



Everyday Reviewing

100+

**...ways to treat your
memory like a muscle
and make it stronger**

1 One Minute Start

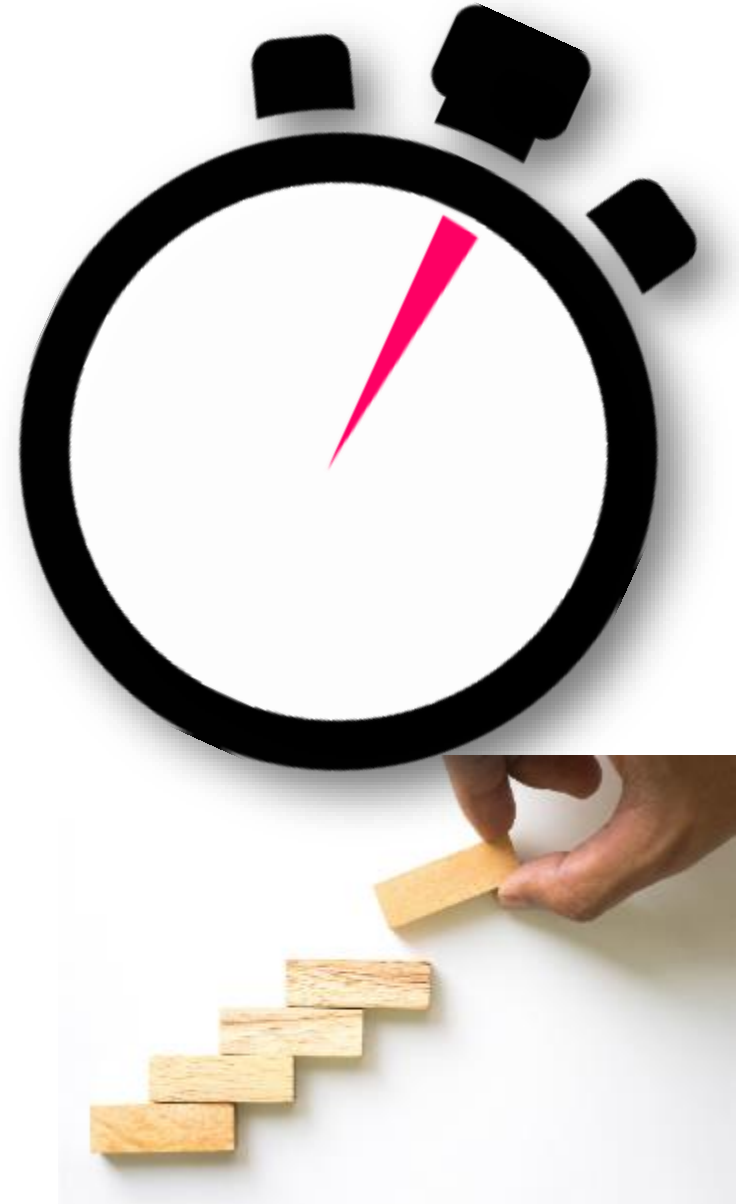
What?

Starting work is hard. It's enough to put you off doing anything. So tell yourself you just need to do something for one minute. That's all.

How Use?

Just get your book out and read part of a page. That's it.

But do it twice a week as a 'tiny habit'. Then gradually build on it.



2 Say It Aloud

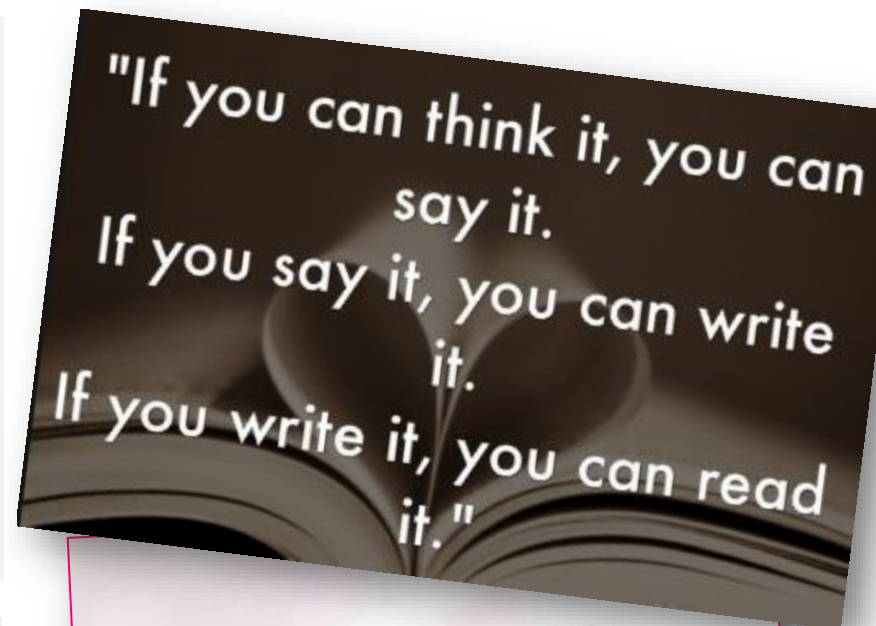
What?

Saying things out loud is more powerful than you might think. It seems strange but using your mouth & ears helps things 'stick' in your mind.

How Use?

Just read a book page out loud (maybe not in public, though!).

You're starting to put into action the old saying: "**Think it, say it, write it.**"



**EVERYTHING
BECOMES A LITTLE
DIFFERENT AS
SOON AS IT IS
SPOKEN OUT LOUD**

3 Write It Down

What?

Writing stuff by hand boosts your memory more than tapping a keyboard. That's why most of these 90+ methods are hand written!

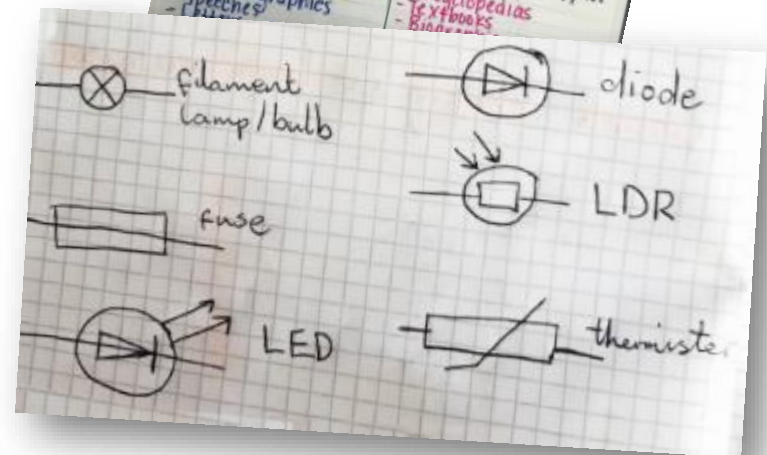
How Use?

Using your phone or laptop might 'feel' easier & faster.

But that's the point: research shows that writing involves more 'thinking'.

You remember things better when you write them down by hand.

FIRSTHAND vs. SECONDHAND
Multiple accounts of the same event
A **firsthand** account is a **primary source**
↓
A description of an event that comes from someone who was there to see or experience it.
- Diaries or journals
- Interviews
- Autobiographies
- Speeches
- Etc.
A **secondhand** account is a **secondary source**
↓
A description of an event based on research, written or told by someone who was NOT there to see it happen.
- Encyclopedias
- Textbooks
- Biographies
- Etc.



4 Look, Say, Cover, Write, Check

What?

Use this classic method to combine speaking & writing as a way to check your grasp of key words, such as a list set by your teacher.

How Use?

Each of the 5 steps helps to fix words in your mind — so take time to do them all!

After checking, if you make a mistake, then keep writing the word until correct

Term	Spelling Check
Fraction	fraction
Numerator	Numerator
Denominator	Denominator
Improper Fraction	improper fraction
Mixed Number	mixed number
Equivalent	Equivalent
Simplify	Simplify
Simplest Form	Simplest form

5 Hands Down

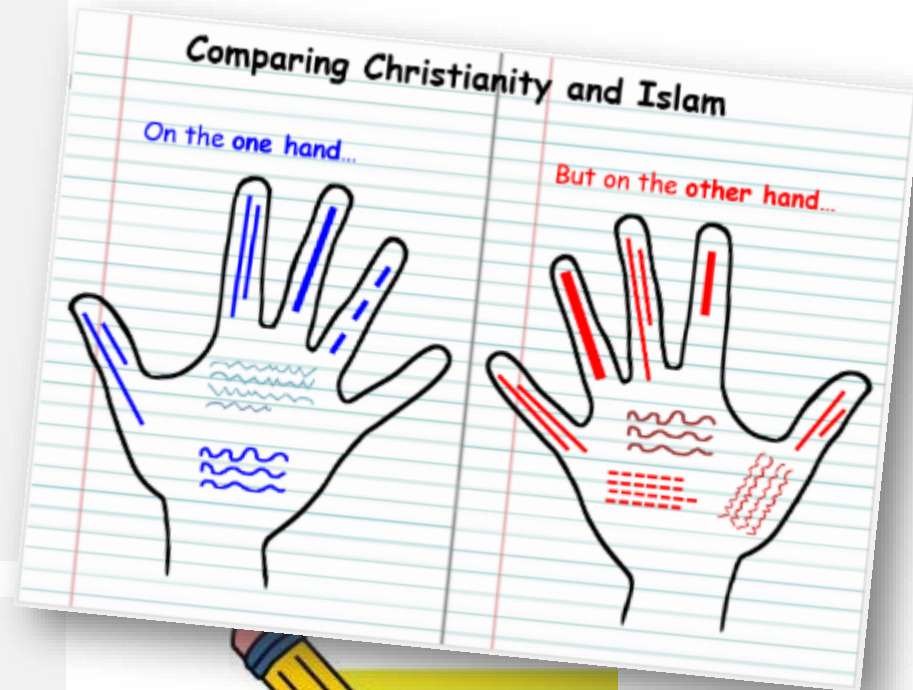
What?

It's another visual way to help your brain engage with a topic, using the old saying 'On one hand X, but on the other hand Y...'

How Use?

Keep it simple – just trace your own hand and label each one.

Then write contrasting points on each hand, maybe using different colours.



7 Split Page

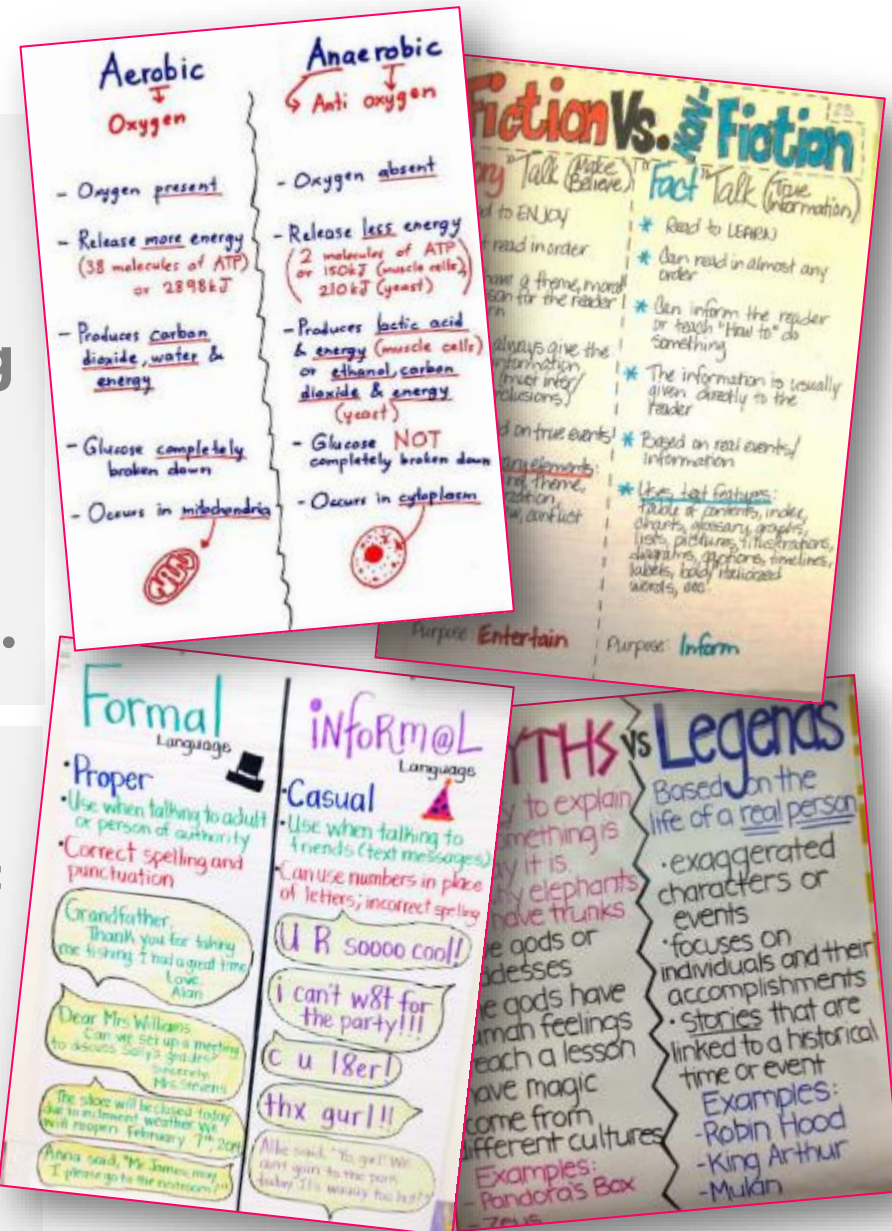
What?

Help your brain get to grips with an 'old' topic by dividing it up to compare key ideas & write simple summaries to help points stick in your mind.

How Use?

Just draw a line down the middle of a page & add clear headings.

Then write simple points using as few words as possible.



8 Table Notes

What?

Using a table is a classic example of adding 'structure' to your knowledge – this time by getting your brain to break a topic down into key points.

How Use?

Just draw a grid with clear headings like these examples...

Then gradually fill-in the table with 'bitesize' summaries of key points.

Causes	explication	treatment+methods of prevention
Gods Punishment	<ul style="list-style-type: none"> People believed God punished an ignorant So they thought it was a punishment for people's sin. 	<ul style="list-style-type: none"> Had to show God they were sorry and pray for forgiveness Prayers and sacrifices in church and at home People fasted and wore pilgrimages to show of sorrow.
Bad air (Miasma)	<ul style="list-style-type: none"> In 14th century, people believed bad air was the cause of disease. People tried to burn the bad air away. 	<ul style="list-style-type: none"> As a result, people started cleaning the streets. People started wearing better clothes and hats. People started wearing masks and gloves. People started wearing masks and gloves.
The Planets	<ul style="list-style-type: none"> People believed the planets were gods. People tried to worship the planets. 	<ul style="list-style-type: none"> People started wearing masks and gloves. People started wearing masks and gloves.

Nature of the Adaptation	Adaptation - Description	Adaptation - Why's it effective?
Drought resistant xerophytic	Thin, tough and waxy leaves and rough bark to reduce water loss and transpiration.	To create a natural micro habitat which reduces the movement of the water out of the plant and thereby reduce transpiration and water loss.
Fleshy Stem, hairy shallow		Drought resistant. Leaves are fleshy and hairy. Shallow roots.

Fibre	Used in these fabrics	Appearance	Good Points
Cotton (Seed Pods of cotton plant)	E.g Denim, Corduroy, Calico	Smooth	Strong (even when wet), wearing, absorbent, cool in hot weather, easy to wash + add, doesn't cause allergies, Static, fairly cheap.
Wool (From sheep)	E.g	Soft	Warm, absorbent, good elasticity, low flame.

THE BLACK DEATH

9 Comparison Lists

What?

Another great way to get to grips with a topic is to split it into simple categories that break ideas down & give a framework for comparison.

How Use?

Classic methods include splitting a topic into strengths & weaknesses.

Or you can come up with your own categories to help you break it up.

NEGATIVES AND POSITIVES OF NO-MADDIC HERDING

NEGATIVES	POSITIVES
Rising population puts pressure on food supplies, increasing the need for more storage.	The animal...

Weimar Republic:

STRENGTHS	WEAKNESSES
<ul style="list-style-type: none"> most advanced democracy in Europe: men & women could vote at 20 whereas men at 21 for men and women at 21 for women 	<ul style="list-style-type: none"> article 48 in constitution: President could rule w/o Reichstag. proportional representation

Storage Devices

Storage device	advantage	disadvantage
Hard Drive	The files can be read, edited, re-written or deleted.	Can be damaged/moved suddenly
Solid State Drive	Are faster and more reliable because there are no moving parts	Are more expensive

10 Venn Circles

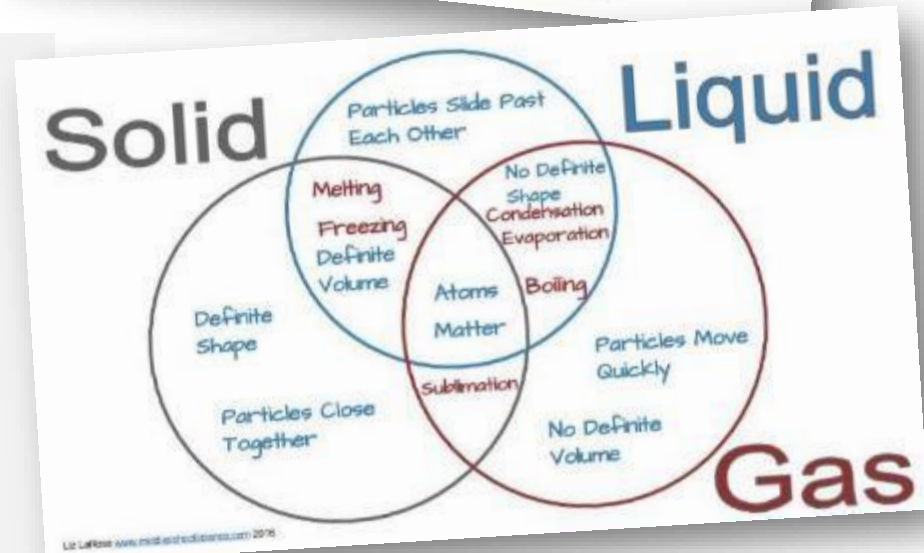
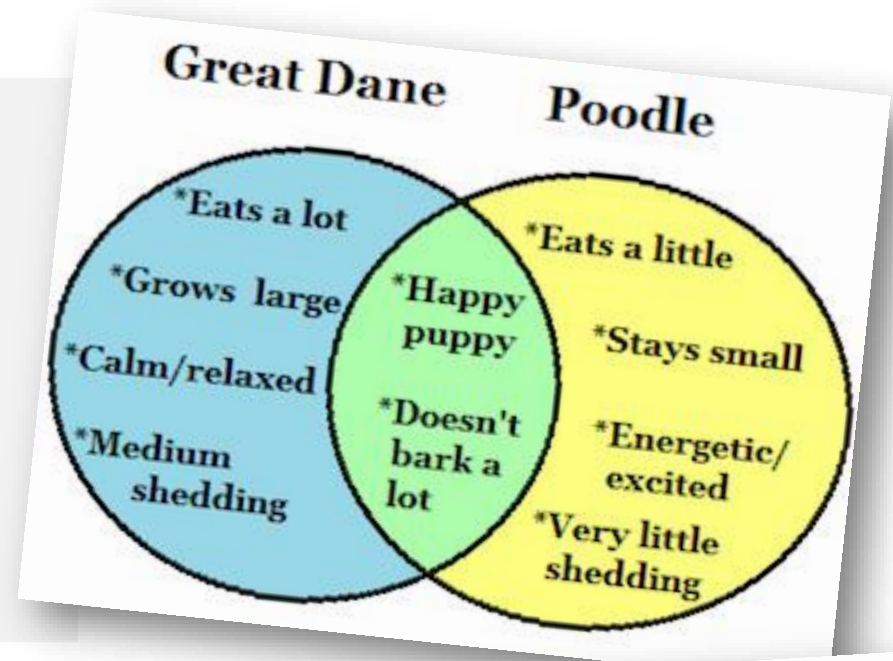
What?

You'll do Venn Diagrams in Maths – but they're also a way to compare & contrast ideas in a visual way that can help simplify a topic.

How Use?

Pick a topic that has 'differences' as well as features in 'common'.

Draw 2 or even 3 circles and fill in the points to help you think.



