

Memory



Stages of memory process:

1. Taking in information - noticing or attending to information, and absorbing it
2. Retaining it in short term memory
3. Encoding it - interacting with the information in working memory so that the brain can store it in long term memory
4. Recalling it, retrieving or remembering information, whether on purpose, by accident, or in dreams

Forgetting

If new information is not reviewed within 24 hours, possibly 80% will be forgotten. However, even a quick read through of the notes made in a lesson will be sufficient to bring recall of that topic back to 100%. You may forget this information again over the next few days, but if the information is reviewed after a week, a month and then three months later it is possible to store most of it in long term memory.

Memory



Improving your memory

- Repetition
- Association
- Mnemonics
- Active listening
- Writing things down
- Personalising it
- Music or pictures
- Turn information into a diagram
- Say it aloud or sing it
- Make it bizarre
- Use colour
- Chunking information We can generally hold 5 chunks of information in short term memory

Advanced Mind Maps



Mind mapping is a visual tool that helps us structure, organize, memorize, arrange, brainstorm and learn information. You can also use them to make links between topics.

What could I use it for?

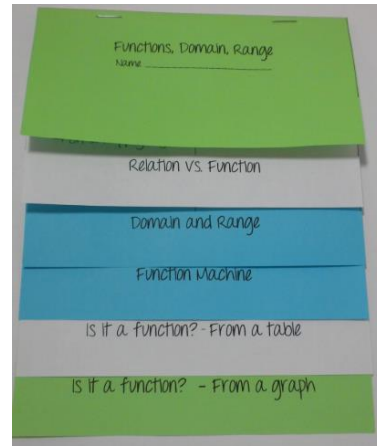
- Branches of essay paragraphs
- Scientific definitions
- Scenes/quotes/characters from books
- Drama themes/genres
- Expressive Art/Design factors
- Formations of physical environments

Advanced Mind Maps

How to?

1. Take out a large sheet of paper and place it horizontally in front of you.
2. Draw a reasonably sized (coloured) memorable central image that represents the topic you are going to be mapping OR draw a circle and write some words inside the circle to represent that image.
3. Draw at least **four thick** organic looking branches radiating outwards from the central image. Using a different colour for each branch is helpful.
4. Write key-words (headings) along these branches that represent the central image and the topic you are mapping.
5. Draw additional branches that extend from your main branches. The words on these branches are sub-topics of the words you wrote on your main branches.
6. Keep expanding the mind map outwards with additional sub-topics/keywords and branches.

Foldables



Foldables are used as a self-check study guide. They are 3 dimensional, interactive and graphic. They can be used at any level and in any subject.

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- Scientific definitions
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Foldables

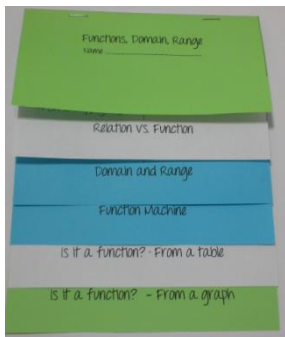
Shutter



How to?

1. Hold your paper horizontally and make a pinch in the middle of the paper
2. Fold either side of the paper into the middle so both sides are meeting
3. Cut into the paper to create separate sections for your topics

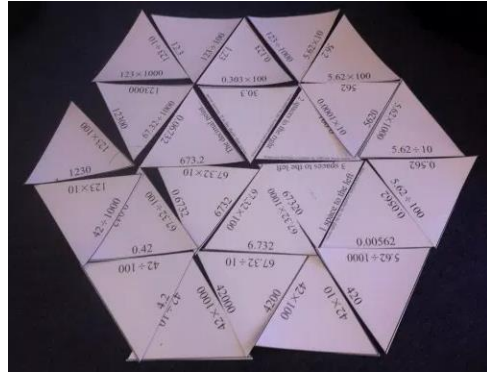
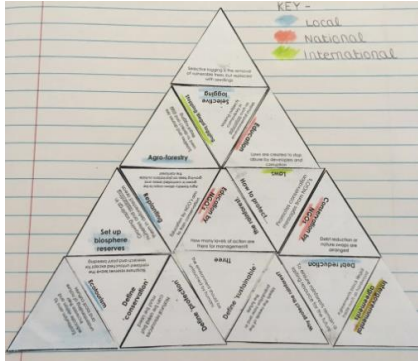
Stairs



How to?

