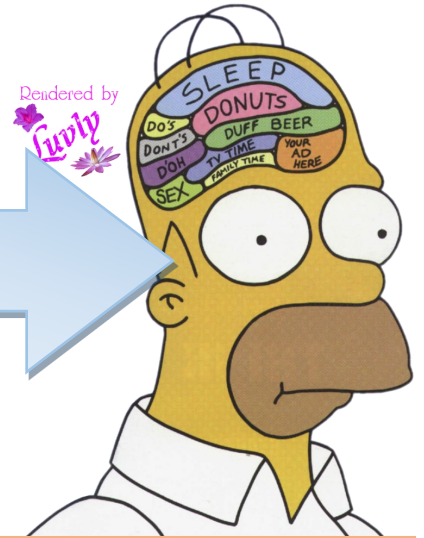


Revising—The Facts

You have three main types of memory. Your LONG TERM memory is amazing. It is almost unlimited. Every time you learn something new your brain actually changes. You can therefore improve your brain capacity through hard work and revision. People who believe the brain can grow tend to do better in exams. Your brain improves best when:

1. You make learning effortful by focusing on things you don't already know.
2. You try to retrieve things from your memory and re-process them in some way. Eg. Making a mind map.



Once you accept that your brain can grow, the next biggest thing which makes a difference to your learning is GRIT and DETERMINATION. If you keep going at something, even when it is hard, you help your brain to learn. If you give up at the first sign of difficulty, your brain doesn't get a chance to shine.

IF YOU HAVE A SETBACK STICK AT IT! Steve Jobs of Apple said that the one thing separating successful businessmen from unsuccessful ones was perseverance!

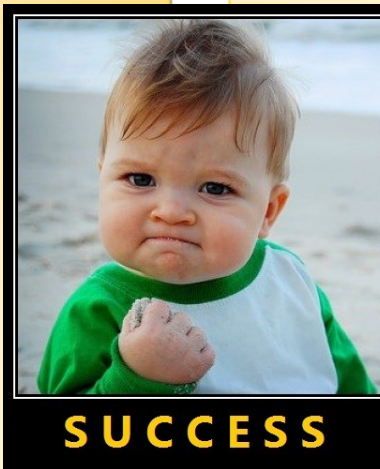


Top Tips

★ **Testing yourself is one of the best ways to learn. Make flash cards and check your knowledge. Testing interrupts forgetting.**

★ **Re-reading is not very effective—much better to make a mind map or ask yourself a key question then answer it in your own words. Eg. Why didn't people get much healthier in the Middle Ages?**

★ **Mix up the topics you test—this makes the learning more effortful and therefore more effective.**



★ **Cramming doesn't work—it only tests your short term memory—it won't stick around. Leave time to do regular practice.**

★ **Some good revision techniques include: creating metaphors for events, writing summaries, re-writing things in your own words, defining things in your own words**

★ **Create memory cues—ways of remembering things eg. IDEA, HHH4HOT or Prehistoric Eggs go Rotten.**

★ **Answer exam questions! You need to apply your knowledge too.**