

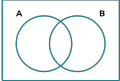
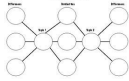





5 Steps to RED Review	R	E	D
<p>RED - a set of techniques called <i>desirable difficulties</i>. That means challenging, but they work!</p> <p>They feel <u>slow and hard</u>, especially at first, but this is <u>good</u>, as they are proven to help you know and remember more!</p>	<p>Retrieval - from memory, without looking (<u>no peeking!</u>)</p> <p><i>It works because:</i> you will remember things more easily. Checking lots has a 'testing effect' which helps us learn and makes us more comfortable and confident in tests, which lowers stress (stress, annoyingly, blocks your memory!).</p>	<p>Elaboration - explaining why or connecting ideas (<u>in your own words!</u>)</p> <p><i>It works because:</i> It builds the strength of memory storage - so you understand it more deeply and it is connected to other knowledge securely.</p>	<p>Dual Coding - using pictures or diagrams (keep pics/symbols simple!)</p> <p><i>It works because:</i> It double boosts the storage in our memory by combining words and images (the two channels of memory) - you will understand and remember it more.</p>
<p>1. Work out what you know (and don't know yet)</p>	<ul style="list-style-type: none"> Start with a PLC/Topic list RAG each topic/point Don't just guess - test yourself with a brain dump first, to properly find out 	<ul style="list-style-type: none"> Check if you really are green - can you? <ul style="list-style-type: none"> ✓ Explain it in your OWN words? ✓ Say WHY it is true/works that way? ✓ See how it relates to other points/topics? 	<ul style="list-style-type: none"> Check with a brain dump e.g. a mind map to get down everything you remember about the topic 
<p>2. Create resources</p>	<ul style="list-style-type: none"> Start with red/amber topics Make checkable resources - flashcards work best Use knowledge organisers (or revision guides/bitesize). Read and reduce onto your resource Make, find or share online resources like Quizlet 	<ul style="list-style-type: none"> Explain meanings of words or ideas on your resource Show similarity/difference with other ideas - e.g. a Venn or double bubble diagram  	<ul style="list-style-type: none"> Add symbols to your resources that relate to the knowledge - simple symbols or stick men work best Use diagrams like a flow chart, timeline or mind map in your revision resource 
<p>3. Test yourself - practice makes perfect permanent!</p> 	<ul style="list-style-type: none"> Use strategies to check what you remember, without looking - this is self-quizzing e.g. flashcards or Q&A Go back to what you got wrong or did not remember using a knowledge organiser or revision resource Add what you missed or correct it in a second colour 	<ul style="list-style-type: none"> Say your answers out loud to yourself/someone else Ask follow up questions - Why...? How...? If...? State why it's true/works that way - try to teach it to someone else Think of examples in real life/other subjects 	<ul style="list-style-type: none"> Link words to pictures/symbols - see if you can remember the words from the pictures Then swap to try it the other way around - try to remember the pictures that go with the words
<p>4. Repeat remembering - not until you get it right, Keep going until you can't get it wrong!</p>	<ul style="list-style-type: none"> Daily - go over the things you don't know yet Once you remember it, leave it a few days before checking and mix up topics Repeat - leaving longer gaps in between 	<ul style="list-style-type: none"> If you are struggling - find a way to connect the topic to something you can remember - e.g. a song Try to turn it into a story/sequence (we remember stories more easily!) 	<ul style="list-style-type: none"> For diagrams or mind maps trace them with your finger as you talk them through out loud - this has been proven to help us remember them!
<p>5. Apply it to answers</p>	<ul style="list-style-type: none"> Try practice/past questions or papers First, try from memory (no looking!) (as retrieval) Then check your resources to add what you missed or got wrong in a new colour 	<ul style="list-style-type: none"> Read the Q to work out what it's asking - is it similar/different to others you have answered before? Get more marks by showing calculations, explaining, connecting topics, evaluating and justifying your view 	<ul style="list-style-type: none"> On your practice answer draw a diagram/plan to help you remember the answer structure you need

RED Review techniques



Brain Dump (Retrieval Practice) Choose a topic and write down as much as you can remember, without looking at your knowledge organiser or resources/notes. Check back to see what you missed and then add the missing information in a second colour. Keep repeating this and watch the second colour get less used as over time!



Flash cards (Retrieval Practice) Write flash cards for each topic, in all subjects, then mix them up for the most effective revision. Use the Leitner System to repeat remembering them with gaps in between. Keep your flash cards simple - one question, one answer per card. Add symbols or simple pics or diagrams to boost memory!



Map it out (Dual Coding) Take a topic and map out your what you know. Try this with a past/practice question to map your answer - but don't write it fully. Check back on your notes (or a mark scheme if you have one) and add to your answer in a different colour. Repeat this for a few questions, then choose one and write it up fully.