1. Hold all sheets in the portrait orientation.
2. Stagger the sheets down from each other (at least 1 inch down from the page before)
3. Fold them all in half (so you have different flaps to write headings on)
4. Secure with staples along the fold.

Tarsia



Tarsia is a software which allows learners to create a range of jigsaws, to help with matching of definitions, linking of topics, practice of equations etc.

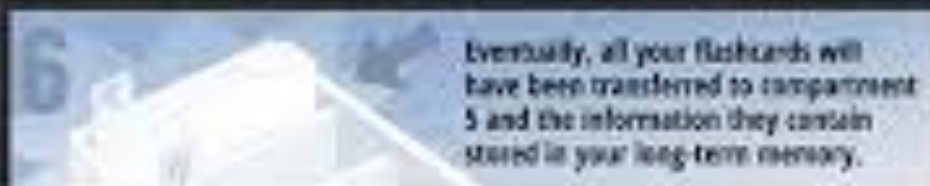
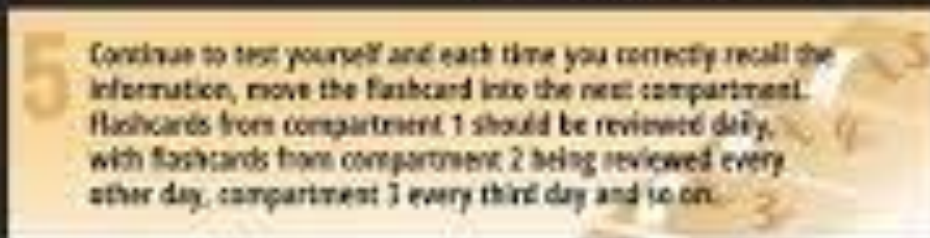
What could I use it for?

- Definition of terms
- Matching of terms
- Practice of equations
- Grouping of terms
-

Active Flashcards

USING FLASHCARDS TO REVISE

by @limerdillon | www.limerdillon.co.uk



Active Flashcards



How to?

- Split a box into 5 different compartments
- Place all the Flashcards about a topic in compartment 1
- Test yourself on a flashcard
- If you can correctly recall the information move the flashcard to compartment 2. If not, put it back in compartment 1
- Continue to test yourself and each time you correctly recall the information, move the flashcard into the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.
- Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory

Quizlet Flashcards



Everyone knows about flashcards you can write yourself, but Quizlet.com lets you create them online. This means you can test yourself on your phone as well as print them out.


What could I use it for?

- Definition of terms
- Matching of terms
- Practice of equations
- Matching of examples to terms
- Matching statistics to examples
- Matching names to texts/job titles
-

Quizlet Flashcards

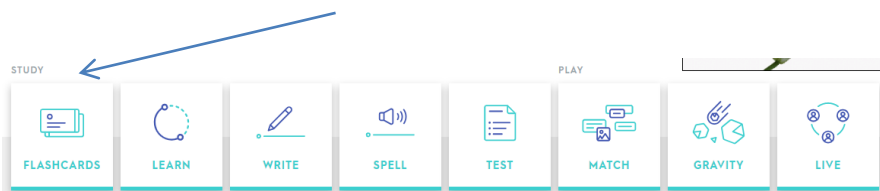
The Quizlet logo consists of the word "Quizlet" in a white, sans-serif font, centered on a solid blue square background.

How to?

1. Create a Quizlet account
2.  new 'study set', giving it a relevant title
3. Enter the definitions and terms (you can even add images/diagrams)
4. Press
5. Select 'Flashcards'

A teal rectangular button with the word "Create" in white, sans-serif font.

6.

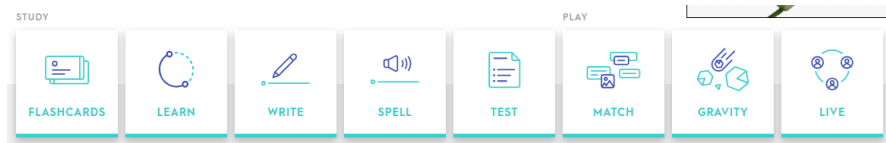


Quizlet Flashcards

The Quizlet logo is displayed in white text on a solid blue square background.

Taking it further

Once your flashcards are made up you can learn the content in different ways by clicking on the icons below



for example:

Learn: creates a multiple choice quiz

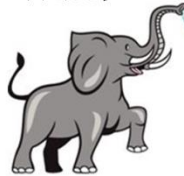
Match: creates a timed card match (you can challenge your friend)

Gravity: type the answer before the asteroid hits

Mnemonics

Remember...

