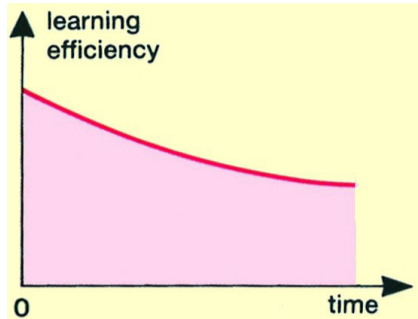


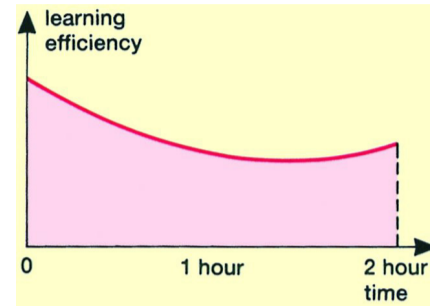


REVISION.....General Guidance

Don't spend too long revising.
If you just sit down to revise,
without a definite finishing time,
then your learning efficiency falls
lower and lower, like this:

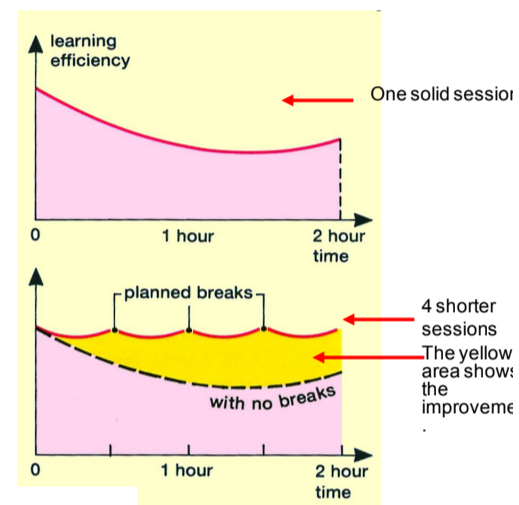


If you decide at the beginning
how long you will work for, with a
clock, then, as your brain knows the
end is coming, the graph rises towards
the end.



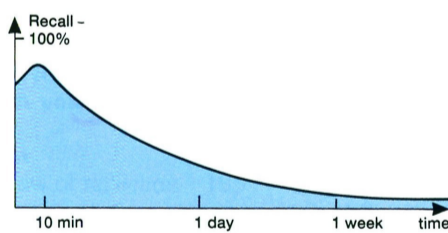
How can you improve this even more..

If you break up a 2-hour session into 4 shorter
sessions, each of about 25-minutes, with a short
planned break between them, then it is even
better.

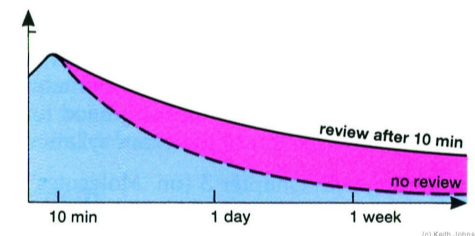


How often should you revise?

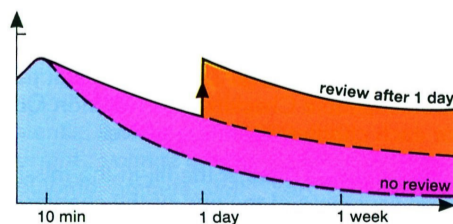
The graph below shows how much
your brain can recall later.
It rises for about 10 minutes ...and then falls.



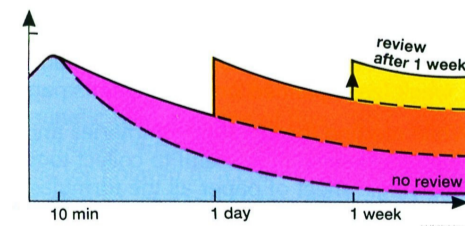
However, if you quickly re-revise
after 10 minutes, then it falls more
slowly!



Even better, if you quickly re-revise again,
after 1 day, then it falls even more slowly!
Good !



Even better still... if you quickly re-revise
again, after 1 week, then it falls even more
slowly! Great!



So the best intervals for 'topping-up', by reviewing or briefly re-revising are:

- ✓ 10 minutes
- ✓ 1 day
- ✓ 1 week
- ✓ ...and then 1 month.

Revise

Make notes in your preferred learning style

Repeat

Go through everything again, concentrating on what you still don't understand

Review

Every week, spend some time going through everything you've done in the past week