

Revision Skills

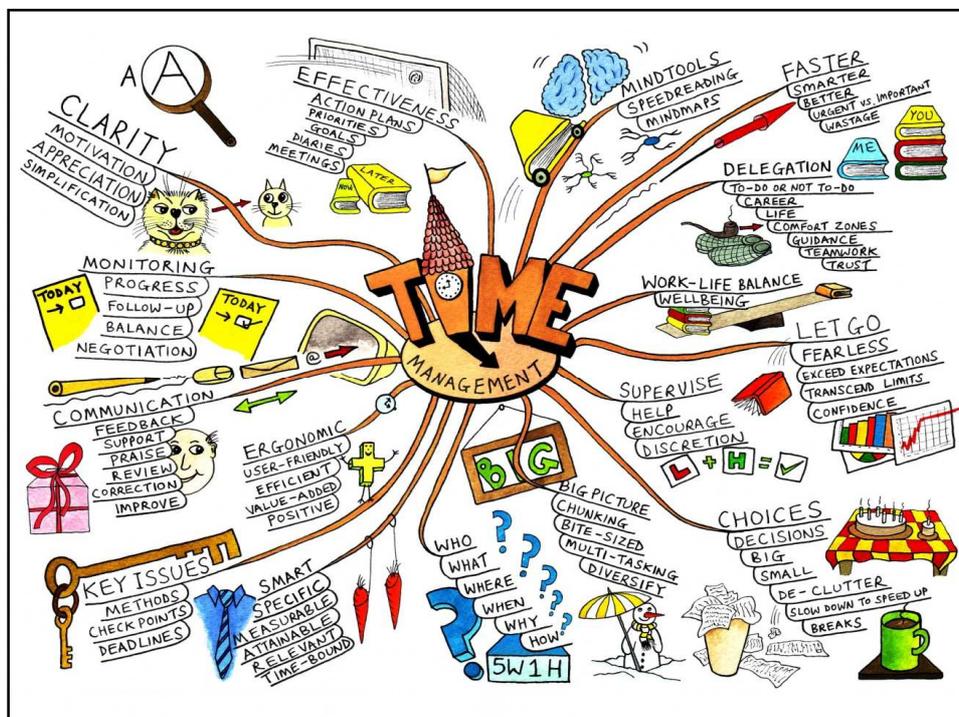
Learning Enhancement Team
Student Support Service

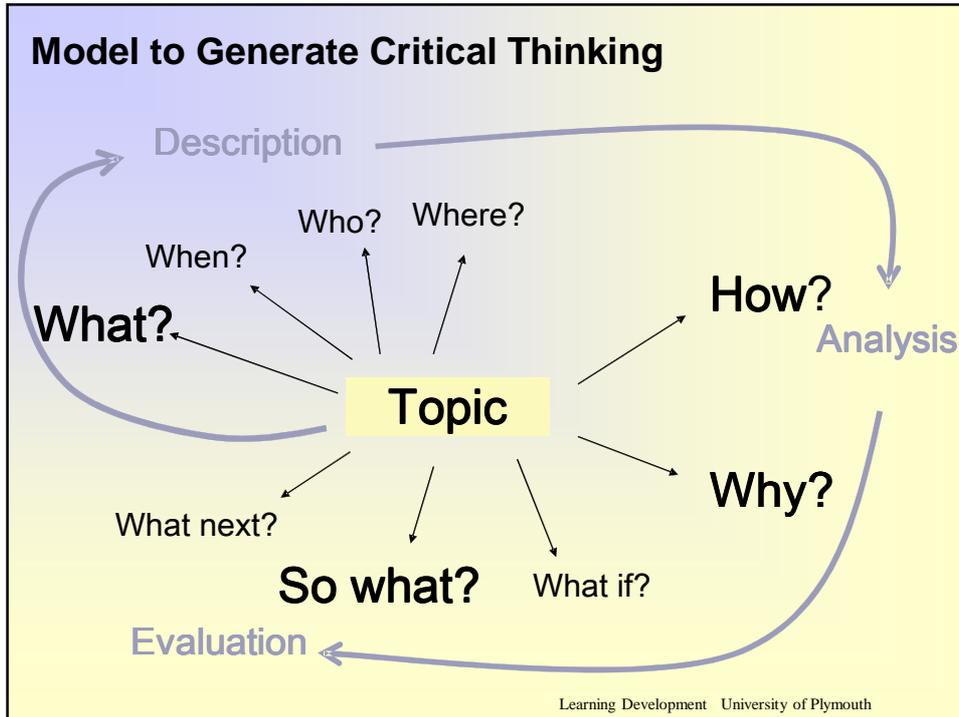
The revision process ...

- What do you *do* when you revise?
- What works for you? What doesn't? Why?
- Is there anything you'd like to do differently?

Making your revision *active* ...

