



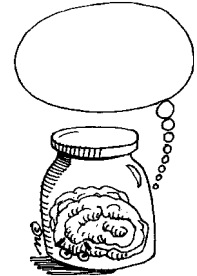
HOW TO STOP YOUR BRAIN FROM HURTING, with 23 TOP TIPS FOR REVISION

Even if you ignore everything else on this sheet, then at least take note of these 3 KEY TIPS FOR REVISION SUCCESS

- Don't work harder, but **work smarter**.....
 - use a **variety** of revision techniques. If you're always doing the same thing, it won't 'go in'. Or, it may go in, but it won't stay there long enough!
 - use **chunking** – break down topics into 'bitesize' pieces (see below for more info)
 - start revising **NOW**. The longer you leave it, the harder it is to start. The sooner you start, the easier it is to continue. If you leave it to the last minute, you will panic. The memory parts of your brain don't work properly when you're stressed (it's scientifically proven).

1. **Use chunking to remember the WHOLE COURSE.** Make 'family trees' of information using key words that have something in common. Give each family a name that describes the grouping. Then make up a mnemonic (see below) using the sequence of first letters of each family. ***This is ideal for C+P. It is strongly advised that you do this before revising individual topics. Getting an overview first will make revising individual topics much easier, and more effective.***
2. **Location, Location, Location.** Learn key information in different rooms of the house. VISUALISE key facts brought to life as characters, and locate them in order in a place you are familiar with and comfortable in. **Do the Post-it potter** : attach post-it notes to walls, furniture, the toaster each containing a key point. Then go round the room and read each one aloud to yourself, removing the post-it as you go. Once all are removed, re-attach them in their original places. Physical movement attached to learning is invaluable. Note that this is also useful for annoying your parents/excusing biscuit scoffing whilst revising in the kitchen.
3. **Relate it to your life.** eg. maybe you know someone who has...lost money through an unwise investment (hyperinflation?) or worked whilst bringing up kids (Nazi ideals for women?). We all know of famous criminals of our time – how might they be tried in court/be dealt with by policing methods at different points in time? If you can't relate specific happenings/policies etc to real life examples, then **use fiction to remember fact**. Build up a story and create a **mind-movie** by visualising and playing through say, the persecution of a Jewish family living under the Nazi State. What would be said, what would be done etc. at various points in time? Use celebrities/soap characters to play the main parts – the madder, the better
4. **Sensationalise.** Turn key words and phrases into tabloid newspaper headlines.
5. **Be poetic/musical.** Use alliteration (**Adolf aimed to achieve autarky**), rhythm and rhyme. Make up songs, re-write the lyrics of your favourite/most hated song, write limericks about tithings. This is all about aiding memory.
6. **"Those who can (stand it), teach."** Get your parents/siblings/postman to test you. Or 'teach' them. **BEWARE** of 'revising' with friends – it really doesn't work, since you won't.
7. **Revise outrageously.** How would you explain a topic to an alien? Read your notes aloud using a stupid voice.
8. **Mnemonics.** (Remember **Richard Of York** to remember rainbow colours?) These are best when created by you. Take the first letter of each key word to make a new word or phrase. Again, the more ridiculous, the better....but don't go mad on mnemonics – create too many and you'll just get confused.
9. **Don't have a mind for numbers?** Get one – remember numbers by turning them into words. eg. Peterloo = 1819. 'Massacre (8 letters) A (1) Protester (9)'. (You can remember which millennium can't you?)

10. **Storytelling.** List key words, and make up an extremely silly story that uses all of them.
11. **Use the magic numbers: 1, 3, 5, 7.** eg. what is the one most important point about....what are the 3 essential points about.... *For some reason, your brain learns better when you use these odd, rather than even, numbers (honest!)*
12. **Concept mapping.** Use plain paper, landscape. Start with a key theme, eg. What did Hitler want to achieve in Germany after 1933?, and write it in the centre. Around it, write key words/ideas in a circle, spacing them out. Then connect these words/ideas with arrows. Along the connecting arrows, explain the 'link' between words/ideas in writing. *You could bore/impress your parents by explaining your concept map to them orally once it is complete. This will help you to remember it....*
13. **Mindmapping.** Better than a spiderdiagram, because you must *understand* a topic as well as know it to mindmap it. These also mirror the appearance of the brain, which is important as they are put together in a way your brain likes. *Always use blank paper (lines distract the eye), landscape.* Start with a key theme in the centre eg. C+P 1500-1750. Each central topic within this theme is big branch of a tree eg. crimes, policing, punishments, social changes, courts. Write the idea along the branch. Extend each branch to create smaller, sub- branches, eg. punishments – Bloody Code. Extend each sub-branch to make even smaller branches, and eventually twigs. Make your 'tree' as big as you want. eg. punishments – Bloody Code – why introduced? – landowners protect property. Use colour, capital letters, pictures to aid your memory.
14. **Think big.** Get a role of wallpaper (that is not being used) and on the reverse, do giant mindmaps/concept maps using a marker pen. Stick them on your bedroom wall/ above the TV/ceiling/on the front door.
15. **Hide 'n' seek.** Make 9 smallish pieces of paper. On one side, write a keyword. On the other side, write the definition of that keyword, or if you're feeling confident, 2 points about that keyword. Lay the pieces out to form a square, keyword side up. Go through them one at a time, and see if you can remember what's on the reverse of each piece. Check if you're correct by turning them over. If you get it wrong, keep it keyword side up, and return to it. If you get it right, keep it turned over – it's dealt with. See how long it takes you to turn over the whole pack of 'cards'. When they're all turned over, work in reverse – guess the keyword from the points given/definition. As you build up your revision, branch out with the number of pieces of paper/points used.
16. **Practise makes perfect.** Exam technique is just as important as revising. Do practise questions. As you become more confident, time yourself.
17. **Revise in a quiet place.** If you listen to music whilst revising, you'll struggle to recall it in the exam hall without that same music (no, singing it in your head won't help, and singing aloud will only get you disqualified).
18. **Take regular, SHORT breaks.** A rule of thumb is that you can only *really* concentrate on *one thing* for as long as your age (ie. 16 minutes). Vary your revision techniques and you'll last longer. Your brain will let you know when you've had enough. Try to be physically active in your breaks. Stretching for the TV remote doesn't count.
19. **Eating/watching TV whilst revising distracts you.**
20. **Reward yourself** for revising. Plan your reward before revising to motivate yourself.
21. **Drink water whilst revising.** It's brain liquid in disguise, don't you know.
22. **Stockpile** post-its, blank paper, lined paper, coloured pens that you can write with (for mindmaps, **colour coded notes** etc.). Use them!!! Note that tidying your desk and arranging pens in rainbow order only helps once.
23. **Visualise being successful.** Think positively. It's all in the mind (hopefully, literally).



Make use of the **fantastic** revision planners and advice available at
<http://www.bbc.co.uk/radio1/onelife/education/revision/planners.shtml>