



Portlethen Academy

Supported Study & Revision Resources

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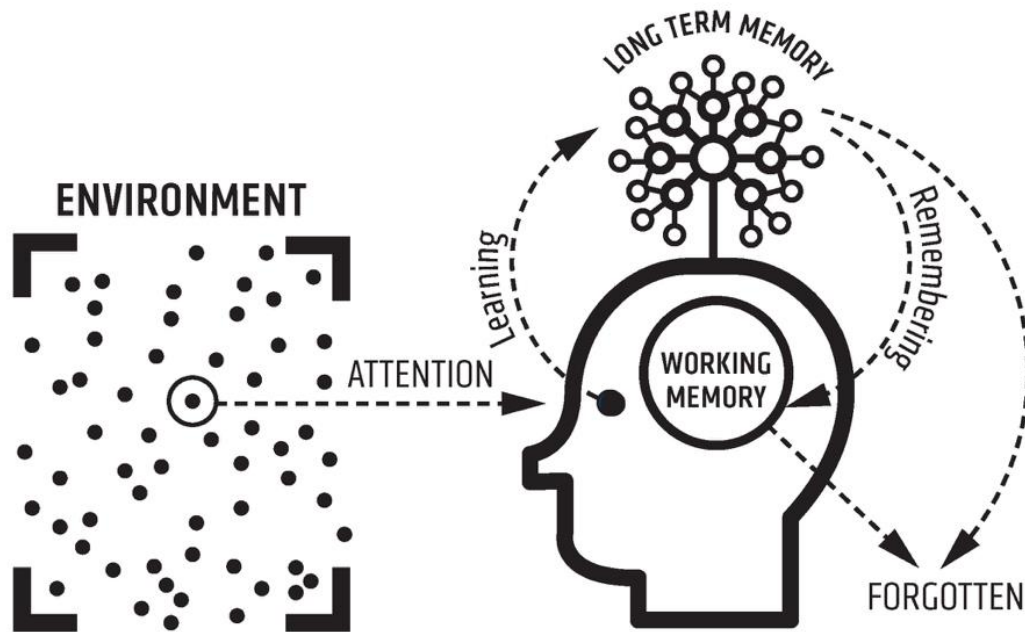
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Memory – the science of learning

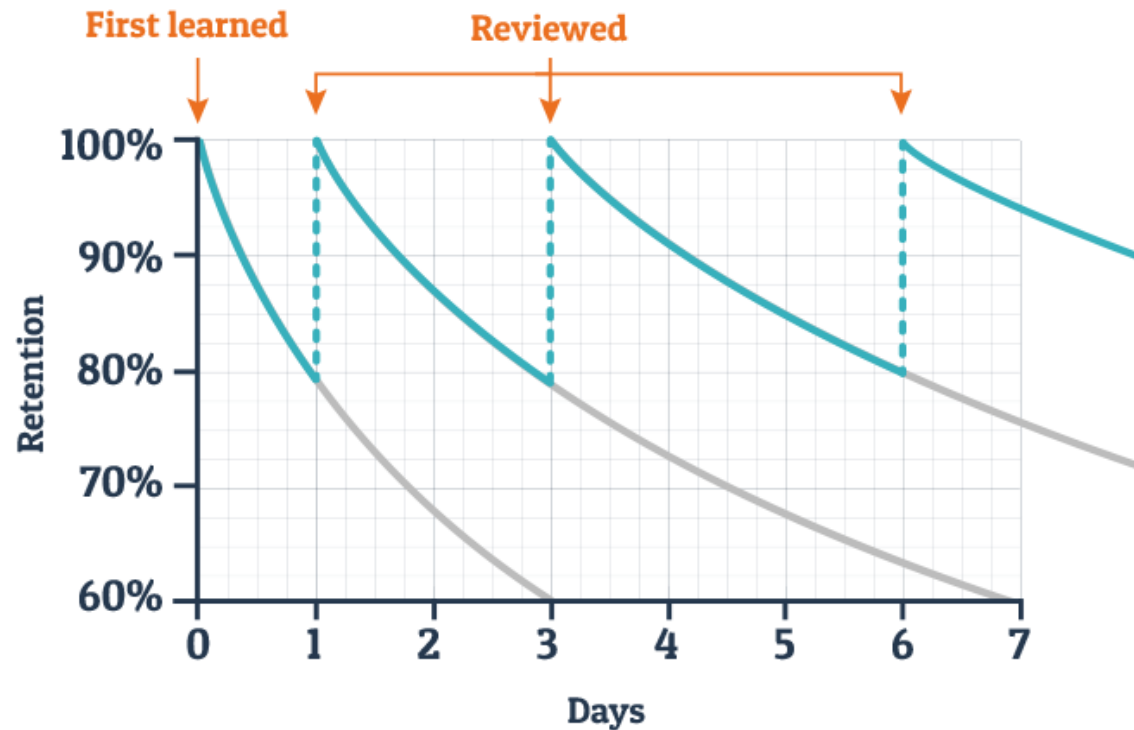
In recent years, there has been lots of research around the science of learning and how we learn and retain information.



1. We have a certain amount of attention to pay and this can be limited and can dramatically vary depending on the individual or the environment. In the diagram above, '**attention**' means we acknowledge new information and this is then transferred into our working memory.
2. Our **working memory** is where you do your thinking and where you take in new information. It is finite and we can only absorb a limited amount of information at a given time otherwise it gets crowded (research suggests we can hold 5 things in our working memory at one time). This may be up to 30 seconds. *As an example, if you write down a 'long number' and try and remember it every 30 seconds, you will be surprised how difficult this is to do!*
3. Information is processed into our **long-term memory** through '**learning**'. This long-term memory is effectively unlimited, and we can retrieve information from here back into our working memory as needed in a given moment. When we remember something, it comes from here. *As an example, this might be your phone number or address. We don't walk around thinking about those two things every second of the day but it is in our long-term memory ready to be used and retrieved when needed.* However, if we don't use the information it fades (is forgotten). **Learning is therefore a change in your long-term memory.** Whatever you think about, that's what you remember. Therefore, revision activities must require you to think hard.
4. Information in our **long-term memory** is interconnected and linked with prior knowledge. Anything that is not connected or not successfully stored well enough in our long-term memory is forgotten and this is completely natural.
5. If students undertake enough **retrieval practice**, generating the information in our long-term memory, it increases a level of fluency within the subject. Practice makes perfect!

