

Revision Strategies



Preparation:

- Have you got lesson notes for the entire topic/course?
- Are there lessons you missed that you have not caught up on? - do this before you revise.

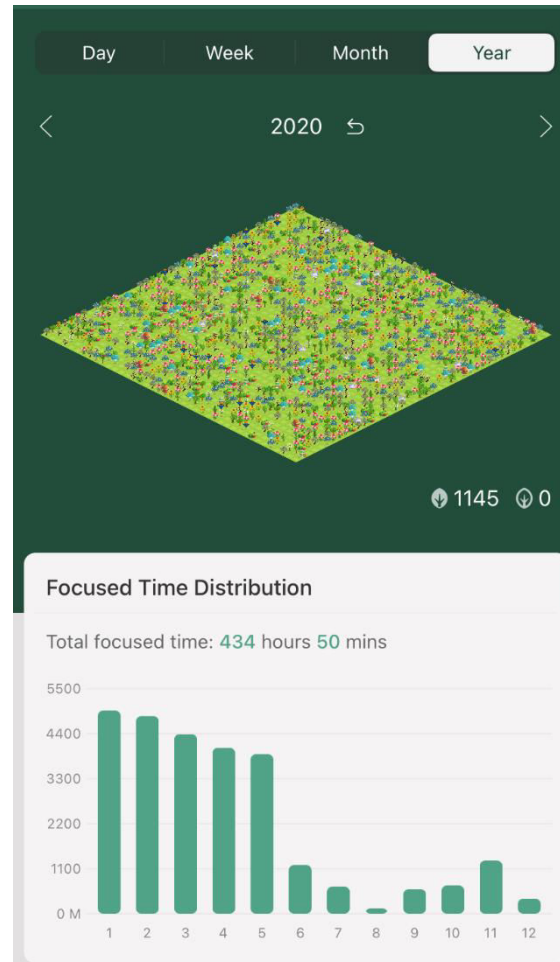
Make sure you have everything ready before you start:

- Drink and snacks
- Class notes/textbooks
- Pens/pencils/highlighters
- Paper
- Laptop
- Headphones (if you work with music on)
- Put on 'real' clothes - PJs won't help you!



Remove Distractions:

- Lock your phone away, turn it off or use an **app that blocks your usage.**
- Log out of social media on your laptop too.
- Ask family not to disturb you.



Forest or Flora are the best! You can cash in your coins to plant real trees around the world.



Create an effective revision timetable:

1. **Create a list of everything you need to get done** - by subject/exam paper/subtopics.
2. **Allocate how much time is needed** for each item on the list (e.g. 30 minutes a core study).
3. **Prioritise your list** - what needs revising first (e.g. what exam is first, what you find hardest/will need to cover more than once).
4. **Divide your day into study blocks** - do you want to study for 30-minute blocks, hour long blocks or longer? - block off time for breaks, weekly commitments and mealtimes. **Regular study breaks help motivation.**
5. **Fill in your blocks with items from your list** - how many feel achievable in the day?



The image shows a sample revision timetable grid. The grid has columns for the days of the week (Monday to Sunday) and rows for time slots (8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20). The grid is filled with various study blocks and activities, color-coded to represent different subjects or tasks. For example, red blocks are used for 'Maths' and 'Science', green blocks for 'History', and purple blocks for 'Shopping'. The grid also includes a 'Bank' block on Monday and a 'Shopping' block on Sunday.



DO NOT:



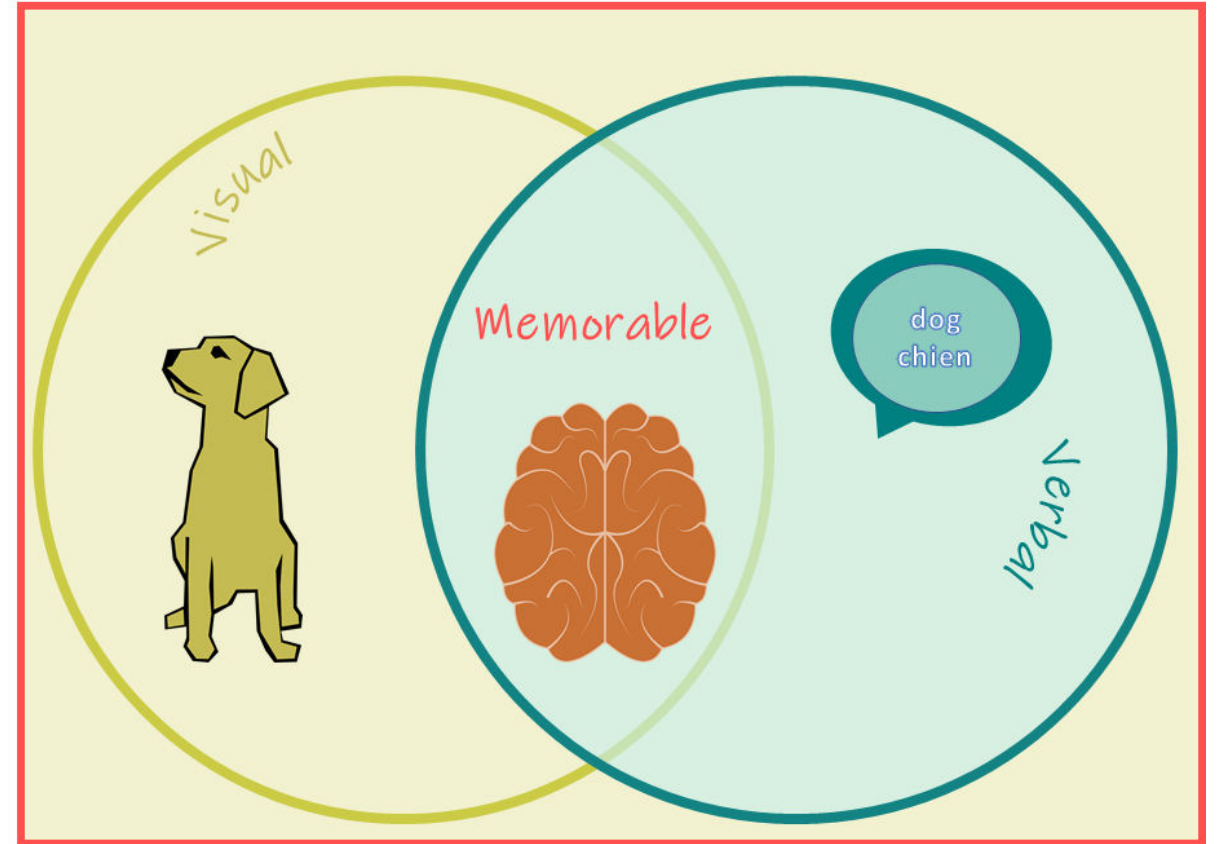
Highlighting my important notes

- Don't just highlight your notes.
- Don't just read the textbook
- Don't just copy your notes from one revision format to the next - wean yourself off your notes and use your memory.
- Don't just revise a topic once - repeated practice is important.



DO:

- Use different revision formats - using a combination of words and pictures = 6x better for remembering information.
- Pictures and drawings help trigger memories.
- Complete revision without your class or other revision notes - use and trust your memory.



Should I listen to music?

Pros	Cons
It might help increase concentration - blocking out distractions in your environment.	It might impair concentration - too distracting depending on the music you choose.
Eliminate boredom - removing the monotony of just studying in silence, it might help increase your mood and motivate you to keep revising.	Listening to music does not match the examination setting - if you attach a memory to the music then sitting in silence in an exam hall won't help you recall the memory - context-dependent memory (Grant et al., 1998).
Lower stress - the influence on your mood can help remove any unwanted anxiety that is attached to revision.	

It is personal preference though!

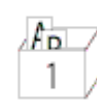


Strategy 1: Flashcards:

- Use index cards to jot down the key information from a topic, theory, core study, etc.
- Use the index cards to test yourself later on.
- Can make them 'pretty' or rough - both work as long as you can read your writing.

