



**WORKING EVERY DAY  
TOWARDS A GREAT OUTCOME**

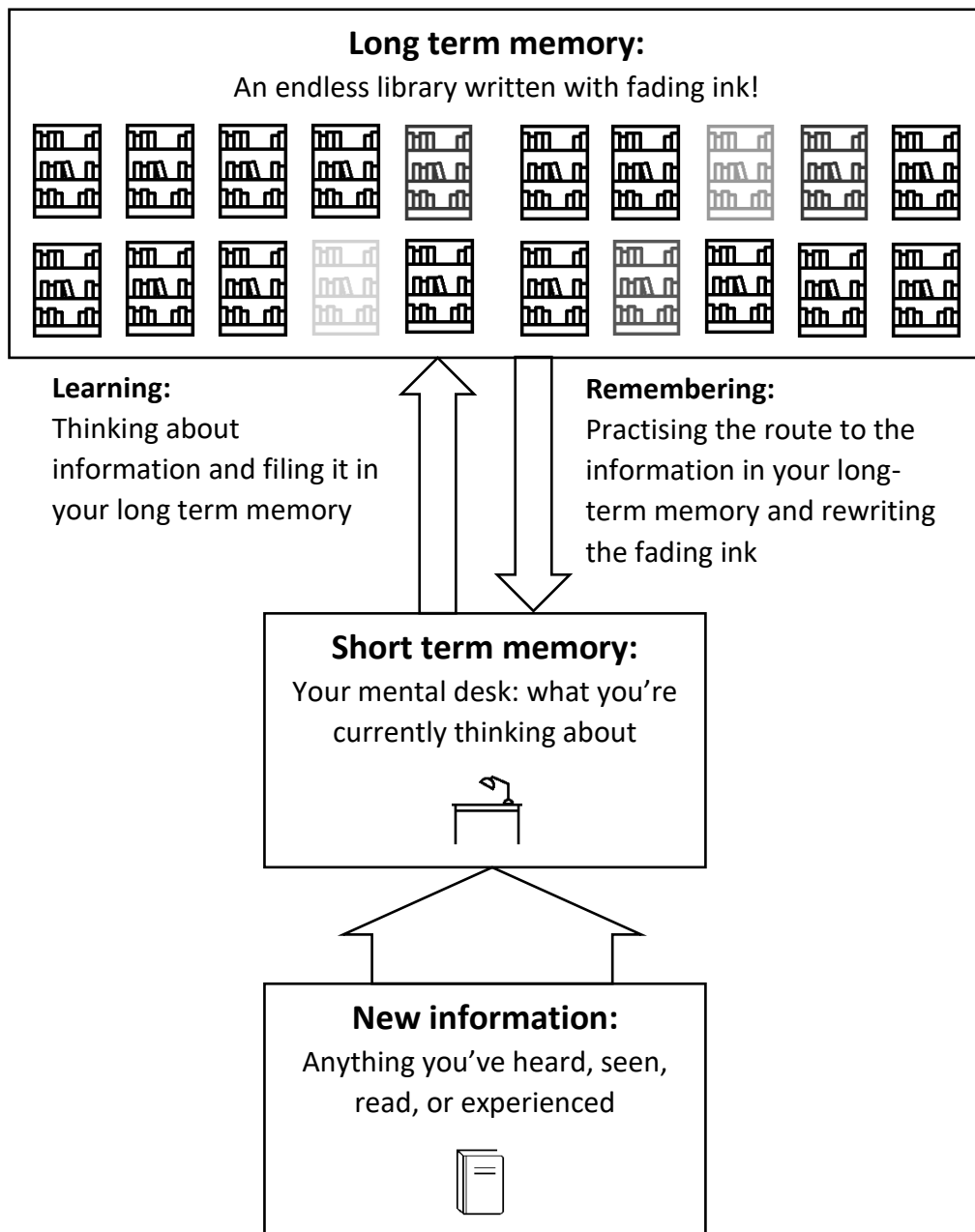
# **MAXIMISE YOUR REVISION**

**KICKSTART DAY 2022**

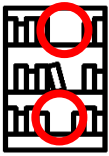
# How do I revise?

