

The science of revision!!

Pretty Notes

DONT WASTE TIME MAKING YOUR NOTES LOOK PRETTY- this is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art. Limit yourself to 2 or 3 colours so you don't get carried away colouring things in.

Layers

It's more effective to layer your revision, rather than blocking it.

That means that it's better to do little bits on different topics, rather than focusing on one thing for ages.

The Most Effective Use Of Revision Time

The concentration span in minutes of a person is their age, plus or minus one. This means that the concentration span of a 16 year old is 15 to 17 minutes – bitesize chunks Take a break, "All work and no play..." Begin revising as early as possible, the more they do the easier it becomes. Optimum is 6-8 weeks.

How Long Should I Revise?

If you just sit down to revise, without a definite finishing time, then your learning efficiency falls lower and lower, like this:



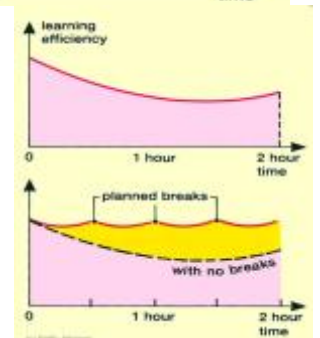
How Can I Improve This?

If you decide at the beginning how long they will work for, with a clock, then as the brain knows the end is coming, the graph rises towards the end



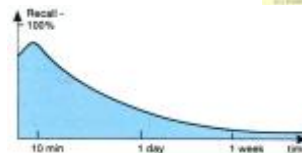
How Can I Improve This Even More?

If you break up a 2-hour session, into shorter sessions, for example 17minutes, with a short planned break between each session, learning is more efficient. Compare the next 2 graphs:



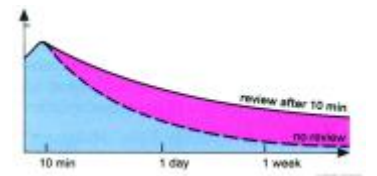
How Often Should You Revise?

This graph shows how much your brain can recall later. It rises for about 10 minutes and then falls.



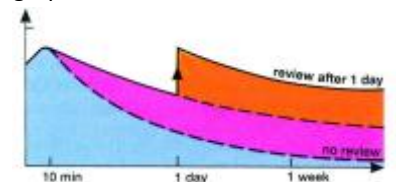
However...

if you quickly re-revise after 10 minutes, then it falls more slowly! This is good. Analyse the new graph:



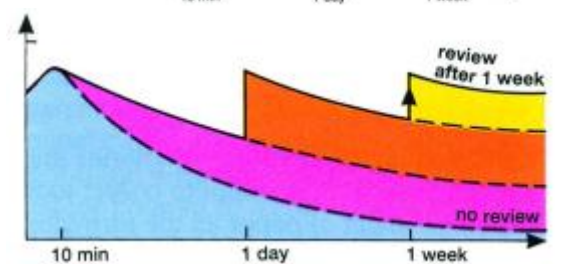
Even Better...

if you quickly re-revise again, after 1 day, then it falls even more slowly! Good! Analyse the new graph:



And Even Better Still!

if you quickly re-revise again, after 1 week, then it falls even more slowly! Great! Analyse the new graph:



When To Revise?

So the best intervals for 'topping-up', by reviewing or briefly re-revising are: 10 minutes, 1 day, 1 week and then 1 month