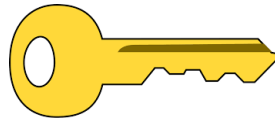




## Effective revision habits & strategies: A study guide for pupils and parents

### Key to Success



Read



Retrieve



Review



Repeat



# Your Toolkit

Use the strategies below to guarantee success in your exams

Retrieval Practice

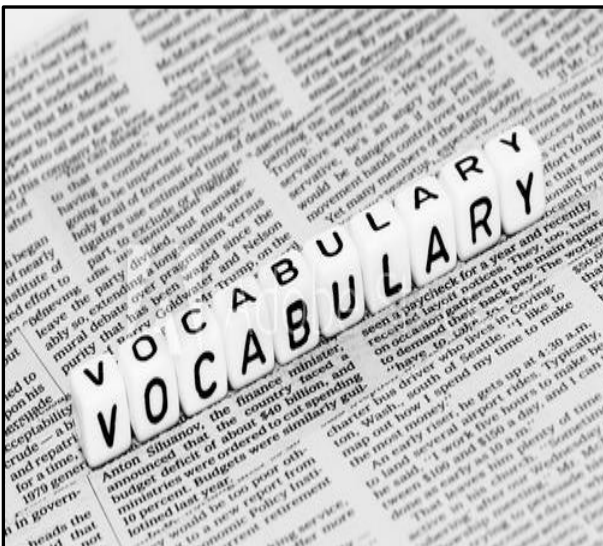
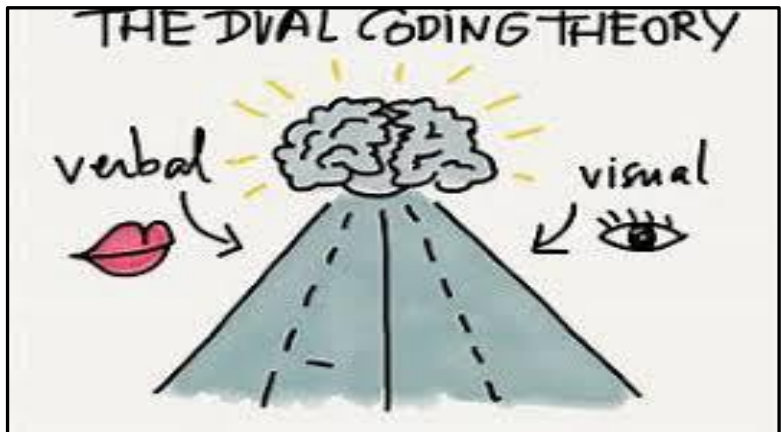
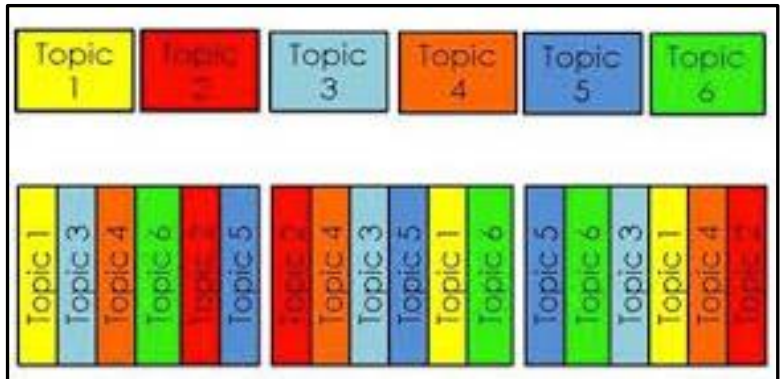
Spaced Practice

Interleaving

Dual Coding

Exam Vocabulary

Well-being Strategies



## What is retrieval practice?

“Retrieval practice is a learning strategy where we focus on getting information out. Through the act of retrieval, or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur. Retrieval practice is a powerful tool for improving learning.”

## How can I become effective at retrieving information?

Use your class notes & textbooks to make a list of the important information & content that you need to know across different subjects.

Then close your books & test yourself. You can create quizzes, use flashcards or complete past exam papers. Make sure you don't use your notes!

Retrieve as much information as you can then check your answers. It's important to know what you know and what you don't know ... yet!

Use your answers to inform the next stage of your revision, focus on the areas that you struggled to recall from memory.