In exams, you want to be able to remember a lot of knowledge quickly. This knowledge includes facts and methods which you can use to answer exam questions. To remember a lot of knowledge quickly, that knowledge needs to be securely stored in your long term memory.

To make sure knowledge goes into your long term memory, stays there, and to make sure you can find it quickly, you need to spend time thinking hard about that knowledge in your short term memory.



Whenever you revise, you are doing one of three things:



1. Finding and closing gaps in your knowledge.



2. Strengthening fading knowledge in your long term memory.



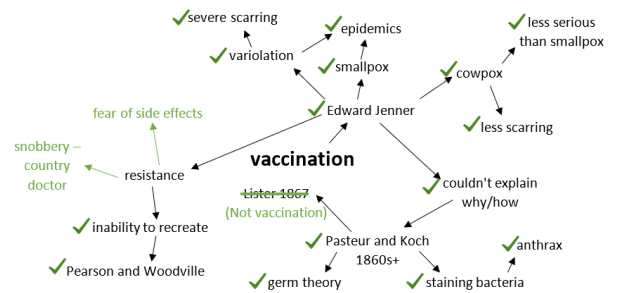
3. Practising recalling knowledge quickly.

In order to revise successfully, you should use one of the four strategies below. Each strategy is further explained in this pack.

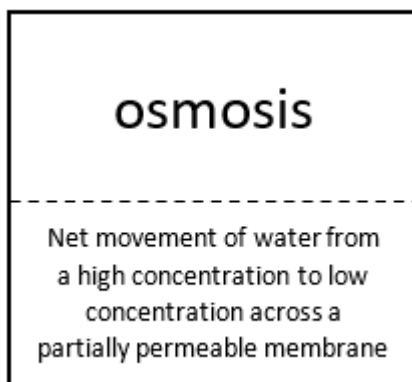
### Self-quizzing:

Topic	
Question 1	Answer 1
Question 2	Answer 2
Question 3	Answer 3
Question 4	Answer 4
Question 5	Answer 5
Question 6	Answer 6

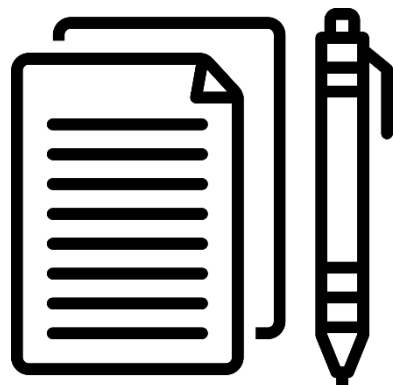
### Writing a knowledge dump:



### Flashcards:



### Practising exam questions:



# Self-quizzing

Self-quizzing is when you answer a series of questions about a topic from memory. It is a useful tool for finding specific gaps in your knowledge within a topic and it allows you to quickly check whether you have remembered something correctly.

Self-quizzing can be completed in lots of different ways. For example, you could answer specific questions, you could complete gap fill-activities, or you could fill in a diagram from memory.

## Public Health in the Industrial Revolution

Questions:

1. Give two reasons why people migrated to urban areas during the Industrial Revolution.
2. Why did increased population density increase the risk of epidemics in urban areas?
3. Give an example which shows that many public health systems in urban areas were overwhelmed during the Industrial Revolution.
4. Why did many people living in damp and overcrowded housing increase the risk of epidemics during the Industrial Revolution?
5. Why didn't the government in the early Industrial Revolution take steps to improve public health services and living conditions?
6. Give an example of a disease, caused by poor public health, of which there were epidemics during the Industrial Revolution.