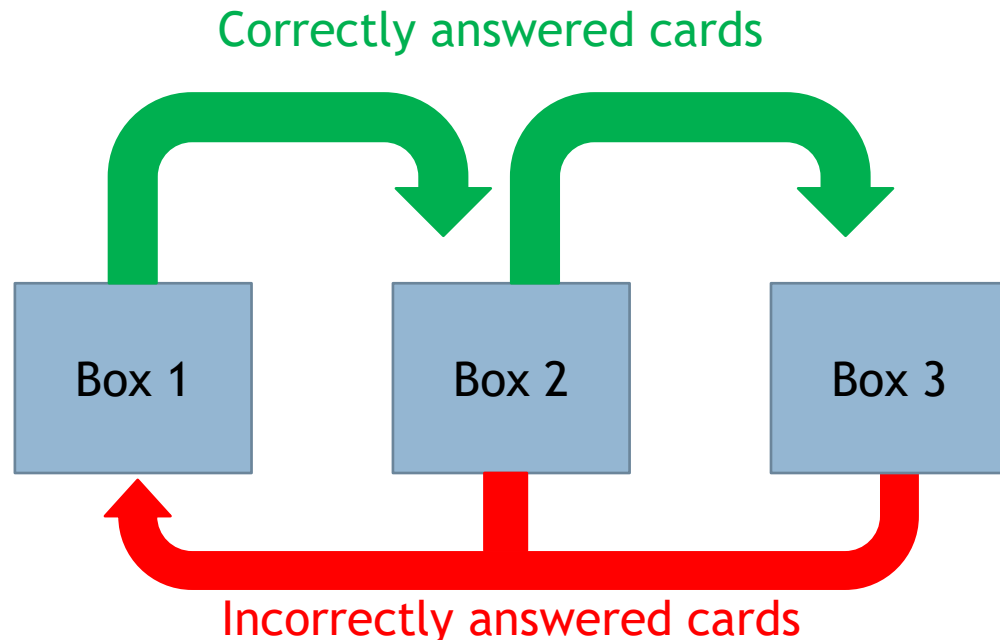


Flashcards: Leitner System:



For flashcards with a question/key term on one side and information to recall on the back:

- All flashcards begin in box 1.
- If you can successfully recall the information, the card moves to the next box/pile. If the information is not recalled correctly, then it always moves into box/pile 1.
- Box/pile 1 is revisited more frequently than the other boxes.



Create a schedule for revising the cards - making sure you put more time aside for box 1, slightly less for box 2 and significantly less for box 3.

e.g. *Box 1 = Everyday.*

Box 2 = every Tuesday and Thursday.

Box 3 = every Friday.



Strategy 2: Typed Flashcards:

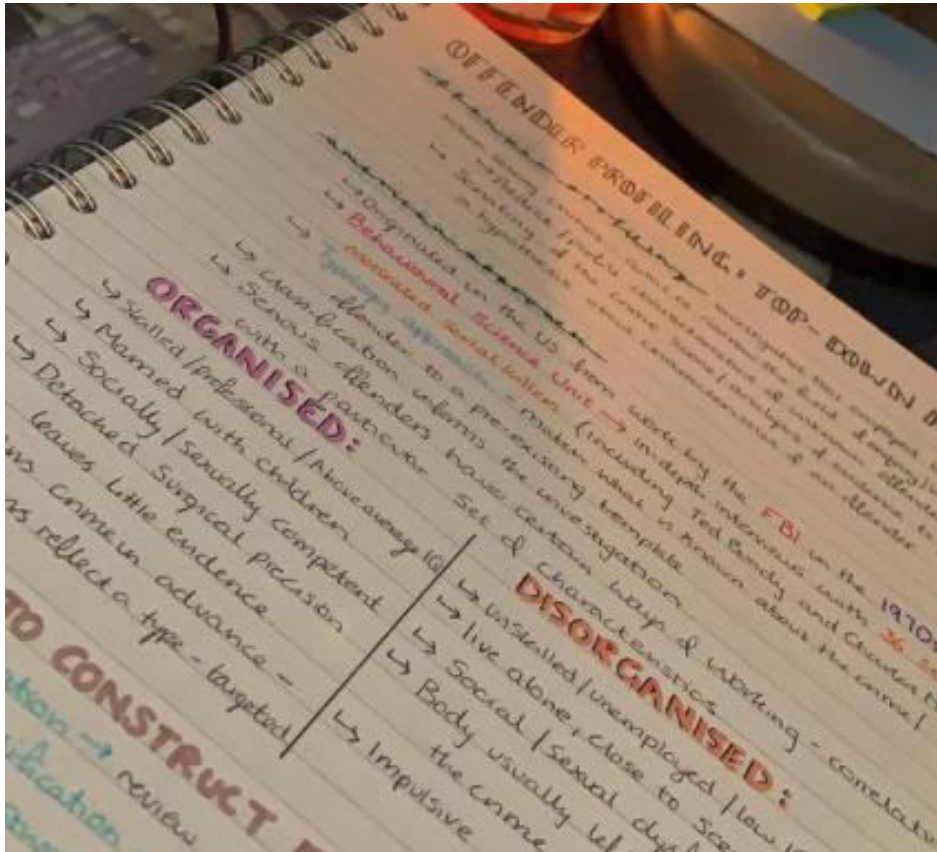


- If you don't feel like handwriting all your flashcards and lugging them round with you - typed/online flashcards are great.
- Quizlet app means you can test yourself anytime and anywhere.
- You can add photos, add lots of text, organise folders per subtopic, easy to edit.
- Write function gives you the description and you test your knowledge by writing the key term. It saves progress so if you can't get through the whole stack then can jump back in.

A screenshot of the Quizlet website interface. The top navigation bar is blue with the Quizlet logo, 'Home', 'Your library', and a 'Create' button. A yellow banner on the right says 'Upgrade: Free 7-day'. Below the navigation bar is a list of flashcards, each with a term on the left and a definition on the right. Each card has a star icon, a speaker icon, and an edit icon on the right side.

Term	Description	Actions
Determinism	Idea that behaviour is caused by preceding factors - internal and external	★ 🔊 ✎
Hard determinism	Freewill is not possible because these are always internal/external factors beyond our control	★ 🔊 ✎
Soft Determinism	Although behaviour will always have a cause, behaviour can also be determined by conscious choice as long as there is no coercion	★ 🔊 ✎
environmental determinism	Behaviour is caused by features of the environment beyond our control e.g. The law, upbringing, culture, education	★ 🔊 ✎
biological determinism	Behaviour is caused by internal/biological factors beyond our control e.g. Hormones, genes and	★ 🔊 ✎

Strategy 3: Summary Pages:



- Grab a notebook and write summaries for theory, topic or core study.
- Get the key information down on the page and get used to summarising the content - you will do this in an exam anyway.
- E.g. one side of the page is the content/key research and the back is evaluation.



Strategy 4: Quizzes:

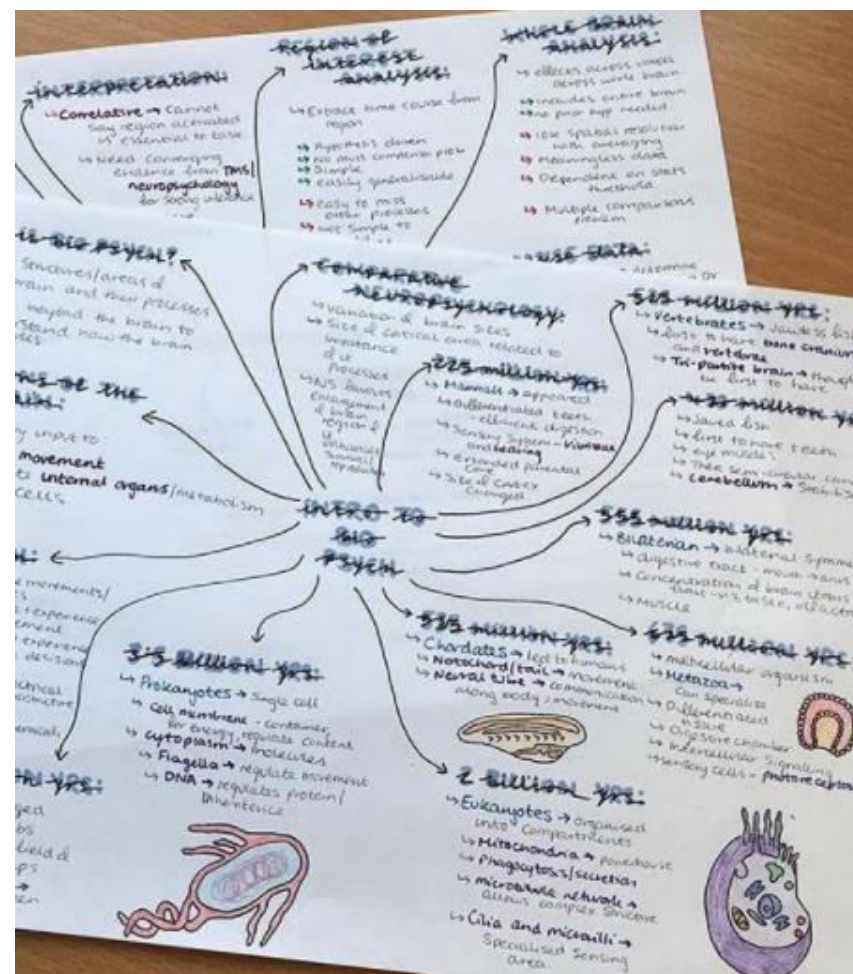


- Put together questions to test yourself on content.
- Make the questions and answers and then leave them for a while (so you are not just remembering what you made).
- Ask family/friends to use this to quiz you. Or quiz yourself (keep answers separate).
- Make yourself Kahoot quizzes and compete with friends or use the wealth of pre-existing Kahoot's.



Strategy 5: Mindmaps:

- Pick a topic, theme, core study or key area in the subject to put in the centre of the mindmap.
- Each branch should represent a different idea or aspect.
- Make it colourful, add diagrams or drawings to help represent your ideas.
- Good for linking conceptions and making associations between ideas.



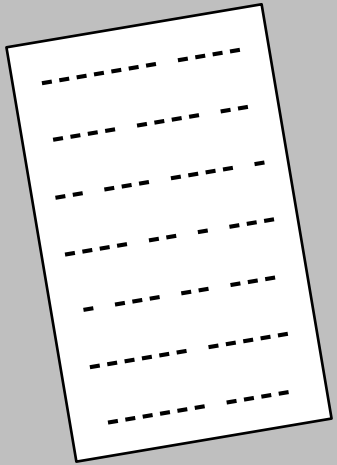
What do you do with your mindmaps afterwards?

- **Do not just put the mindmap away** and never look at it again.
- **Do read back over it** - often mindmaps are a condensed version of your notes and reading over the mindmap instead of your notes will make revision more efficient.



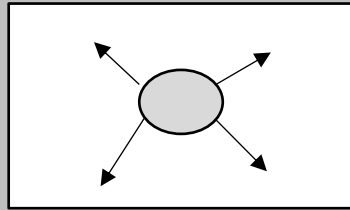
Strategy 6: Folding Frenzy:

Slightly confused about this strategy? Ask the psychology students - they are experts!



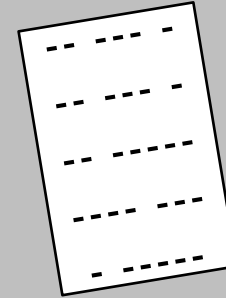
Fold

Notes:
Write on one side of an a4 page - terms, definitions, research, evaluation.



Graphic organiser:

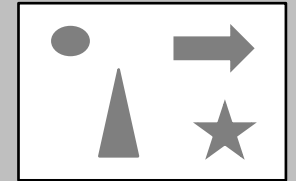
Create a graphic organiser on an A5 side of the paper. Represent the most important aspects.



Fold

Flashcard:
Write on one A6 side of the sheet - 5-6 summary sentences.

Turn



Symbols:
On the last A6 side - draw symbols to help you remember.



What are the benefits of folding frenzy?

- **Repeated retrieval practice** - revisiting the same information multiple times.
- **Utilising different formats** - e.g. notes, mindmap, flashcard, symbols.
 - **Dual coding** - brain can use different channels at once (written word (sound - inner voice) and vision).



Folding frenzy:

- The folding frenzy stages can be completed at different times rather than all in one go - spacing your revision is important.

