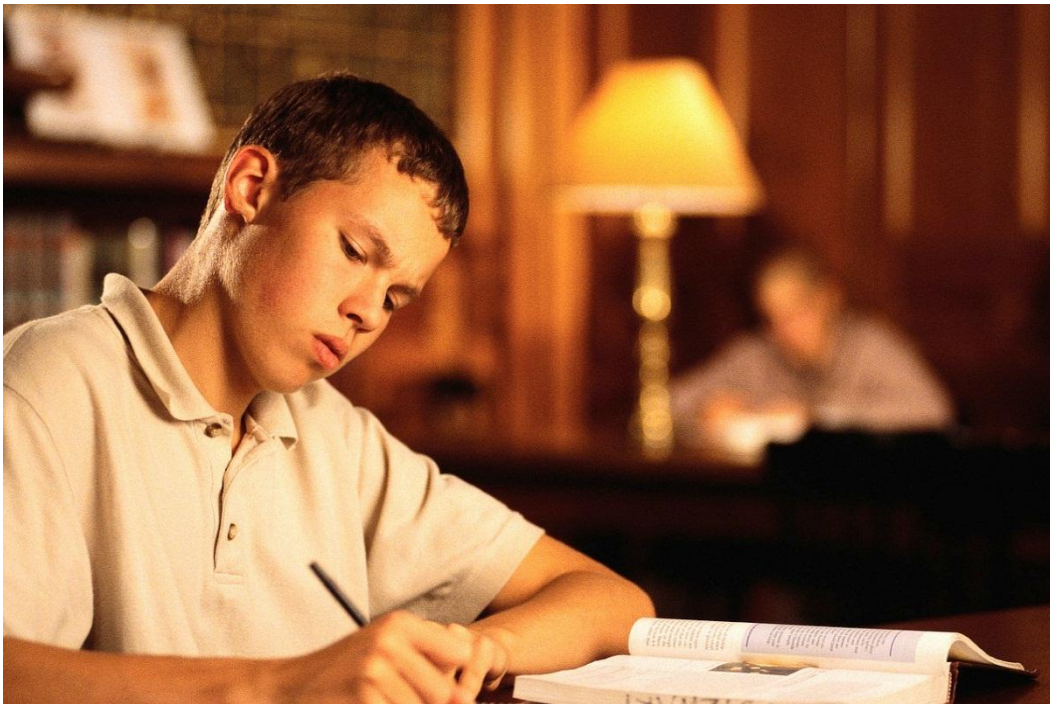


# Top 5 Revision Techniques

According to academic research



**THE JOHN WARNER SCHOOL**



# Top 5 Revision Techniques

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According to academic research

## 1. Practice testing

- All testing practice is effective
- Creating questions yourself can be very effective
- Use flash cards and short testing activities
- Practice makes perfect!

## 2. Distributed practice

- Spreading learning out over a long period of time
- Cramming is not good for long-term memory

## 3. Elaborative interrogation

- Concentrating on 'why' questions rather than 'what' questions
- Read through some text
- Ask yourself 'why does  $x=y$ ?'
- Create notes in response to this question

## 4. Self-explanation

- A technique that involves explaining and recording 'how' you understand a problem
- Works well for algebra and other formulas and theorems
- Works well during learning rather than after learning

## 5. Interleaving practice

- Frequently changing tasks (ways of revising) so that you come at the topic from different angles
- Good for long term memory
- Good for cognitive tasks (e.g. maths problems)