Forgetting is completely natural. Research has shown that over time you forget a majority of what you've learnt and it happens immediately. The following diagram outlines this process and is called the **Ebbinghaus Forgetting Curve** (1885).

Typical Forgetting Curve for Newly Learned Information



Ebbinghaus proposed that humans start losing ‘memory of knowledge’ over time unless the knowledge is consciously reviewed time and time again. He conducted a series of tests on himself which included the memorization of a meaningless set of words. He tested himself consistently across a period of time to see if he could retain the information. He found that:

- Memory retention is 100% at the time of learning any particular piece of information (in the moment). However, this drops to 60% after three days.
- A range of factors affect the rate of forgetting including motivation, the meaningful nature of the information, the strategies for revision and also psychological factors (sleep for example).
- If each day, repetition of learning occurs and students take time to repeat information then the effects of forgetting are decreased. According to research, information should be repeated within the first 24 hours of learning to reduce the rate of memory loss.

Practice and retrieval help to break this ‘forgetting curve’ as it strengthens the long-term memory and stops information from fading.

In summary, what do we know about **memory**?

- Consistent practice and revisiting previous material strengthen memory and boosts learning.
- Our working memory is finite and limited and so overloading this or cramming for revision doesn’t work.
- Information, if not revisited, is ‘lost’ from our memory.

Retrieval Practice: Flashcards

Simply put, recalling information from memory is simple and powerful. Retrieval practice is a learning strategy which makes you think hard and brings information to mind. It is the action of actively retrieving knowledge that boosts learning and strengthens memory. **It means trying to remember previously learned information as opposed to simply re-reading it.** It builds confidence over time and allows you to identify gaps in your knowledge. Examples include:

- Knowledge quizzing, low stakes testing and multiple-choice tests.
- Completing past paper questions or practice answers.
- Answering verbal questions asked by teacher/peers/parents.
- Summarising, creating flashcards or revision materials where you can 'test' yourself.

Retrieval Practice: Flashcards

One particularly effective strategy is the creation and use of **flashcards**. Flashcards are generally a card containing a small amount of information on either side as an aid to learning. The use of flashcards is for low stakes testing to improve recall and to strengthen memory.

ATTRITION

The action of rock fragments colliding into each other causing them to become smaller and rounder over time.

An effective flashcard may include the following (*in each subject they will be used in a different way*):

- A key term/key word with definition on the back.
- A key date with the event on the back.
- A key equation with its use in practice on the back.
- A past paper question/plan and a model answer on the back

Gather information to create the flashcard. Use your books, textbooks and revision guides.



Select the most important information to put on your flash cards.



Write/draw the information on one side and write the answer on the other side.

Retrieval Practice: Flashcards

In order to use flashcards most effectively, the **Leitner System** is a desired strategy for spaced testing. Once you have created a set of flashcards, create three boxes/areas marked as the following:

BOX 1: Every day	BOX 2: Twice a week	BOX 3: Once a week
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- Test yourself on the flashcards in the Box 1 pile. If you get the answer correct on the flashcard, move it to the Box 2 pile. If you get it incorrect, it stays in Box 1.
- Twice a week, test yourself on the flashcards in Box 2. If you get the answer correct on the flashcard, move it to the Box 3 pile. If you get it incorrect, it stays in Box 2. The aim is to get all of the flashcards to Box 3.

Retrieval Practice: Flashcards

Retrieval and Flashcards 'Do':

- Put a single piece of information on each flashcard.
- Sort your flashcards according to your confidence with them (see above).
- Create 'decks' for each topic. This may be a different colour card for each subject/unit.
- Mix up topics so you aren't always testing yourself on the same topic.
- Practice the information you struggle and need to improve on.
- Use PLCs, checklists or revision guides as a way to monitor your retrieval practice.
- Move beyond recalling simple facts to detail and analysis.

Retrieval and Flashcards 'Don't':

- Spend more time making the flashcards than using them.
- Put lots of information onto each flashcard.
- Revise the flashcards in the same order every time that you use them.
- Only read the flashcards – test your memory!
- Assume everything you've written is correct.
- Throw away your quizzes or brain dumps.
- Avoid testing yourself on tough topics or ones you dislike. You want it to be difficult.

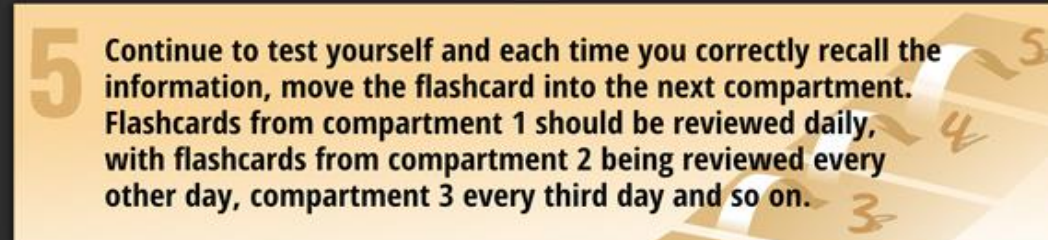
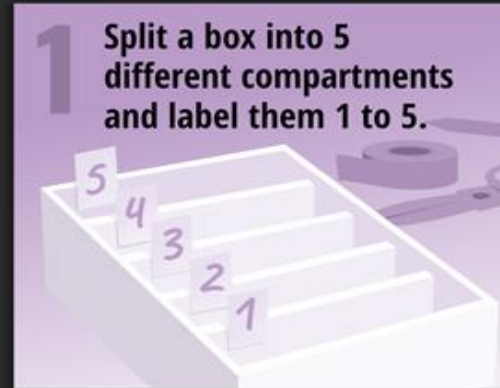
Retrieval Practice: Flashcards

This video will help support you in using the Leitner system:

<https://www.youtube.com/watch?v=C2oEvKtdJwQ>

USING FLASHCARDS TO REVISE

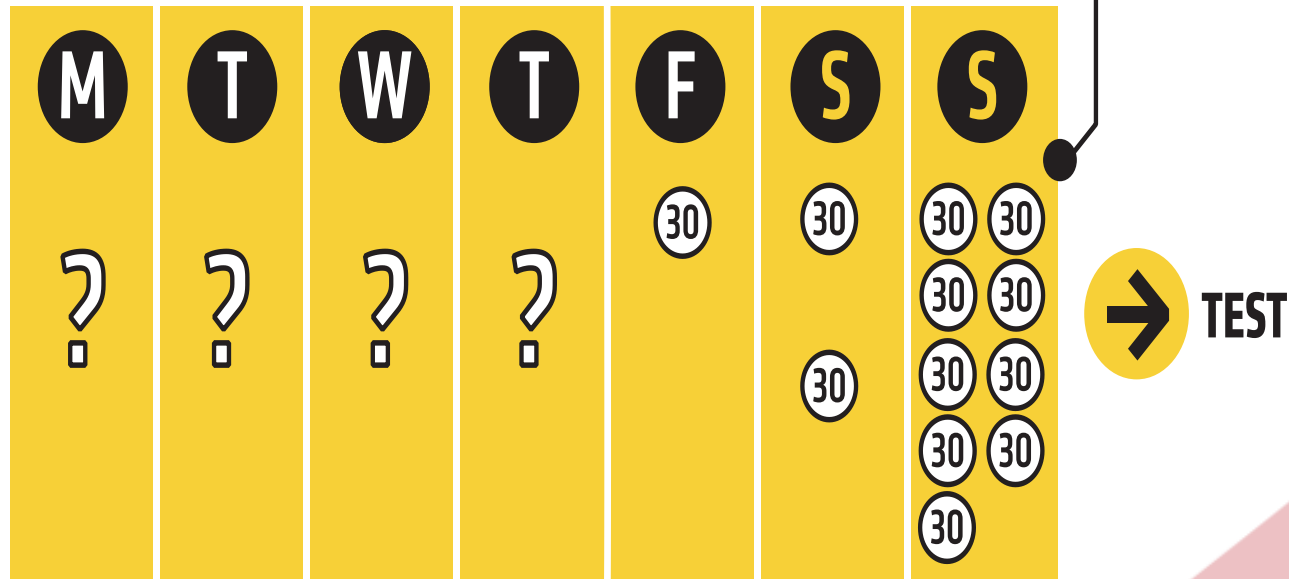
by @inner_drive | www.innerdrive.co.uk



Spacing & Interleaving

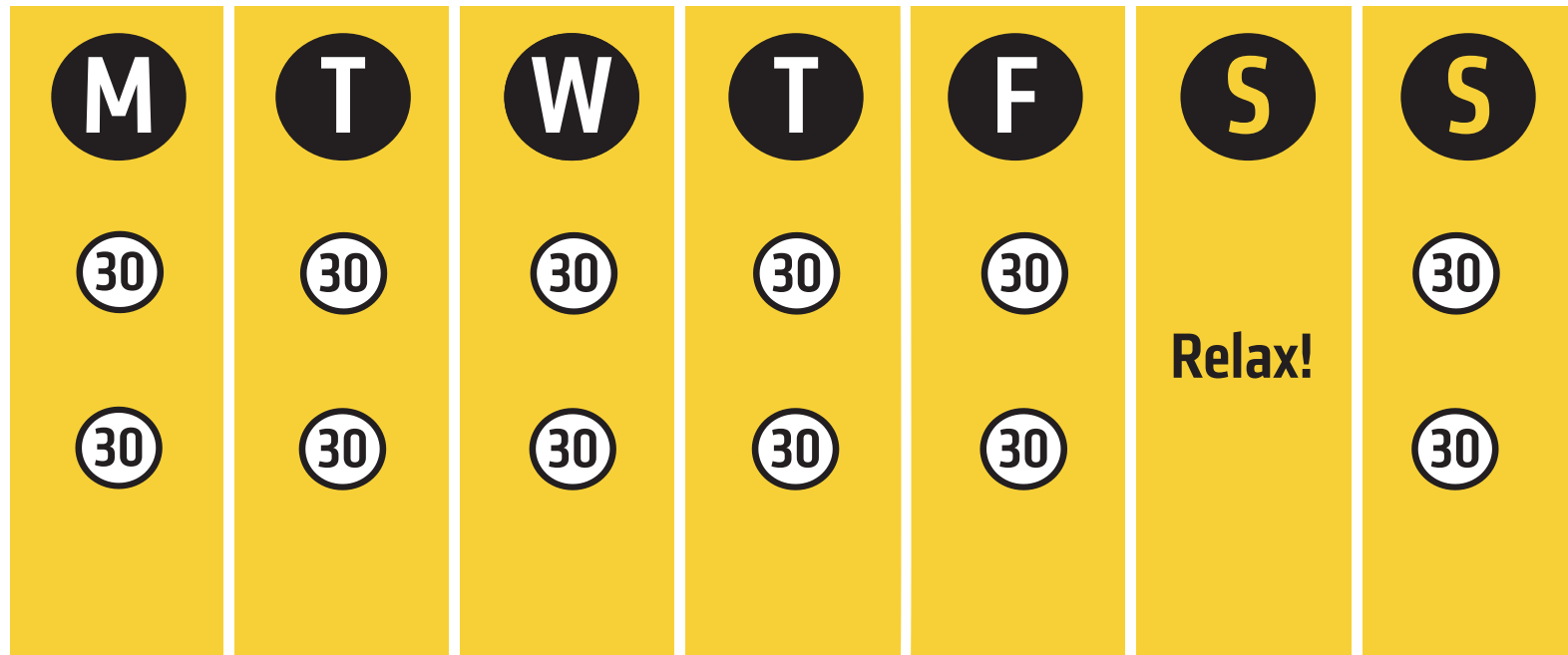
Spacing out your revision into smaller chunks over a period of time helps you to remember the material better and ensures you are less stressed with your revision. This ensures you are not **cramming** as it will overload your memory and make you overconfident. By leaving time between revising and testing, the harder your brain works, the more chance of remembering.