- Re-reading notes
- Copying out notes
- Highlighting text
- Repeating out loud
- Annotating your notes
- Colour-code key themes
- Putting notes on the wall as a poster / post-it notes
- Writing index cards
- Testing yourself with flash cards
- Practising answering past papers
- Practising *setting* past papers
- Explain a concept to a friend
- Re-working notes from one form into another





Improving your memory ...

Your revision timetable ...

- How much revision is 'enough'?
- When do you revise?
- How do you decide what to do when?
- What obstacles might you encounter? How can you deal with these?

Creating a realistic timetable

- Set definite times to start and end.
- Break your revision down into achievable tasks.
- Set clear, well-defined goals for what you can achieve in each session.
- Vary the task/topic/subject.
- Think about what time of day suits different tasks that you have to do.
- Think about the environment you're going to work in.

Creating a realistic timetable

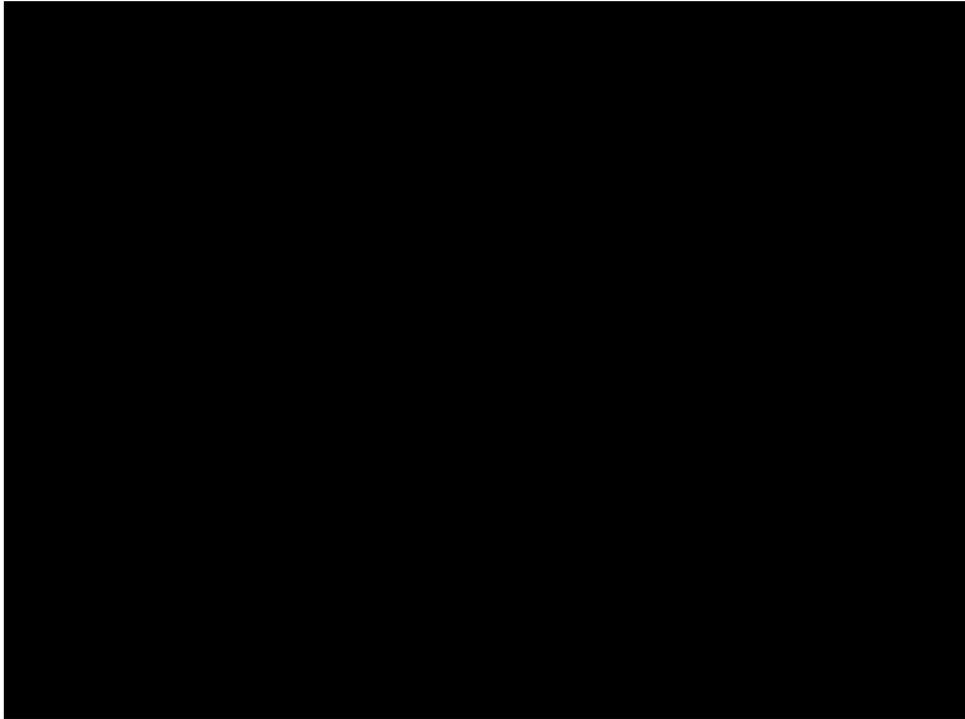
- Plan in pencil – so that you can review and adapt.
- Keep working sessions short – timetable regular breaks (www.pomodrotechnique.com)
- Build in plenty of time for reviewing and testing.
- Timetable in essential things like eating & sleeping!
- Don't leave the things you don't like doing until last.
- Give yourself rewards as incentives.

Don't think about what you 'should have done', or haven't done- but what you have done and can do.

Give yourself a break!

“The unconscious mind carries on working even when you're not studying, so taking breaks is not a disadvantage.”

Cottrell, 2007: 118



Summary

- Effective revision is often an active process.
- Try a variety of ways to make your notes memorable.
- Try using mind-mapping to test yourself, identify gaps – and show just how much you *do* know!
- Plan your time well ... but be realistic! Taking breaks is okay.
- Everyone does it slightly differently!

Revision and Exams Advice

- **Resources** <https://portal.uea.ac.uk/student-support-service/learning-enhancement/study-resources/revision-exams>
- **Twitter** @uea_let [#ueaexams](https://twitter.com/uea_let)
- **Tutorials** with the Learning Enhancement Team to review your revision and exam strategies <https://portal.uea.ac.uk/student-support-service/learning-enhancement/appointments>

Further Advice

- UEA Exam Regulations & Past Papers <https://portal.uea.ac.uk/learning-and-teaching/students/assessment/exams>
- Cottrell, S. (2007). *The Exam Skills Handbook*. Basingstoke: Palgrave MacMillan.
- Cottrell, S. (2008). *The Study Skills Handbook*. Basingstoke: Palgrave MacMillan.
- For advice on stress and anxiety: <http://ecouch.anu.edu.au/welcome>
<http://www.moodjuice.scot.nhs.uk/>

Thank you and good luck!