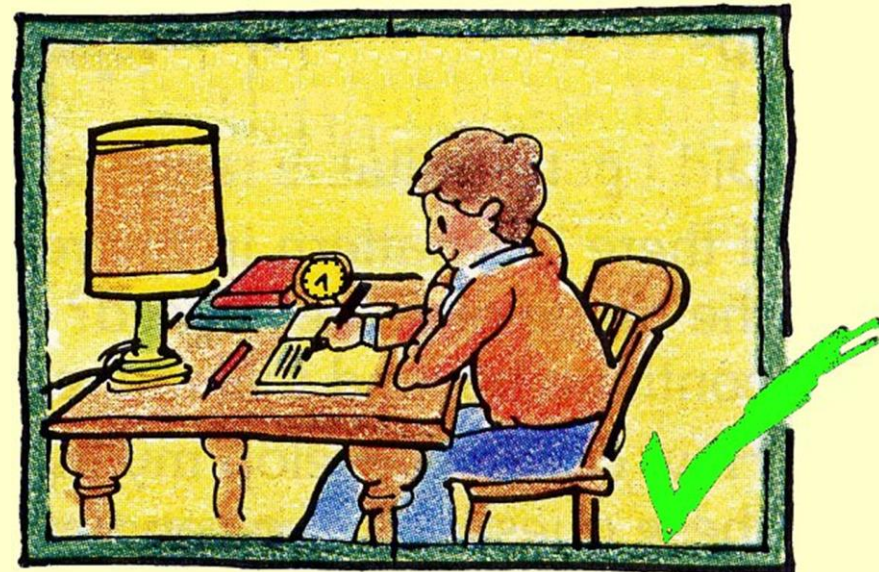
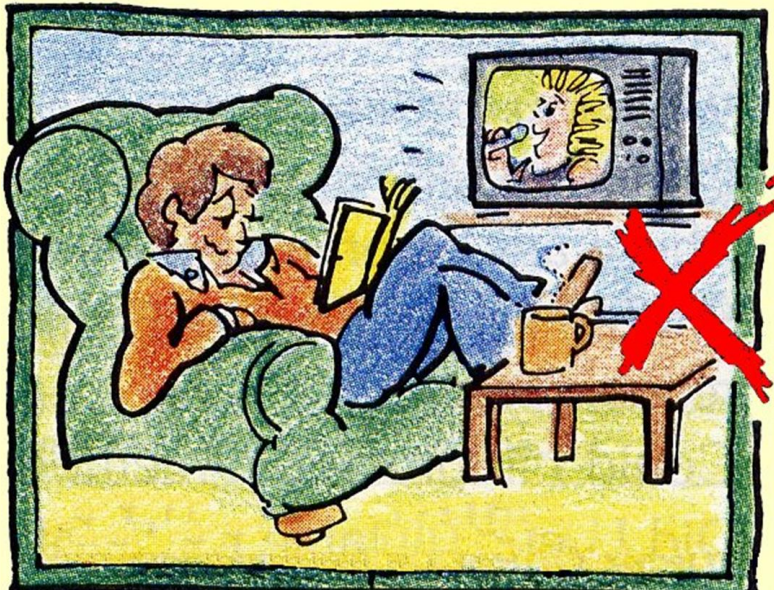




# Revision Technique

## Where should you revise?

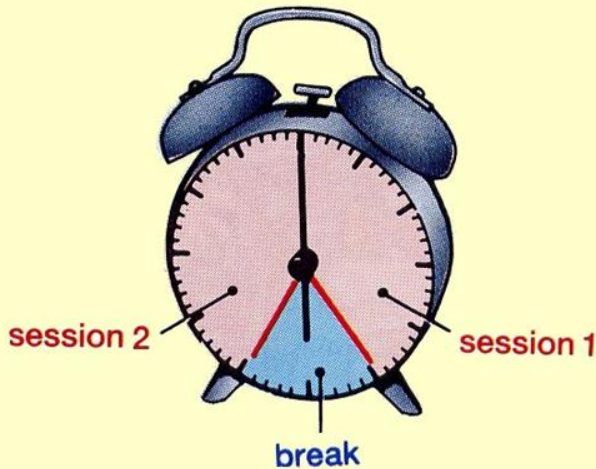
- In a quiet room, perhaps a bedroom,
- With a table to work at,
- With a clock for timing.