Past papers (Retrieval Practice) Ask your teacher for past/practice questions. Complete them without your knowledge organisers, flashcards or notes. Then check you answers and fill in the gaps in a different colour. Target these gaps in your revision by going over those flashcards or making some on those bits, if you don't have them.



Quizzes (Retrieval Practice) Write a set of questions and answers and test yourself or ask someone to test you. These can be on each side of a flashcard. It's important to either write or say your answers out loud. Quizzing in your head gives you a false sense of security.



Thinking hard: Reduce (Elaboration) Read a section of your knowledge organiser/notes then put it away. Reduce what you read into 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.



Practice Introductions (Retrieval Practice) For essay subjects, take a past/practice question and practice writing/planning an introduction (and/or conclusion) from memory. Then look at your notes to check what you didn't remember. Mix up your practice on different topics/papers.



Thinking hard: Connect (Elaboration) For each subject, consider the assessment/exam paper and group together questions that require the same technique or similar content to answer. Write down what you would include in the answers and make links between the content.



Thinking hard: Transform (Dual Coding) Read a section of your knowledge organiser or notes and transform it into a diagram, chart or sketch - no words allowed. Or the other way around - look at a diagram and transform it into a paragraph of explanation.



Key vocabulary (Elaboration) for a particular topic, make a list of key vocabulary (or find it on a knowledge organiser) and then 1) define each word 2) use each word in a sentence 3) create a question where the key word is the answer 4) think of other words which connect to it

Make a revision timetable

Aim for little and often, switching between subjects, leaving gaps in between

Revision.
Just do it.

Timetable your choice of:
2 x Gold days (4 x 30 mins)
2 x Silver days (3 x 30 mins)
3 x Bronze days (2 x 30 mins)



Revision timetable

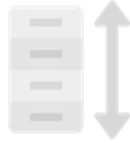
Day	Add times	30 mins	30 mins	30 mins	30 mins	30 mins	30 mins
Mon	Subject						
Tue	Subject						
Wed	Subject						
Thur	Subject						
Fri	Subject						
Sat	Subject						
Sun	Subject						



	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							

Each day for two weeks ✓ or x - do you stick to it? What needs to change? The timetable or you?

Summary: Brain dumps



1.

Identify knowledge

Identify the knowledge/topic area you want to cover.

2.

Write it down

Take a blank piece of paper/white board and write down everything you can remember about that topic. (with no prompts)

Give yourself a timed limit (e.g. 10 minutes)

3.

Organise information

Once complete and you cannot remember any more use different colours to highlight/underline words in groups.

This categories/links information.

4.

Check understanding

Compare your brain dump to your K/O or book and check understanding.

Add any key information you have missed (key words) in a different colour.

5.

Store and compare

Keep your brain dump safe and revisit it.

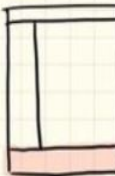
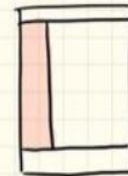
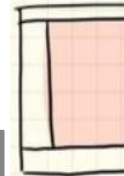
Next time you attempt the same topic try and complete the same amount of information in a shorter period of time or add more information.

Questions:	Notes:
Add Questions or Keywords here	You will add all of the answers, explanations or meanings here
	1. Write everything you can recall in one colour. Keep going until you can't remember anything more.
	2. Then go back to your knowledge organisers/ revision guide/ resource to check what you didn't remember.
	3. Swap pens. Add everything you missed in a different colour.
	4. Repeat this a few times at spaced out times. Watch the 'don't remember' colour get less!
Summary:	
5. At the end sum up the absolute key points in a maximum of 3-5 bullet points.	

Notes

Keywords, Comments

Summary



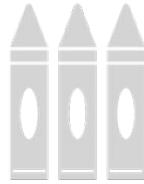
Brain dumps are a way of getting information out of your brain.

Try a brain dump in the Cornell Notes format above

Flash card top tips

- The most effective flashcards include one question followed by one answer (or one term followed by one definition)
- Don't force your brain to remember a complex and wordy answer; it's easier for your brain to process smaller chunks, so split up your longer questions into smaller, simpler ones
- You will end up with more flashcards this way, but your learning will be a lot more effective

Summary: How to use flash cards



1. Use a PLC or a revision list

Identify knowledge

What are you creating flash cards on?

Do you have your knowledge organized?

Use your book to look at previous misconceptions from whole class feedback.

2.

Colour coding

Use different coloured flash cards for different topics. This helps with organization NOT recall

3.

Designing

1 Question per flashcard.

Making them concise and clear.

Use a one word prompt, so that you can recall as much as you can.

No extended answer questions.

4.

See next slide/page.

Using

Write your answers down, then check. Or say your answers out loud. This really clearly shows the gaps in your knowledge.

Do not just copy & re-read.