Let's say you have a test one week and you have 5 hours to prepare for it broken down into 30 minute chunks. Very often that process looks like this.



Spacing & Interleaving

Instead of mass practice, a much more effective way of revising is to space out your revision like this:



By breaking up your revision into 30 minute chunks and spacing out the time between revision, you will consolidate what you have learned and retain the material much more effectively.

Spacing & Interleaving

Interleaving involves switching between ideas and topics during a study session and not revising in blocks of topics. This ensures that you are not studying one idea or topic for too long. Mixing up your revision and chunking it supports learning and strengthens your memory as we know you need to review information over time to reinforce learning. *If a subject involves a narrative (story), revise this in one piece.*

Blocking



Interleaving



Spacing & Interleaving

For example, instead of organising your revision week like this:

M	T	W	T	F
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE
MACBETH	AN INSPECTOR CALLS	CREATIVE WRITING	UNSEEN POETRY	JEKYLL AND HYDE

A much more effective way of organising your revision would be like this:

M	T	W	T	F
MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING
AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING	MACBETH	UNSEEN POETRY
CREATIVE WRITING	MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE

As you are doing this, another highly effective strategy is to try to think of connections between topics you are studying considering similarities and differences.

Studying one topic for a long time can give them impression you have mastered it but often this can be misleading.

Deliberate Practice



Practice is essential. You can revise all you like but without practice, it is wasted. Start by spending time reviewing a topic/unit before quizzing/testing yourself **with no notes and from your memory (this is vital for revision)**. Once you have finished, check your answers. **This will support you in showing where your ‘knowledge gaps’ are and where focus needs to be in your future revision.** Revision shouldn’t keep you in your comfort zone, you need to be thinking hard and identifying your own areas for development. Avoid simply revising topics you enjoy. A technique to support deliberate practice is the **Pomodoro Technique**.

Deliberate Practice

Practice should be applying the knowledge and skills you need to succeed so may involve exam questions or planning answers.

Deliberate Practice 'Do':

- Spend time practising what you will be tested on.
- Practice the areas you struggle and need to improve on.
- Make sure you review your practice – get a teacher to check it or review your notes and answers against mark schemes.

Deliberate Practice 'Don't':

- Use notes, the point is you are doing it from memory!
- Only practice areas you find easy or do well at.
- Spend too long on a question – stick to timing and practicing what it will look like in exam conditions.

Summarising & Chunking Information

Chunking information into manageable chunks to revise is a powerful strategy as it aids motivation and ensures your working memory is not overwhelmed.

1. **Breaking up the information into paragraph or section chunks** – this ensures you can work through, revise and learn, one part of the text at a time. Give each section a heading to support your understanding.
2. **Only highlight the core information and do not highlight everything** - what is actually needed?
3. **Take out the information you have highlighted and bullet point it onto a revision card** – use this knowledge to explain the ‘story’ and narrative and to test yourself.

Summarising & Chunking Information

Muhammad Ali, arguably the greatest boxer in the history of the sport. He was born in 1942, in Louisville, Kentucky in the United States. He was named after his father, Cassius Clay, Sr., who was named for the 19th century abolitionist and politician Cassius Clay. He changed it to Muhammad Ali in 1964. He became a boxer at the age of 12. As an amateur boxer he won many titles, culminating in the Light Heavyweight gold medal in the 1960 Olympics in Rome, Italy. When Ali returned home to the states, he was so proud that he wore the medal around his neck wherever he went. After a week, he went to a café and ordered a drink. The waiter said "I'm sorry, we don't serve coloured people". Ali was so incensed by this! He had represented his country, won the gold medal, and come back to this kind of treatment. Muhammad Ali ripped from his neck and threw it into a river. Ali turned professional at the age of 18. Ali's record was 100 wins, 5 losses when he ended his amateur career. Ali became the World Champ at the age of 22. Clay was famed for his unorthodox fighting style. Rather than match his opponents with brute force, Clay brought tactics and strategy into the ring. With his fast-moving style, he was equally adept at dodging a punch as at delivering one. His fancy footwork soon became known as the 'Ali shuffle'. Ali also fought a great psychological game, often beating fighters before they stepped foot in the ring. It was in the pre-fight build up to his first world title fight with Sonny Liston that Ali famously said "I will float like a butterfly and sting like a bee". In 1967, when Ali refused on religious grounds to be drafted into the US army to fight in Vietnam, he was stripped of his title and banned from boxing, two decisions he successfully overturned in court. This he achieved by defending himself brilliantly without a lawyer. In 1971, Ali lost the title to Joe Frazier. Ali went on to win it back and then fought in two of the most famous fights in the history of boxing; The Rumble in the Jungle, versus George Forman and The Thrilla in Manilla, again versus Joe Frazier. Ali is the only boxer to have held the World title on 3 separate occasions. Ali retired from professional boxing in 1981, at the age of 39, with a career record of 56 wins and 5 losses, and as a three-time World Heavyweight Boxing Champion. Throughout his boxing career Ali was won over 50 million \$. Muhammad Ali became a Muslim around the age of 22, and a member of a group known as the Nation of Islam (or the Black Muslims) and was inspired by the teachings of Malcolm X. Muhammad Ali has been married 4 times, and has had nine children. There have been many films made of his life, most recently with Will Smith in the title role. Ali was awarded the coveted title of 'Sportsman of the Century' by the BBC in 1999. Although suffering from Parkinson's disease, Ali still makes many public appearances. He refuses to allow his disability to beat him. He travels around the world doing great work for charity.