## What strategies can I use for retrieval of information?

Flashcards

Quizzes with parents/carers/friends

Revision clocks

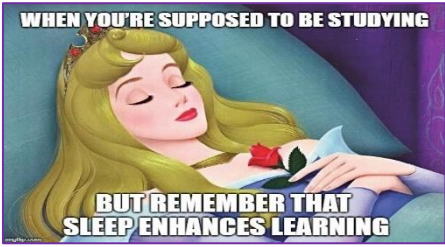
Infographic

Summarise key content

Timed Past Papers

## Retrieve, Record, Review

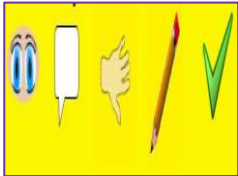




# St Andrew's Academy Revision Techniques



1. **Mind Maps.** Have a central idea with branches coming off with key words. Use images to help. Avoid too much information



2. **Read, cover, write, check.** Look over a topic. Cover up your notes, then try and write as much as you can. Check what you have written against your notes. Highlight what you missed. Try again!

3. **Flash Cards.** Make up flash cards with topic words on one side description on the other. Then...

**Retrieve:** Write-down/say out loud

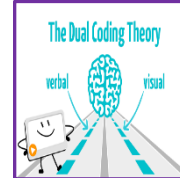
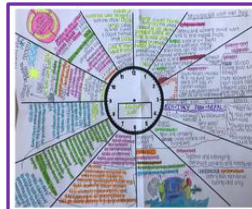
**Re-Order:** Shuffle the pack, start again

**Repeat:** Keep the card in deck until you can retrieve three times



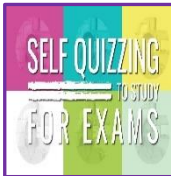
4. **Post its.** Write key facts/statistics/information on post-it notes and place around your room/house. Take pictures of these on your Phone. Don't remove until you can recall info.

5. **Revision Clocks.** Just like the hands of the clock. Each section represents a different topic. Write down everything you can remember. The times with less written within it need to be revised more.



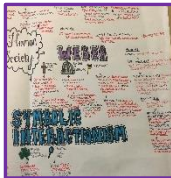
6. **Dual Coding.** When making notes you should try to use both words and images to help you understand the information better. Also, using the image will help you recall important information.

7. **Self-Quizzing.** Write yourself quiz questions and try to answer without looking at your notes. You could even use games like Kahoot and play with friends that do the same subject.



8. **Use family/carers/friends.** If you do not want to quiz yourself, give your flashcards to those you live with and them to quiz you.

9. **Topic Revision Posters.** If you have bigger topics to learn you can make a revision poster that has all the key information for one topic in one place. You can use dual coding when making this. Put it on wall or take a photo.



10. **Past Papers.** Once you have completed all your revision it will be time to try a past paper question. This can be found on the SQA website for every subject. Complete and hand into your teacher for marking. Good luck.

**BE WISE.  
REVIS!**



# St Andrew's Academy Revision Guide

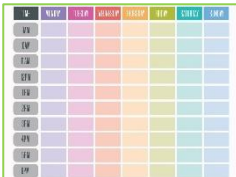


1. Start revising early. You have more time at home to complete remote learning activities. Why not start to get your revision material ready for next year?



3. Make sure all your notes are complete. If you are missing anything since the start of your course, contact your teacher on Microsoft Teams or email.

4. Routine Helps. Create a revision timetable that will help you complete your revision notes. Once you have covered new material then add to your revision notes.



2. Using effective revision techniques. You cannot rely on reading and highlighting notes. Try some of the following techniques, you may have to try a few before you find what works for you.

- Read, cover, write, check
- Flashcards
- Mind maps
- Self-Quizzing
- Revision clocks
- Post-it notes
- Dual Coding



6. Study Space. Take away all distractions. Treat your revision time like school. Remove your phone and put it in another room. Find a space that helps you concentrate.

7. Take regular breaks. Do not sit and work too long without a break you need to make sure that you are studying for short periods with enough time to give your brain a break. This will make you more efficient.



8. Look after yourself. It is important during revision time that you get plenty of rest and exercise. You will be a little overwhelmed with the changes in your routine. Self-care is important.

9. Think positive. Do not give up. As long as you are fit and healthy, complete your revision and talk with your teachers you WILL BE FINE.