Answers:

1. Improvements in agricultural technology and the invention of the factory ✓
2. Diseases could easily spread from person to person. ✓
3. Multiple families would share one overflowing cesspit. ✓
4. People had weak immune systems which made them less able to fight off diseases. ✓
5. The government had a laissez-faire attitude to public health, meaning that they did not think that improving public health should be their responsibility. ✓
6. The plague **X Cholera or typhus (the plague was in the Middle Ages and the Renaissance)**

5/6 (83%)

## When answering quiz questions:

Do:

- ✓ ...answer every question, even if you are unsure.
- ✓ ...write the answers to the questions from memory.
- ✓ ...answer the questions in as much depth as you can.
- ✓ ...mark and correct your answers after you have finished.
- ✓ ...improve your knowledge of incorrect answers after you have marked your answers.
- ✓ ...keep a record of your scores.

Don't:

- X ...skip questions because you find them difficult or you are unsure about the answer.
- X ...answer the questions using textbooks or knowledge organisers.
- X ...write single word answers so you can answer the question as quickly as possible.
- X ...assume that your answers are correct.
- X ...throw the quiz away as soon as you have finished it.

## How to write quiz questions:

1. If you can, get a set of questions from your teacher or from a website such as Quizlet!
2. If you can't find pre-made questions, find the information you want to convert into questions using your existing revision resources (e.g. a knowledge organiser).
3. Fold a piece of in half.
4. On the right-hand side of the page, write down the most important facts about your chosen topic. Use a knowledge organiser or textbook and write your facts in a numbered list. These are your answers.
5. For each numbered fact, write a matching question on the left-hand side of the page. Check that your questions don't accidentally give the answer away.

Topic	
Question 1	Answer 1
Question 2	Answer 2
Question 3	Answer 3
Question 4	Answer 4
Question 5	Answer 5
Question 6	Answer 6

## How to answer quiz questions:

1. Cover up the answers to the questions you are answering.
2. Use an empty piece of paper.
3. Write the date at the top of the page.
4. Answer each question, even if you are unsure.
5. Once you have finished answering all of the questions, check and correct your answers using a different coloured pen.
6. Write down the total of correct answers at the bottom of your quiz.
7. Keep track of your scores. This will allow you to see your success over time.
8. Note down what you corrected or added. Practise these gaps using flashcards and further self-quizzing.

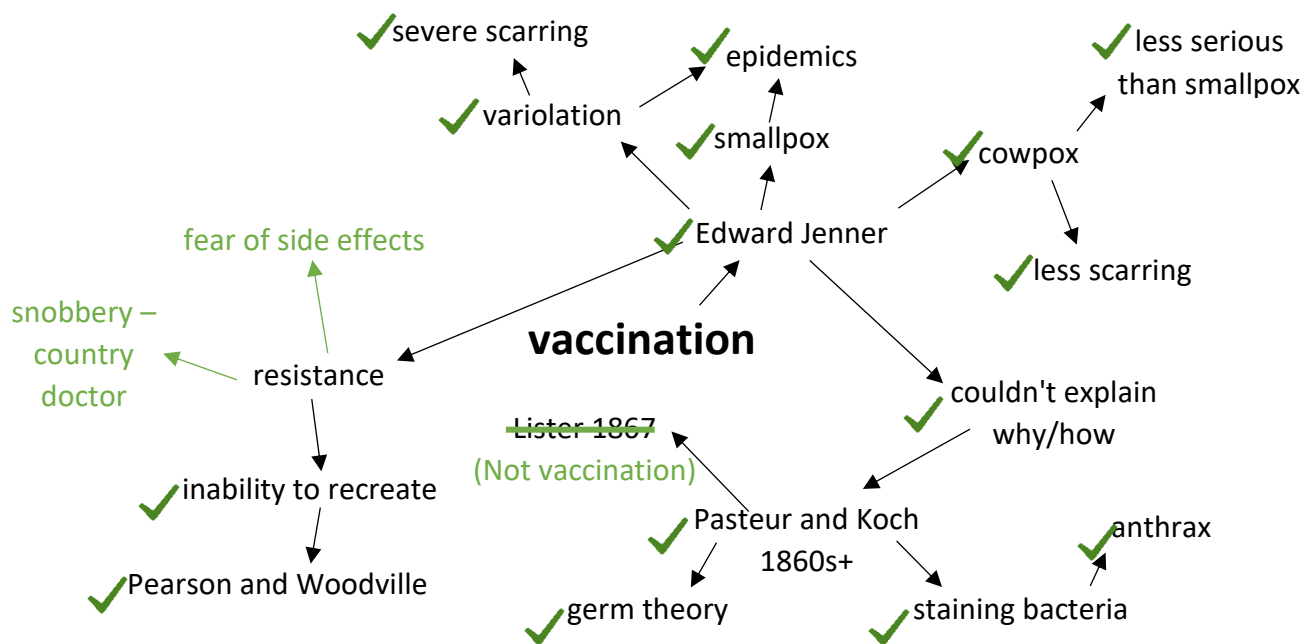
## Useful resources:

[www.quizlet.com](http://www.quizlet.com) – This free website allows you to quickly create sets of questions and answers. It also allows you to generate different types of quizzes on that information.

[www.senecalearning.com](http://www.senecalearning.com) – This free website has a wide range of questions about different subjects. It also has videos and explanations to support you further.

# Knowledge dumps

A knowledge dump is when you write down everything you can remember about a topic. They are a useful tool for finding out what you know and where the gaps are in your knowledge.



## When writing knowledge dumps:

### Do:

- ✓ ...write from memory.
- ✓ ...check what you have written against a textbook or knowledge organiser.
- ✓ ...connect information together in a spider diagram format (see below). This will allow you to remember more.

### Don't:

- X ...copy information from textbooks and knowledge organisers.
- X ...assume that everything you have written is correct.
- X ...write a list (see below).

## How to write a knowledge dump:

1. Use an empty piece of paper.
2. Write the date at the top of the page.
3. Without any support, write down the first thing you can remember about the topic you have chosen. Use single words or phrases.
4. As this fact triggers more information, write those facts down. Connect the facts together with lines or arrows.
5. Once you can't remember anything else about the area you started writing about, try to remember another fact to start another 'web' of knowledge. Stop once you can't remember anything else.
6. Using a knowledge organiser or textbook, check and correct your knowledge using a different coloured pen.
7. Keep your knowledge dump. This will allow you to compare knowledge dumps over time so you can see your success.
8. Note down what you corrected or added. Practise these gaps using flashcards or quizzing.

# Flashcards

Flashcards are small sheets of paper or card with matching pieces of information on either side. They are a useful tool for learning facts and allow you to quickly check whether you have remembered something correctly.

1861	groynes	osmosis	Where is the pharmacy?
Pasteur published his paper about germ theory.	A low wall on the coastline which slows longshore drift	Net movement of water from a high concentration to low concentration across a partially permeable membrane	Où est la pharmacie?

## When making and using flashcards:

### Do:

- ✓ ...make flashcards quickly.
- ✓ ...put a single piece of information of each flashcard.
- ✓ ...sort your flashcards according to your confidence with them (see below).
- ✓ ...test yourself on the flashcards from memory.

### Don't:

- X ...spend more time *making* flashcards than actually using them.
- X ...put lots of information onto each flashcard.
- X ...revise the flashcards in the same order every time that you use them.
- X ...only read through flashcards.