Summarising & Chunking Information

Paragraph 1: ‘Born’:

Muhammad Ali, arguably the greatest boxer in the history of the sport. He was born in **1942**, in **Louisville, Kentucky** in the United States. He was named after his father, **Cassius Clay, Sr.**, who was named for the 19th century abolitionist and politician Cassius Clay. He changed it to Muhammad Ali in 1964. **He became a boxer at the age of 12.**

<u>Born:</u> <ul style="list-style-type: none">• 1942• Kentucky• Cassius Clay• 1964	<u>Boxing:</u> <ul style="list-style-type: none">• Age 12• 1960 Rome Olympics• Professional at 18• 100 wins, 5 losses at amateur
<u>World Champion:</u> <ul style="list-style-type: none">• Age 22• ‘Float like a butterfly, sting like a bee’• Vietnam 1967• 3 times World Champion• \$50 million	<u>Life:</u> <ul style="list-style-type: none">• National of Islam• Married 4 times• 9 children• BBC Sportsman of the Century 1999

Dual Coding

When reviewing something you have learnt, combining words and pictures can be powerful. Research suggests that combining words and images increase your learning by visually representing information in two different ways. Examples of this include creating:



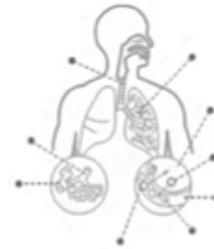
Timelines

These can show the events that happen in a sequence, and the links between these events.



Mind Maps

These allow you to group information in branches from a central theme



Diagrams

Diagrams to annotate key information e.g. biological features about the body.



Story Boards

These can help you remember the key parts in a story or event



I = Input O = Output

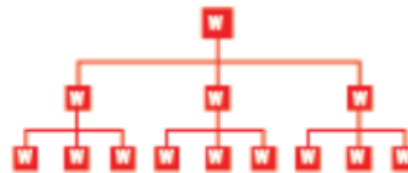
Flow Diagrams

Use flow diagrams to highlight cause and effect, input/output and processes



Venn Diagrams

Useful to compare change/continuity in history or characters in English



Graphic Organiser

These can chunk any aspect of a topic; hierarchy, process, cause/effect etc.

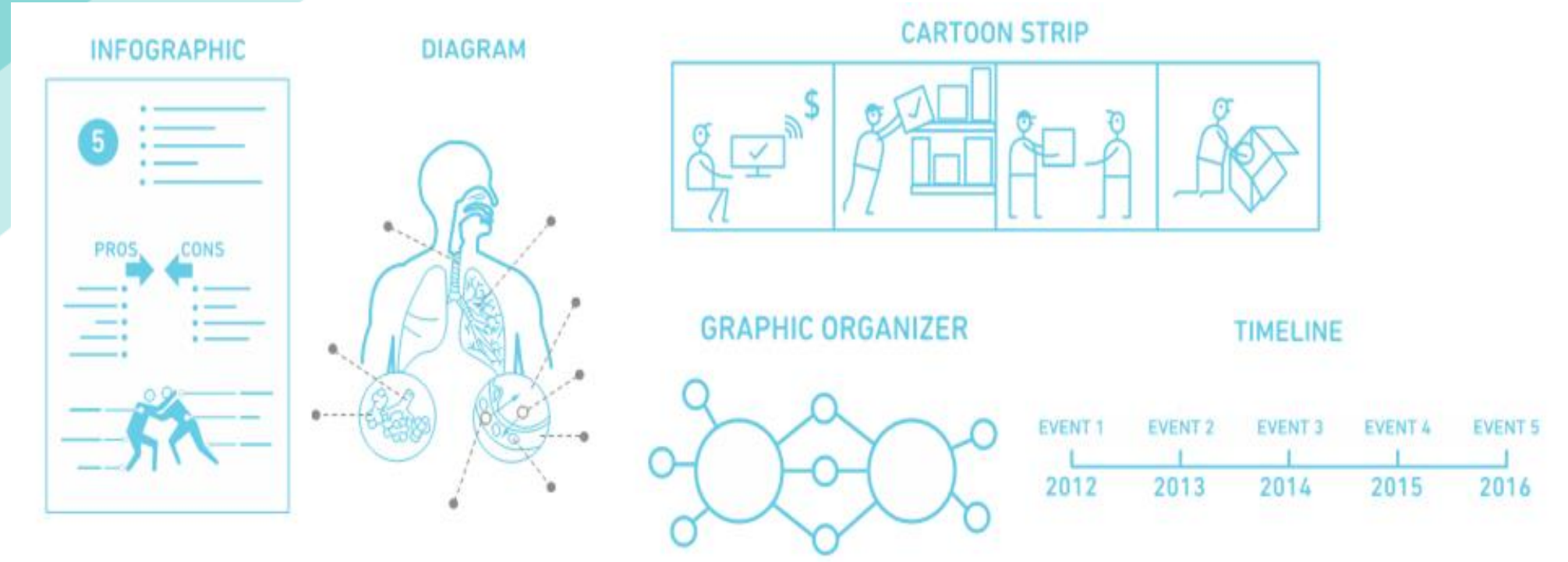


W = Word V = Verb on line

Concept Maps

Use to highlights links between themes, concepts and ideas.

Dual Coding



These videos might be of interest:

<https://www.youtube.com/watch?v=g1SqSp2Ljqc>

<https://www.youtube.com/watch?v=JaDIfX8CHkw>

Developing Revision Routines & Habits

Within your revision, it is vitally important to establish a strong routine. Having goals are good for setting a direction. What do you want to achieve in *this* revision session? Habits are incredibly powerful in helping you to succeed. If you have the mindset of wanting to be a better student and build the habits to become the person you want, the results will come. Getting one percent better every day counts for a lot in the long-run.

In order to support the forming of good revision habits, there are a number of areas to consider:

- **Make it obvious** – revise in one area, leave your materials out ready to support organisation and ensure routines are stuck to. Ensure your environment is clear, uncluttered and comfortable.
- **Start small and build up** – reduce distractions where and when you revise and get your family to encourage the creation of a revision timetable and placing it somewhere visual in your house. Ensure someone else is knowledgeable of this timetable to enable accountability and aid support. Start revising for a short amount of time and build up over time.
- **Make it attractive** – collaborative focused revision (with friends) is beneficial (alongside attending interventions or revision sessions) but you could also ensure there is a ‘reward’ at the end of a revision session. *If I complete this, I can do this.* Write a revision contract.
- **Make it satisfying and rewarding** – challenge yourself, track your own revision progress and ensure you stick to your revision timetable. Small steps build success and motivation. Use PLCs or checklists to support. Focus more on ‘I’m a hard worker’ than ‘I want an ‘A’.