11 Quick Notes

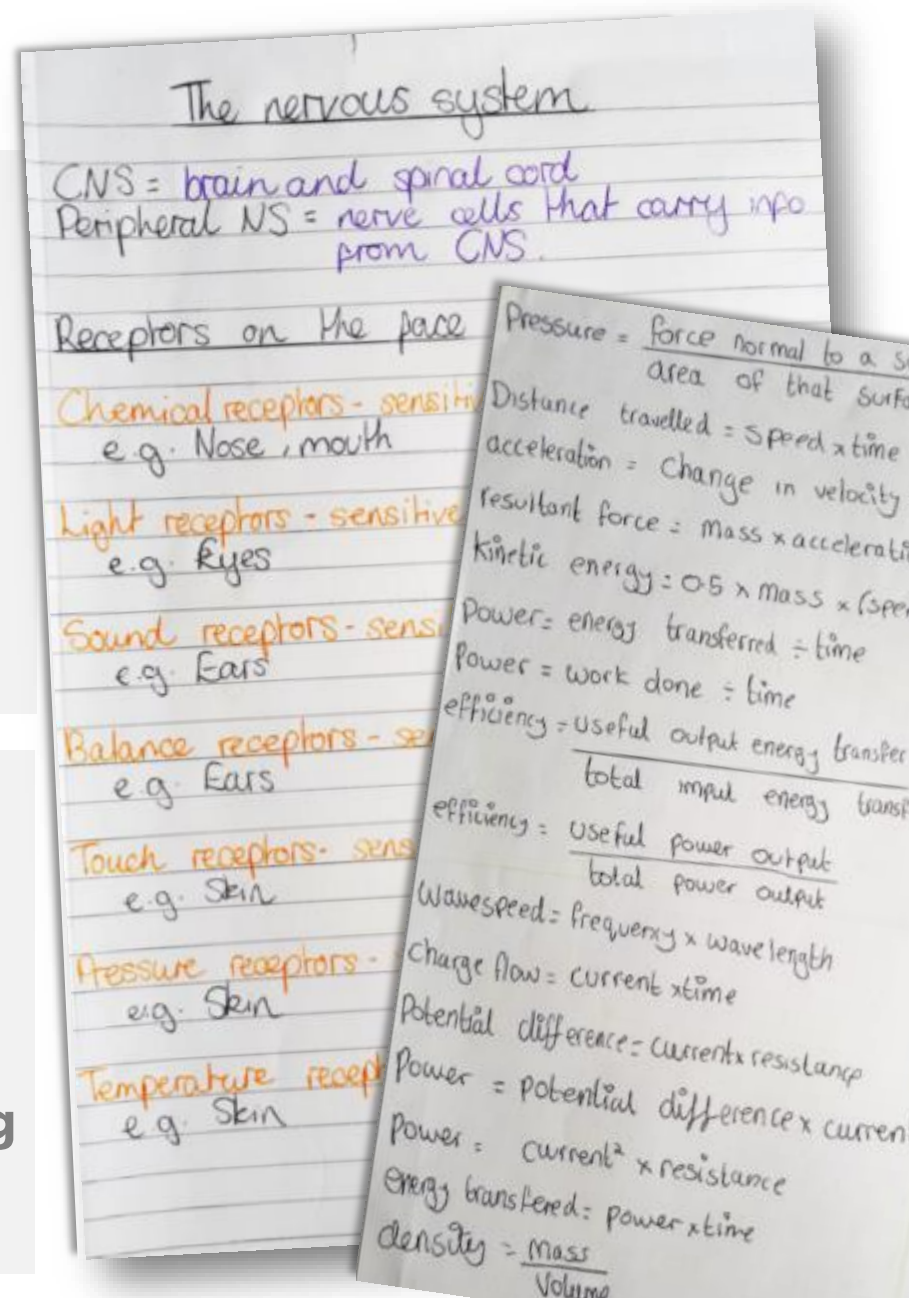
What?

Don't stress about making 'perfect' notes. Just put down your thoughts quickly, with every new point written on a new line in a simple format.

How Use?

There are no 'rules' here, apart from keeping things simple & clear.

The idea is to 'de-clutter' your thinking by focusing on basic points.





12 Idea 'Icons'

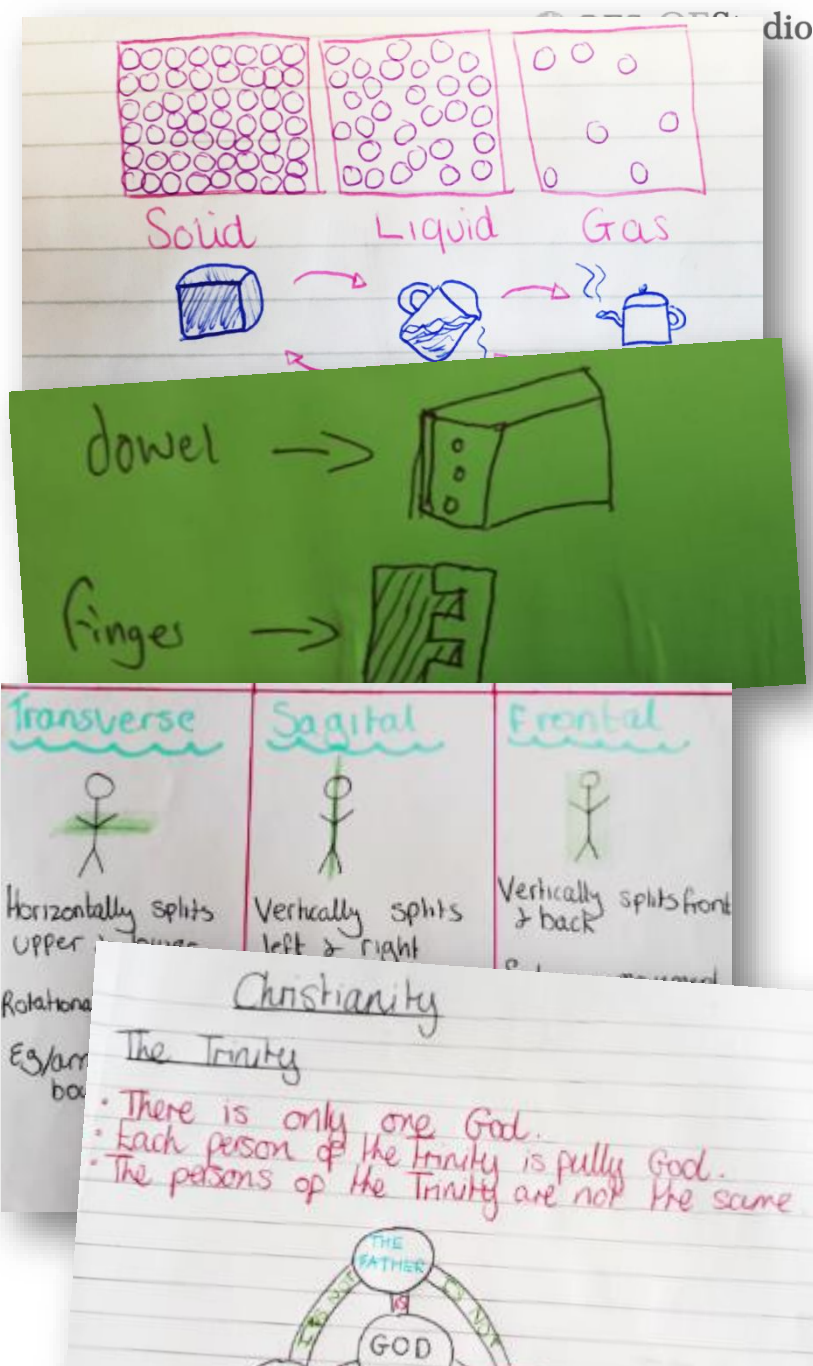
What?

Putting info in two formats - words & visuals - is effective because it gives you two ways of recalling it later, especially if you just draw simple images.

How Use?

Remember that it's all about IDEAS, not art. So 'rough' sketches are fine!

Add short captions or notes alongside your doodles to add extra detail.



13 Labelled Diagrams

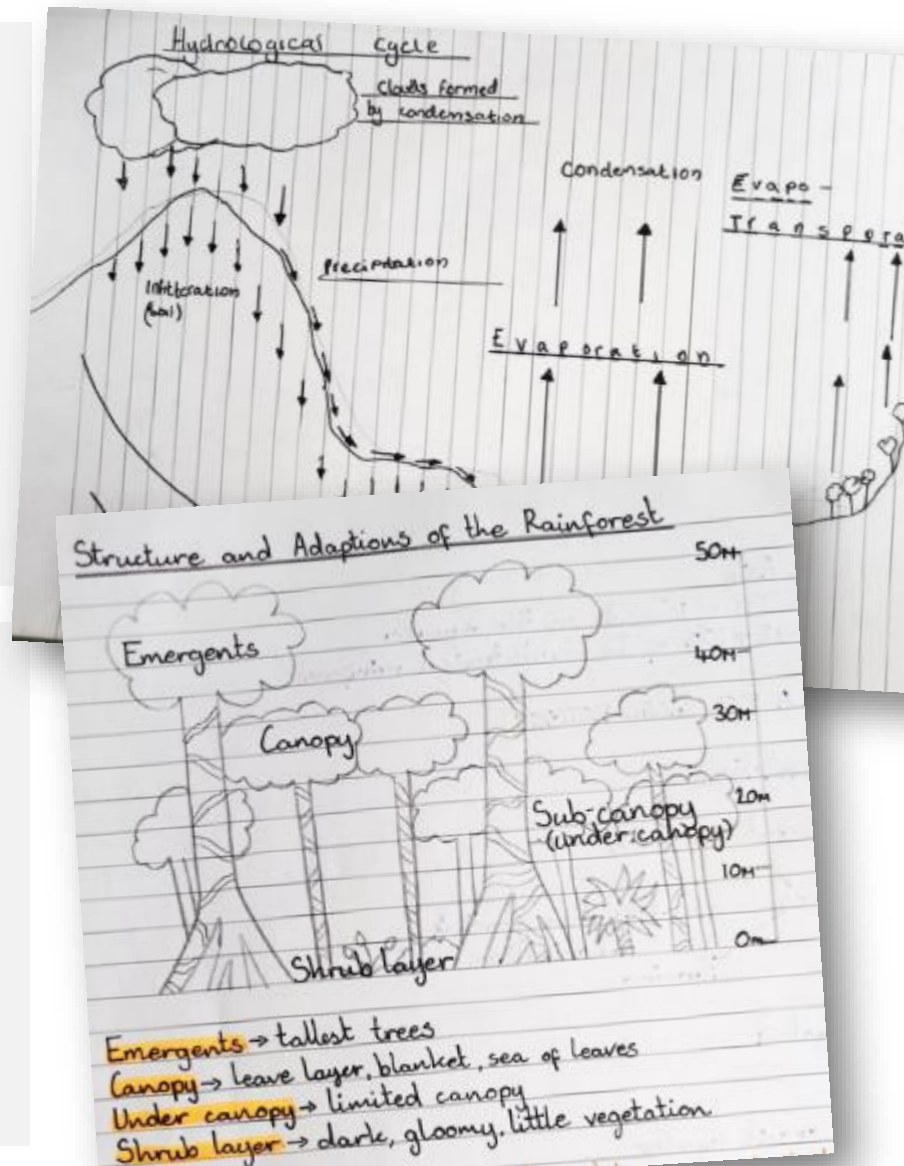
What?

Another way to combine words & images but this time when you need a more detailed diagram to help you visualise a topic.

How Use?

You could copy a diagram from a textbook (maybe a simpler version).

Label the parts of your diagram using as few words as possible.





14 Question Labels

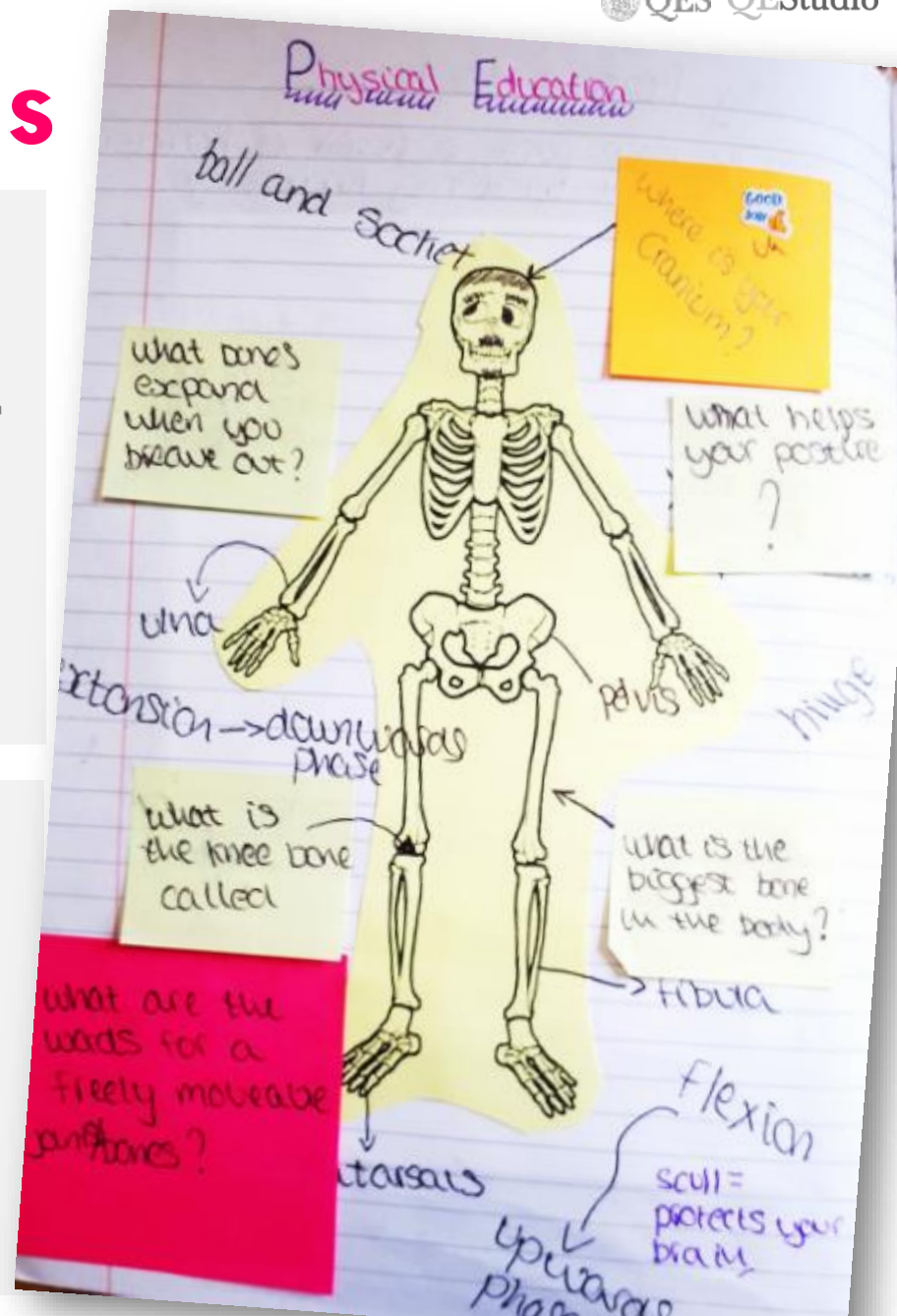
What?

One way to make a diagram more 'interactive' is to label it with questions so each time you look at it, you're nudged to come-up with answers.

How Use?

Either draw/copy your own diagram or get a photocopy from a teacher.

Then label parts as normal but cover them with a post-it & write a question.



15 Diagrams & Notes

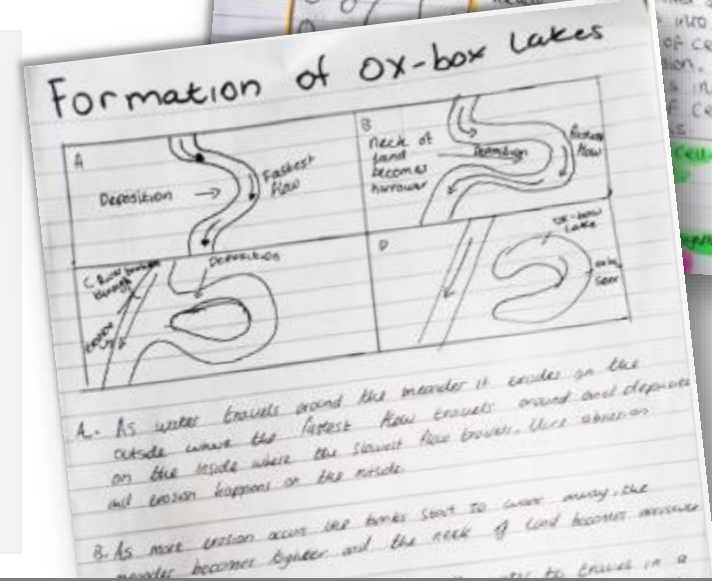
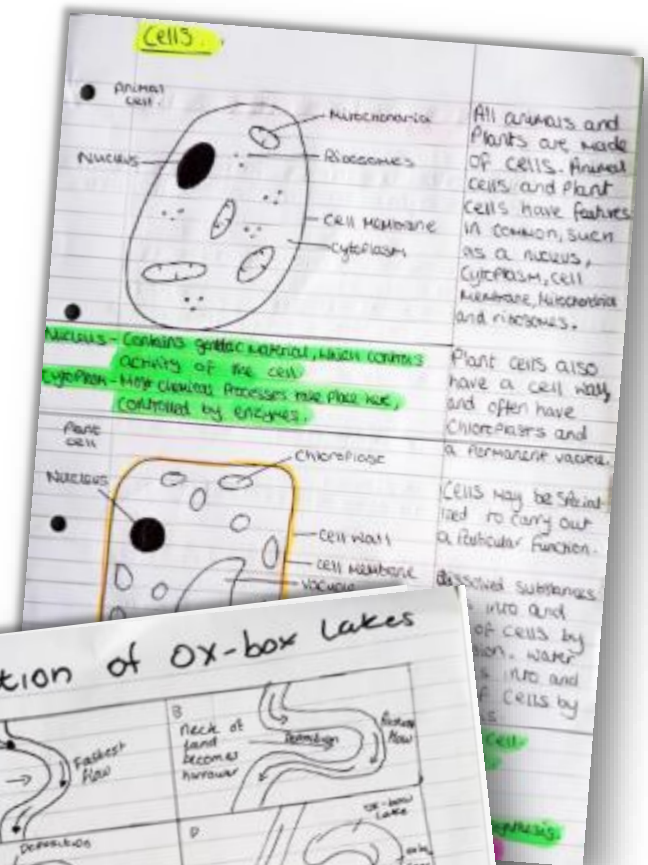
What?

Similar again with a mix of words/visuals - but this one when you need more detailed notes to explain the ideas in your diagrams or sketches.

How Use?

First think how to layout your page and maybe draw a grid as a guide.

Then draw your diagram & add your words. But focus on the ideas, not art!





16 Linked Diagrams

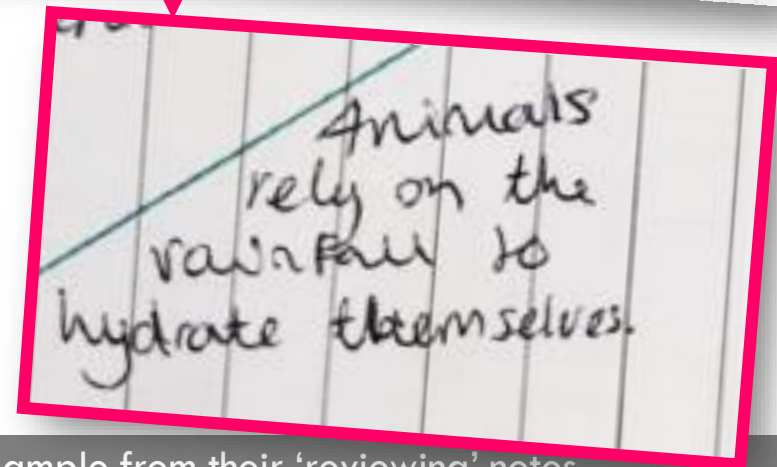
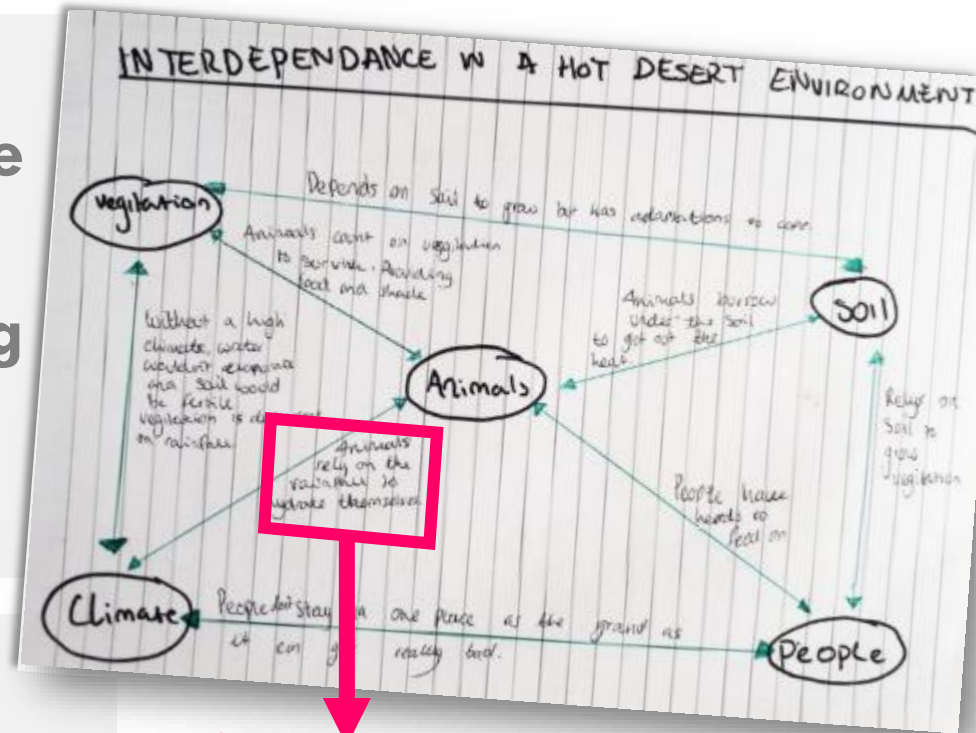
What?

