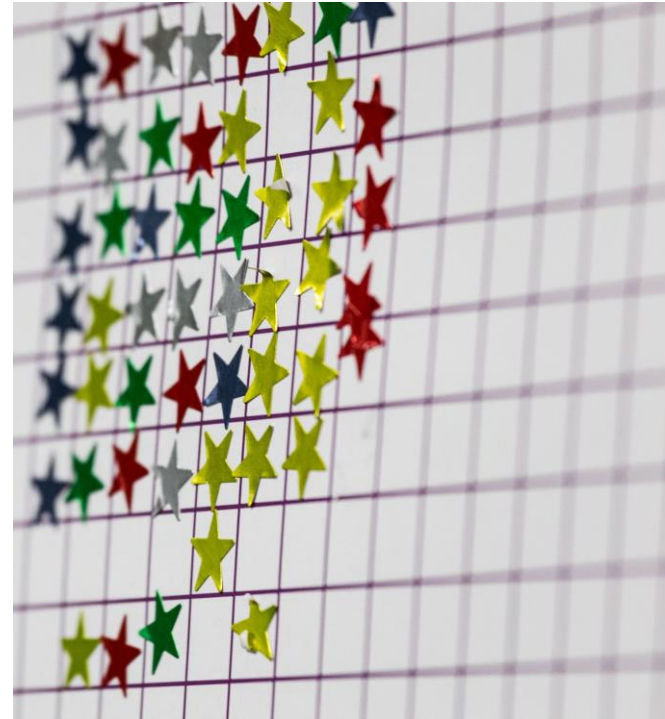


S.T.A.R

(St Antony's Revision)

Workshop 2



St Antony's
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

When should I start?

This is the key question that most pupils will be wondering! When is the best time to start revising?

You should have already started revising!



Revision should be built into your everyday. By doing so you will:

- Reduce stress and anxiety
- Avoid the need to cram
- Consolidate new taught information from your working memory to your long term memory.

Memory – How does it work??

Think of your memory as a funnel. The information you are taught enters the funnel, however, most of this information doesn't pass through because it gets 'clogged'. Think of this as your 'working' memory. Only small parts of the information passes through to your 'long' term memory and the rest is forgotten. Revisiting the content at a later date allows more information to be pass through and enter your long term memory to be retrieved when needed.

Working Memory

- Hold and process new information.
- Small capacity.
- If not revisited, information will be forgotten.



Long Term Memory

- Stores new information from our working memory
- Can hold large amounts of information.
- Allows us to retrieve information at a later date.



Homework tasks isn't strictly revision!

Usually, homework tasks are used to support your learning in the classroom. These tasks will further develop your knowledge and understanding of a topic however, completing homework does not count towards time spent revising. This is important when designing your revision timetable.

YOU SHOULD PRIORITISE YOUR HOMEWORK!

Do not waste your time in lesson; you haven't got time to. The more you do in school the more time you will have to spend revising at home.

<https://youtu.be/p60rN9JEapg>