Shuffle the cards each time you use them.

Use the Leitner system to use flash cards everyday.

5.

Feedback

How have you performed when you look back at your answers?

Is there anything you need to revisit in more detail?

Is your knowledge secure? If so, move onto applying knowledge in that area in specific extended exam questions.

Avoid answering the questions in your head: research shows that when you read a question and answer it in your head, you aren't actually testing your knowledge effectively. Say the answer out loud or write it down before checking it against the card, so you are truly testing if you can explain the answer properly

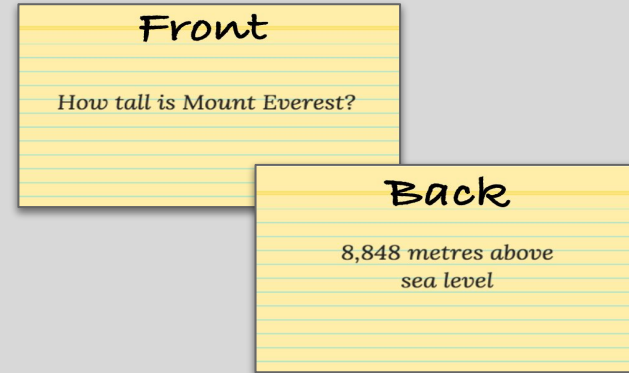
Flash card top tips

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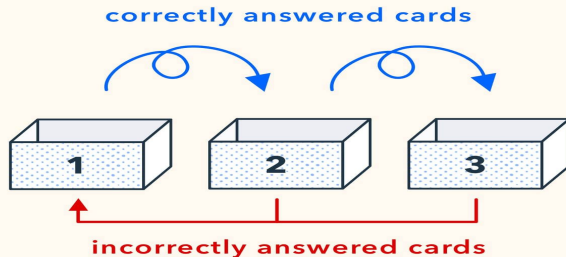
Using flash cards - Self Quizzing

Method 1:

1. **Read the question** on your flash card or have someone ask you it
2. **Write your answer** in a book or say it out loud (even to yourself!)
3. **Move onto the next card** - keeping the cards in the **order** you have quizzed them in
4. **Repeat** steps 1-3
5. **Check** or go through your answers using the other side of the cards
6. Focus first on wrong answers/what you don't know yet in your revision
7. Leave a gap before checking if you still remember those you got right



OR Method 2: Leitner System



1. Get 3 boxes - any kind will do
2. Box 1 you go over everyday
3. Box 2 you go over every other/few days
4. Box 3 you go over every 5-7 days
5. Every card starts in box 1
6. If you get a card right, move it to the next box.
7. If you get the card wrong, move it down a box (or back to box 1 if you really don't remember it at all!)

Summary: Self Quizzing



1.

Identify knowledge

Pick the subject that is on your revision timetable.

Use a PLC to work on red/amber topics first.

2.

Review

This works best when you use the revision resources you have already made (or a knowledge organiser or revision guide).

Don't spend any/much time going over them first.

Write out several questions on the topic (or use the questions on the front of your flashcards).

3.

Cover and answer

Without looking ask yourself the questions or get someone to ask you. Say the answers out loud or write them down and try to expand on and explain your answers.

Or use look cover, write check for your resources.

Or block/blank out parts to remember those (e.g. hide the key words and try to remember them from the definitions).

4.

Self mark & reflect

Check back against the answers to see what you know and remember or don't, yet.

5.

Next time

Focus first on the things you don't know or remember, yet.

Try these question openings to help you better ELABORATE your answers

This helps to deepen your understanding and connect knowledge in your memory

-
- “Why is this true?”
 - “Why does it work this way/in this order?”
 - “Why does (X) cause (Y)?”
 - “Why is it that (X) is the case in this situation (and not others)?”
 - “Why does (X) disagree with/do (Y)...?”
 - “How is (Y) similar/different to (X)?”
 - “How does (Y) connect or compare to (X)?”

7 Ways to **STOP** Panic Taking Over During an Exam

by @inner_drive | www.innerdrive.co.uk



- 1. TAKE SOME DEEP BREATHS**
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY**
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.

Tips & Techniques from other young people

Revision cards around the house

Plan your break in your schedule - something to look forward to

Positive affirmations around room or on back of front door

Phone reminder to take a break

Timetable things you enjoy first, then add revision around this

Mood board of motivation - your future self



Useful tips during exam season (Mind)

Make time for things you enjoy
Look after yourself physically
Know your limits
Speak to others
Connect with others to revise
Ask for help
Practice scheduling

During exams

Prepare items night before
Start day the best you can
Grounding exercises
Take your time
Plan something nice for yourself that evening
Remember it'll be done soon

Exam Day

Don't compare answers
Do reward yourself
What now instead of what if?
Time to relax before your next exam

After Exams