Yet another way to combine visuals & words but this time the focus is on showing the relationships or links between ideas.

How Use?

First, think of the big ideas to put at the corners & middle of the diagram.

Then draw the links and add words to explain the relationships.



18 Tree Charts

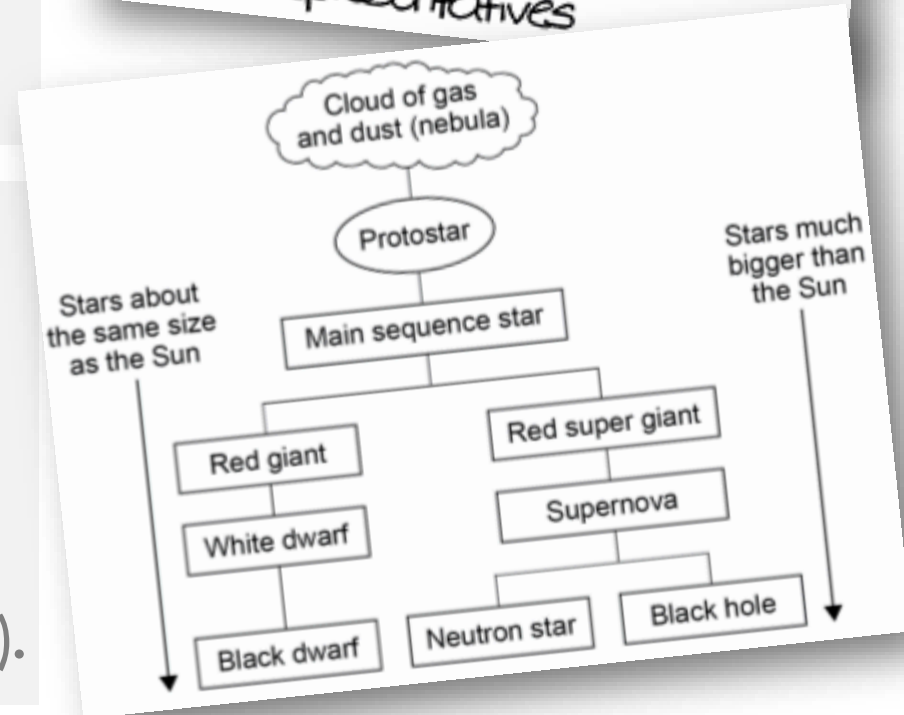
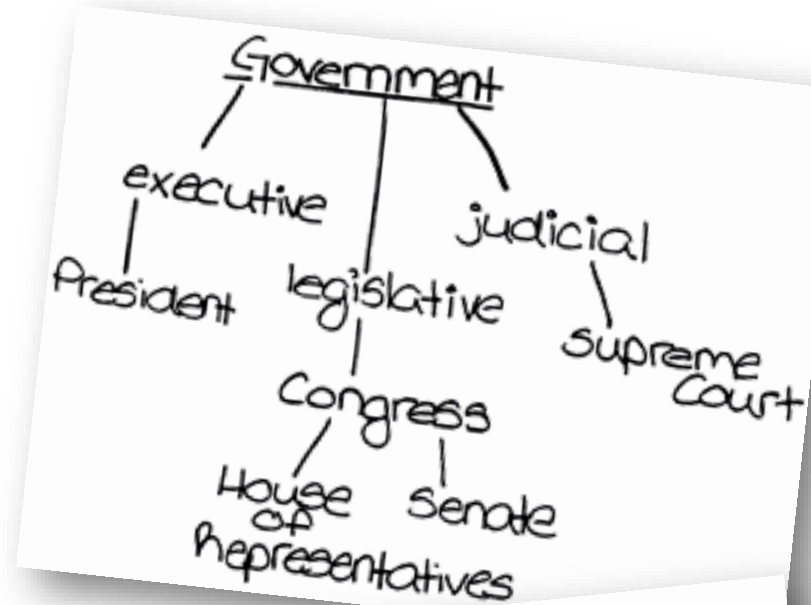
What?

Rather than showing links between ideas, this method is used to split ideas into categories so you can quickly visualise strands of a topic.

How Use?

Use for a topic where you know you need to break it apart.

Can be simple sketch (see top), or can be ordered with labels (bottom).



19 Tree Hierarchy

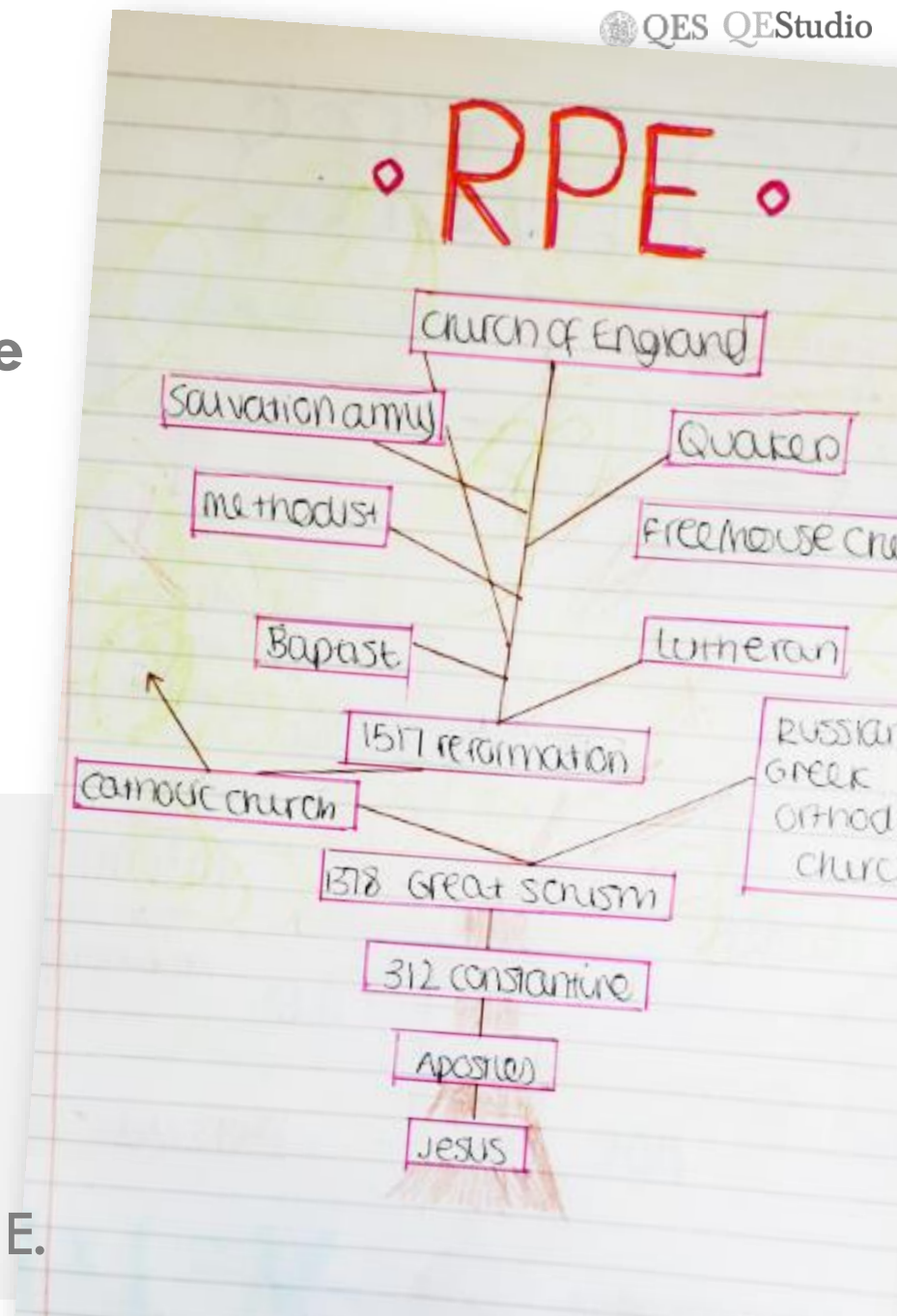
What?

A diagram that starts with the 'root' of something and works upwards to link and develop ideas, right up to the top branches, like a tree.

How Use?

This works where a topic has a clear 'root' with ideas to join-up.

Example shows links from 'Jesus' as the root all the way up to the C. of E.



20 Branching Keys Chart

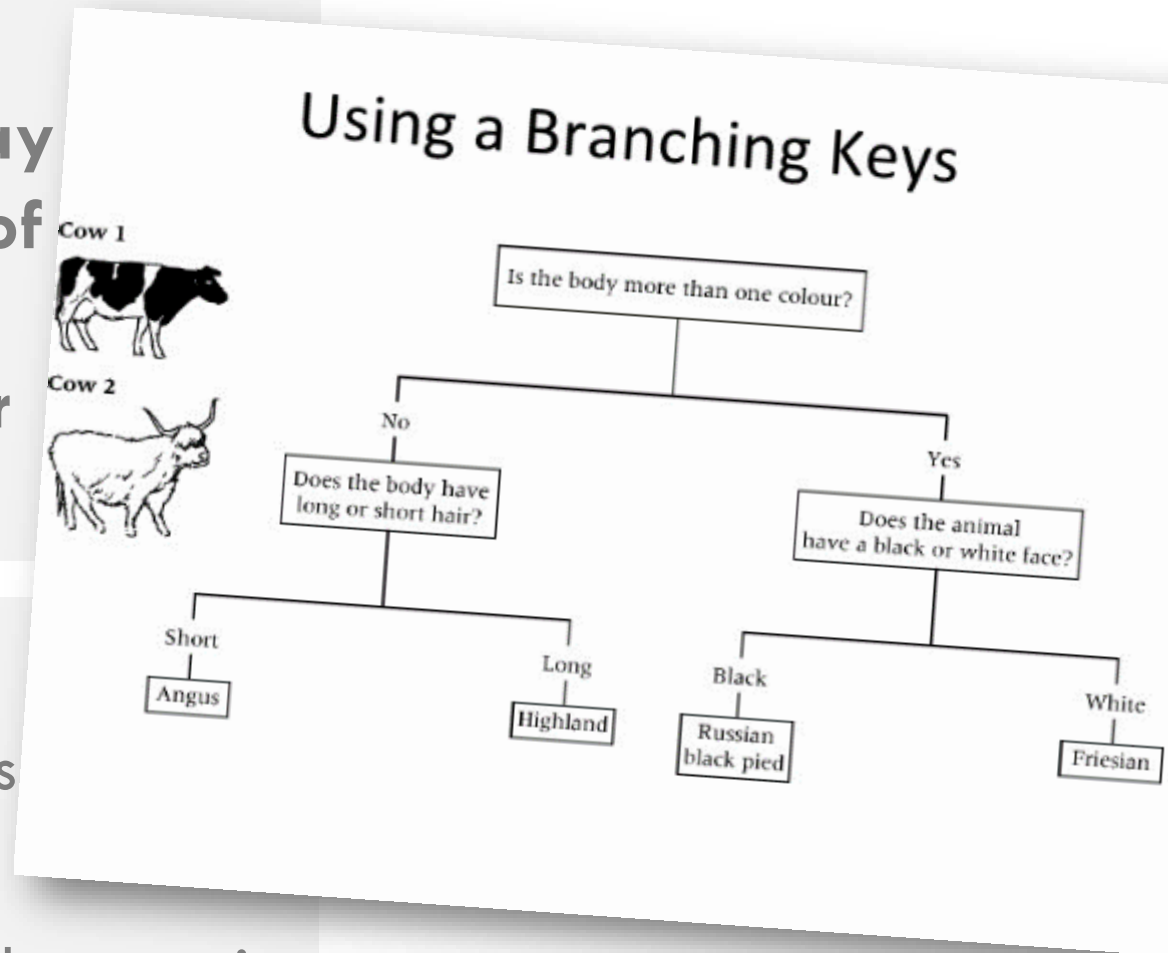
What?

Think of this as a way to show your grasp of a topic by creating a visual tool to answer questions.

How Use?

This shows how questions lead you to answers.

It's a good 'thinking tool' because it forces you to write smart questions!



21 Web Organiser

What?

Also called 'webs', these are small & focused diagrams that are often used to list ideas, facts or features related to a single topic.



How Use?

Don't let your 'web' get big & sprawling like a mind map.

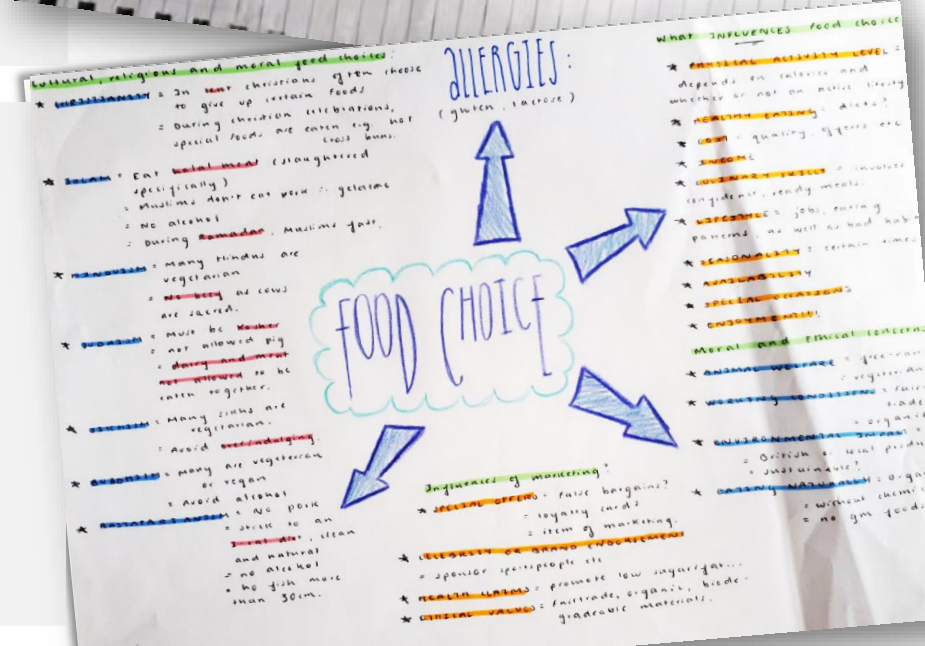
Keep is small & focused so it helps 'clear' thinking.



What?

How Use?

Bad news: You can focus more on the 'art' than ideas. Beware!



23 Question Map

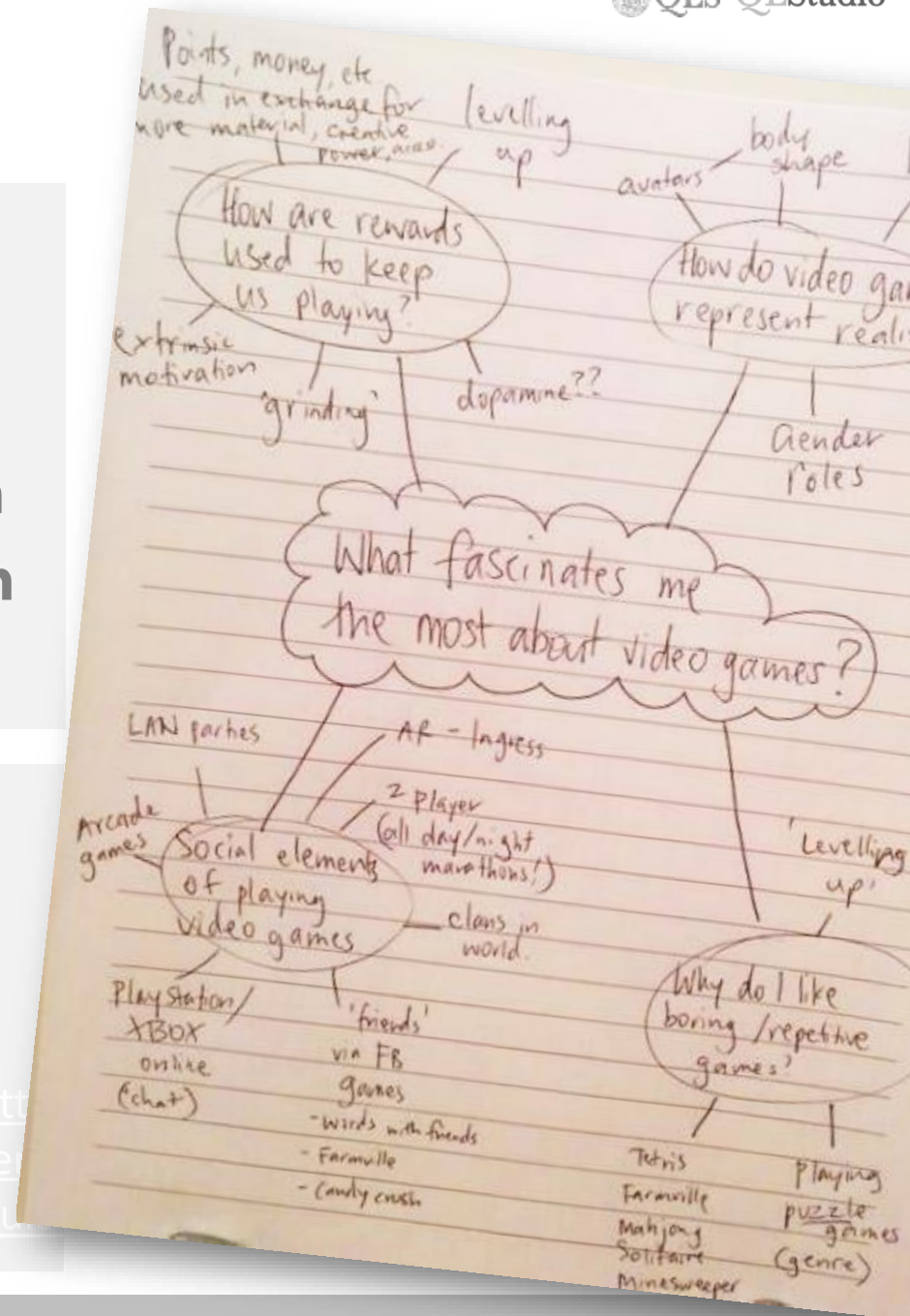
What?

Is more 'interactive' to make than a mind map because it starts with a question & each branch asks another question to help you explore a topic.

How Use?

Your teacher could set some questions & you do the answers.

Or you could do your own as a way to 'think through' a topic.