Creating an Effective Revision Environment

Goals are good for setting a direction but systems are best for making progress. We know that working memory can only hold a small amount of information at once. Therefore, in order to revise and learn effectively, you should use techniques which free up your working memory and stop it from being overwhelmed. One way is working in an environment which is free from distractions.

Find a quiet, tidy room with minimal distractions – your bedroom, library or classroom.

Put your revision timetable, exam timetable and other documents visible on your wall

Make sure you have a drink and snack with you, staying hydrated and full is important



Put your phone in another room, it is too much of a distraction -

Loud music is a distraction, if you must listen, it needs to be low tempo, without lyrics

Have all your revision materials and stationary on your desk ready to go - make it obvious

Whilst **phones** are a brilliant intervention, research has found that they have a negative impact on revision and learning. It can reduce concentration, impacting working memory, impact your sleep due to the bright lights and distractions, reduce your motivation to reduce and through listening to music, you are more likely to remember the lyrics to the song than the material you are revising

Creating a Revision Timetable

1. Collate all your topics and determine where you need to focus your time. Which subjects and topics do you need to target?
2. Create a table for a week with 30-minute revision slots and breaks built in.
3. Write the subjects in the table, leaving yourself at least two days between each.
4. Type it up so you re-use it and edit it. Ensure it is easy to check and find.
5. Put it somewhere visible and tick off completed sessions = see the success! Ensure someone at home also has ownership of it. It will support motivation.

For an example revision timetable, see below. *This involves only English, Maths, Science and R.S to show how a timetable may look but please ensure all subjects are included depending on the focus at a given moment.*

Creating a Revision Timetable

Subjects		English	Maths	Science	R.S.		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 mins	Reactions	Biblical experiences	Buddhism	Features of theatre texts	Atoms, electrons and protons	Experiences of an author	Properties
30 mins	The late romance plays	Expansion	Features of compounds	Partial fractions	Buddhism	Partial fractions	Features of theatre texts
Break							
30 mins	Equations	Act One character and plot	Algorithms	Properties	Features of compounds	Theme of Power and Control	Experiences of an author
30 mins	Properties	Buddhism	Theme of Power and Control	Act One character and plot	Algorithms	Equations	Expansion

Create a study plan

Everything's easier when you have a plan so if you're feeling overwhelmed and struggling to prioritise, learn how to create a great study plan that'll help you focus on the actual studying.

Avoid cramming

Lack of sleep stops the brain from absorbing information as effectively, so skip the caffeine-fuelled all-nighters, get a good night of rest and you'll feel more prepared for important assignments.

Plan ahead and manage your time

Schedule your studying, prioritise your time, and focus on your most urgent assignments. Spread your schedule out throughout the day and give yourself a break from one subject by working on another - nobody can study maths for the whole day. The more you stick to your plan, the more productive you'll be.

Studying

Find a place to study which suits your study habits and keeps you focused. Nobody can study 24/7 and you don't have to do all your work in one go. Take regular breaks to give your brain a refresh.

Don't panic

Your study plan isn't set in stone so, if you're struggling to keep up, take the time to look over your schedule and re-plan it to get back on track. Even with your study plan, you may run out of time and find you can't cover all your topics. If this happens, try to prioritise your problem areas.

MyStudyPlan app

Organise your revision timetable and create your own study plan with our MyStudyPlan. Import your exam schedule, enter your time availability and use the information to prioritise how much time you want to spend on each subject.

[Download MyStudyPlan from the App Store](#)

[Download MyStudyPlan for Android](#)



Ineffective Revision Strategies

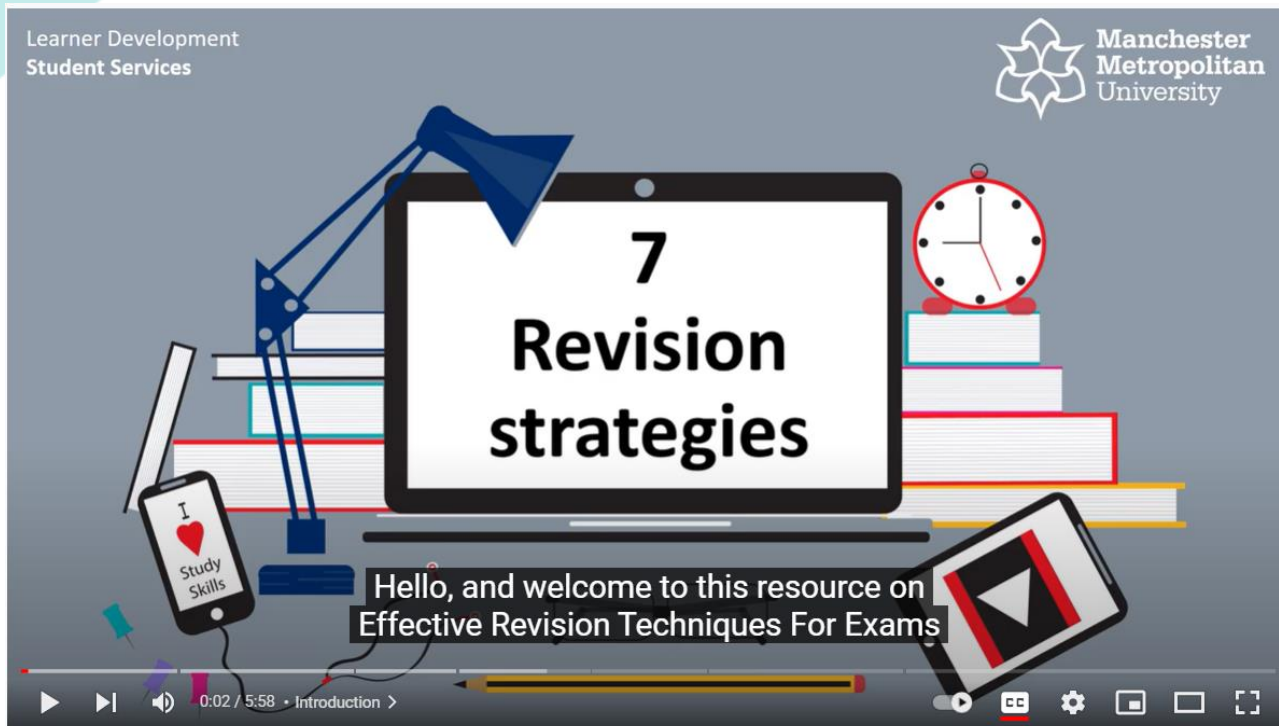
With the above in mind, it is vitally important to think about strategies that students may employ that have a limited or no real benefit on learning or memory. These include:

- Simply writing out notes or copying from a textbook/exercise book.
- Cramming revision to the ‘final minute’ overloads your working memory so you can’t learn at all. It can also cause stress/anxiety before exams.
- Re-reading and doing nothing with the information. Trying to focus on ‘too much information’ on a single page and cramming revision.
- Highlighting information for the sake of it.
- Not enough silent work or attention to a given task. Attempting to revise while multitasking and doing other things.
- Comfort zone revision of easy material that pupils have already mastered because it makes you ‘feel good’.

Revision videos

Some helpful clips demonstrating/summarising revision techniques

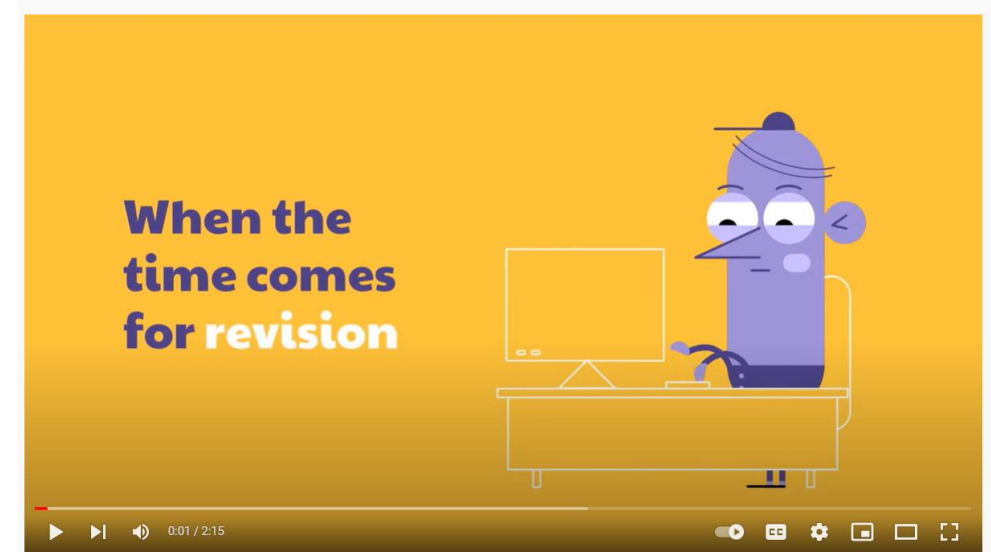
<https://www.youtube.com/watch?v=cAJ97CEaWHQ>



<https://www.youtube.com/watch?v=p60rN9JEapg&t=11s>



<https://www.youtube.com/watch?v=0R4jPwsz8l4>



Checklist

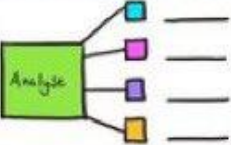
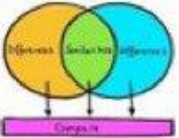
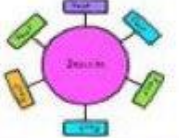
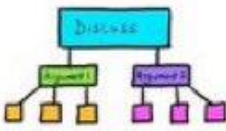
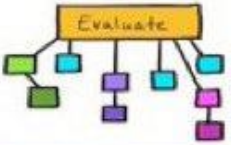
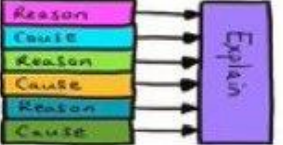

Many of you will know which revision strategies work best for you or indeed for different subjects. Working through the bullet points below to show you are taking responsibility for your learning.

1. Register with Esgoil for any subjects you are doing so you can access the supported revision sessions
2. Check out the mental health and wellbeing space on Esgoil
3. Add the SCHOLAR tile to your Glow launchpad and check which of your subjects are there and use them accordingly
4. Create an account on BBC Bitesize that has all the subjects you are studying so you can access them quickly and use them to support any revision
5. Check your Teams and Google Classrooms on Glow for notifications – do you know how to use the calendar on Glow for assignments?
6. Check your MySQA is up to date with all your personal details.
7. Watch all three videos in slide 27 and use that information to apply some of the strategies to the subjects you are studying.
8. Create a study plan – making sure to include your other commitments so you get as balanced a timetable as possible.

Helpful Hints & Tips

EXAM COMMAND WORDS on Impact Wales Guide

We provide bespoke research-informed school support designed for impact. To find out more www.impact.wales

@ImpactWales Analyse	Break down into its fundamental parts and examine each in detail, stating its significance.		Key point 1 this shows/operates/gives/illustrates. Name and describe each key point.
Compare	Identify differences and similarities between two or more sources of evidence.		however, whereas, larger than, greater, smaller, more than.....
Describe	Write about the features of a source of evidence using factual details.		patterns, trends, characteristics, distributions, effects, relationships
Discuss	Build up a balanced argument with supporting details.		Fact... this is supported by shown by, you can see that, exemplified by, an example of this is....
Evaluate	Make a judgement about or give an opinion on a source of evidence, backed up by supporting details.		This shows that.... I believe that... In my opinion... The evidence shows us that....
Explain	Give reasons or causes for. Show an understanding of how or why something has occurred.		this happened and this shows... causes a reaction.... shows how it can/will
Summarise	Draw your key ideas and key points on a source of evidence together in one short section of writing.		Must be: Concise, accurate, objective Condenses information into key points

Helpful Hints & Tips

TIME MANAGEMENT TIPS ON HOW TO BE EFFICIENT

STAY ORGANISED

CREATE A
REVISION TIMETABLE
AND A TO DO LIST
TO KEEP YOU
ON TRACK WITH
SCHOOL WORK AND
REVISION.



