

How to revise effectively



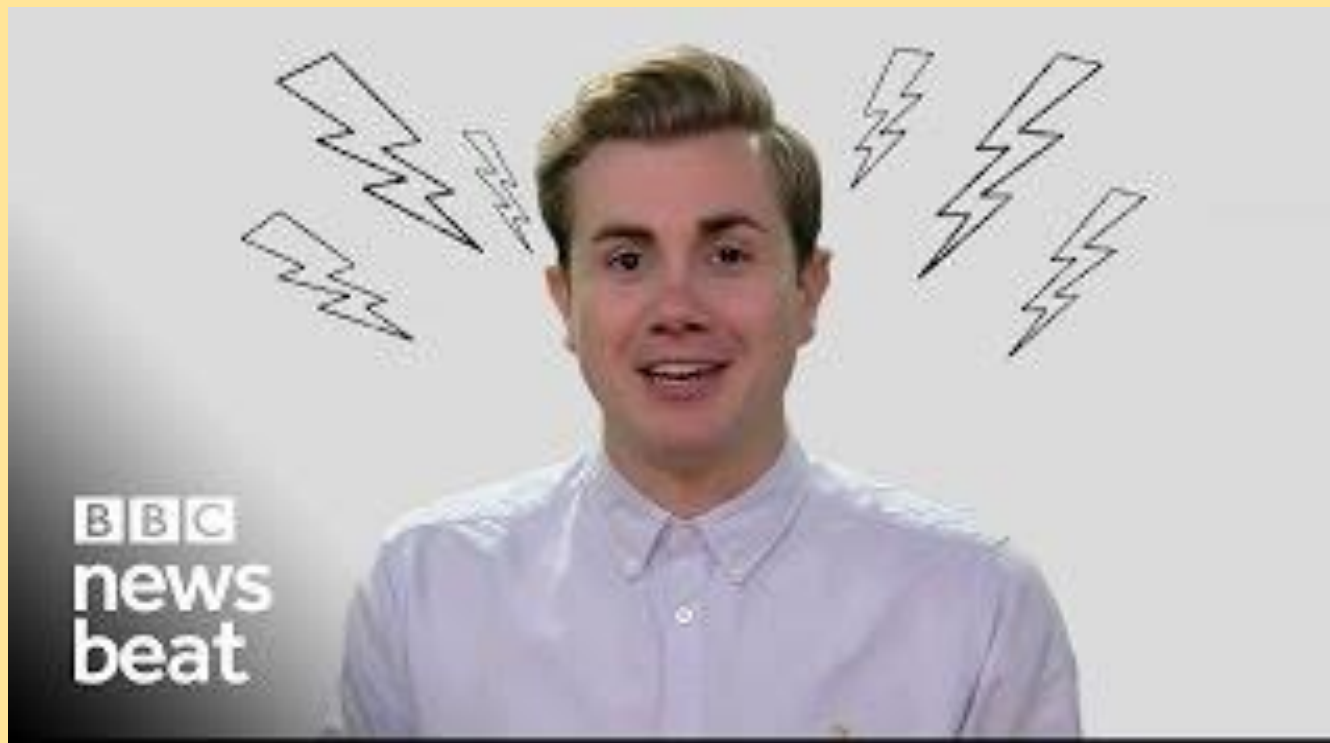
Together. We Care. We Challenge. We Excel

Our aim:

Confident and prepared.



Together. We Care. We Challenge. We Excel



How to revise – BBC Newsbeat - https://www.youtube.com/watch?v=WDKQxi0_Ogc

Together. We Care. We Challenge. We Excel



How most students want to revise....

- Students perceive 'blocking' (re-reading, highlighting etc) as more impactful and effective than retrieval practice (even though all the evidence shows otherwise!), because they get a more immediate sense of reward for their efforts. (Janssen et al, 2023).
- Success breeds motivation (Peps Mccrea) meaning that students are more motivated to continue to use a technique they feel is bringing success.



How most students want to revise....

- Students perceive ‘blocking’ (re-reading, highlighting etc) as more impactful and effective than retrieval practice (even though all the evidence shows otherwise!), because they get a more immediate sense of reward for their efforts. (Janssen et al, 2023).
- Success breeds motivation (Peps Mccrea) meaning that students are more motivated to continue to use a technique they feel is bringing success.

This is a problem - we need our young people to realise that ‘blocking’ is not effective, and other methods are! This is why retrieval practice is part of our Framework for Learning at Tavistock College.



Together. We Care. We Challenge. We Excel

THE 6 HABITS OF HIGHLY SUCCESSFUL STUDENTS



How to study effectively - <https://www.youtube.com/watch?v=CPxSzyIrcI>



Together. We Care. We Challenge. We Excel

What is retrieval practice?

- If you watch the video from the previous slide, it is the sixth and most effective strategy, they call it 'recall'.



Together. We Care. We Challenge. We Excel

Educational research tells us that retrieval practice is one of the most effective ways to learn and revise information

- The most effective teachers begin their lessons with 5-8 minute reviews of previous learning (Rosenshine, 2010).
- The strategies of retrieval practice, spaced practice, and interleaved practice are the most effective to improving long-term memory (Dunlosky et al, 2013).



Retrieval Practice helps students:

- consolidate previously studied information
 - learn newly studied information
 - motivate themselves towards their own learning
 - improve their memory of facts, but also of concepts and how to solve problems
- (Yang et al, 2020.)



Together. We Care. We Challenge. We Excel

What a typical retrieval might look like:

1. Explode the following quote to include keyword classes/techniques, connotations, interpretations, and context where applicable.

“My devil had long been caged, he came out roaring.”

1. R&J - question focus is Lord Capulet - 4 quotations you could use and in what order? (think about what your argument would be)
1. Write down 3 quotations linked to Brian.



The importance of thinking hard in order to improve memory

- Almost all information stored in short term memory is lost within 18-30 seconds, unless rehearsed.
- But, “when information is successfully retrieved from memory, its representation in memory is changed such that it becomes more recallable in the future”. (Professor Robert Bjork, 2012).
- The more effort required by an individual to dredge up a memory without external support, the stronger that memory will become. (Horvarth).



Together. We Care. We Challenge. We Excel

What does all this mean for revision?

- A revision timetable of little and often, mixing up subjects
- Flash cards (use notes from your exercise books)
- Self / peer / parent quizzing
- ‘Brain dumps’
- Plan answers to questions
- Practising putting knowledge into full sentences, rather than just knowing answers
- Past papers
- For subject specific information, please speak to your young person’s subject teacher



Further useful resources

[How to Study Effectively for School or College \[Top 6 Science-Based Study Skills\]](#)

[YOU'RE DOING IT WRONG | HOW TO MAKE EFFECTIVE FLASHCARDS](#) 🤔📚
(especially the part from 7:19 onwards)

How to refine your use of flashcards to ensure all knowledge is being checked:
[How to Study Effectively with Flash Cards - College Info Geek](#)