24 Concept Map

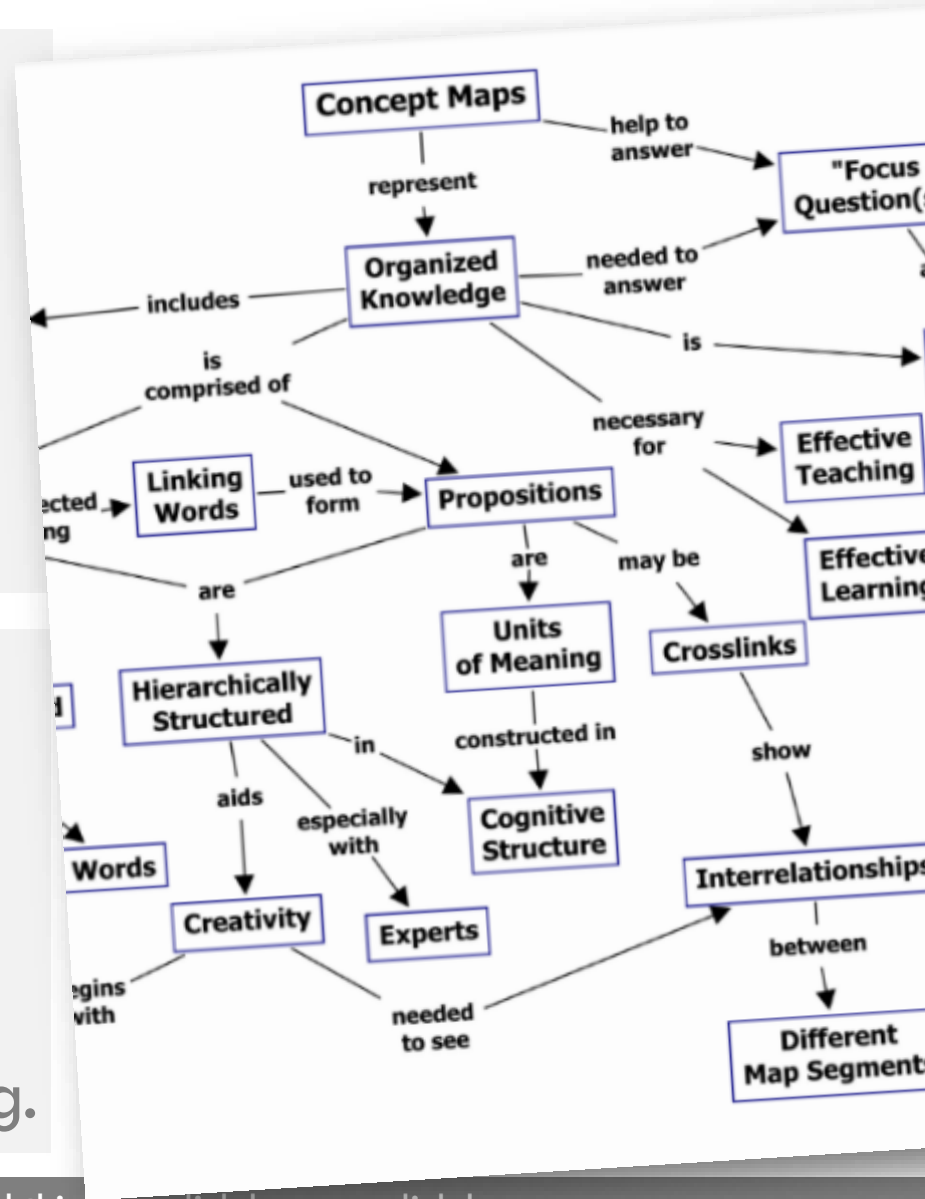
What?

Is different to a mind map because the branches can be interlinked so it's used to show more complex links between parts of a concept.

How Use?

You start at the 'top' and then draw boxes doing 'down'.

Then you can add more links going **across** to show inter-linking.



25 Story Map

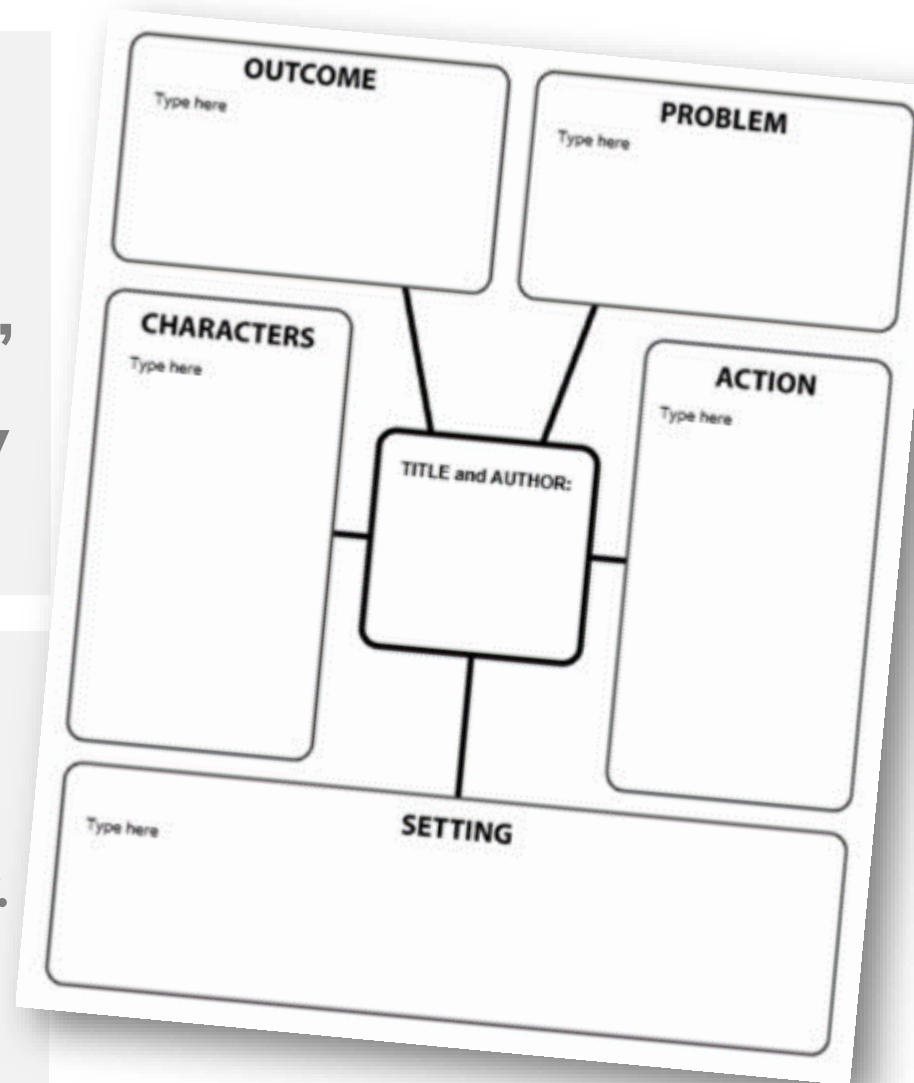
What?

Ever felt confused about the plot in a book or play? This visual method helps you ‘see’ what’s happening in the story by taking it apart.

How Use?

You could just draw 3 boxes & sum-up the beginning, middle & end of a story.

Or draw boxes with labels like this example to focus on more details.



26 'Flow' Maps

What?

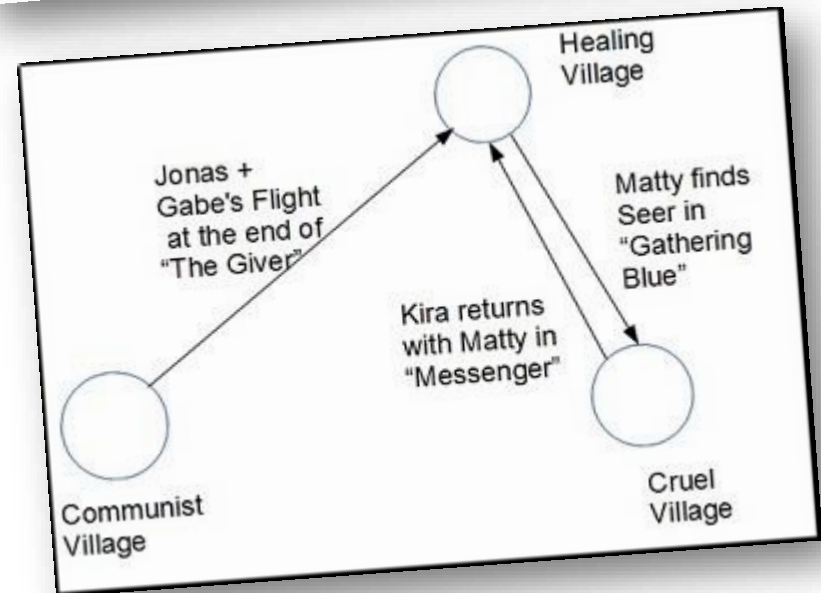
Or do you get lost trying to follow events in a story?
Then try drawing the events in a 'map' to help you work out what's going on & why.



How Use?

Show the 'flow' of an event by breaking it down into a sequence of textboxes.

Or show a story's key events with circles & labels to explain things.



27 Event Map

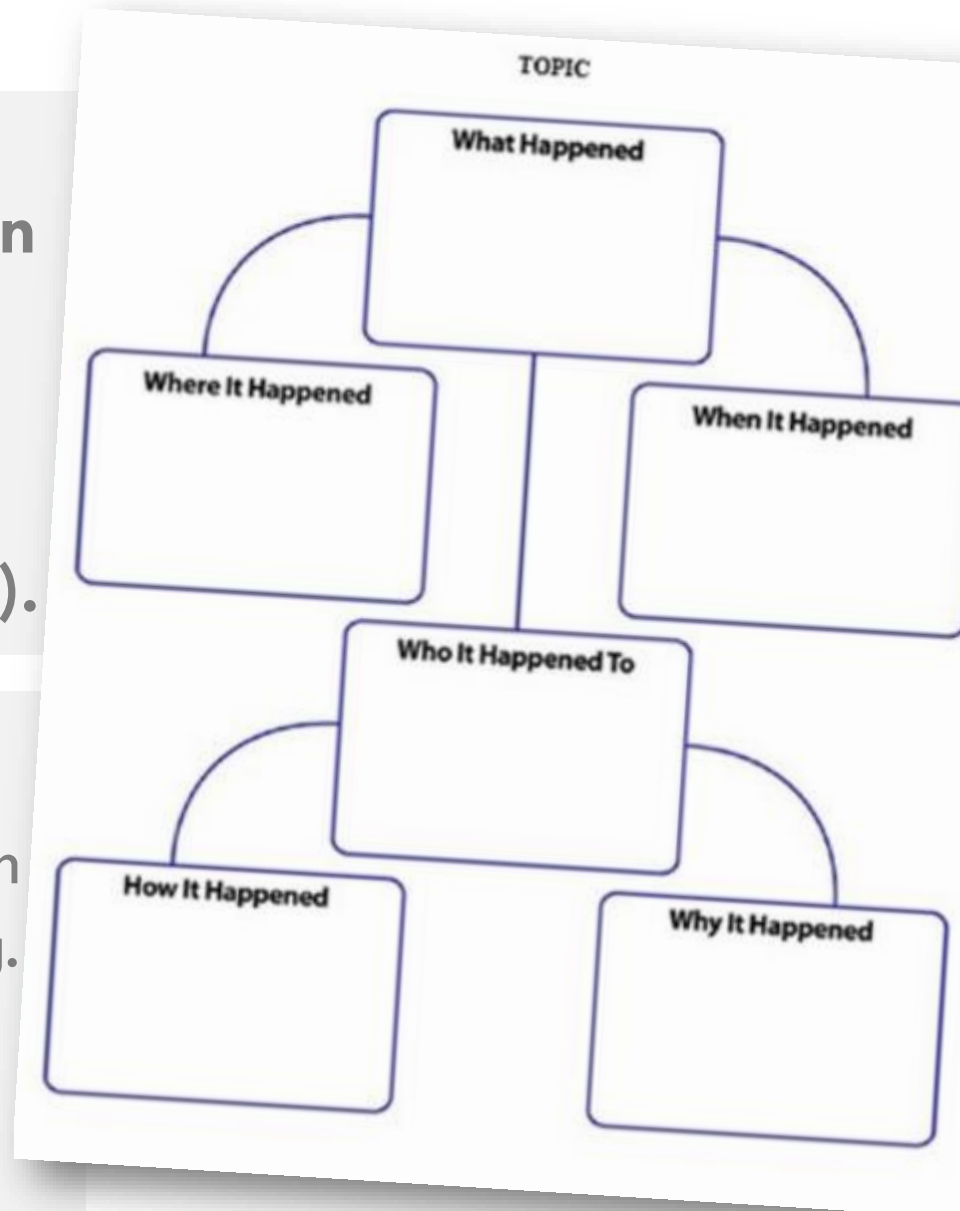
What?

Go deeper into a key event in a story, play or poem by asking simple questions to get your head around it (eg when a character was killed).

How Use?

Draw boxes like the example, with headings to structure your thinking.

Writing your thoughts in each box will help you 'zoom in' on details.



28 Spider Map

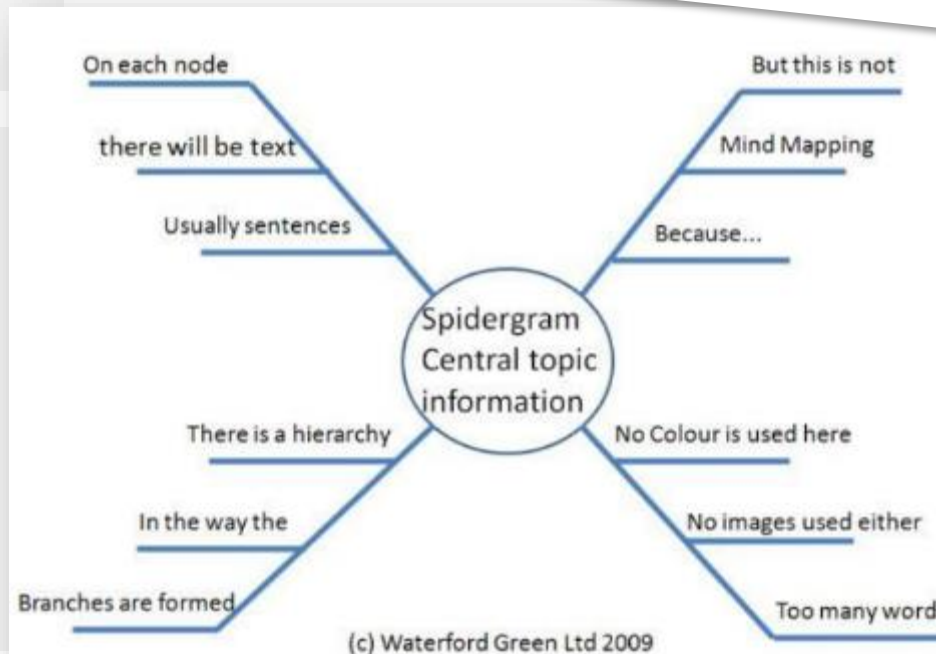
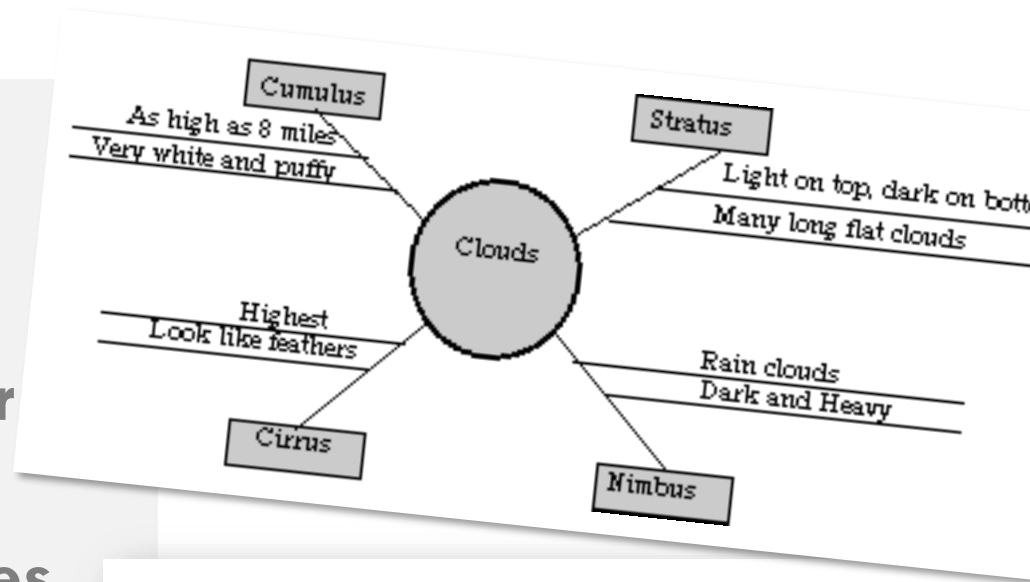
What?

Maybe this visual layout appeals more to you?
Spider maps don't use color or images & make more use of phrases or sentences.

How Use?

Draw these layouts, with branches that have lines for you to write words.

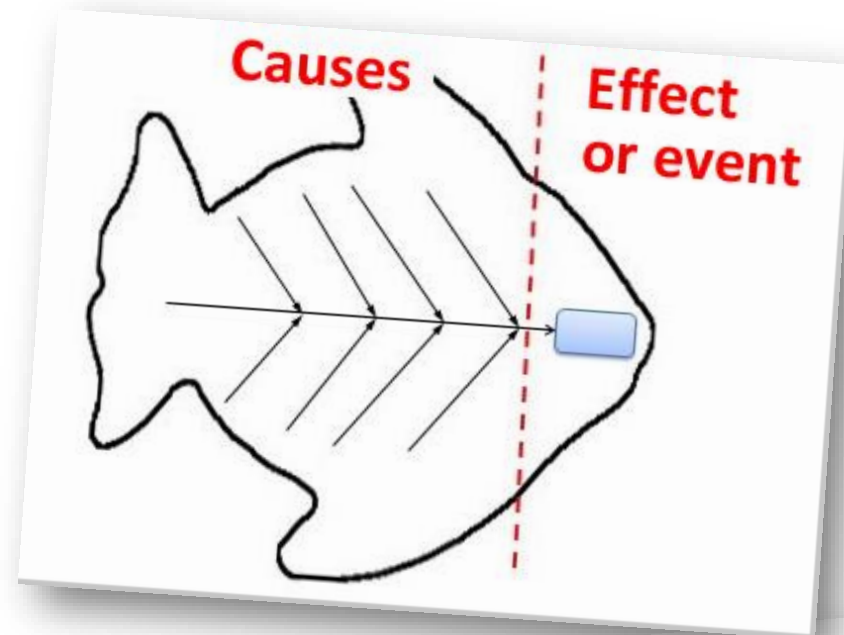
The simple format is one reason why this layout helps clarify topics.



29 Fishbone Diagram

What?

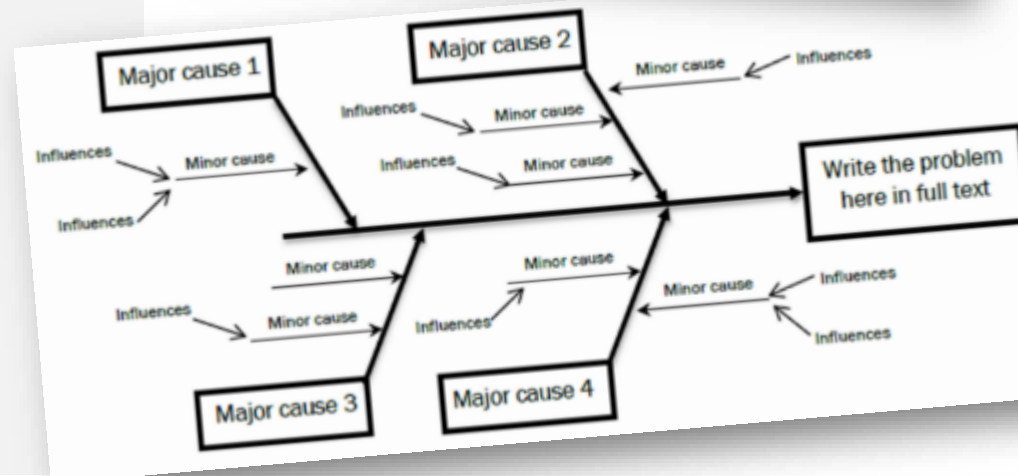
Diagrams to help identify the main causes of an event, such as working out why something went wrong, or why events caused an effect to happen.



How Use?

Don't bother drawing the fish! Just draw the lines & boxes for causes.

Add words to say how each cause led to the effect (eg the causes of World War I).



30 Herringbone Notes

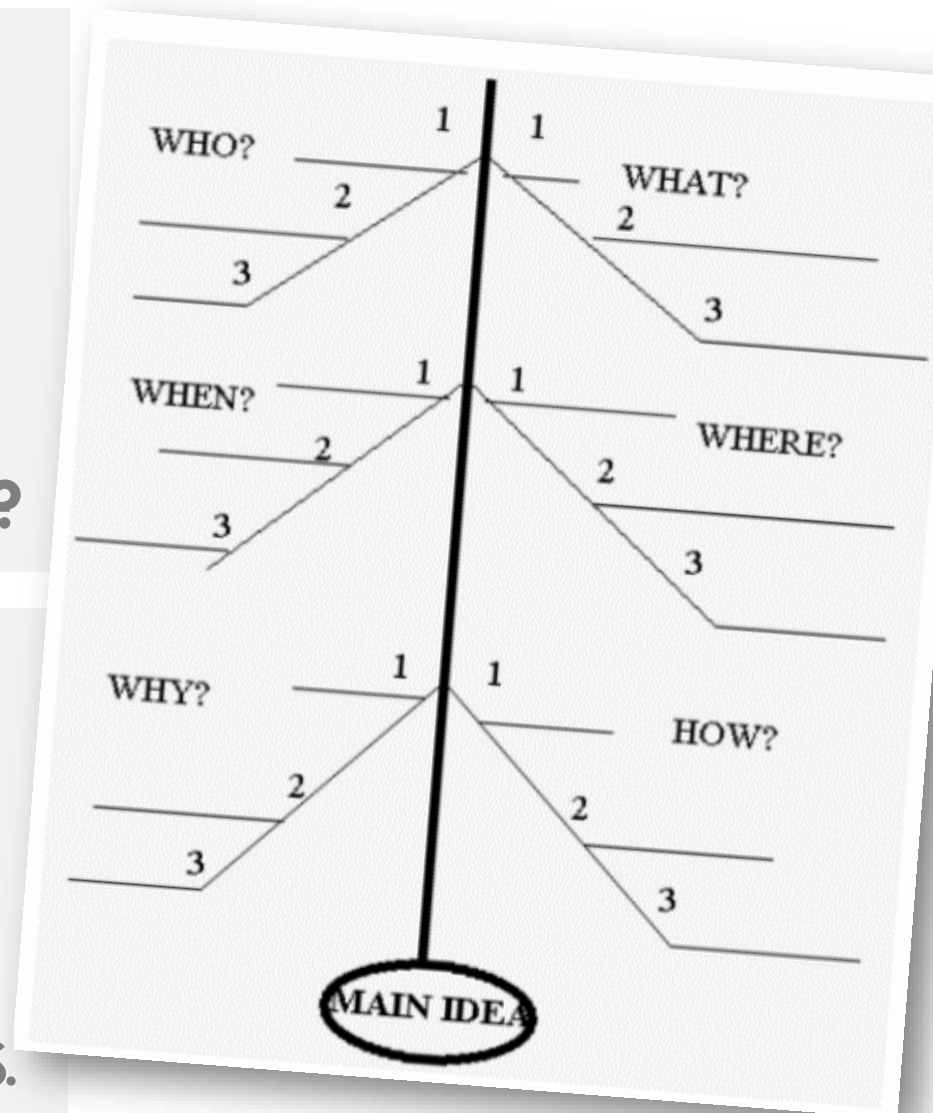
What?