TRY NOT TO PROCRASTINATE

TURN OFF THE
TV AND PUT
YOUR PHONE ON
FLIGHT MODE
WHILE STUDYING.



SET GOALS

SETTING GOALS
WILL HELP YOU
STAY FOCUSED
WHEN REVISIONING.



STAY HEALTHY

EAT WELL AND
EXERCISE. ENERGY
LEVELS WILL BE
HIGHER AND YOUR
MIND WILL BE MORE
FOCUSED.



TAKE BREAKS

DON'T FORGET TO
SCHEDULE BREAKS.
THIS COULD BE
TAKING A WALK,
STRETCHING OR
MAKING A
DRINK/SNACK.



BE FLEXIBLE

LEAVE ROOM IN
YOUR SCHEDULE
TO ADJUST TO
UNEXPECTED
EVENTS.



Helpful Hints & Tips

REVISION TIP



**SPEND ENOUGH
QUALITY TIME ON
YOUR REVISION**

EXAM TIP



MAKE YOUR ANSWERS
MORE INTERESTING
BY USING DIAGRAMS

EXAM TIP



IF YOU HAVE ENOUGH
TIME AT THE END
CHECK THROUGH
YOUR ANSWERS

EXAM TIP



READ ALL THE
INSTRUCTIONS
CAREFULLY

REVISION TIP



USE PAST PAPERS TO
TEST YOURSELF ON
TOPICS YOU FIND HARD

REVISION TIP



MAKE SURE YOUR
NOTES ARE UP TO DATE
WITH NONE MISSING

REVISION TIP



MANAGE YOUR
TIME AND WRITE A
REVISION CHECKLIST

6

REASONS THE TESTING EFFECT IS IMPORTANT

The power of tests, quizzes and retrieval

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Improved memory,
retention and recall



Makes you a more
confident learner



Reduces
exam nerves



Enhanced memory
during stressful
situations

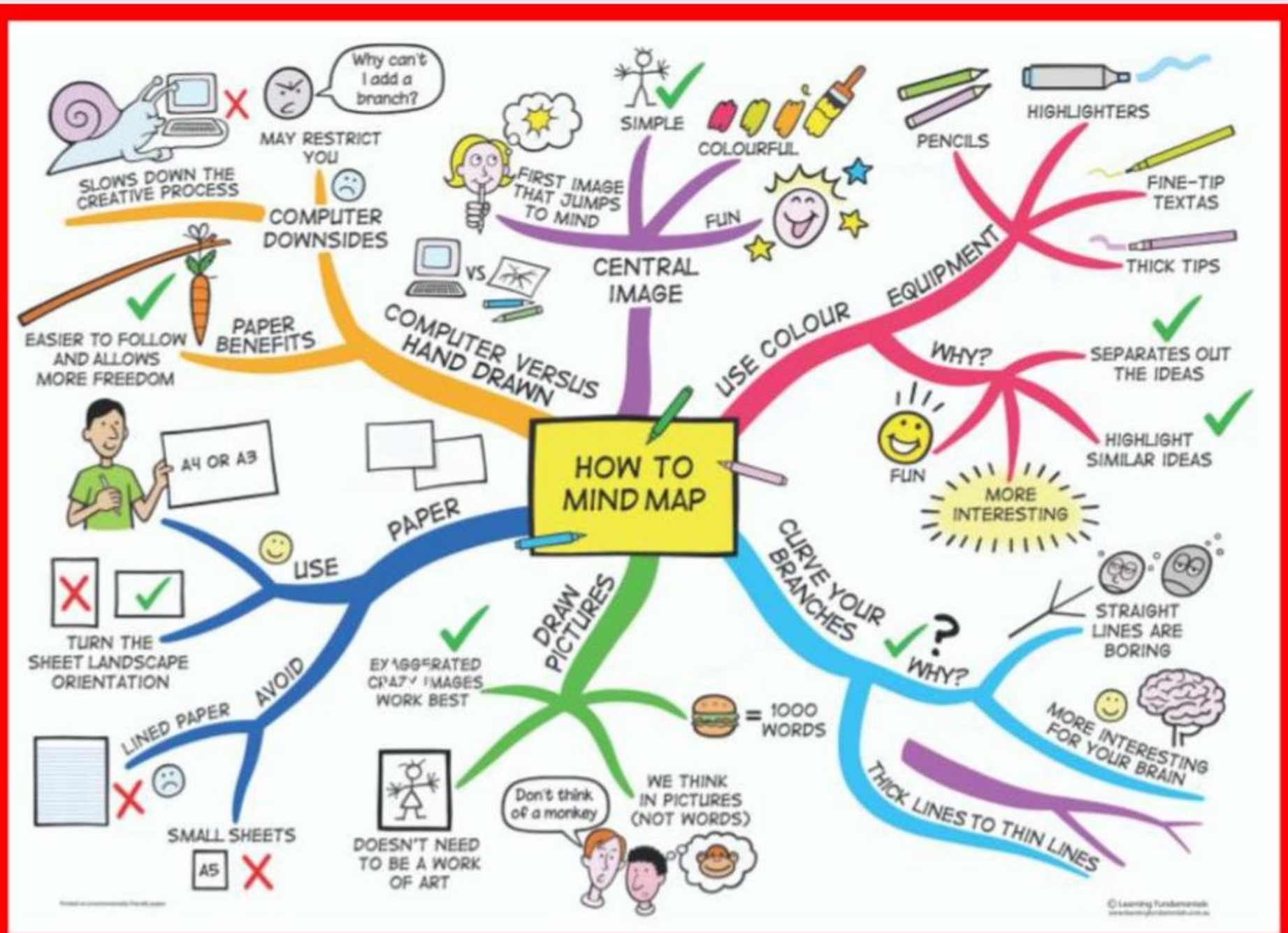


Helps you identify
what you do
and don't know



More effective
revision

Helpful Hints & Tips



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