1. FREUD (1909):

sexual stages:

- Oral → 0-1 - sucking - weaning - smoking, nailbiting
- Anal → 1-3 - defecation - toilet training - retention (hoard), expulsion (discard)
- Phallic → 3-6 - puberty - none - sexual, dreams, hubris
- Latent → 6 - puberty - none - sexual, dreams, hubris
- Genital → Puberty - maturity - heterosexual - heterosexual pleasure

Oedipus complex → Sexual desire for mother, fears his father will castrate him (Castration anxiety) - resolve by identifying w/ father

Electra complex → Penis envy - wants to be a boy, loves her father, rivalry w/ mother

Aim: Provide evidence for oedipus complex + explain phobias

Sample: Little Hans - 5-year old boy

Research method: Case study about his fears/phobias, fantasies over 2 years

Results:

- 1. Interest in his penis = in the phallic stage.
- 2. Sister & Bath = Jealous his mother was more attentive to his sister
- 3. Fear of horses = displaced his fear of his father onto horses especially when he was around the mouth
- 4. Giraffe fantasy → represented his parents - cramped one was his mother - he was taking away from father
- 5. Imaginary children fantasy → named to mother, father was genitalisation - remove father from picture without killing him
- 6. Two plumber fantasy → represents resolving the oedipus complex and identifying w/ his father.

2. EVALUATION:

Case Study:

- Qual = depth + detail, experiential
- Qual = hard to compare, experiences = subjective
- Small sample = ↓ population validity = hard to generalise
- Errors = no confidentiality, invasion of privacy

Study:

- Wanted support for oedipus complex = oedipus complex = 5yr old boy
- Little Hans = 5yr old boy
- Longitudinal case study
- 2 years
- Letters from father to Freud

In phallic stage:

- Interest in penis
- Jealous of mother's attention = named sister to disown
- Horse phobia = displaced fear of his father
- Imaginary children fantasy = cramped one taking his mother

Revision week 1	Revision week 2	Revision week 3	Revision week 4	Revision week 5
Notes page (step 1)	Mindmap (step 2)	Break	Flashcard (step 3)	Symbols (step 4)

3.

Freud wanted to support that the oedipus complex occurs during the phallic stage of psychosexual development

- Conducted a 2 year longitudinal case study of a 5 year old Hans.
- Hans had a horse phobia, obsession with his penis, giraffe fantasy, imaginary children and two plumber fantasy.
- All were interpreted as him loving his mother and wanting his father out of the picture, the final fantasy represented resolution
- Qual data from case study but small sample and can be generalised

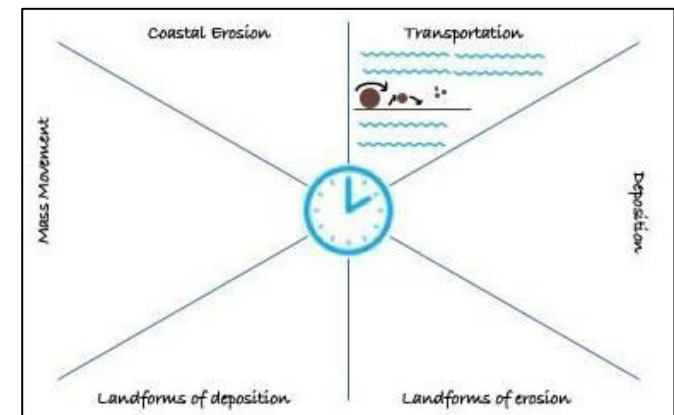
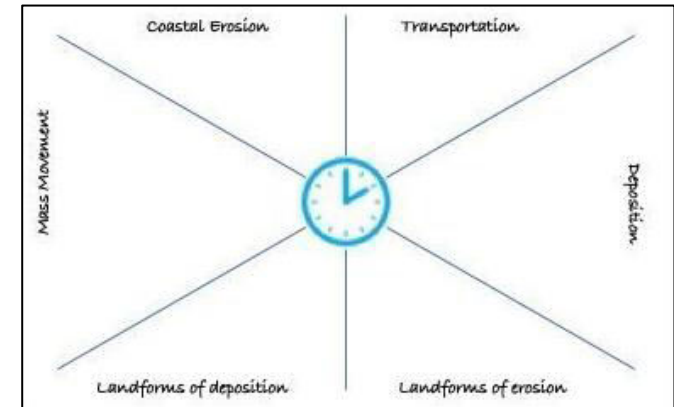
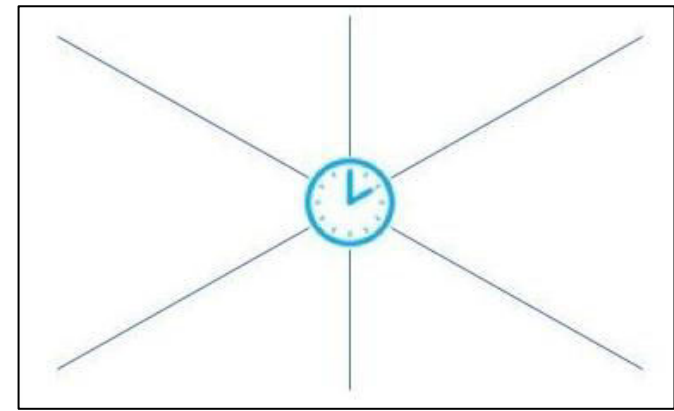
4.

The drawing includes a horse, two giraffes, a suitcase, a family of four, and two plunger-like symbols representing phallic symbols.



Strategy 7: Revision Clocks:

- Landscape piece of paper with a clock in the middle
 - choose the number by which you want to divide the paper (how many ideas are you recapping or how much time you think you need for each one).
 - E.g. 6 blocks = 10 minutes each.
- Give each chunk a title.
- Fill in each chunk with information and diagrams (in the time limit) - **do this from memory.**
- **Go back and fill in any missing information.**



Strategy 8: Cued to Free Recall:

- Make a list of prompts to cue your recall.
- Start with a **massive master list of everything that needs cueing** - each time you want to recall, grab some paper or open a new document to add the cues to.
- Once you've recalled as much as possible, you can use your notes to add to your recall or amend any mistakes.
- As you get more confident with the topics, go through and **remove some cues** (this is the important part)
- After several cued recalls you should **end up with NO cues** and can try free recall.

Sounds like a boring technique but it does wonders for your memory.

As you progress through your revision, you need to **stop relying on your notes** (or just copying your notes out into other formats) - **active revision** is crucial.



Examples...

Trade policy and trade negotiations:

Protectionism

- Protectionism
- Infant industries

Types of restriction on trade

- Tariffs
- Quotas
- Subsidies to domestic producers

Non-tariff barriers

- Voluntary export restraints
- Embargos
- Red tape

Impact of protectionism

- Distortion
- Cost
- Risk
- Government failure

Sperry:

Lateralisation of function

Localisation of function

Corpus callosum

Aim

Sample – how many, surgery they had, sampling type

Visual tests

- One visual field
 - What they did?
 - Left visual field could...
 - Right visual field could...
- Both visual fields
 - If in left visual field...
 - If in right visual field...

Tactile tests

- One hand
 - What they did?
 - If in left hand...
 - If in right hand...
- Both hands
 - What they did?
 - In right hand...
 - In left hand...

Conclusion



Examples...

Slowly remove some of the cues

Trade policy and trade negotiations:

Protectionism and infant industries

Types of restriction on trade (3)

Non-tariff barriers (3)

Impact of protectionism (4)

Sperry:

Lateralisation of function

Localisation of function

Corpus callosum

Aim

Sample

Visual tests

- One visual field
- Both visual fields

Tactile tests

- One hand
- Both hands

Conclusion



Examples...

Continue removing the cues

Trade policy and trade negotiations:

Protectionism and infant industries

Types of restriction on trade

Non-tariff barriers

Impact of protectionism

Sperry:

Key terms (3)

Aim

Sample

Visual tests

Tactile tests

Conclusion



Examples...

... until you have just the title left. At this stage you will be recalling almost everything from memory. Each time you complete a free recall, you will remember more and more. Sounds scary and impossible but it isn't.

Trade policy and trade negotiations:

Sperry:



Strategy 9: Cornell Method:

Split your page into 3 - like the picture shows.

Start with **section 2** - **using your booklet/notes** write down **key terms** or **statistics/numbers** or **equations** (this could be completed in a lesson).

Move onto **section 1** - **without your notes**, using only the key information you put in section 2, make more detailed notes (completed as revision)

Finally, **section 3** - **summarise the main ideas** in **3-4 sentences** (completed as revision)

The Cornell Method



Notes

This is the section where you should take your notes during the course of the lecture. Use bullets, sentences, short-hand, etc.