Naughty
Elephants
Squirt
Water



Mnemonics are pattern of letters, ideas, or associations which helps us to remember something. You can make your own or use <https://spacefem.com/mnemonics/>

What could I use it for?

- Factors/Points in an essay
- Cycle of analysis of activity
- Main themes in a poem
- Stages of scientific experiment

Acronyms/Mnemonics

Remember...

Naughty
Elephants
Squirt
Water



How to?

1. Choose a list of terms you want to remember that are linked
2. Create a sentence of some sort that will help you remember the different terms (as above for compass order)

OR

1. Log on to <https://spacefem.com/mnemonics/>
2. Type in the different terms you want to remember
3. Keep clicking 'Go' until you find a mnemonic you like

Dice Storyboard



This is usually a paired/group task. It can help you remember links between different topics and/or provide a variety of equations to solve. You will need a game sheet and a dice.

What could I use it for?

- Remembering details of a play
- Practicing mathematical equations
- Linking activity and analysis
-

Dice Storyboard



How to?

1. Create a blank table with 6 rows and 6 columns
2. Fill the boxes with things to do with your topic
3. Roll the dice twice to find out which box you will land on (go along x and y axis)
4. Do the task:
 - If making links between boxes then keep adding to information the first person gives
 - If simply answering the question/defining the contents of the box then do so and move on

Dominoes



This requires 3-4 people but can be used to test each other on knowledge.

What could I use it for?

- Anything!

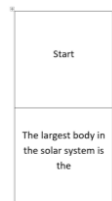
Dominoes



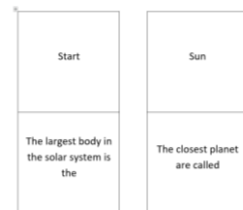
How to?

Create a set of statements that form a chain when placed side by side.

1. Write the words "start" at the top of the first domino.



2. Write the first part of the statement under "start" and the second part/answer on the top of the next domino



3. Repeat the process for the rest of the topic

4. Keep the card marked "start" but shuffle the others (placing them face down).

5. Put the sentences back in the correct order. Challenge your friends to see who does it quicker!

Read and Write: Break it down and build it up!



This is useful when you have a lot of information to try to remember. You start with the bulk of the info and break it down into smaller chunks. Then, without looking at bulk of info, you build all the info back up.

What could I use it for?

- Essay topics
- Evaluation of my practice
- Memorising Assignments

Read and Write: Break it down and Build it up!



How to?

- Once you have opened a Google Doc, click the jigsaw piece in the top right hand corner. If you do not have this, click the 3 grey dots in top right corner, click 'more tools' > 'extensions' then search 'Read and Write'.
- Click the extension "Read and Write for Google Chrome"
- This will lead to a new task bar coming up at the top of your document.
- Use the highlighters. Highlight all of the key information in one colour. Different aspects could go in different colours.
- Once you have highlighted everything you want to right click it and click extract.. This will transfer everything in one colour to a new Google Doc.

Revision Challenge:

- Using only your highlighted words can you now 'build it up' and write in more detail about that topic or write the rest of your essay paragraph only using that.

Creating a Personalised Revision Timetable



It is important that you balance your time effectively. Revision is absolutely key to reaching your target in the exam, but so is allowing yourself relaxation time.

Use the following template to consider how you can factor in your revision around events that you must attend, and how you can reward yourself after completing a good batch of revision.

Organisation:

- Have separate files/folders for each subject - you may want to colour code them to help with organisation
- File any handouts into each folder daily so they do not get lost or crumpled
- Use magazine holders to store your files in your room
- Use a planner - mark in holidays, trips, exams, other school events and coursework deadlines.

Creating a Personalised Revision Timetable



- You remember more from the start of a study session
- You remember more from the end of a session
- You remember odd or unusual things
- See pictures below for some study timetable ideas
- Cut your work up into chunks of 25 to 45 minutes. This will help you remember more. Take a break before studying anything new and you will get less tired.
- You forget half of what you learned after one day.
- You forget about 80% of what you learned after 1 1/2 days.
- But if you revise frequently what you have already learned, you are more likely to transfer this information into your long-term memory

Recap

The aim of the Workshops and this booklet is to give you an idea of study skills techniques that might work for you.

Your mission is to use at least one of these over the next few weeks to revise your exam subjects.