Another 'skeleton' – but a different layout to help you analyse a main idea by answering those six simple questions, from Who? to How?

How Use?

Draw the lines & question words, then write in your answers.

One example of a 'main idea' could be a topic such as the birth of the NHS.





31 Flowchart

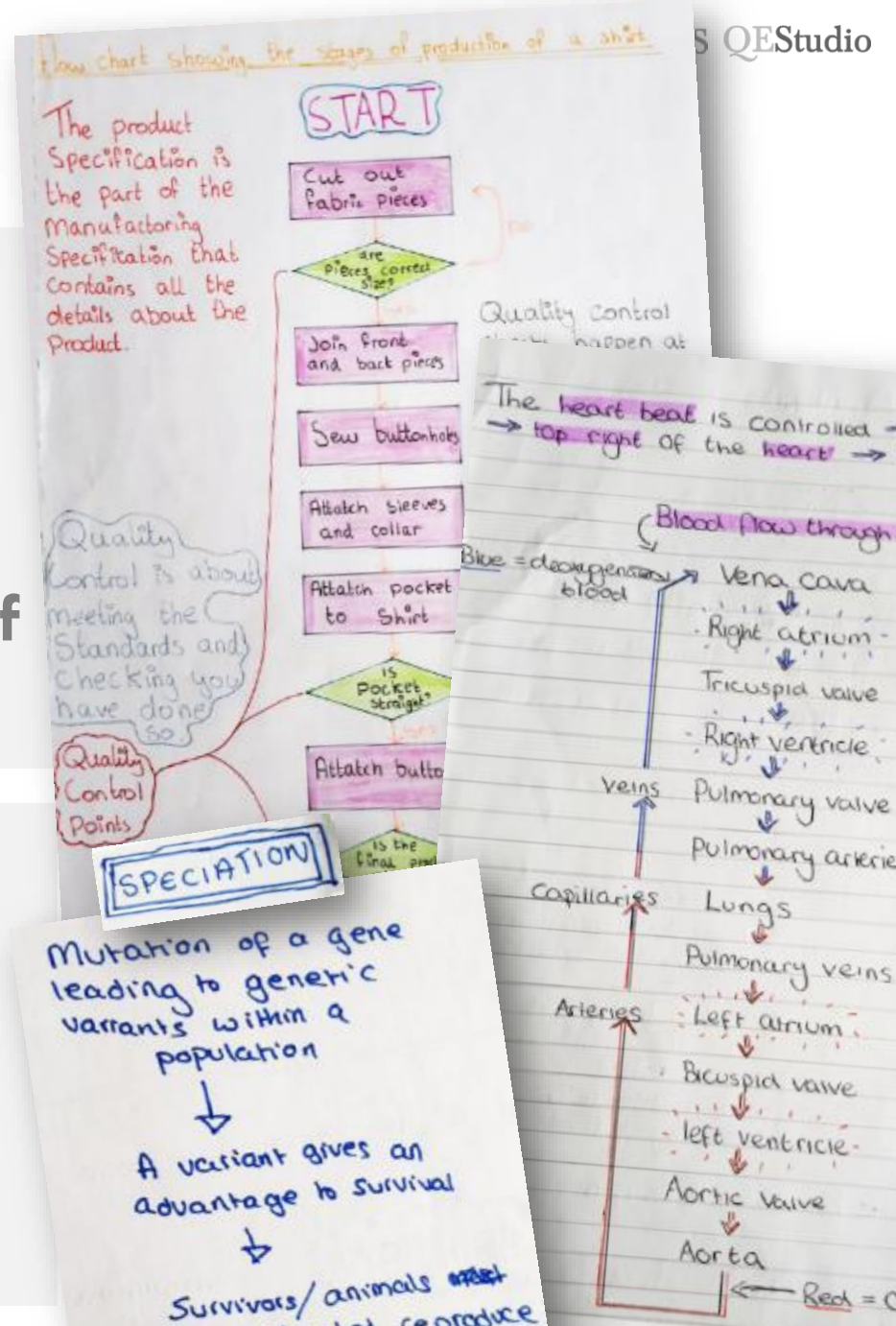
What?

Really good way to help you 'see' a sequence of events, such as what happens when a heart beats, or the stages of the 'rock cycle'.

How Use?

Top: Draw with boxes and arrows, using diamonds for yes/no.

Bottom: Or draw mainly words, if you think it makes things clearer.



32 Sequence

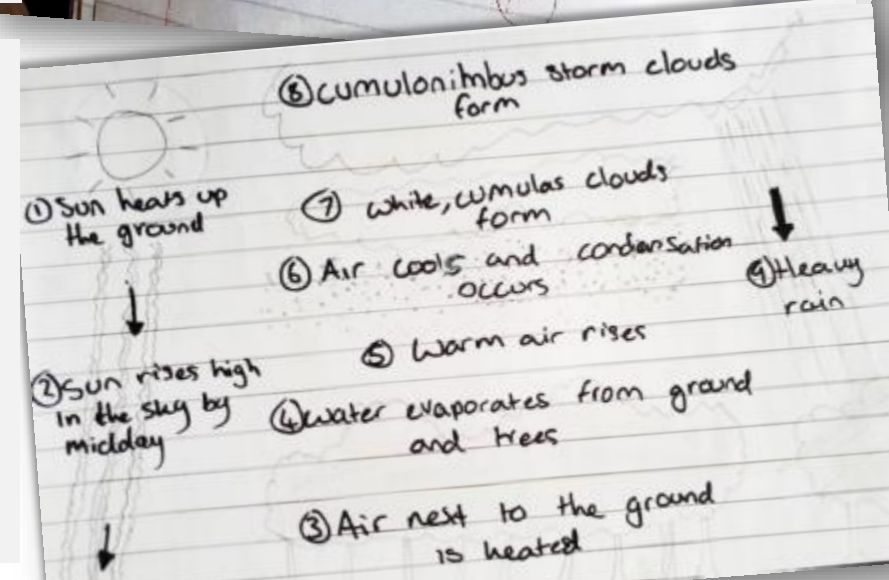
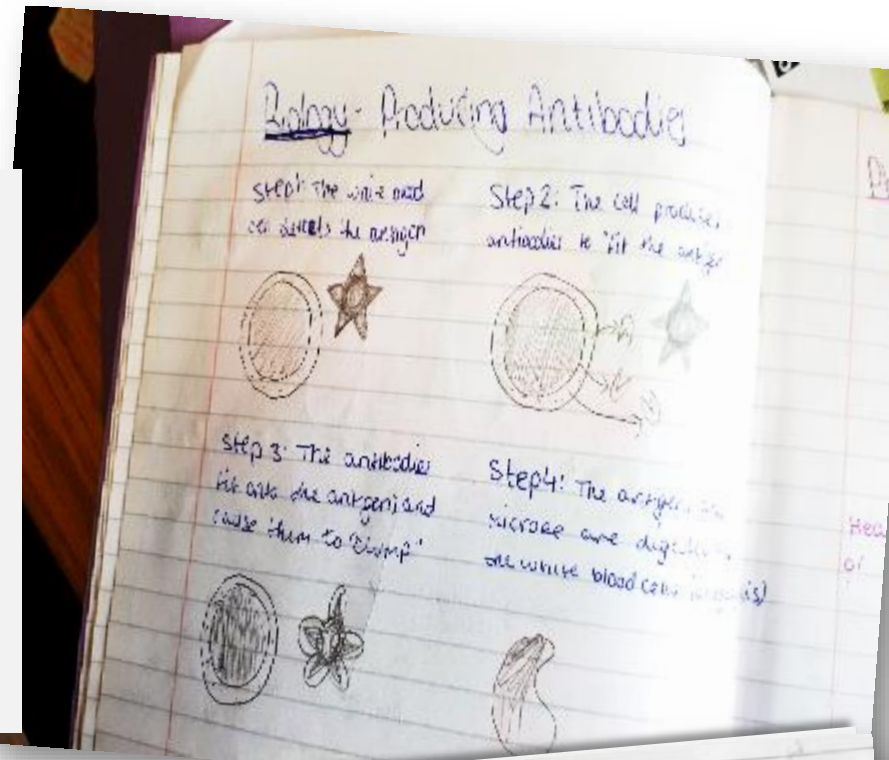
What?

Another more 'freestyle' way to break a process into steps and summarise with notes, helping you to think clearly about each stage.

How Use?

Top: Can show steps using simple sketched plus brief notes.

Bottom: Or can use mainly words but with numbers to make it clear.



33 Clock Face

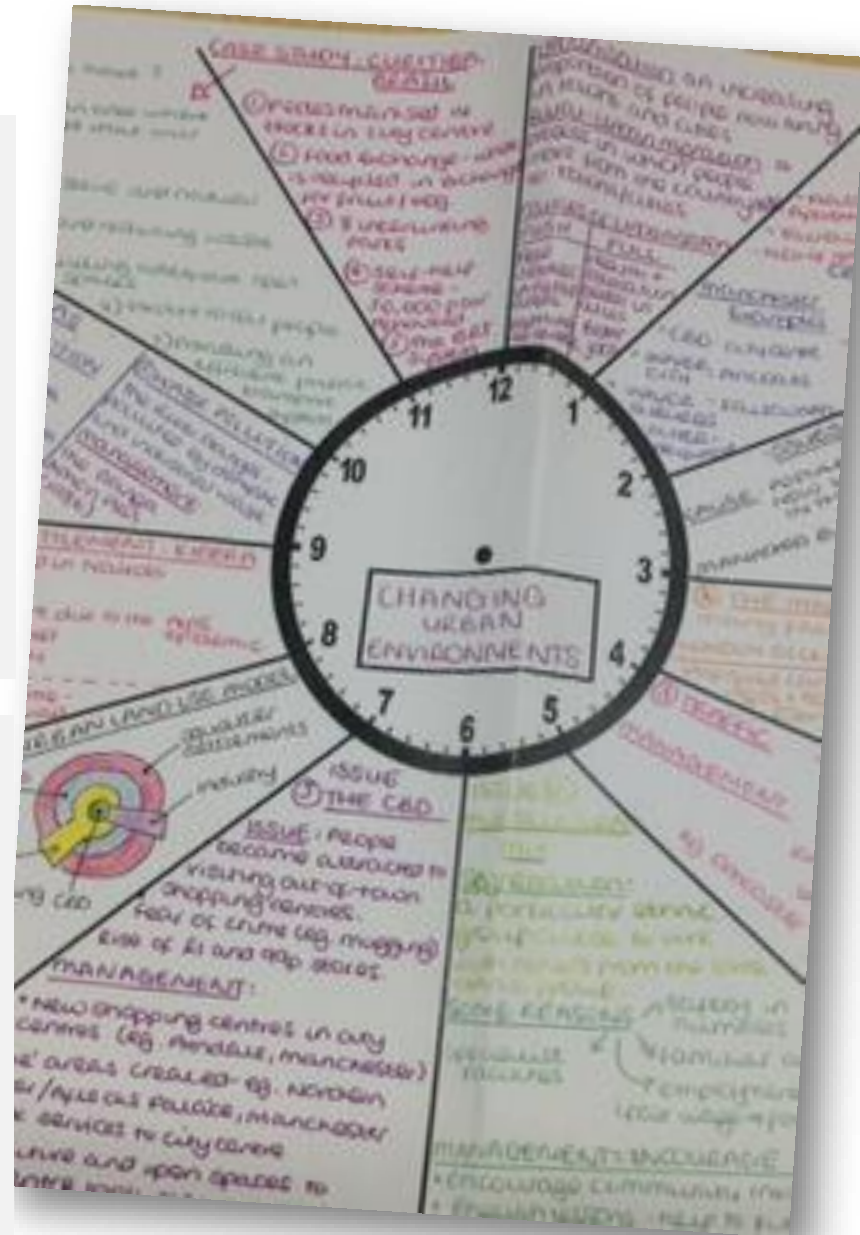
What?

Another visual way to show steps in a process, this time using the numbers on a clock face to organise steps into a sequence, or just divide a topic

How Use?

Draw a simple clock in middle of page with lines going out to edge

Then write your notes in each 'segment' to explain stages





34 Timeline

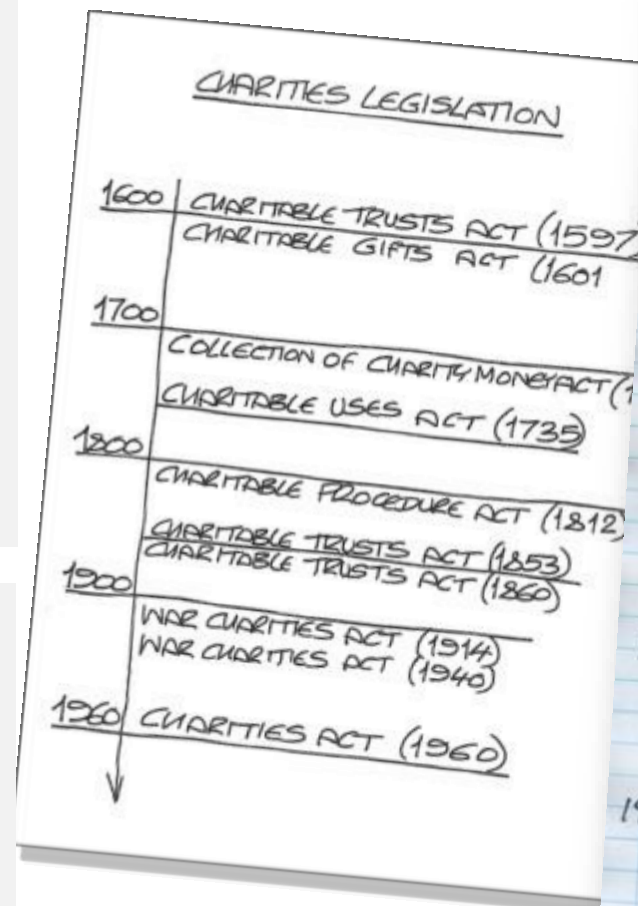
What?

Classic way to show a sequence of events over time, such as decades, or years etc., but it can be used to help you fix events in a certain order.

How Use?

Think what timescale you need to cover & sketch a line with dates.

Then add notes to summarise what happened at each key point in time.



35 Key Terms - Glossary

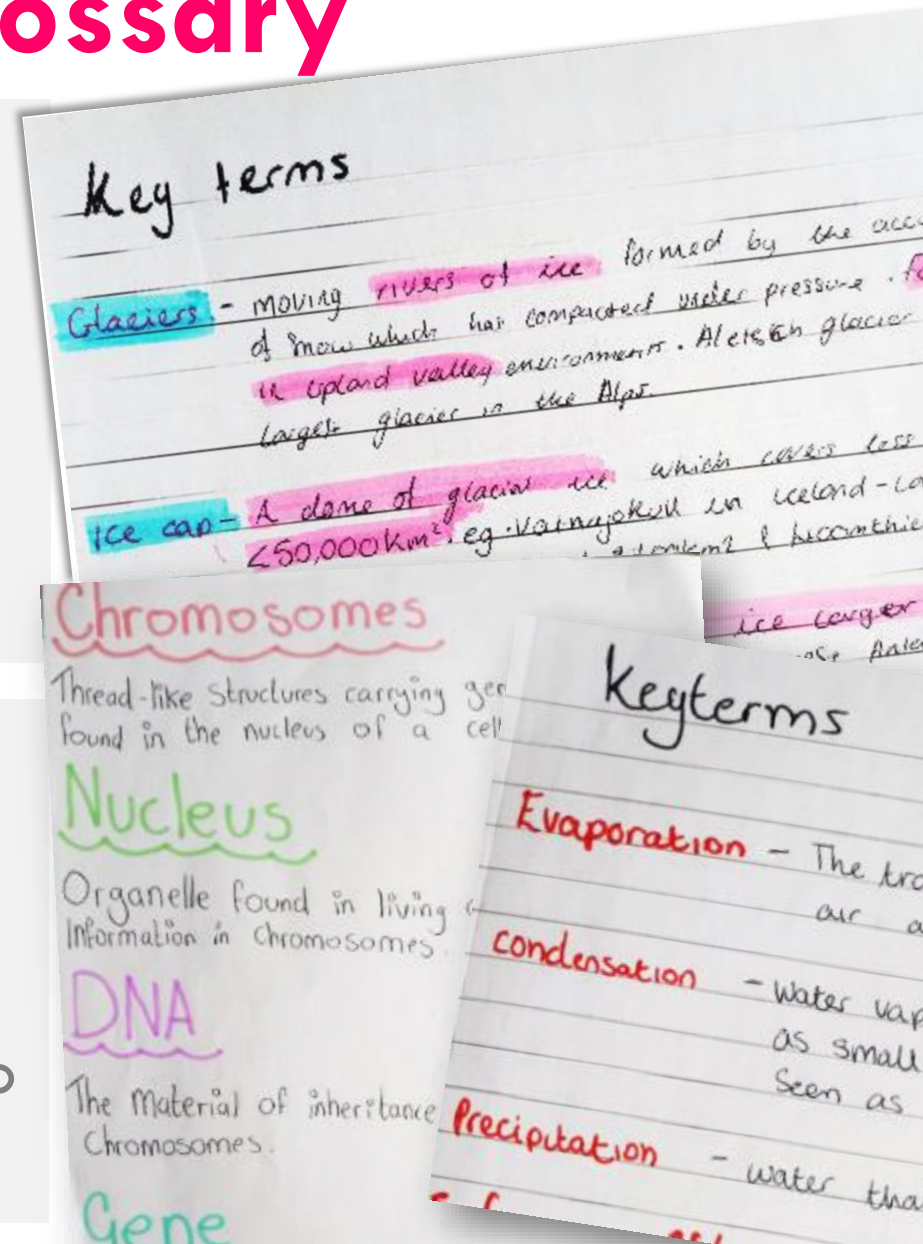
What?

A glossary is just a list of words and meanings, like a mini-dictionary, that can help you learn the key terms for a topic.

How Use?

Pick out a set of key terms, such as from a list set by your teacher.

Use a format like these examples to make word & meaning very clear.



