

TOP 10 MEMORY TRICKS FOR REVISION



SPX Student Revision Support

- 1) **Organisation:** Group your revision notes into topics. Use colours to highlight key information and actively associate the colour with those ideas to make it easier to remember. Use a maximum of three colours.
- 2) **The Pomodoro technique:** revise for 25 minutes, take a five-minute break. After 2 hours, take a 30-minute break. Start over. The reason for this is after 25 minutes, your ability to remember information decreases. Taking a break and doing something else for five minutes gives your brain a chance to "reset".
- 3) **Reward yourself with a treat!** This works particularly well with the break in the Pomodoro technique. If you have a more immediate motive for revising, then you will pay greater attention.
- 4) **Chunking:** group similar information into chunks! Consider using colours and different fonts to set your chunks apart. If it is a particularly key idea, consider using a mnemonic to memorise the order of it Example: Richard Of York Gave Battle In Vain - to remember the colours of the rainbow/prism.
- 5) **A picture is worth a thousand words!** The more senses you involve in learning or storing something, the better you will be at recalling it. Draw key ideas so that they become memorable or diagrams to make links between ideas. A simple spider diagram can demonstrate a great deal of complex information. Alternatively draw a Mind Map to show how to answer particularly tricky questions!
- 6) **Build a "Mind" palace!** This technique teaches you to use markers within a room to recall key information by associating it over and over again with that object. If you use the same space very often or If you know where your exams will be held (Hall/Canteen/Gym) then you can base your ideas on that room.
- 7) **Use your everyday space:** Stick a post-it, revision card or key note with information that you frequently forget beside something you look at every day for example your mirror or on your bedside table. This could be as simple as a key definition or as complex as a diagram of a cell.
- 8) **Use your public space:** You are more likely to recall information that you have revised in multiple locations. If you set yourself the task of studying at your local cafe or library, you have a singular purpose for being there. You can't leave without studying!
- 9) **Don't just memorise content! Practise it!** Apply what you have learned into different situations. Teach your family, you may be surprised by their interest or by what they may know. Consider how you could research or revise information in new and informative ways and don't forget Google!
- 10) **Keep your body healthy and your mindset positive:** Although it may seem beneficial to prioritise revision ahead of all things, your ability to revise is influenced by your physical and mental health. So, make sure you have a good amount of sleep, exercise properly and eat healthily! Chart your progress by taking a moment to consider the topics you have mastered so far, draw on the support of your family and friends and don't forget to ask for help if you need it!

REPEAT, REPEAT, REPEAT
THERE IS ONE FINAL THING YOU NEED TO REMEMBER:
REPETITION IS HOW YOU CREATE LONG TERM MEMORIES.