Supporting Learning Through Effective Revision.

"Whatever you think about, that's what you remember. Memory is the residue of thought."

Daniel Willingham

Techniques which have little impact on learning

- o Highlighting texts
- o Re-reading
- o Summarising text

These popular techniques give a deceptive feeling of 'doing' but without requiring any of the cognitive processes needed for learning.

Techniques with evidence to support their effectiveness

1. **Testing**
    - o Flashcards with questions on one side, answers on the other
    - o Quiz with someone else
    - o Memorisation techniques such as mnemonics and knowledge organisers
    - o Create/take multiple choice quizzes
   - o Past papers

2. **Interrogate and elaborate**
    - o Ask how or why a concept/idea is true then answer that question

3. **Interleaved and Spaced Practice**
    - o Build in time for forgetting by spacing out practice which will lead to better remembering
    - o Chunk up topics rather than revising in blocks – include this in testing, mixing up questions from the current topic with questions from a previous topic
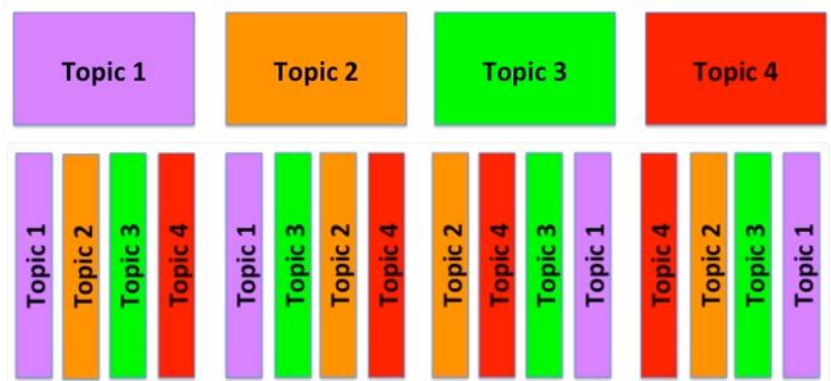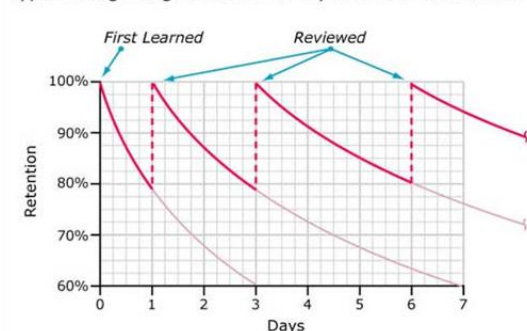
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'Make It Stick, The Science of Successful Learning', Brown and Roediger