10. Useful Resources

- Microsoft Teams
- Show my Homework
- SQA Website



# BE WISE. REVISE.

## What is spaced practice?

“Start planning early for exams and set aside a little bit of time everyday. Five hours spread out over two weeks is better than the same five hours all at once.”

This is spaced practice & it is regarded as one of the most effective revision strategies.

## How should I organise myself for spaced practice?

Divide up your revision into short manageable chunks of time. When revising aim for 20 - 30 minutes per session.

Mass practice or cramming is not effective & can be stressful. This is when you study for a very intense period of time just before the exam.

Dividing up your revision into smaller, manageable sections will benefit you in the long term - the revision you do for practice exams/tests will stick with you.

You need to plan your time carefully to ensure all subjects & topics are covered in shorter chunks over a longer period of time.

## What strategies can I use for effective spaced practice?

Study in small sections

Avoid Cramming

Create a revision timetable

Study the topics furthest from your working memory

Plan, Plan and Plan

## Retrieve, Record, Review



## What is interleaving?

“Interleaving is a process where students mix & combine multiple subjects & topics while they study in order to improve their learning. Blocked practice on the other hand, involves studying one topic very thoroughly before moving to another. Interleaving has been shown to be more effective than blocked practice leading to better long-term retention.”

### How should I organise myself for interleaving?

Mon	Tue	Wed	Thu	Fri
Yellow	Green	Blue	Green	Yellow
Magenta	Blue	Red	Blue	Magenta
Red	Magenta	Green	Magenta	Red

Each colour above represents a different topic. Notice how they are not all revised in order. Exam papers are not written in the order you learn, so why revise your notes in that order.

### Retrieve, Record, Review



# What is dual coding?

“Dual coding is the process of combining verbal materials with visual materials. There are many ways to visually represent materials, such as with infographics, timelines, cartoon/comic strips, diagrams and graphic organisers.”

## How should I begin to use Dual Coding?

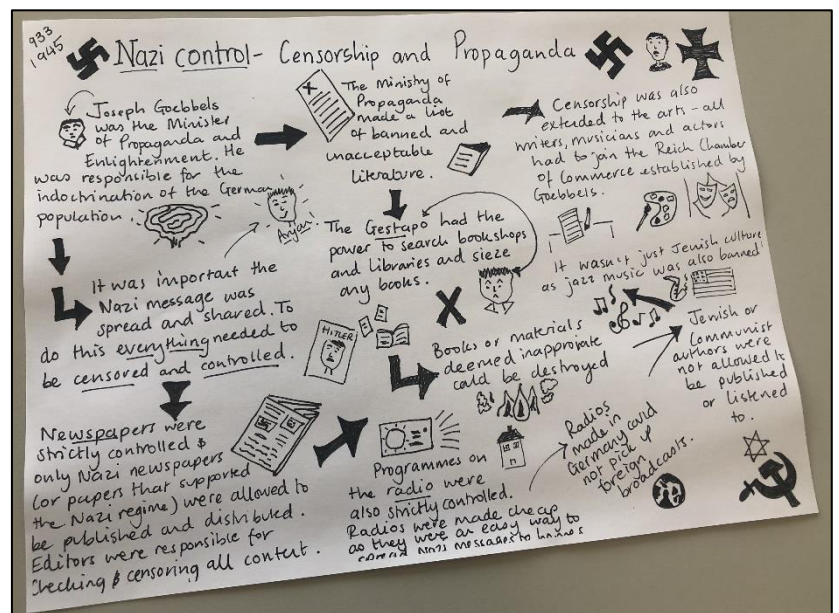
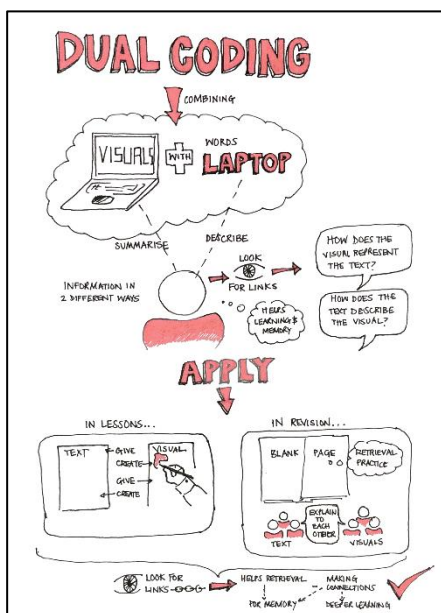
Dual coding involves you the learner drawing images, graphs, diagrams or timelines to support your revision notes.