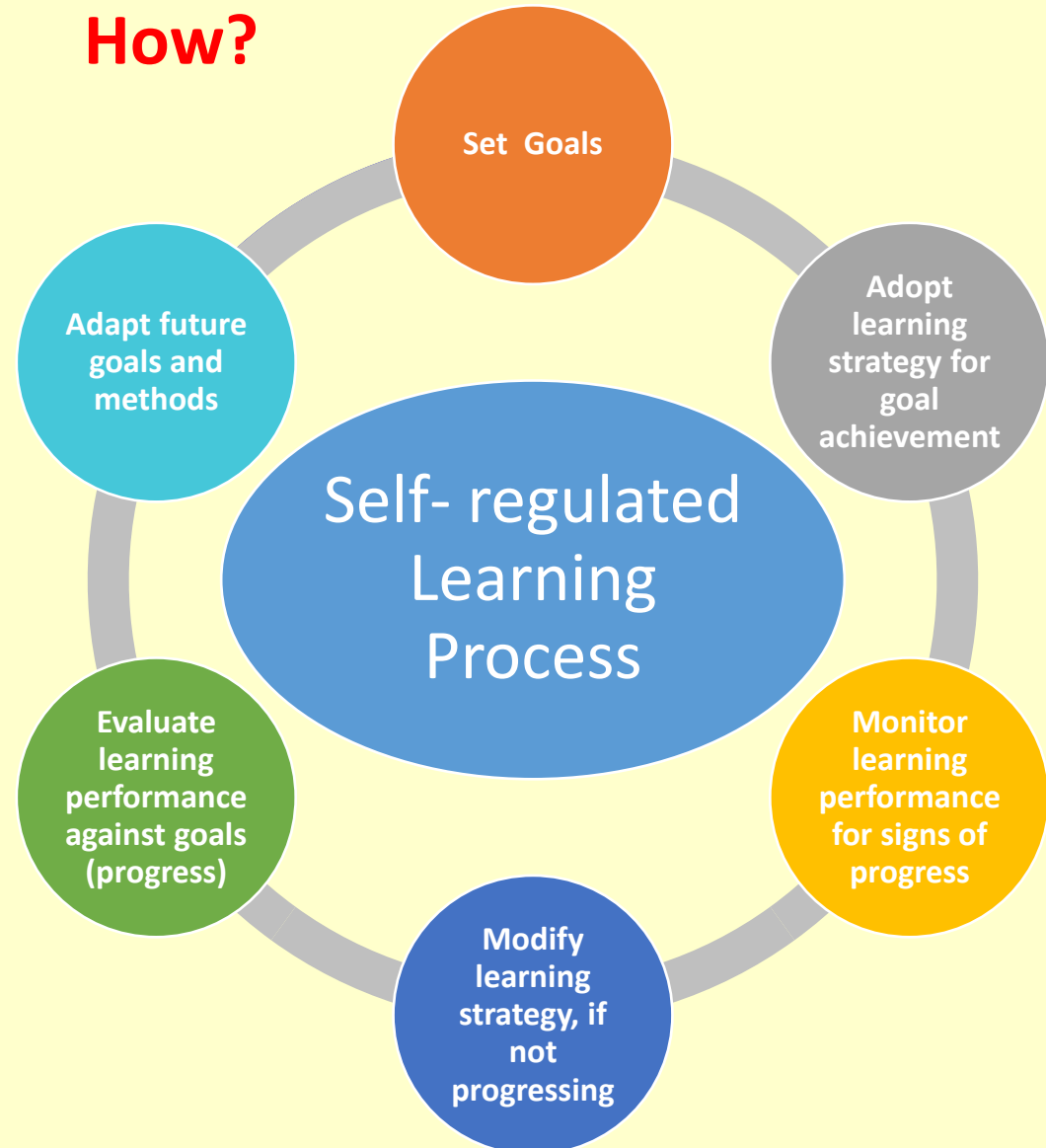


# How can you improve this even more?

If you break up a 1-hour session, into 2 shorter sessions, each of about 25-minutes. Then it is even better.



## How?



## How to revise 'Planned 25 minutes'

### Stage 1: Review (5 minutes)

Actively review learning and learning performance from last study session.

Do you need to change technique to learn more?

### Stage 2: Planning (2 minutes)

Set goals for the next 15 minutes, no more than 3.

Select a learning strategy that you will use (Flashcards)

Decide what success will look like

### Stage 3: Revision (15 minutes)

Active revision, not simply reading.

Apply learning technique, with goal and success in mind.

### Stage 4: Summary (3 minutes)

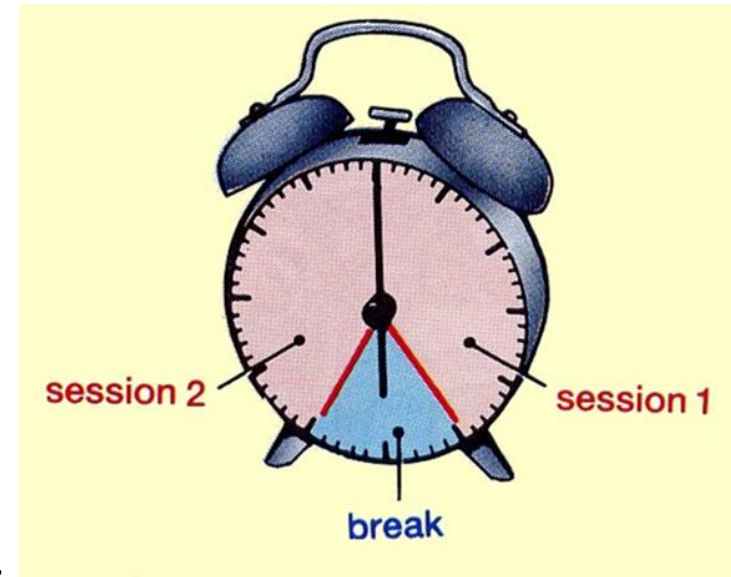
Consolidate what has been revised into a summary flash card.