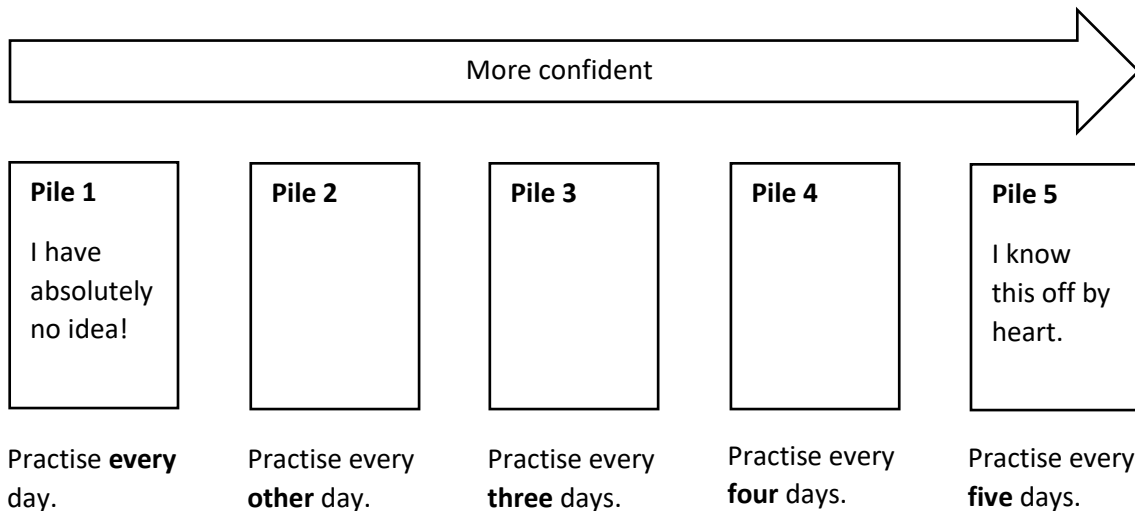
## How to make flashcards:

6. If you can, get a set of flashcards from your teacher or from a website such as Quizlet!
7. If you can't find pre-made flashcards, find the information you want to put onto flashcards using your existing revision resources (e.g. a knowledge organiser).
8. Fold a piece of A4 paper into 8.
9. Write the questions on the top half of the paper.
10. Write the answers on the bottom half of the paper.
11. Cut the paper along the short folds.
12. Fold the strips of paper so that the writing is on either side.
13. If you can, glue the pieces of paper together.

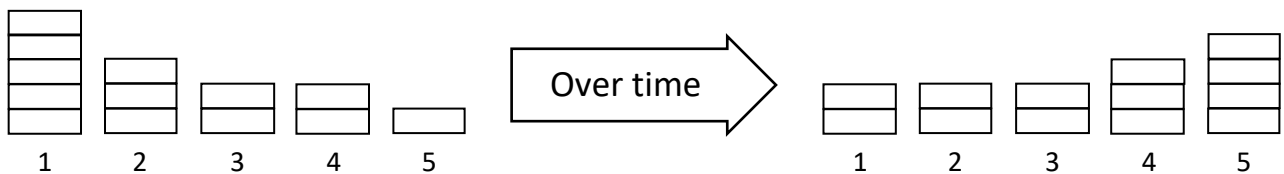
Definition 1	Definition 2	Definition 3	Definition 4	Definition 5
Answer 1	Answer 2	Answer 3	Answer 4	Answer 5

## How to use flashcards:

9. Test yourself using the flashcards.
10. As you test yourself, sort the flashcards into up to five piles according to how confident you are with the content.
11. Put the piles into numbered envelopes (1-5).
12. Test yourself on the different piles on different days (see below):



13. As you test yourself on the different piles, move the cards into different piles as you become more confident.



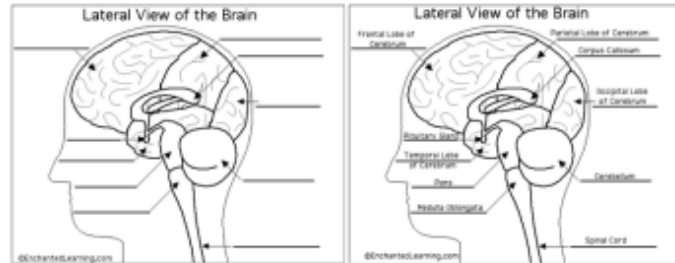
## Useful resources:

[www.quizlet.com](http://www.quizlet.com) – This free website allows you to quickly create flashcards which you can print, use on a computer, or use on your phone.



## Retrieval Practice Revision Techniques

### Simplified Example



### What / How

#### Simple Effective Quiz

1. Work hard to remember the content.
2. Cover notes or answers.
3. Test yourself or ask someone to test you.
4. What did you get correct?
5. What did you miss out / get wrong?
6. Test again after 2 days / 5 days / 2 weeks / 1 month – increase the frequency if errors start increasing.