36 Key Terms – Visual Glossary

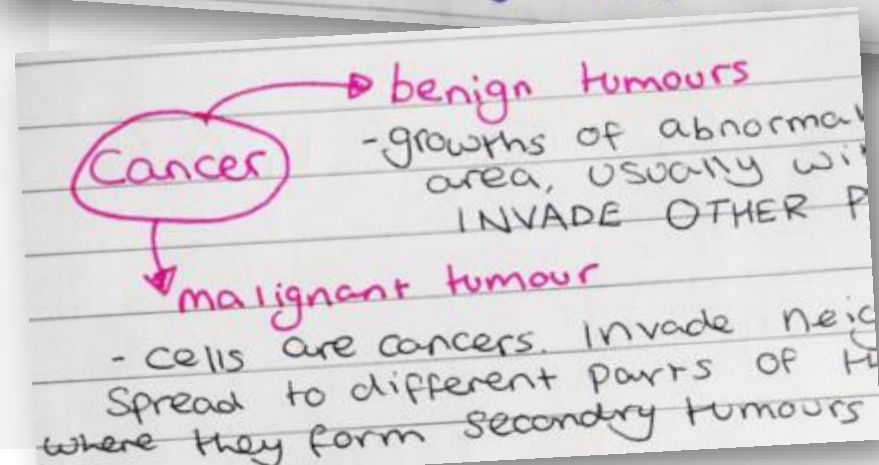
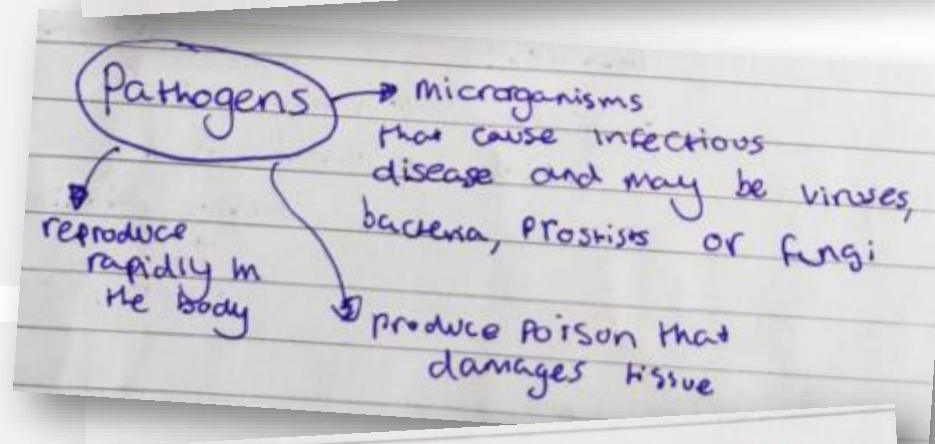
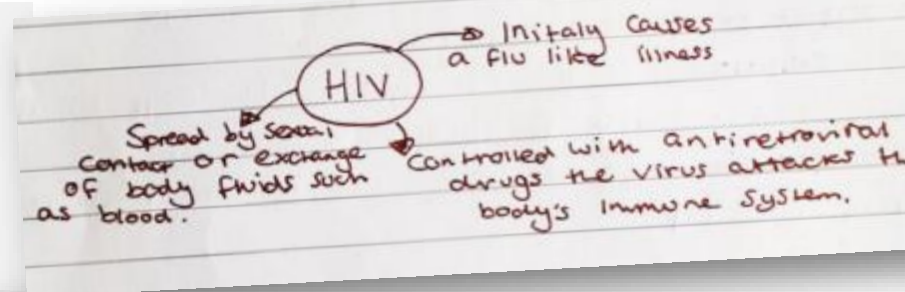
What?

A more visual way to present key terms might appeal because it breaks meanings into bitesize chunks that are easier to digest.

How Use?

Just put each key term in a shape with meanings as 'branches'.

Colour can help make it clearer – but don't waste time being too fussy!



37 Key Terms – Post Its

What?

Make your glossary more interactive by writing the words on a post-it so you first think of the meaning before you 'flip' for the answer

How Use?

Stick a few post-it notes on a page in your book

Simply write word on 'top' and the meaning 'underneath'



38 Key Terms – Languages

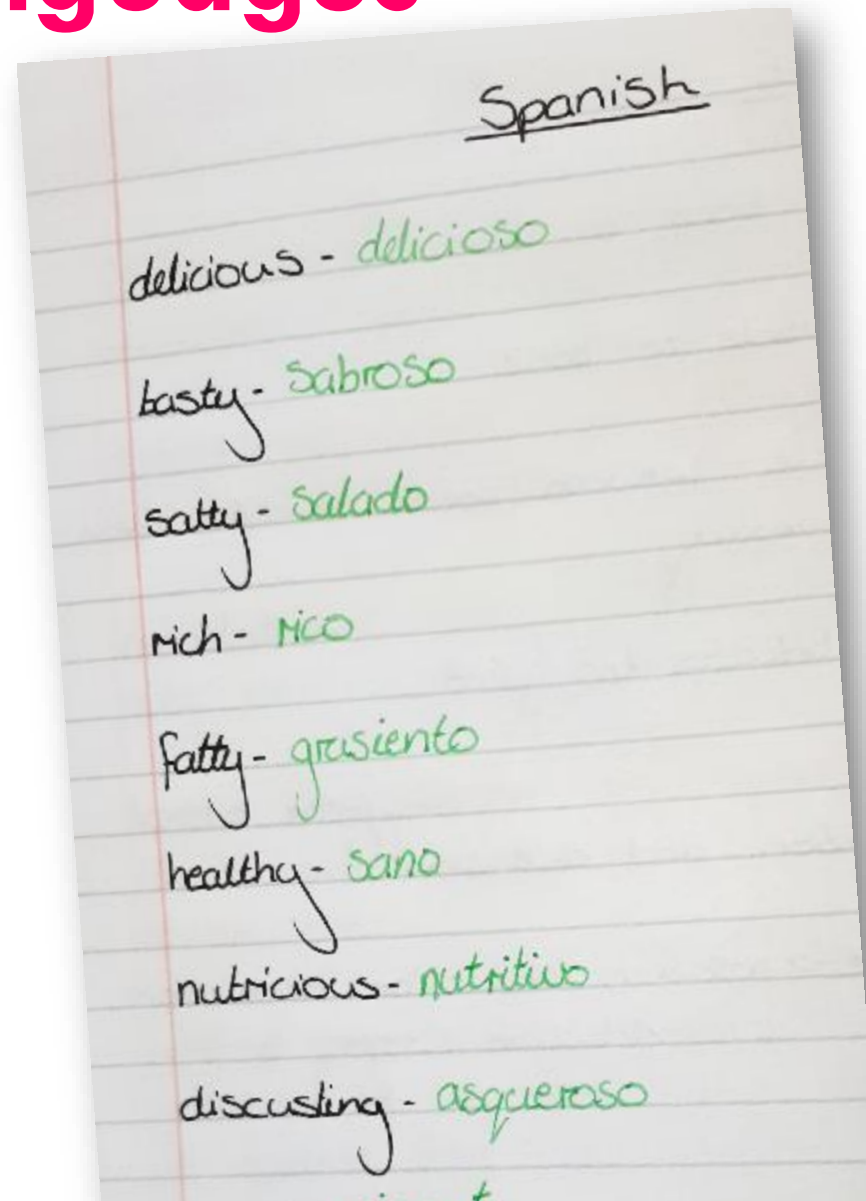
What?

For students doing languages, making a simple vocab list helps learn new words and gives you a resource for reviewing in the future.

How Use?

Just list the English language word and the 'foreign' equivalent.

Later, you can fold the page to cover up the answers & check your recall.



39 Flipper

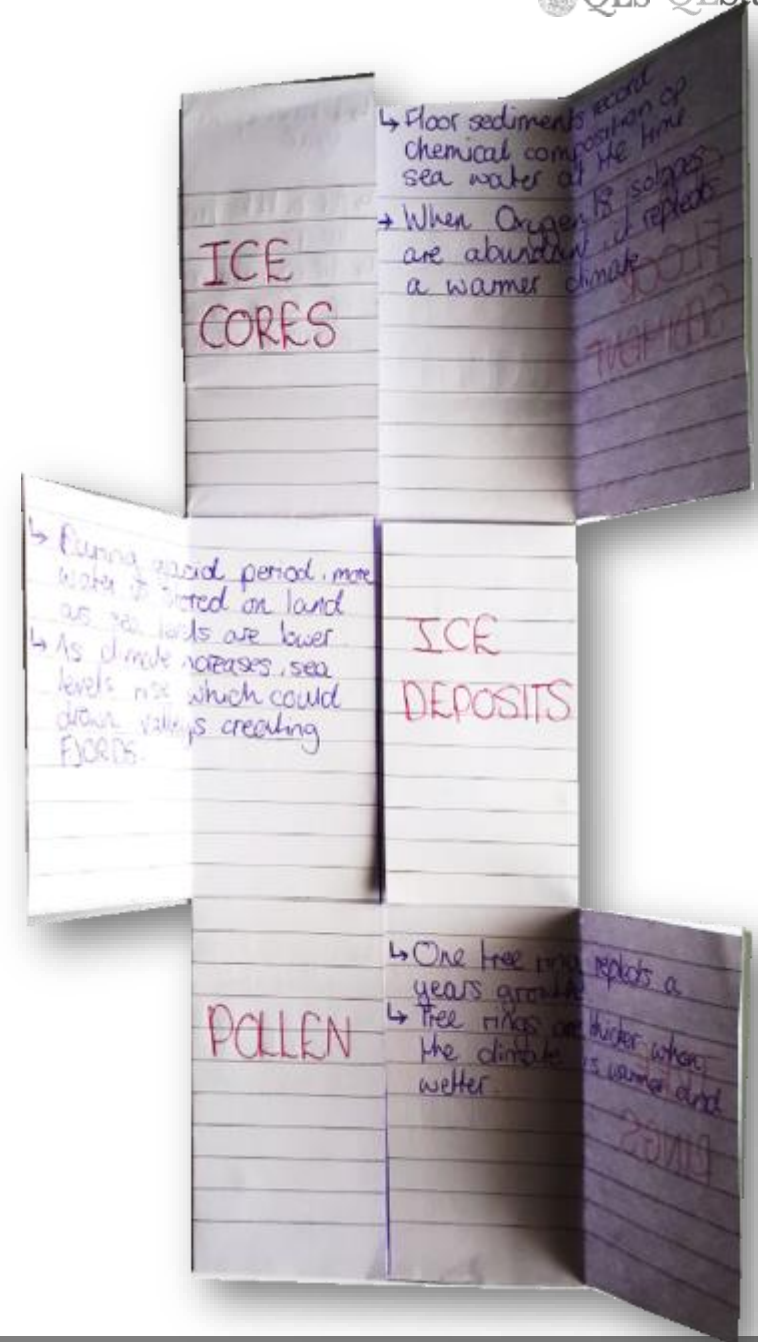
What?

It takes 5 minutes to make – but you then have a quick way to check your recall of key terms or ideas that you can use over & over later on.

How Use?

Fold A4 from edges to middle on both sides, then snip into sections.

Write words/questions on each 'flap' & write meanings/answers underneath.



40 Sketchnotes

What?

Sketchnoting mixes handwritten notes with drawings and symbols to create visual cues that boost your memory recall.

How Use?

This example uses words, shapes & space to package the points.

But most importantly, this method is about **ideas**, not art!



41

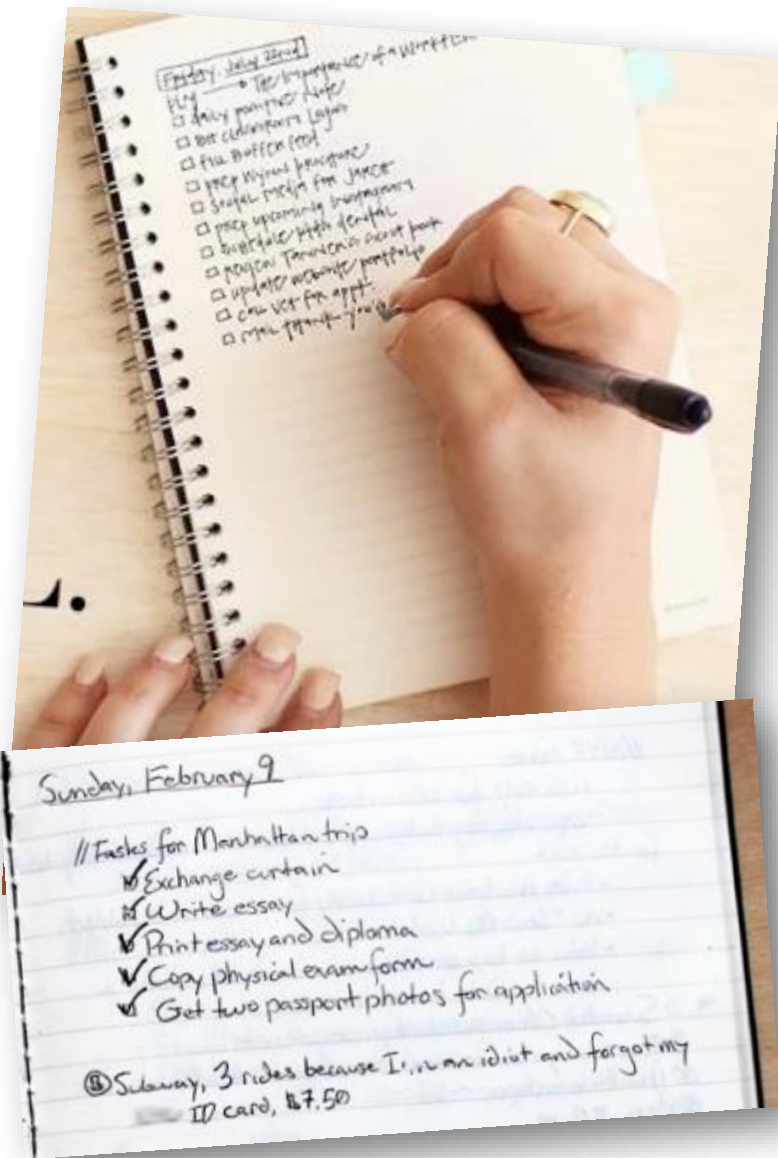
What?

It's been a 'big thing' on social media. But just ignore all the 'fancy' approaches. Simply stick to the basic idea: using bullet point lists to help organisation.

How Use?

Get yourself a small notebook to write 'to do' lists as bullet points.

Focus your lists on topics to review and tick them off as you go.



42 Bitesize Notes

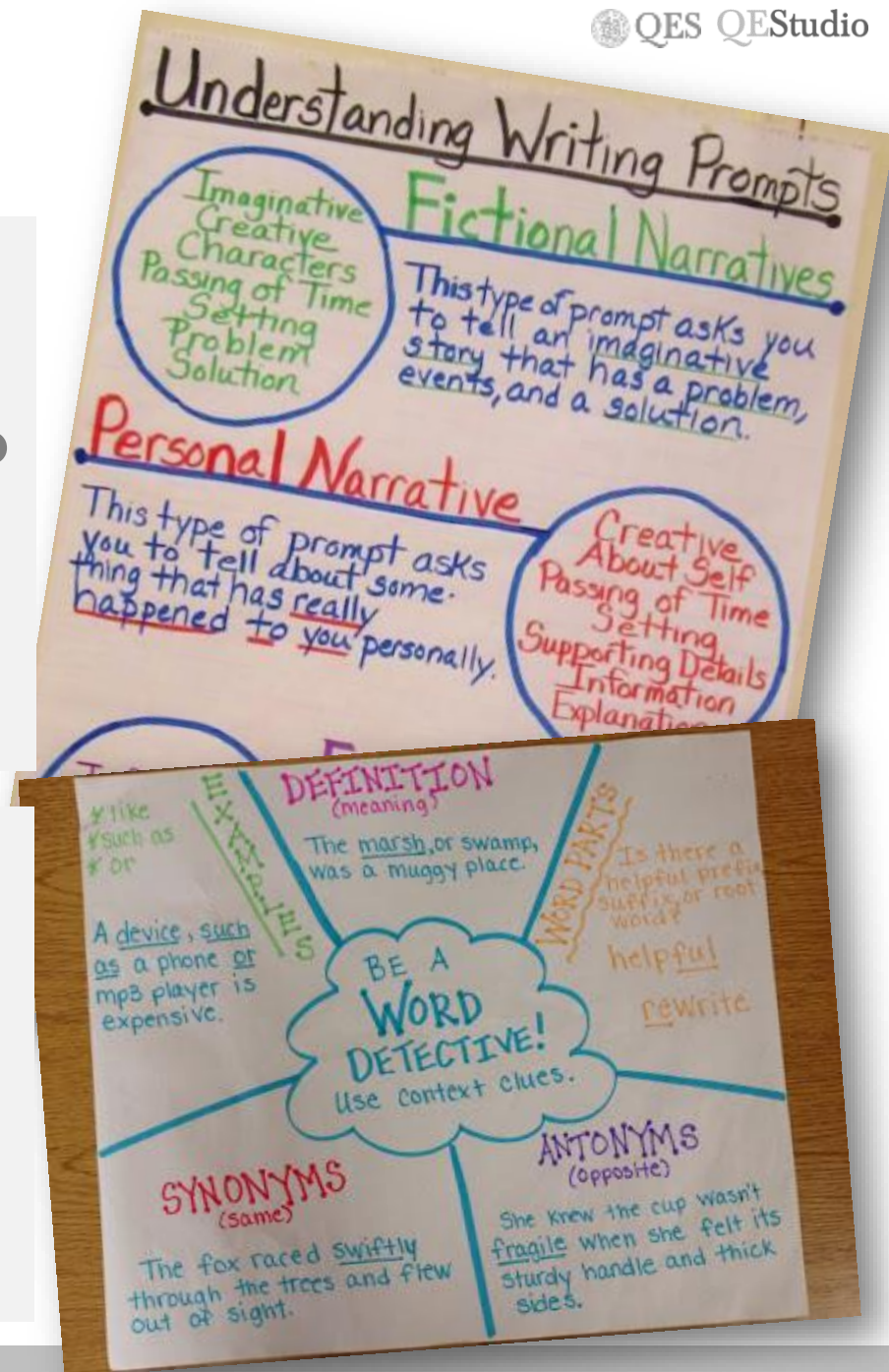
What?

Divide-up a page using shapes for bite-sized notes, so you can reduce a topic into chunks that are easier to digest and recall later.

How Use?

Could use a shape as a 'theme' to help jog your memory eg circles or squares.

Use headings & colours so chunks stand out. But don't get sidetracked by 'art'!



43 Page Grid

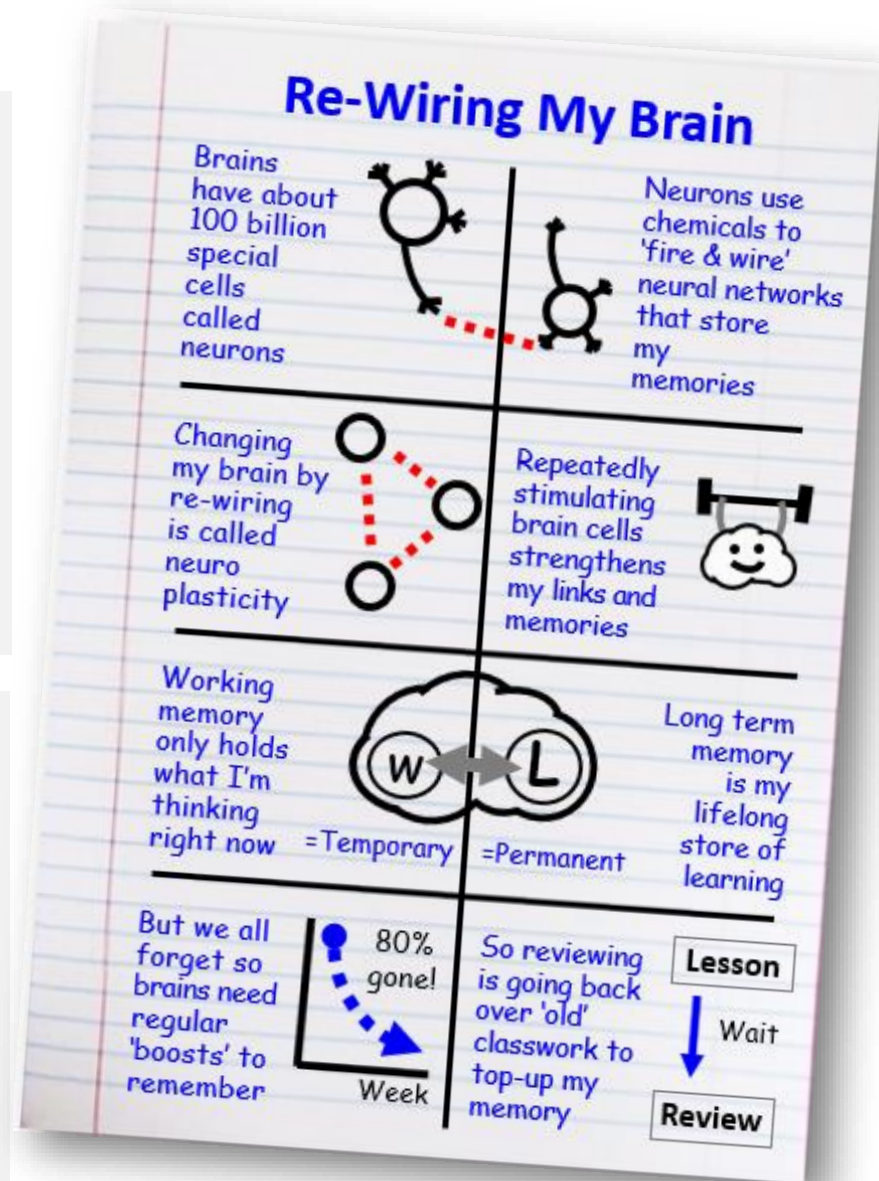
What?

Draw a grid to break a topic into 'chunks' to summarise a topic on one 'cheat' sheet that you can use for quick reviewing in the future.

How Use?

Fill each section with words or sketches/diagrams, for example.

Aim is to sum-up a topic so you can later review it quickly 'at a glance'.