### Stage 5: Break (10 minutes)

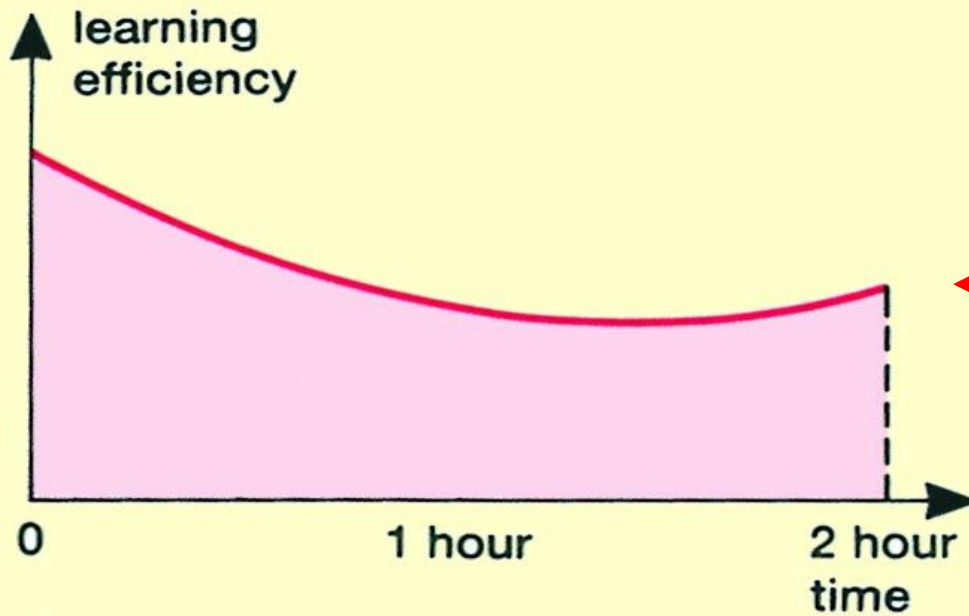
Walk about, move away from study area

Get a drink

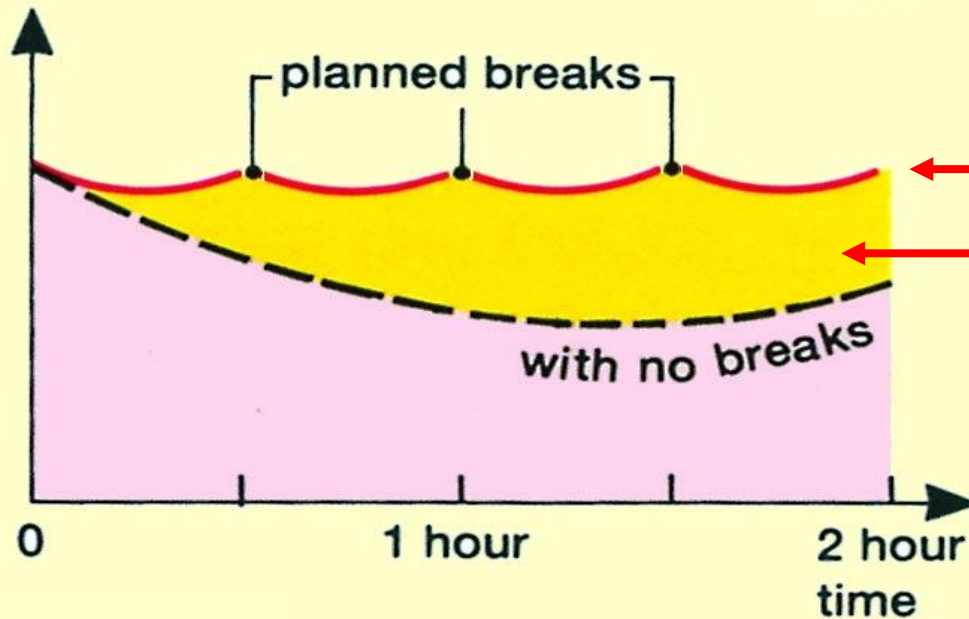
NO SCREEN TIME!



### Stage 6: Repeat 'Planned 25 minutes'



← One solid session



← 4 shorter sessions

← The yellow area shows the improvement.

And even better still,

if you quickly re-revise again, after **1 week**, then it falls even more slowly!

Analyse the new graph:

