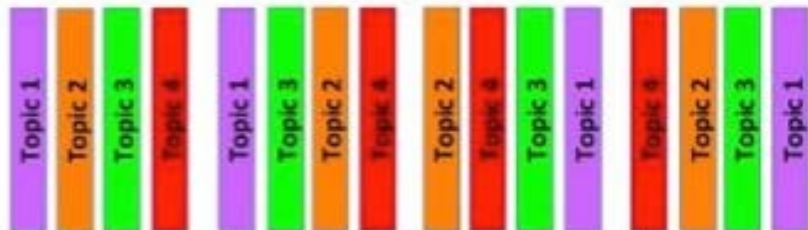
Trick

e.g. in one evening it is better to revise maths then science then French and repeating this for 3 evenings than to do 3 lots of maths revision in one night.

Massed presentation



Spaced and interleaved presentation



Study Space...



Study Space...

Essential study items:

- No distractions (TV/phone/Consoles)
- Comfortable ergonomic chair
- Desk
- Textbooks/ revision guides/ exercise books organised and available
- Notebook & pens/ pencils
- Flash Cards
- Highlighters
- Calculator
- Good lighting (natural is best)
- Fresh air
- Water

Optional ideas:

- Whiteboard, marker and tissues
- Tactile thinking aid (blue tac/ clicky pen)
- Clear walls/ inspiring decoration
- Paper calendar – revision timetable
- A kitchen timer

Focus on the process, not the outcome

- Set learning goals (e.g. do three algebra problems every other day, learn five new words a day) instead of performance goals (e.g. get an 8 on the Science exam).
- Don't compare yourself to what others are doing
- Take it seriously...

Don't revise all the time

Make sure you give yourself time each day to relax, taking breaks to do something you enjoy – watch TV, listen to music, read a book or go out for a walk.

Put yourself first – this is an important time for you. Try to talk to your family about how they can make studying a little easier for you – for example, by agreeing times when you can have your own space, when they will try to be a little quieter around the house and when you'd rather not be disturbed (except perhaps for the occasional treat, such as a drink or snack).



So, you have prepared

Now what do you need to do during the revision period leading up to and including the exam weeks?

Variety is key...

- Learn the same info in a variety of ways e.g. to learn a topic, you could read the class notes, watch a youtube revision video, look up other online resource, create a mind map, teach someone what you've learned, or do a wide range of practice problems.



Simplify, summarize, and compress the information

- Use mnemonic devices like acronyms. Summarize the information into a comparison table, diagram, or mind map.
- **Take notes by hand, instead of using your laptop.**
- Students who take notes by hand perform better in tests and exams.
- **Read key information out loud.**
- When memorizing key concepts and equations, read them out loud.

Examples...

WRITE, WRITE, WRITE

Write everything important down over and over and over again until you can say it in your sleep. Whether it be in a journal, random pieces of paper or on your computer.



Remember that writing by hand is more effective:

A study published in Intech found writing by hand allows the brain to receive feedback from a person's motor actions.

Examples...

THE WHITEBOARD MEMORY TEST

- 1 Find a whiteboard
- 2 Write what you need to revise
- 3 Wipe the board clean and then rewrite them



Remember to keep a note or photograph the board before you wipe it clean, in case you forget anything important.

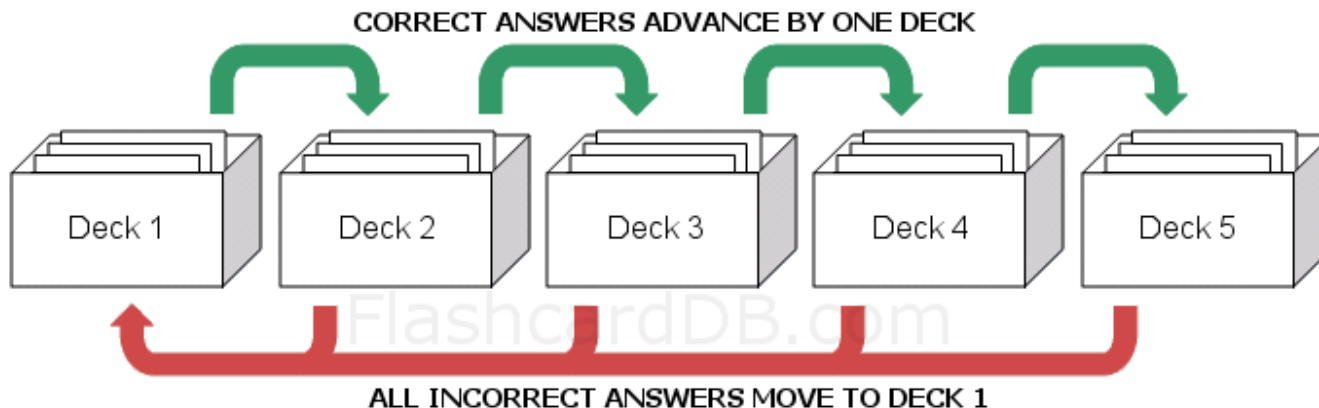
Trick

One strategy is the Leitner System

What is it?

A system to **actively use cue cards**, to help confirm to you which information you do know (and have committed the info to long term memory) and which ones you don't know.

A system which helps give you a structure to revise and re-revise



All the research suggest that the most effective strategy for revision is quizzing

Lots of apps and programmes used in school e.g.