Wheel Notes

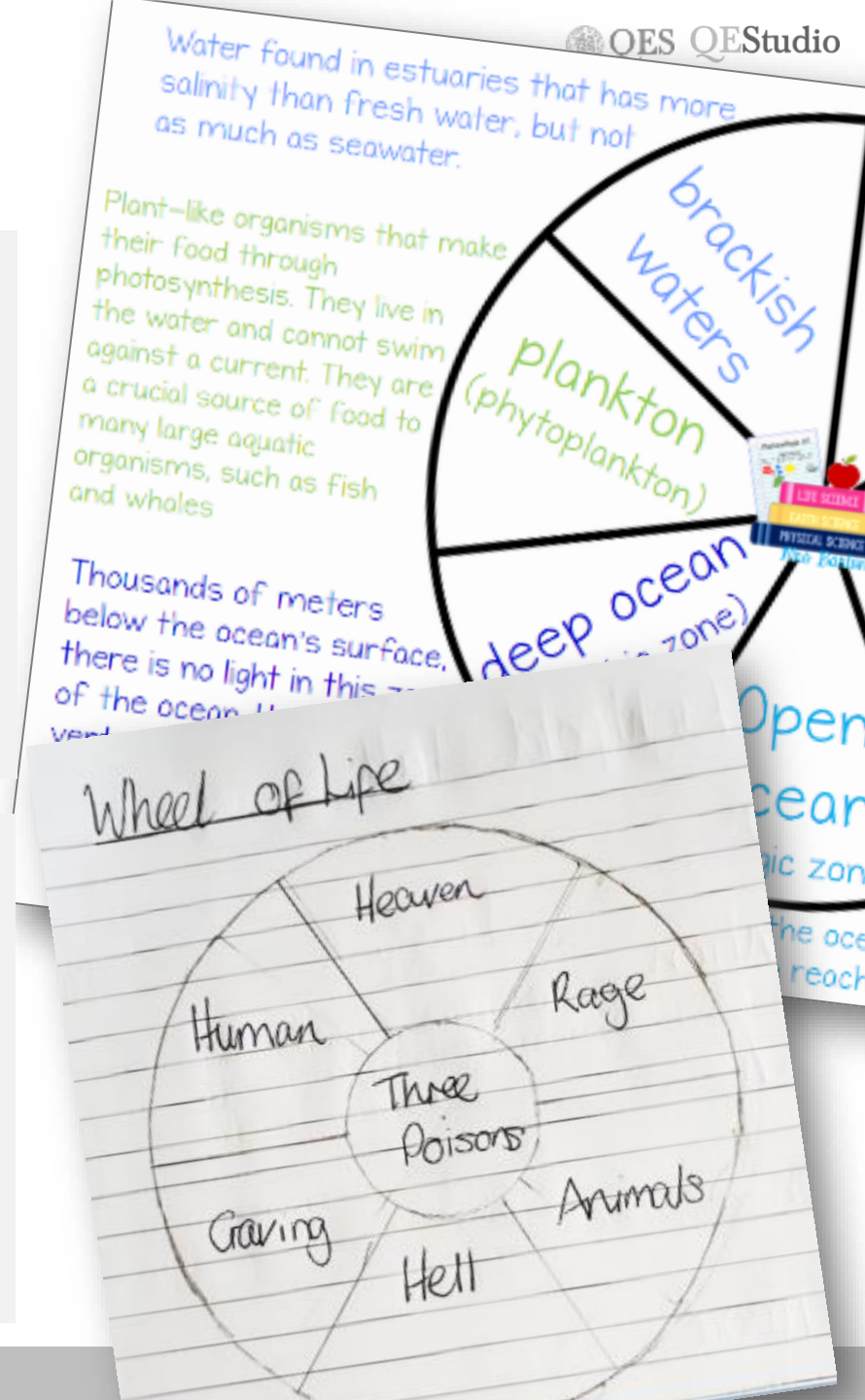
What?

A bit like the 'clock face' but without the numbers so the circle shape just helps you structure & organise key ideas in a topic.

How Use?

Top: You could divide up a circle and then write notes around the edge.

Bottom: Or just use a circle as a visual way to tie different concepts together.



45 Tweet Notes

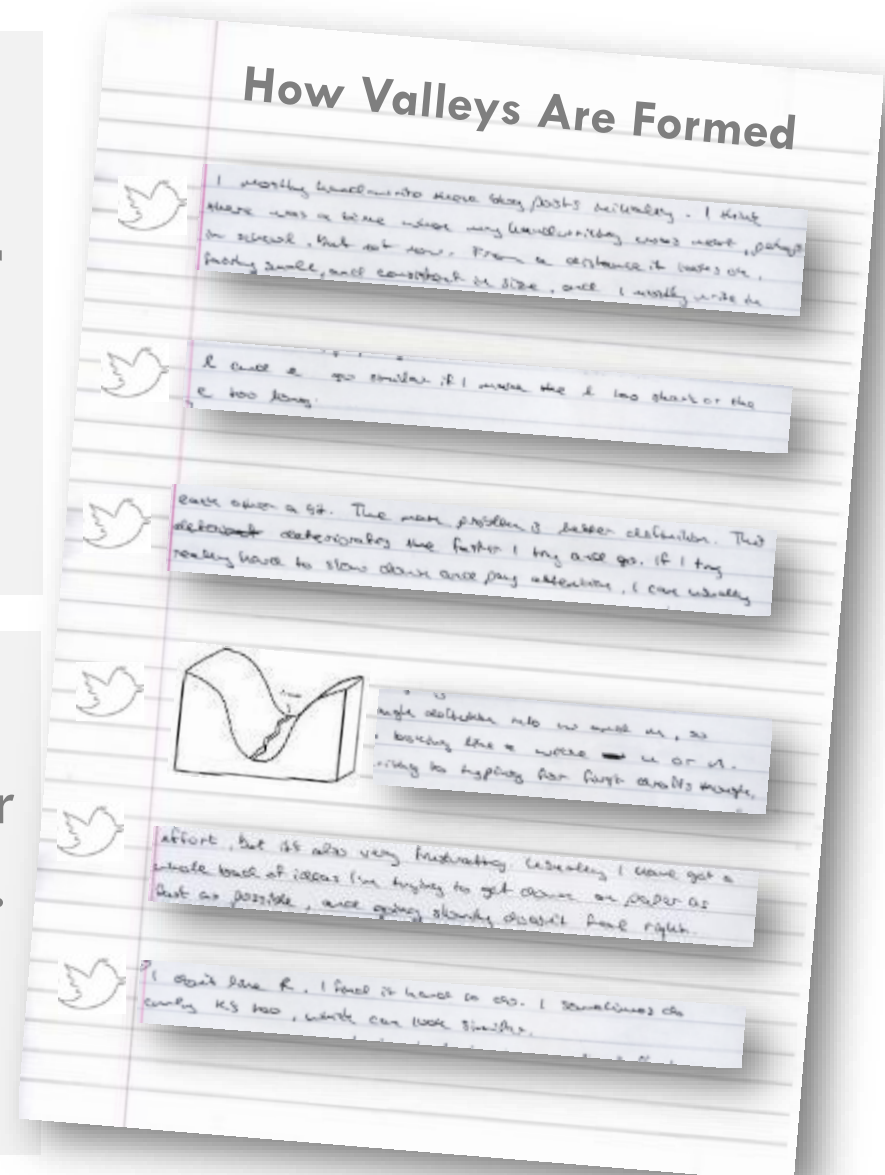
What?

Summarise a topic in a series of 'tweets', using 'old' Twitter rules to limit your 'posts' to 140 characters, forcing you to think & edit your words.

How Use?

Pick a topic with points to sum-up in 1 or 2 sentences to give a 1 page overview.

Write one 'tweet' for each point, perhaps with the odd sketch/diagram.



46 Column Notes

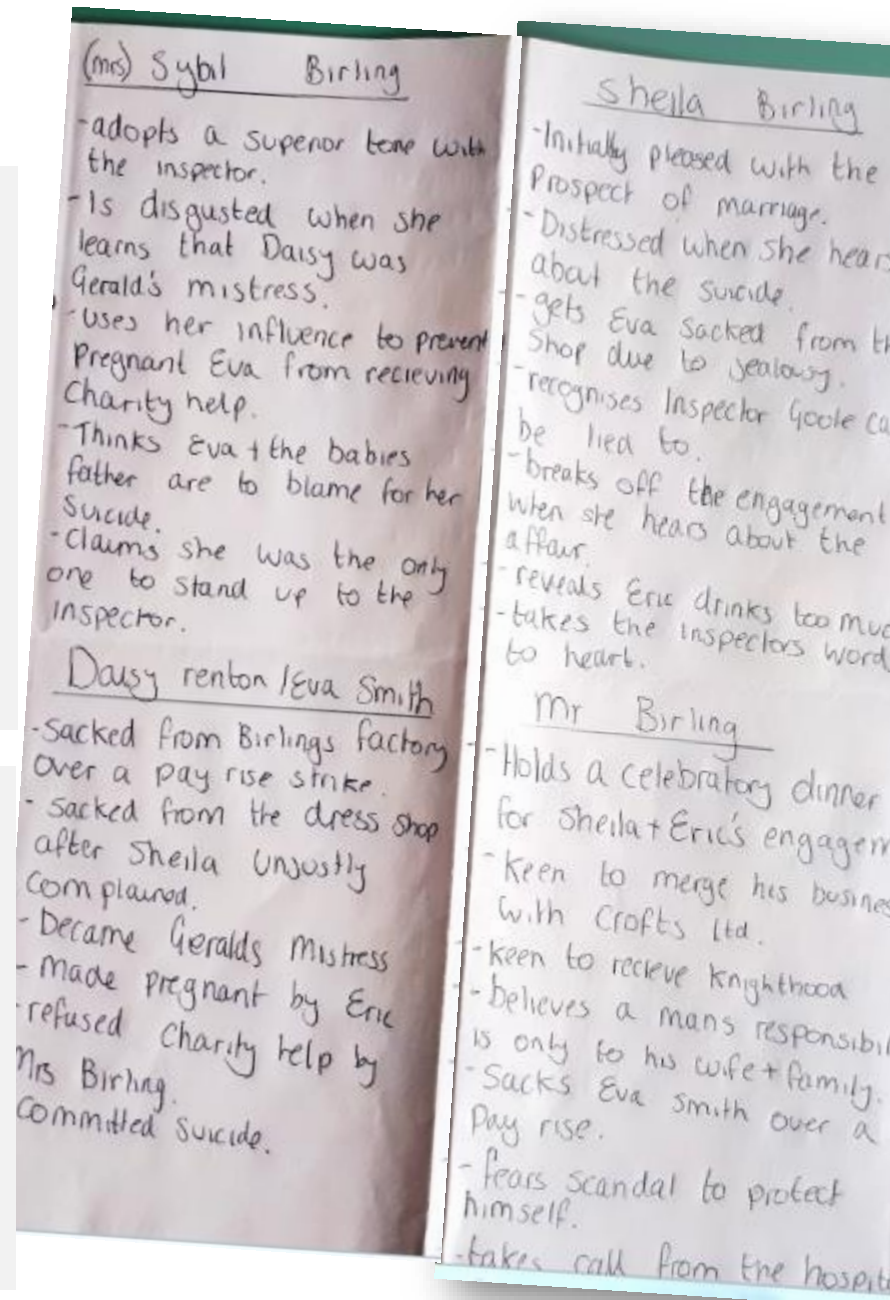
What?

Another way to structure your thinking about a topic by folding your page into vertical columns to break a topic into sections

How Use?

Columns could be on different book characters, as in this example.

You could also colour-code sections them to make page more visual.



The image shows two pages of handwritten notes organized into vertical columns for different characters from the play 'An Inspector Calls'. The characters listed are Mrs. Sybil Birling, Sheila Birling, Daisy Renton / Eva Smith, and Mr. Birling. Each column contains a list of key events and traits related to that character.

(Mrs) Sybil Birling

- adopts a superior tone with the inspector.
- Is disgusted when she learns that Daisy was Gerald's mistress.
- Uses her influence to prevent pregnant Eva from receiving charity help.
- Thinks Eva + the babies father are to blame for her suicide.
- Claims she was the only one to stand up to the inspector.

Daisy Renton / Eva Smith

- Sacked from Birling's factory over a pay rise strike.
- Sacked from the dress shop after Sheila unjustly complained.
- Became Gerald's mistress.
- Made pregnant by Eric.
- Refused charity help by Mrs. Birling.
- Committed suicide.

Sheila Birling

- Initially pleased with the prospect of marriage.
- Distressed when she hears about the suicide.
- Gets Eva sacked from the shop due to jealousy.
- Recognises Inspector Goole could be lied to.
- Breaks off the engagement when she hears about the affair.
- Reveals Eric drinks too much.
- Takes the inspector's words to heart.

Mr. Birling

- Holds a celebratory dinner for Sheila + Eric's engagement.
- Keen to merge his business with Crofts Ltd.
- Keen to receive knighthood.
- Believes a man's responsibility is only to his wife + family.
- Sacks Eva Smith over a pay rise.
- Fears scandal to protect himself.
- Takes call from the hospital.

47 Cornell Notes

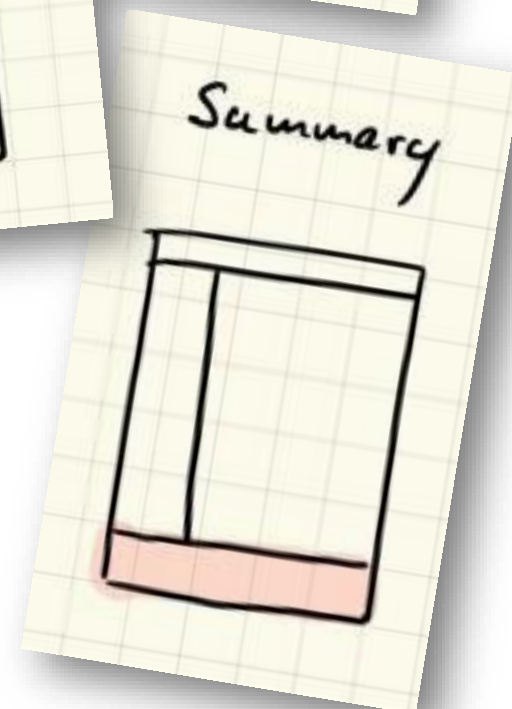
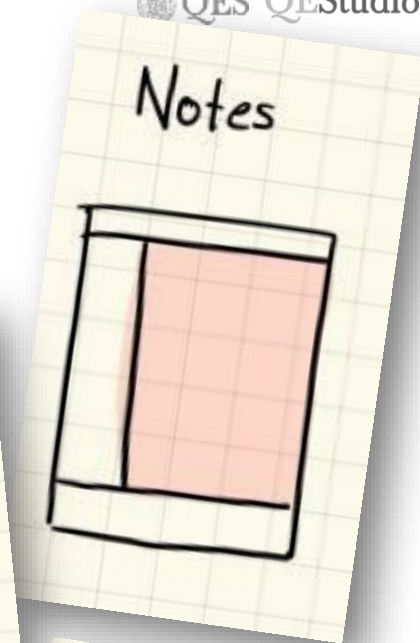
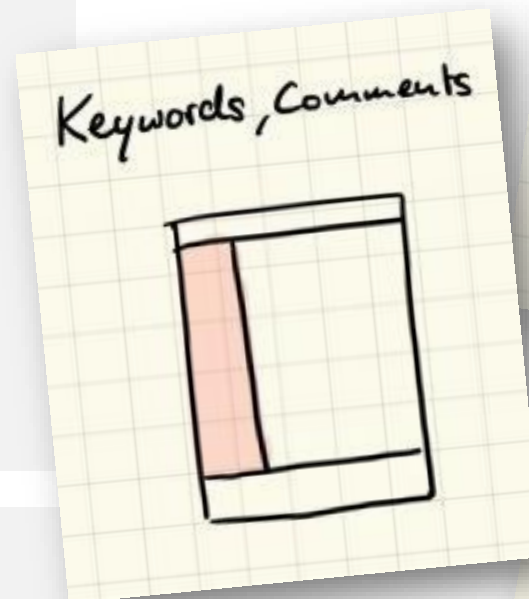
What?

It's a method recommended for sixth formers so they can take notes in a more 'active' way during lessons – and then use them for reviewing.

How Use?

Split your page into the three zones highlighted in the example

First, you wrote Notes. Then pick out Keywords. Later, write a summary.



48 Pyramids

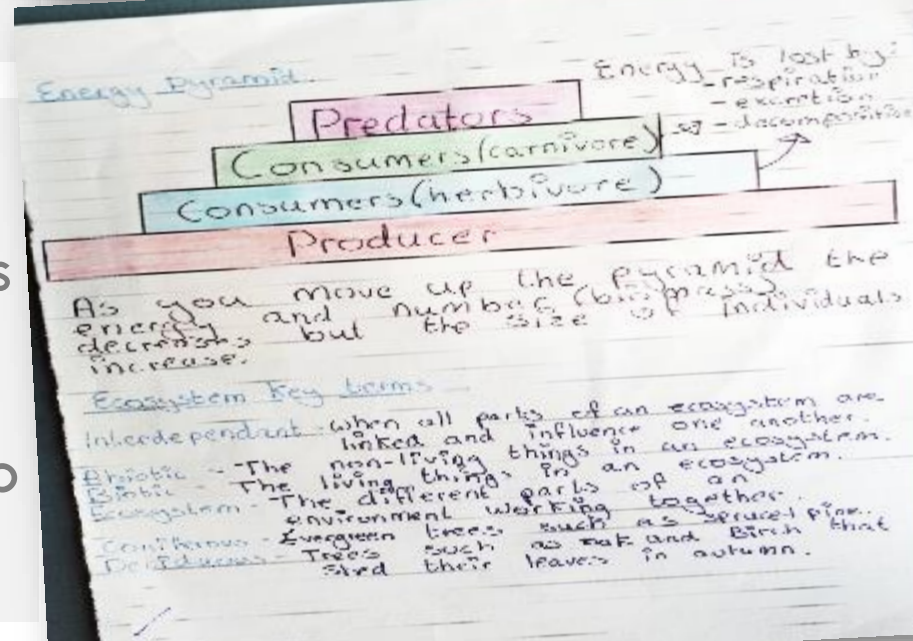
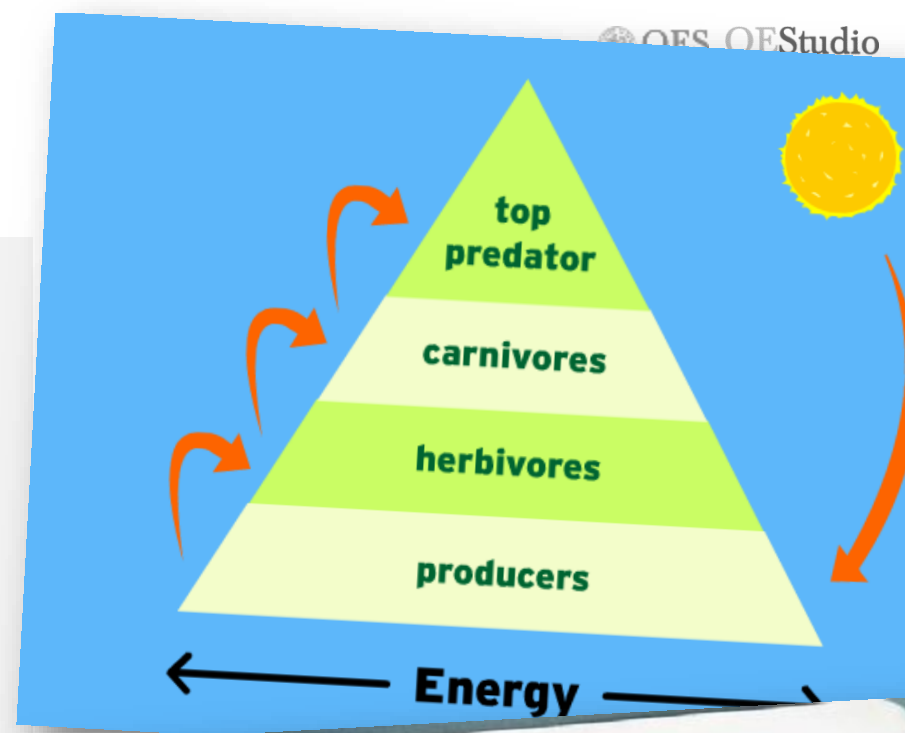
What?

A way to show how ideas fit together like a 'stack', helping you to think about how ideas are linked and inter-dependent.

How Use?

You can divide up your pyramid with as many labelled layers as you like.

Use colours or even images/drawings to help layers stand out.



49 Diamond 9

What?

