



Spaced Practice

Cramming is less effective than spacing revision out over time, so you should start planning early. Five hours spread over two weeks is more effective than the same five hours all at once.

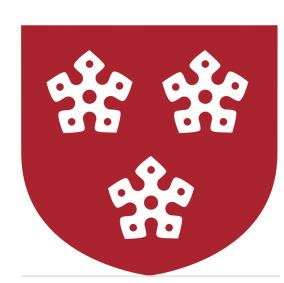
M	T	W	T	F	S	S
30 mins	30 mins	30 mins	30 mins	Rest	30 mins	30 mins
	30 mins		30 mins		30 mins	30 mins



Interleaving

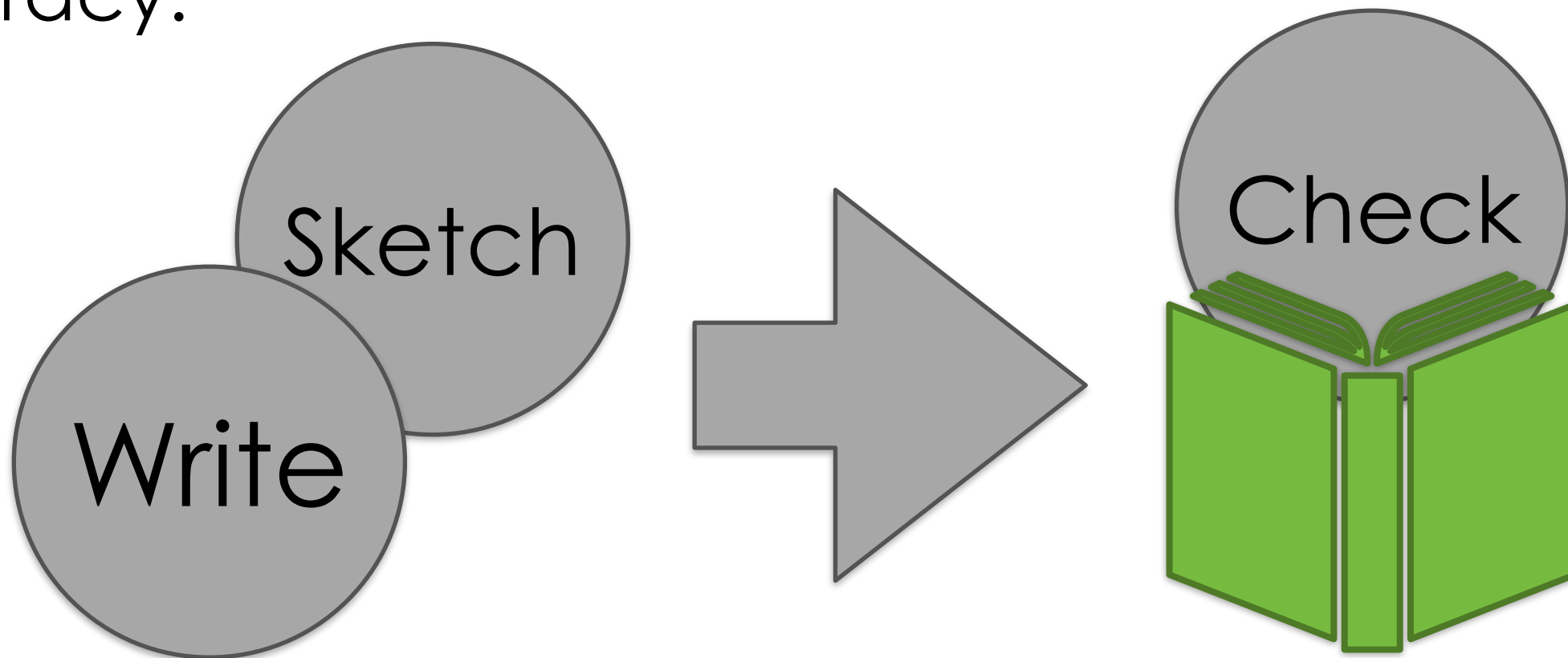
Switch between ideas and topics when you are revising. Don't focus on one topic for too long. When you return to these ideas or topics, try to study them in a different order to strengthen your understanding.

M	T	W	T	F	S	S
Eng Hist	Phys Music Maths	Eng Drama	Maths Phys Music	Eng Spanish	Spanish Maths Music	Eng Maths Hist



Retrieval Practice

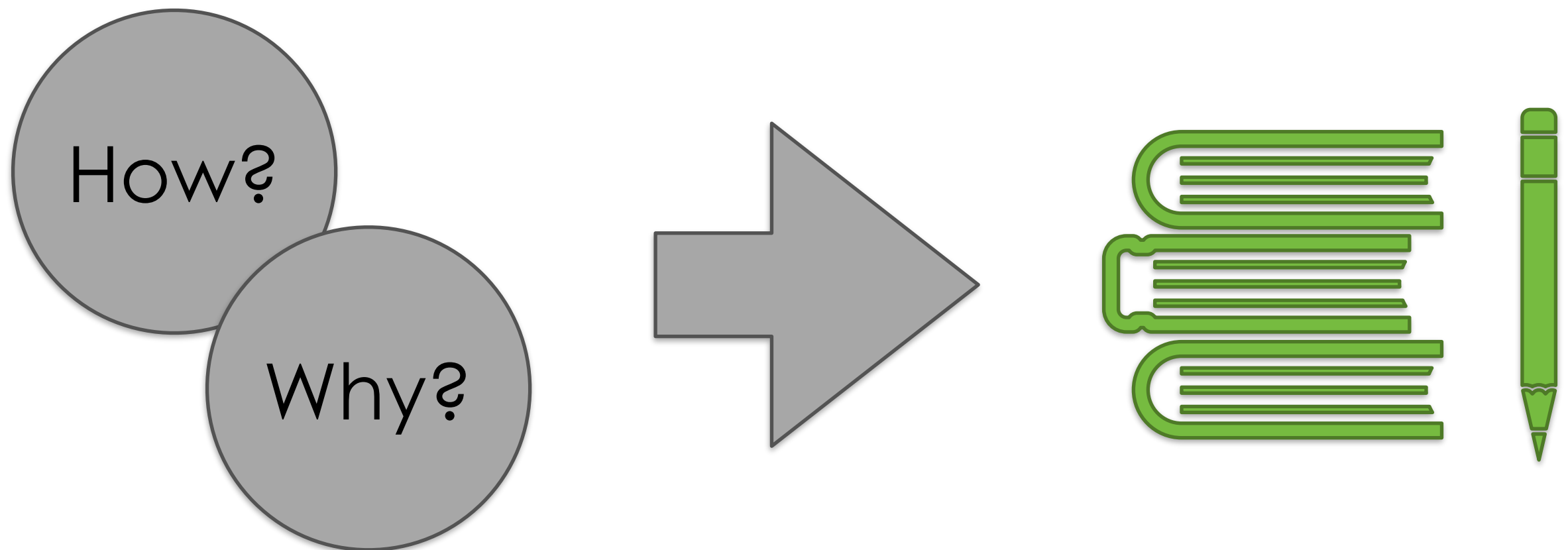
Put away class materials and revision guides and simply write or sketch everything you know. Be as thorough as you can. Then check your revision notes against your class work or revision guide for accuracy.





Elaboration

When you are studying, write **how** and **why** questions about the topic. Then try to answer them yourself or answer them from your class materials or revision guide. As you elaborate, try to make connections between different ideas.





Concrete Examples

Abstract ideas can be difficult to understand. Concrete examples help us to develop our understanding. You should collect concrete examples from your teacher and revision materials and try to make links between them.