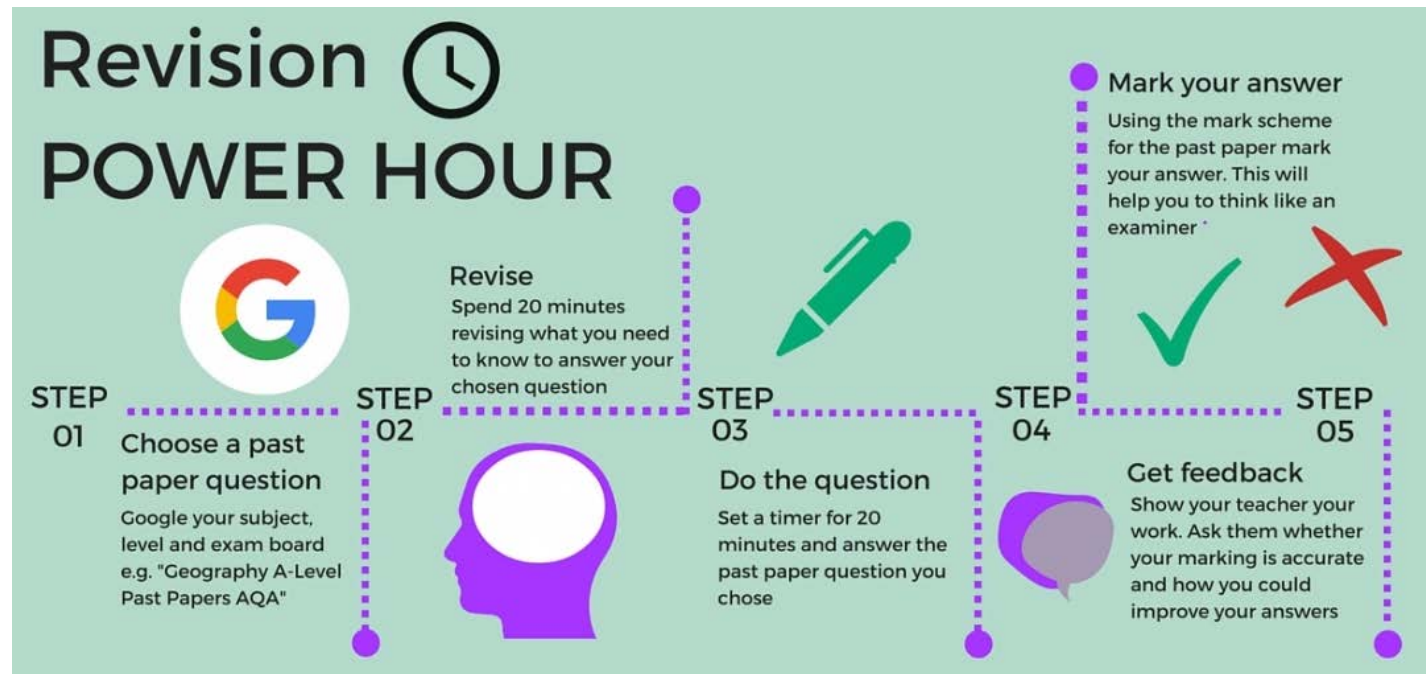
- Memrise
- Quizlet
- Studyblue

Also, use...

- Card sorts
- Flash cards
- Answering multiple choice questions
- Doing practice exam questions and then checking them



How?



How?



Concentrate

SWITCH OFF SOCIAL

Distractions are the bane of the studious reviser. Turn off your phone, or at least notifications from Facebook, Twitter, Instagram, Snapchat and all the other usual suspects.



Take regular study breaks

- Take a 5- to 10-minute break for every 40 minutes of work. Use a timer or stopwatch to remind yourself when to take a break and when to get back to studying.

Reward yourself!

An illustration featuring a hand holding a chocolate bar. The chocolate bar is dark with a white wrapper and is labeled 'YUM YUM Fasty Choc'. To the left of the hand is a red clock face with a white circle in the center and the words 'TREAT TIME' written around it. The background is split into a light yellow top half and a dark blue bottom half, with a red banner at the bottom.

REWARD YOUR EFFORTS

Bribe yourself by promising a square of chocolate for each page or chapter of your reading that you get through.

Go dark!

Dark chocolate contains high levels of flavanol which can improve blood-flow to the brain, improve cognitive function and even act as a stimulant similar to caffeine - making it the perfect study treat!

Look after your body

Exercise at least three times a week.

- Exercise improves your memory and brain function, and reduces stress. Aim to exercise at least three times a week, for 30 to 45 minutes each time.

Sleep at least nine hours a night, and don't pull all-nighters.

- When you get enough sleep, your focus and memory improves, and you learn faster.

14 years

- night time: 9 hours

15 years

- night time: 9 hours

16 years

- night time: 9 hours



BRAIN FOOD & DRINK To Keep You Going



OILY FISH

Salmon, sardines and mackerel - eat them on some wholewheat bread and you have a healthy, long-lasting meal of complex carbohydrates, vitamins and protein.



PEANUT BUTTER

The healthy fats and proteins will keep your brain working harder for longer.



EGGS

These are packed full of protein, perfect for any revision session.

VEGETABLES & FRUIT

These are full of minerals, ions, vitamins and liquids to help your body stay focused.



AVOCADO



BLUEBERRIES



LEAFY GREENS



WATER

A study by the University of East London found that drinking 3 cups of water before an exam improved performance by 14%, so stay hydrated!



Prepare for the big day

Check

- Have a good breakfast if you can.
- Make sure you know where the exam is being held and what time it starts. Give yourself plenty of time to get there.
- Take all the equipment you need for each exam, including extra pens and pencils.
- Take in a bottle of water and tissues.
- Go to the loo beforehand!

If you feel really anxious, breathe slowly and deeply while waiting for the exam to start.