

## Pretty Notes

**DON'T WASTE TIME MAKING YOUR NOTES LOOK PRETTY.** For diagrams, include all the details you need to learn, but don't try to produce a work of art. Limit yourself to 2 or 3 colours so you don't get carried away colouring things in!

## Layers

It's more effective to layer your revision, rather than blocking it. That means it's better to do little bits on different topics, rather than focusing on one thing for ages.

## The Most Effective Use of Revision Time

Did you know an average person's concentration span in minutes is their age, plus or minus one? This means the concentration span of a 16-year-old is 15 to 17 minutes, so it's always best to break your revision down into bitesize chunks. Make sure you take breaks! It's also best to begin revising as early as possible, because the more you do, the easier it becomes. The optimum revision time is 6-8 weeks.

## How Long Should I Revise?

As mentioned above, the best plan is to break your revision down into bitesize chunks of time (for example, 20 minutes). If you just sit down to revise without deciding on a definite finishing time, your learning efficiency falls lower and lower. **(See graph 1)**

## How Can I Improve This?

If you decide at the beginning how long you will work for and look at the clock or set a timer, you'll become more efficient. As your brain knows the end is coming, your efficiency rises towards the end. **(See graph 2)**

## How Can I Improve This Even More?

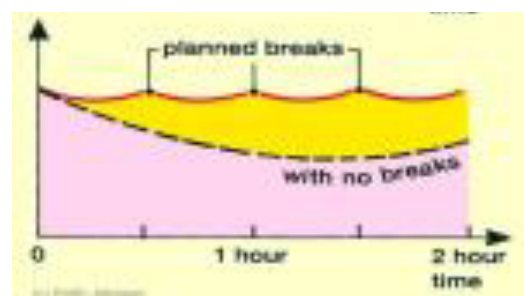
If you break up a 2-hour session into shorter sessions, for example 20 minutes, and plan short breaks between each session, learning is much more efficient. **Compare graph 2 and 3:**



Graph 1



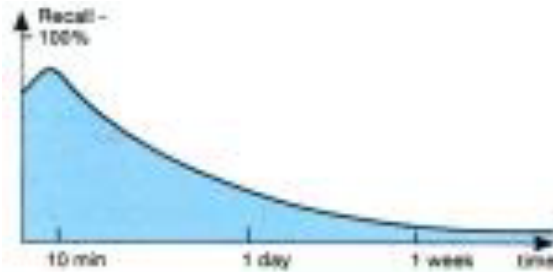
Graph 2



Graph 3

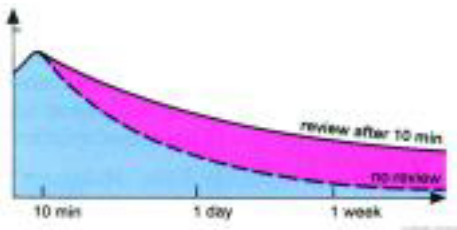
## How Often Should You Revise?

This graph shows **how much your brain can recall later**. It rises for about 10 minutes and then falls.



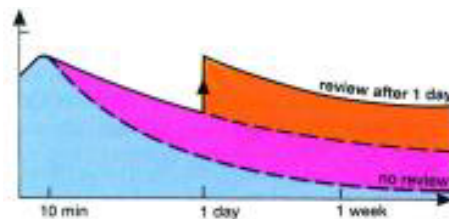
### However...

If you re-revise the same thing after **10 minutes**, then it falls more slowly, meaning you're more likely to recall what you've learned later. This is good.



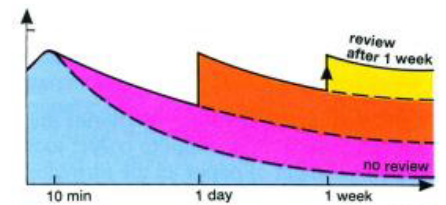
### Even Better...

If you revise the same material again after **1 day**, then it falls even more slowly, meaning there's a higher chance of you remembering it for longer.



### And Even Better Still!

If you revise the same again after **1 week**, it falls even more slowly, so you can really maximise how long you'll be able to recall what you've learned!



This means that the best intervals for 'topping up' your revision for each topic is by reviewing or briefly re-revising are: **10 minutes, 1 day, 1 week, and then 1 month**.