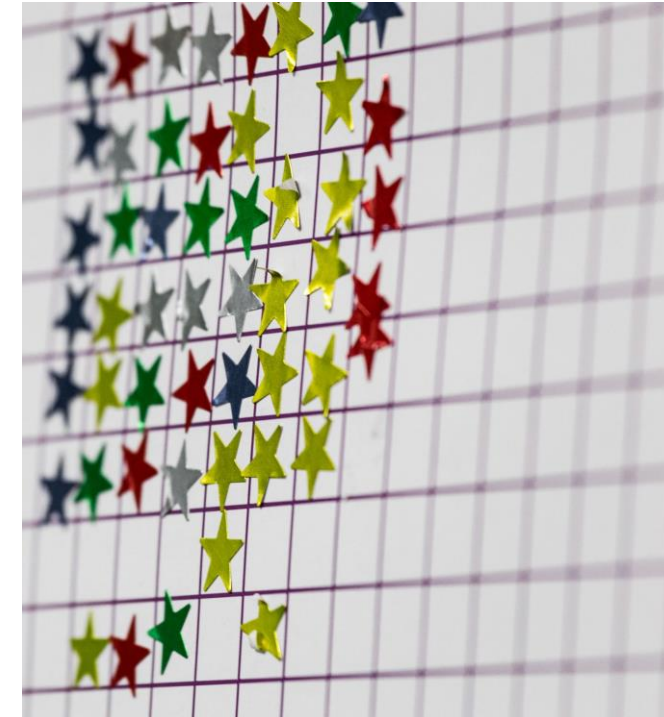




S.T.A.R

(St Antony's Revision)

Workshop 4



St Antony's
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

Spaced Practice

The last session focussed on your study environment and being properly prepared. This session will focus on a really important aspect of revision that you probably have never heard of:

- Spaced Practice



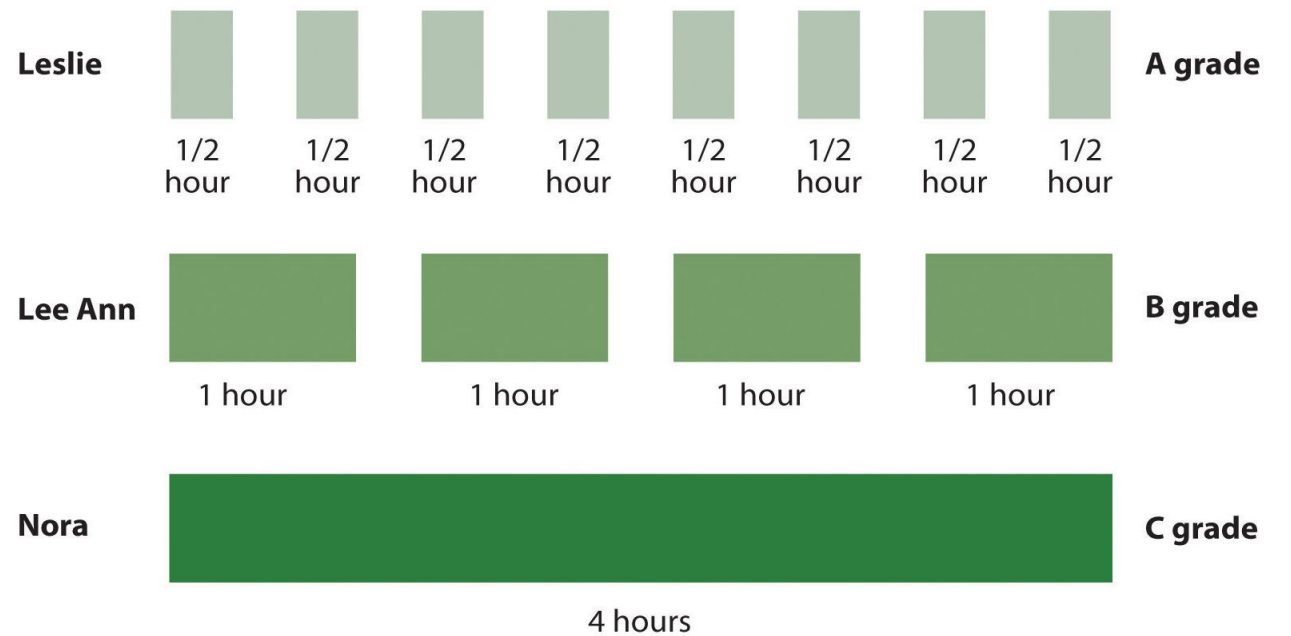
Spaced Practice



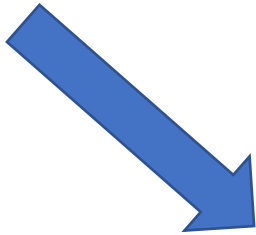
Spaced Practice is when you space out your revision of a particular subject over a period of time as it forces you to retrieve taught information from your long-term memory. It removes the need to 'cram' in your revision and helps to alleviate stress ahead of your exams.

When revising a particular topic, a good way to space out your revision is to follow a simple 4 stage process:

1. Review
2. Transform
3. Test
4. Exam



Stage 1: Review
Spend 20 minutes reviewing a topic. This can be highlighting, making notes, flashcards etc.



Stage 2: Transform
Using your chosen review process from stage 1, transform these into something different, for example, a mindmap, a drawing, a song etc.



Stage 3: Test
With a family member, ask them to test you or with a friend, test each other on the topic you have been revising.



Stage 4: Exam
Complete an exam question or practice paper on the topic you have been revising to see what you have learnt.

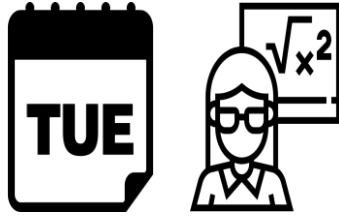


Spaced Practice

Spaced Practice



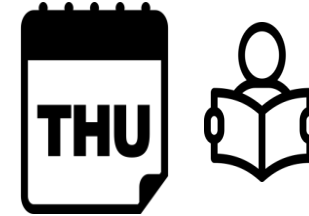
Example



Maths lesson on Tuesday, period 3

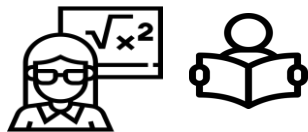


Give yourself some space!

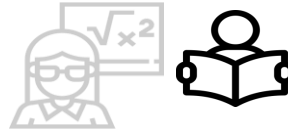


Review the Maths from Tuesday

After reviewing the most recent class information make sure you go back and review older important information



Review the Maths from Tuesday and...



...maths from 1 week ago...



...maths from 1 month ago...