

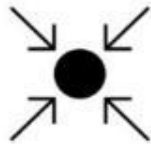
REVISION



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Is your revision FLAT?



FOCUSED

- Put your phone away
- Turn the music off
- Avoid distractions
- Be in the right physical place to revise
- Be in the right frame of mind to revise



LONG-TERM

- Start early to cut down on stress later in the year
- Make a revision timetable and commit to it
- Plan for 3 - 4 hours a week from January
- Interleave different topics



ACTIVE

- Engage your brain by actively creating revision resources
- Test yourself, get others to test you
- Practise exam technique by writing or planning answers
- Revise what you struggle with



TRANSFORMED

- Transform the knowledge you want to learn into a different format
- Make flashcards
- Produce a timeline
- Record a podcast
- Invent a mnemonic
- Take Cornell notes
- Create a mindmap
- Design a flowchart
- Make a powerpoint
- Teach it

REVISION



Cue cards



ACTIVE

Engage your brain by actively creating revision resources

Test yourself, get others to test you

Practise exam technique by writing or planning answers

Revise what you struggle with

- Creating cue cards is a great way to ensure that retrieval/revision is **active**
- Once you have created a set of cue cards, they can then be used to test yourself or to get others to test you
- Any areas of your knowledge that is not sticky, should be put onto cue cards and regularly revisited. (*Remember we have to revisit new knowledge for it to become sticky*)
- **Any teacher feedback or incorrect test questions could be used to create new cue cards**

Flash cards



TRANSFORMED

Transform the knowledge you want to learn into a different format

Make flashcards
Produce a timeline
Record a podcast
Invent a mnemonic
Create a mindmap
Design a flowchart
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REVISION



Flash/cue cards are easy to make

1. Write a question or prompt on one side of the card
2. Add colour and any quick pictures that might help you recall the information
3. Complete the other side with the answer or a piece of information
4. Keep your flash cards simple and stick to one piece of information per card

Title → Red blood cells

Key knowledge →
→ Transport oxygen for Aerobic respiration
→ contain haemoglobin
→ have no nucleus
→ small and flexible - can fit through narrow gaps
→ biconcave shape - flattened disc

Dual coding →
cytoplasm containing haemoglobin
biconcave disc
No nucleus
carries oxygen

Title → White blood cells

Key knowledge →
Phagocytes - engulf and destroy unwanted microorganisms. This is called phagocytosis
→ Part of the immune system

Underline key words →
Lymphocytes - produce antibodies when a foreign body enters the body

REVISION @ CFE

- Highlighting key words is useful to draw attention to them when revising
- Useful materials/resources to get the knowledge to make the flashcards might be the specification, revision guide or your school book
- Each flash card needs a very clear title
- Using different colours are helpful to identify keywords
- Arrows and bullet points and numbers can be used to separate the information out
- Cue cards do not always need to be written, some people's memories can be triggered by diagrams