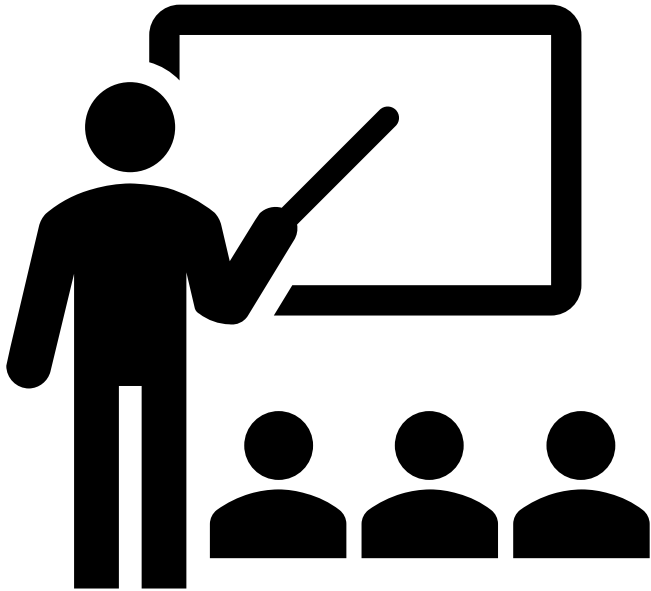
Cues

Questions, main points, visual clues, and other clues that jog your memory go here. Fill this section in after class.

Summary

Most important points and main ideas go here. Fill in this section after class when you are in the reviewing process.

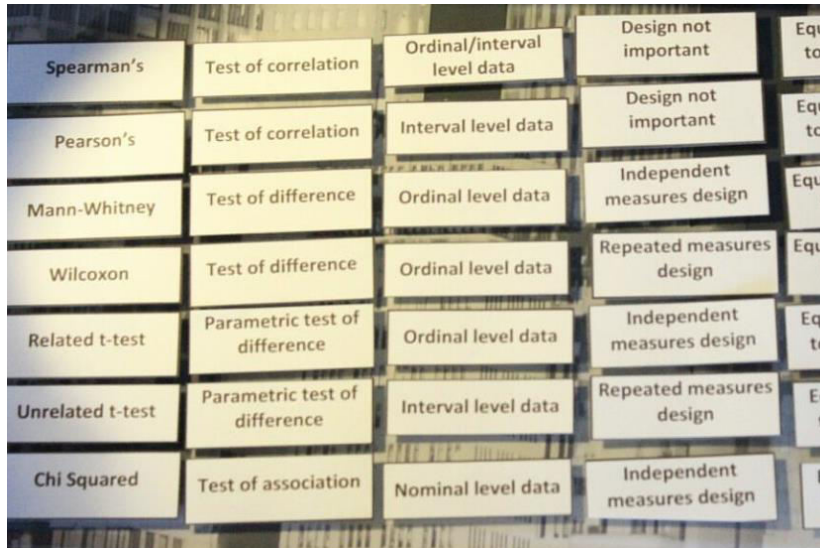
Strategy 10: 'Prepare to teach':



- **Plan to teach** a topic or core piece of research to your peers - **or actually teach** them.
- The planning processes requires **cognitive elaboration and deeper processing** as you need to learn the content well enough yourself to teach it to another person.
- Even expecting to teach someone has a **positive impact on learning**, this impact is enhanced when you actually teach someone else.
- You could teach a peer within your subject, a peer or family member who does not take that subject.
- **Protégé effect** - students enlisted to tutor others work harder to understand the material, recall it more accurately and apply it more effectively.



Strategy 11: Card Sorts:



Spearman's	Test of correlation	Ordinal/interval level data	Design not important	Equ
Pearson's	Test of correlation	Interval level data	Design not important	Equ
Mann-Whitney	Test of difference	Ordinal level data	Independent measures design	Equ
Wilcoxon	Test of difference	Ordinal level data	Repeated measures design	Equ
Related t-test	Parametric test of difference	Ordinal level data	Independent measures design	Equ
Unrelated t-test	Parametric test of difference	Interval level data	Repeated measures design	Equ
Chi Squared	Test of association	Nominal level data	Independent measures design	E

- Helps you to **organise information** and make links between different aspects.
- Easy to make and **quick to revise with** once they are made.
- You could use card sorts for definitions, to put tables of information back together, match up content to their topics.
- Can be used again and again to **rehearse the same information**.



Strategy 12: Use food...

Bored of writing and feel like getting creative? Make a cake or sweet diagram to label!