Advantages	Disadvantages
Reduces consumption of fossil fuels for electricity production	Wind generators are only feasible in certain areas
Reduces production of greenhouse gases	Each wind turbine kills about one bird per year
Reduces production of pollution	Wind generators make a humming sound that can be heard nearby
Can provide extra income for farmers	Wind generators are tall and can block the views of nearby scenery
Wind is a renewable energy resource	

#### Summarising

Check understanding – after a period of time (one week) can you still produce a summary of the key content or advantages / disadvantages of a topic?

Can you recall and reproduce written lists or explain to a partner **verbally**?

#### Can you summarise the:

Strengths and weaknesses

Advantages and disadvantages

Positives and negatives



#### Mind Map

Start from a blank piece of paper.

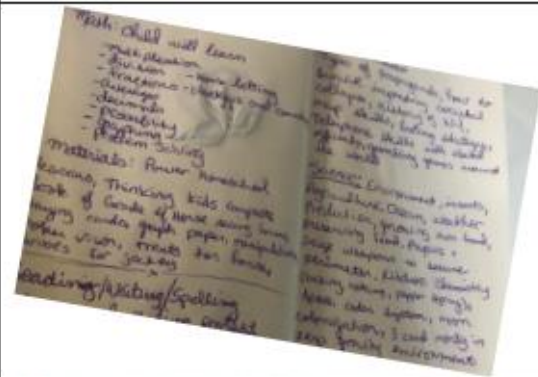
Draw out the mind map from your notes and add simple doodles / colour to help visualise the content.

How much of the mind map can you recall from memory?

Check against a correct version.

Test and retest until you can remember the full version.

Can you describe it **verbally**?



### **Brain Dump**

Set a time limit (5min or 10min)

Write everything you know about a topic or theme.

For best practice start each sentence on a new line.

Check what areas you missed out and add these at the bottom in CAPITALS or a different colour.



### **Flash Cards**

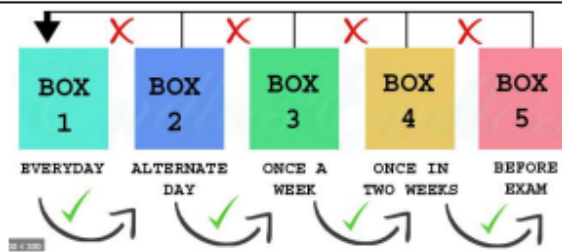
*Spend more time testing yourself with them than making them!*

Add the title to the reverse.

Read the title

**Before turning over** write or speak the key content.

Shuffle the pack to get a different sequence.



**Flash Cards – Leitner System**

As above  
 If card is completed accurately move it up a box.  
 If mistakes are made or answers are incomplete move it down a box.

Test yourself every day for cards in box1.  
 Every other day for box 2  
 Every week for box 3 etc.

**What do flash cards include?**

- Subject/topic on one side
- Bite-size chunks of information opposite
  - Keywords
  - Definitions
  - Lists
  - For/against
  - Main points
  - Mnemonics
  - Colour-coding
  - Diagrams

**Friend / Helper Cue Cards**

Use notes / flash cards as cue cards.  
 Person1 reads the title, theme or question.  
 Person 2 tries to **verbally** explain the relevant content.  
 Person 1 helps person 2 with clues and suggestions to complete the card.

16 Describe what is meant by each of the following types of production.  
 Give an example of each in your answer.

16.1 Mass production (3 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

16.2 Batch production (3 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Exam Practice Papers**

Consider how long you would set yourself for a whole question or part of a paper.

Practice using the spaces provided.

**ALWAYS** check using the mark scheme.

Check you have included all the key points.  
 That all definitions are the worded as the examination board expects.  
 Add any missed content in CAPITALS or in a different colour.



**Interleaving**

Mix up your revision with shorter blocks of varied content or units.

Massed practice – completing lots of repetition of the same large unit or multiple examples of the same type/focus of question.

Interleaved – varying revision with questions from different units.  
 Research shows that intervened practice can be more effective for learning to occur.