When you are revising using your class materials find or create visuals that link with the information. Compare & combine the visuals with the words.

Don't worry if you don't consider yourself an artist - it isn't about the quality of your illustrations, the focus is to improve and deepen your understanding.

Make sure your images/diagrams are relevant. Be careful when using photos as too many background images can detract from the main points.

## What strategies can I use for effective dual coding?





## Exam Vocabulary - Command Words

There will be subject specific key terms that you need to learn for each subject. Below are a range of command words that could be used in your exams. Do you understand what the exam question is asking you? Command words can vary slightly across different subjects so it is important you understand the command words in the exam question & in the correct context.

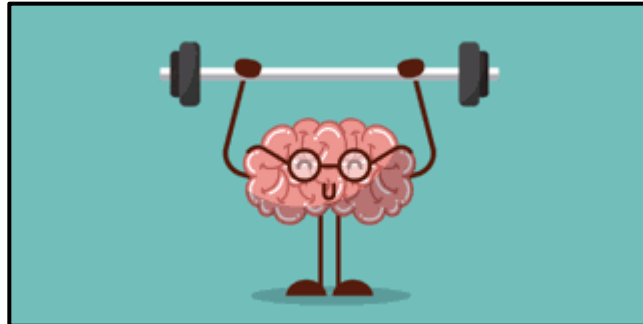
- Analyse - Examine something in detail and try to explain or interpret it.
- Annotate - Add to a diagram, image or piece of text to illustrate or describe features rather than just identify them which is labelling.
- Assess - Consider different options/arguments/factors and weigh them up to reach a conclusion about their effectiveness or validity.
- Calculate - Work out the value of something.
- Compare - Give a point by point identification of similarities and differences.
- Define - This means *what is meant by* ... give the precise meaning of a term or concept.
- Describe - Provide an account in detail of an event/individual/concept etc.
- Discuss - Set out both sides of an argument & reach a conclusion, including evidence.
- Evaluate - Consider different options/factors & reach a conclusion about their importance/impact/value/worth.
- Examine - Consider carefully & provide a detailed account of the topic.
- Explain- Provide a detailed description or interpretation of a term/concept etc.
- Identify - Point out & name from a number of possibilities.
- Illustrate - Refer to a specific case study or example (not illustrate as in draw).
- Label - Point out specific features on a diagram, image or piece of text.
- Justify - Explain why your selected choice/judgement is better than other options.
- Summarise - Sum up the main points/arguments this can be the similar to outline.

## Retrieve, Record, Review



## Well-being during assessments

Assessments 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.








**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.

**Sleep.** Staying up late to revise is a bad idea! Sleep deprivation can have a very negative impact on concentration, performance & memory

**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 assessments period? Yes! It is essential that you do make time to switch off & have a break. Watch Netflix, read or talk to friends.

 <p>Connect</p>	 <p>Be active</p>	 <p>Take notice</p>	 <p>Keep learning</p>	 <p>Give</p>
<p><b>CONNECT</b> <b>YOU ARE NOT ALONE</b></p> <p>None of us have been here before and we are all a little afraid <b>SEEK HELP</b></p>	<p><b>BE ACTIVE</b> <b>LOOK AFTER YOURSELF PHYSICALLY</b></p> <p>EAT WELL DRINK WATER MOVE YOUR BODY SLEEP</p>	<p><b>TAKE NOTICE</b> <b>YOU ARE STRONGER THAN YOU THINK</b></p> <p>STOP, BREATHE &amp; then THINK Pause, take a moment to be still Stop, breathe - this too will pass</p>	<p><b>KEEP LEARNING</b> <b>EMBRACE THE CHALLENGE</b></p> <p>We will all learn new things about ourselves, about each other, about how we work, about how we play, about how we live</p>	<p><b>GIVE</b> <b>KINDNESS WILL HELP US THROUGH</b></p> <p>Look after each other &amp; Look after yourself</p>
<p>← TAKE 5 AGAINST COVID #CompassionateCare #InItTogether →</p>				