

Making it stick! How to revise well

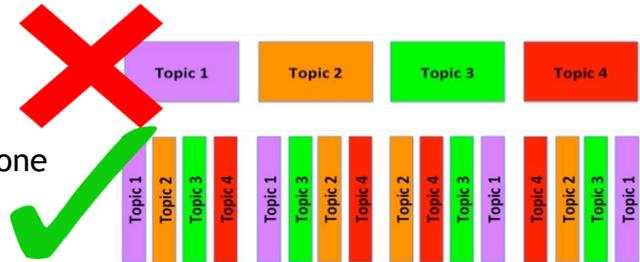
Revising well requires 3 key ingredients. Think *S.I.T.*

S = Spacing

Spacing is where you revise chunks of knowledge repeatedly over long periods of time. It's about making sure you do not try and cram. You must revise everything several times, with space between each attempt. In order to build in enough time to appropriately space revision, you **must** start early!

I = Interleaving

Don't be tempted to revise topic by topic. Research shows that revision is much more effective when students **interleave**. This means dividing a topic into chunks, and revising parts of one topic followed by parts of another before returning to the original topic to continue.



The best way to make sure that your revision is SPACED and INTERLEAVED is to create a revision timetable that you can stick to. You can see from the example below that every week, a student is studying material on two geography topics (interleaving), and each item will be covered more than once (spacing).

UK PHYSICAL (GEOLOGY, RIVERS, COASTS) – TOPIC 1		Week beginning				
CONTENT	6th November	13th November	20th November	27th November	4th December	
Characteristics and distribution of UK's main rock types (1)						
Role of geology, past tectonic and glacial processes in uplands (2)						
Role of geology, past tectonic and glacial processes in lowlands (3)						
How weathering, slope & post-glacial river processes shape uplands & lowlands (4)						
How agriculture, forestry and settlement has influenced UK uplands & lowlands (5)						
Drainage basins and water cycle (6)						
Long and cross river profiles and Bradshaw Model changes (7)						
Erosion, transportation and deposition (8)						

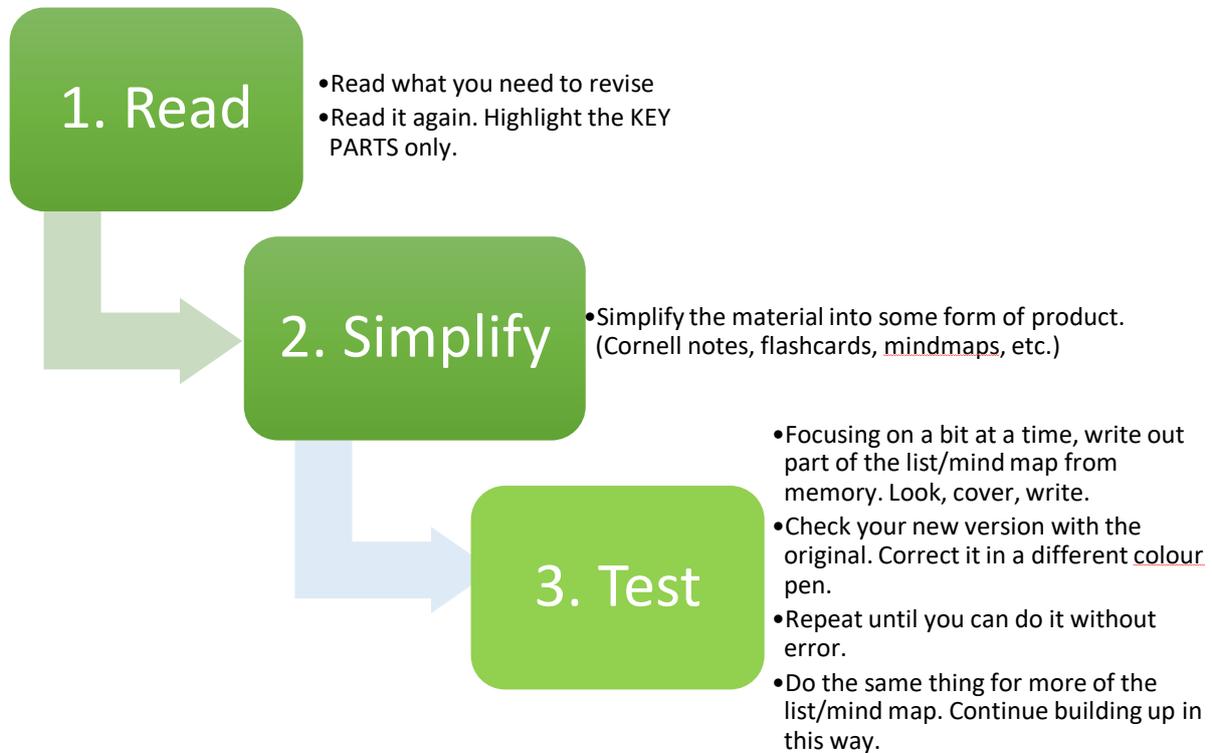
UK HUMAN (GENERAL AND LONDON) – TOPIC 2		Week beginning				
CONTENT	6th November	13th November	20th November	27th November	4th December	
Differences between urban core and rural areas of UK (1)						
How UK and EU policies have attempted to reduce UK disparity (2)						
Why national and international migration has altered population geography of UK (3)						
How UK and EU immigration policy has caused more cultural/ethnic diversity (4)						
The UK's changing economic structure and reasons for this (5)						
Difference between tertiary growth in north vs. south (6)						

T = Testing

When you actually sit down to revise, you need to make sure that in some way shape or form, you are testing yourself. This is by far the best way to ensure you are storing material in your long term memory. Yes, you may want to read the revision guide, copy out notes or attend a revision session delivered by a teacher, **but this is not enough!** You **MUST** work out ways in which this can then be turned into testing. The more we have to try and recall information from memory, the stronger those memories become. This is what matters for exams.

Sitting down to revise

So with the key principles in place, what should revision actually look like when you sit down to revise? See the chart below for some good advice. Remember to get everything that you need ready first, take regular breaks and put your phone away so that you can work somewhere quietly!



Once all the memorisation has taken place, it's also then a good idea to test yourself using practice exam papers or past questions.