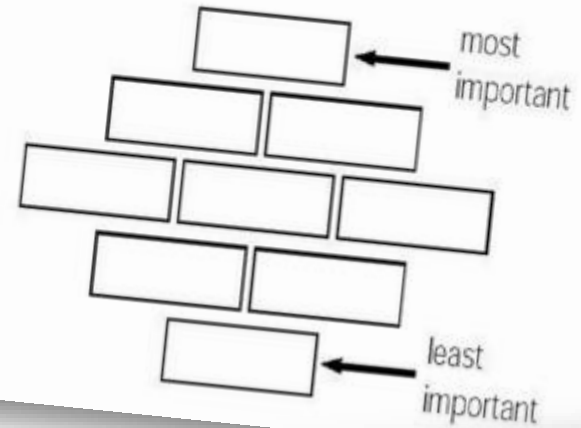
Is a visual framework for putting a collection of points in order, from the most to the least important, as a way to think about priorities in a topic

How Use?

Top: Write a title & draw this grid of boxes, then write a factor in each box

Bottom: Could write factors on post-its so you can re-do activity in future

Factors Behind Climate Change



Reasons why people play sport



50 Quotes

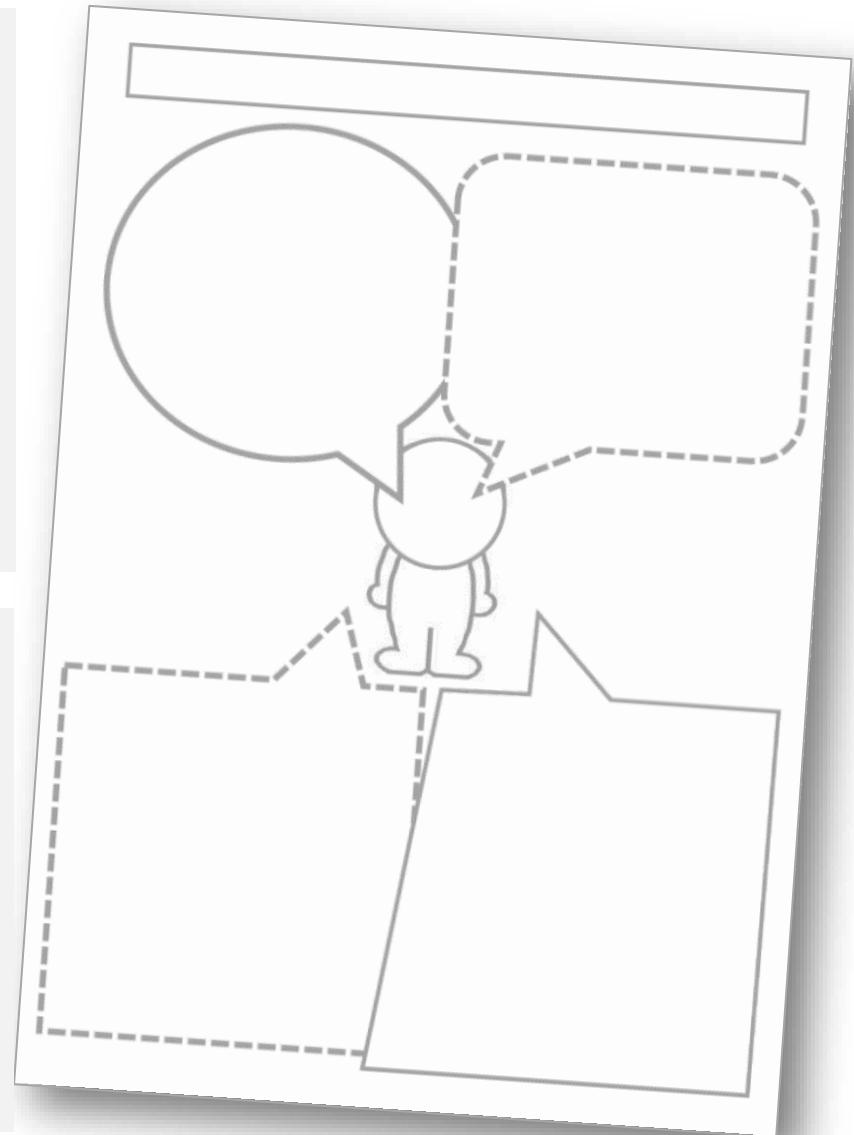
What?

Learn quotes from a novel or play by drawing a character in the middle of a page surrounded by speech bubbles filled with their best soundbites.

How Use?

You could stick a photo or drawing of your chosen character on the page.

Then draw 'bubbles' of different shapes & sizes to fill with quotes.



51 Timed Write

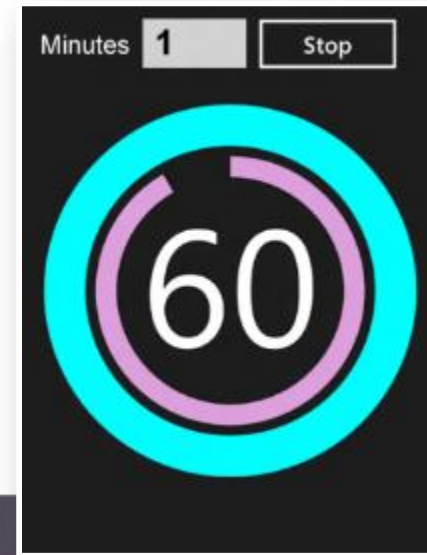
What?

Check your recall of a topic by challenging yourself to write for a minute, maybe building-up over time to write for longer, like 5 minutes.

How Use?

Set a timer for 60 secs & write everything you know on a topic.

Or if that's too vague & 'scary' then write a 'Factsheet' or an 'FAQ'.



52 Timed Write - Factsheet

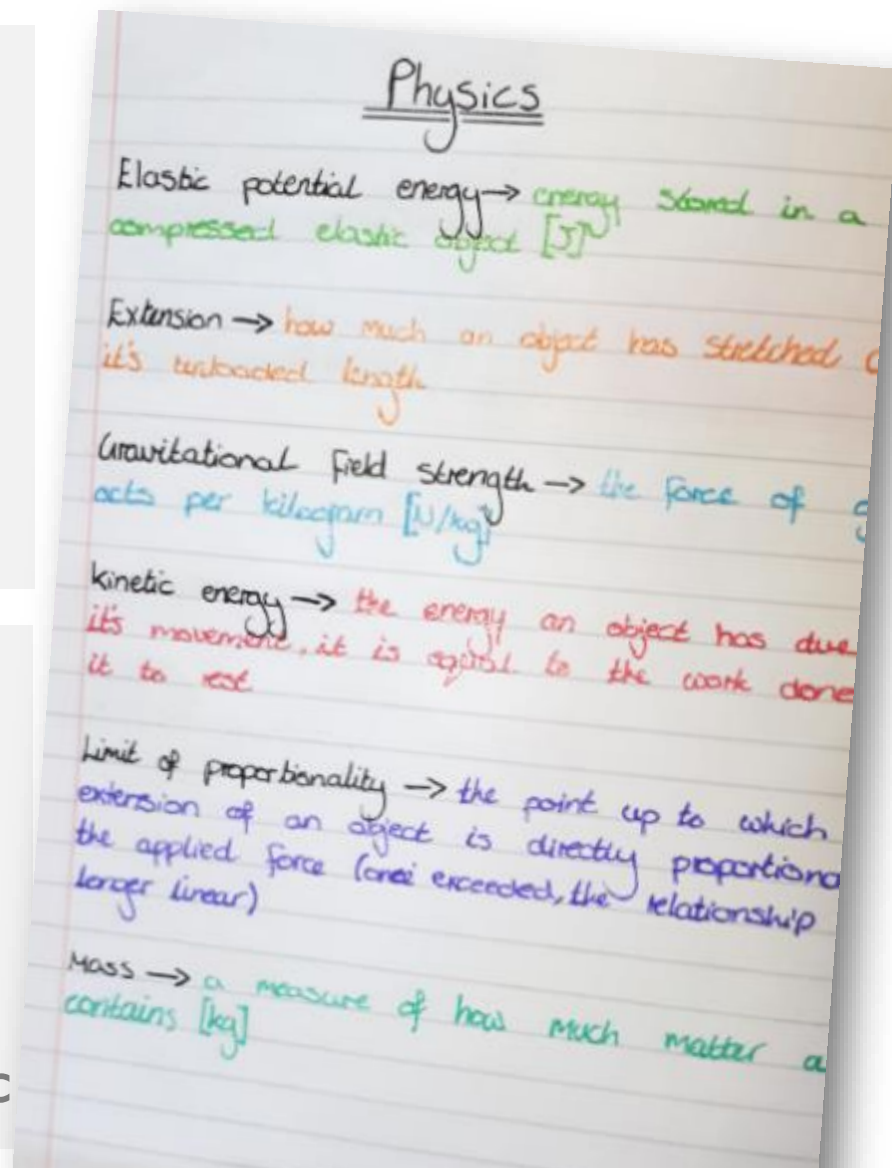
What?

List some basic facts about a topic to help you prioritise the main points to learn, such as recalling a list of key terms and their meanings.

How Use?

It's a good to use as a 'Recall' activity to check what you know.

It doesn't need to be 'pure' writing if adding a diagram is part of topic



53 Timed Write - FAQ

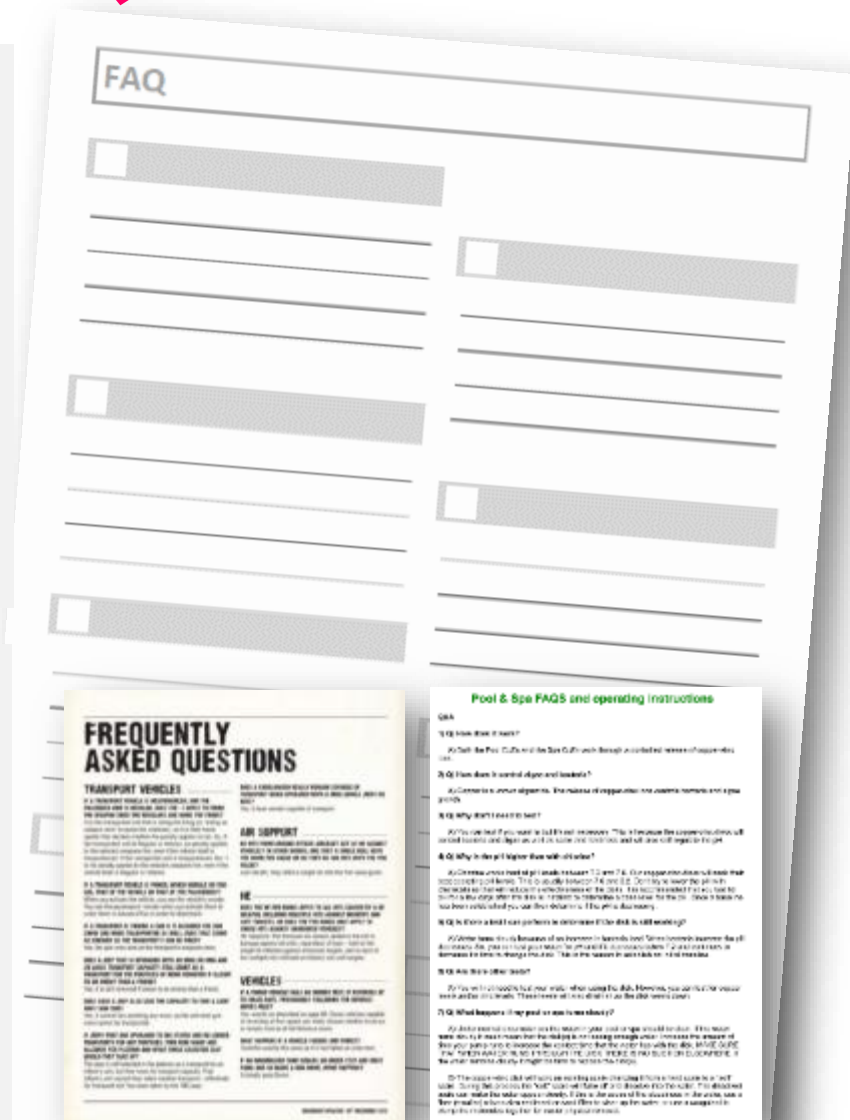
What?

Imagine you're writing a 'guide' for a classmate and make a set of 'Frequently Asked Questions' to help you get to the core of a topic.

How Use?

Your choice of questions shows you know the key issues.

And your answers will show you have good knowledge.



54 Timed Write - Command Verbs

What?

For students in Year 10 and above, it's good to practice writing answers based on these sample 'command verbs' from exam questions.

How Use?

e.g. Start with a 1 minute write where you **describe** a topic, term or product

Or write for 5 mins to **explain** or **discuss** a topic suggested by a teacher

Identify	Recognise, list, name or otherwise characterise	The object
Define	State or describe the nature, scope or meaning	A chair is a s
Outline	A description setting out main characteristics/points	A chair is a pi a table or des consists of a s
Describe	Give an account, including all the relevant characteristics, qualities, or events	A chair may c legs. The legs many differen
Explain	To give account of the purposes or reasons	A chair is used backrest and i such a way so it does not co many differen and material d are often used convenient he can be produ individuals eg
Discuss	Give an account that addresses a range of ideas and arguments	I have a variet a seat, back re a chair with th

55 Posters

What?

Highly visual way to keep key ideas in your mind by keeping them in your sight!

How Use?

Use A4 or A5 and text that's big & colourful, with drawings.

Stick them around your room so you see them all the time.

After a while, flip them over & test if you can recall the content.



56 Post It Questions 'Flipper'

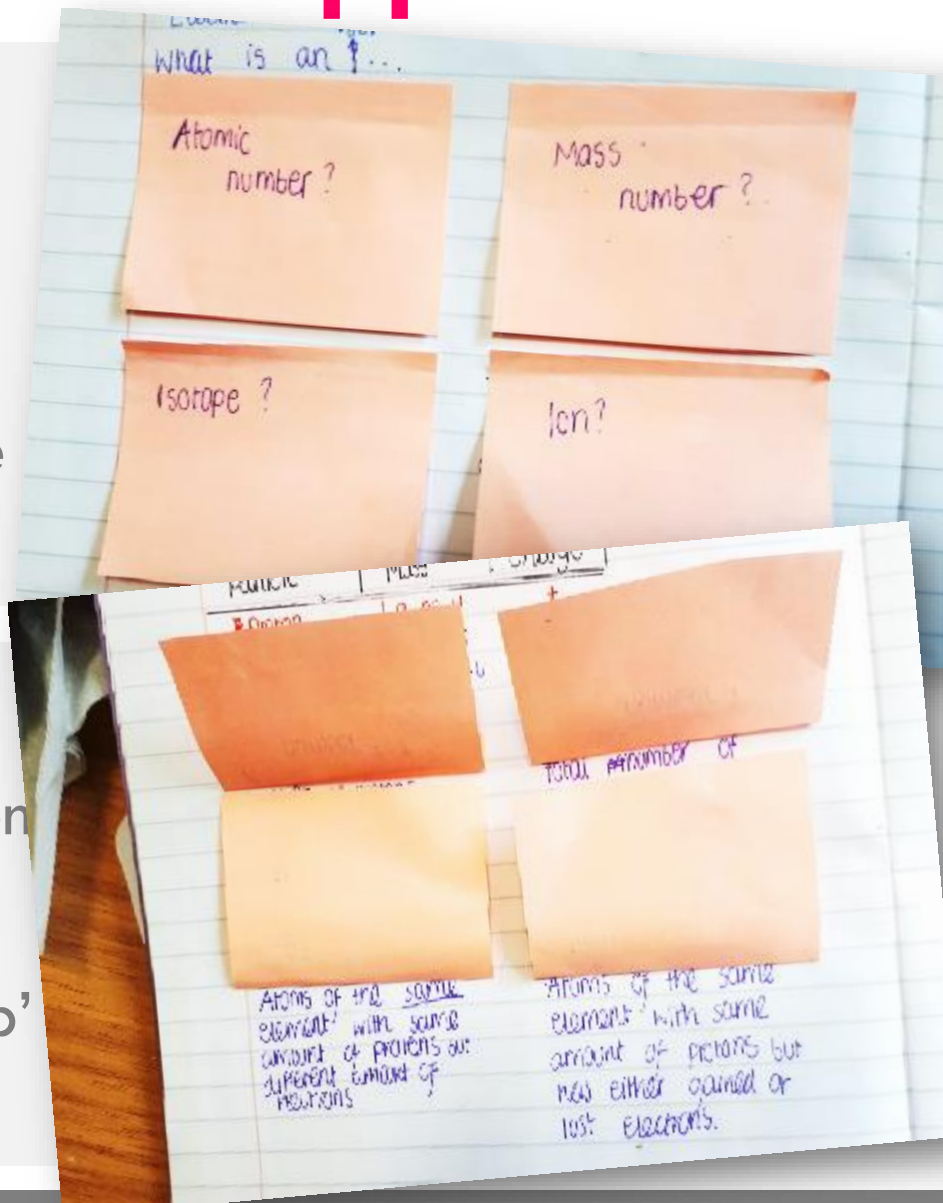
What?

Another way to make your notes more 'interactive' by putting questions on post-its so you must first think of the answer before you 'flip' it

How Use?

Best to stick a bunch of post-its on a page to make a topic 'quiz'

Write a question or prompt on 'top' and the meaning 'underneath'



57 Post It Themes

What?

Use post-it notes to help you organise topics by creating a display where post-its draw attention to main points & makes themes clearer.



How Use?

Write simple summaries or even just key words on each post-it

Could put them in coloured clusters to show links between ideas.



58 Noticeboard

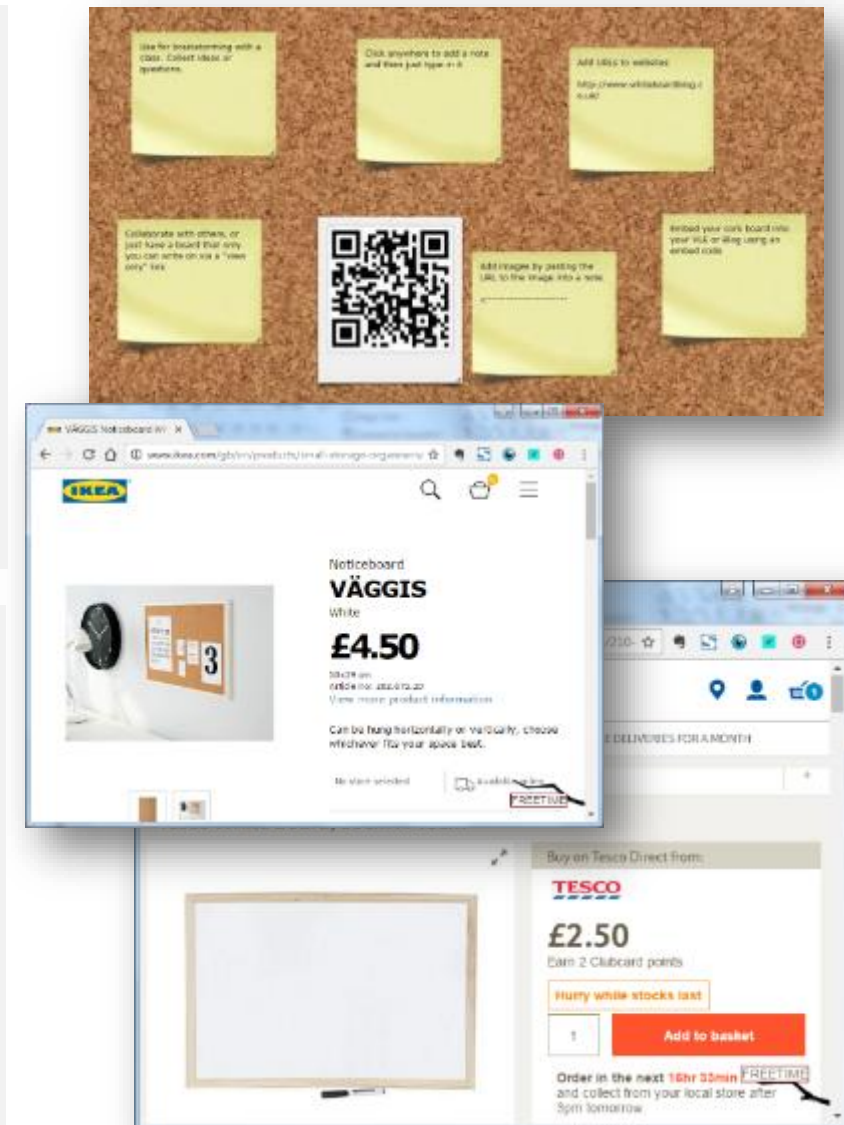
What?

A noticeboard or whiteboard is a great way to display post-its or write key words that you can easily change to freshen-up visual stimulation.

How Use?

Buy one cheaply from stores & put on wall in your room.

Can also display flash cards or posters showing key concepts.



59 Study Wall

What?

If you've made your own materials, then putting them on display is an 'easy' way to keep stimulating your brain to help all this stuff 'stick'

How Use?

Check first if it's OK to do this!
Probably best to use 'blu tack'

Just having this in your line of sight is enough to 'fire & wire' brain cells!



60 Post It, Find It

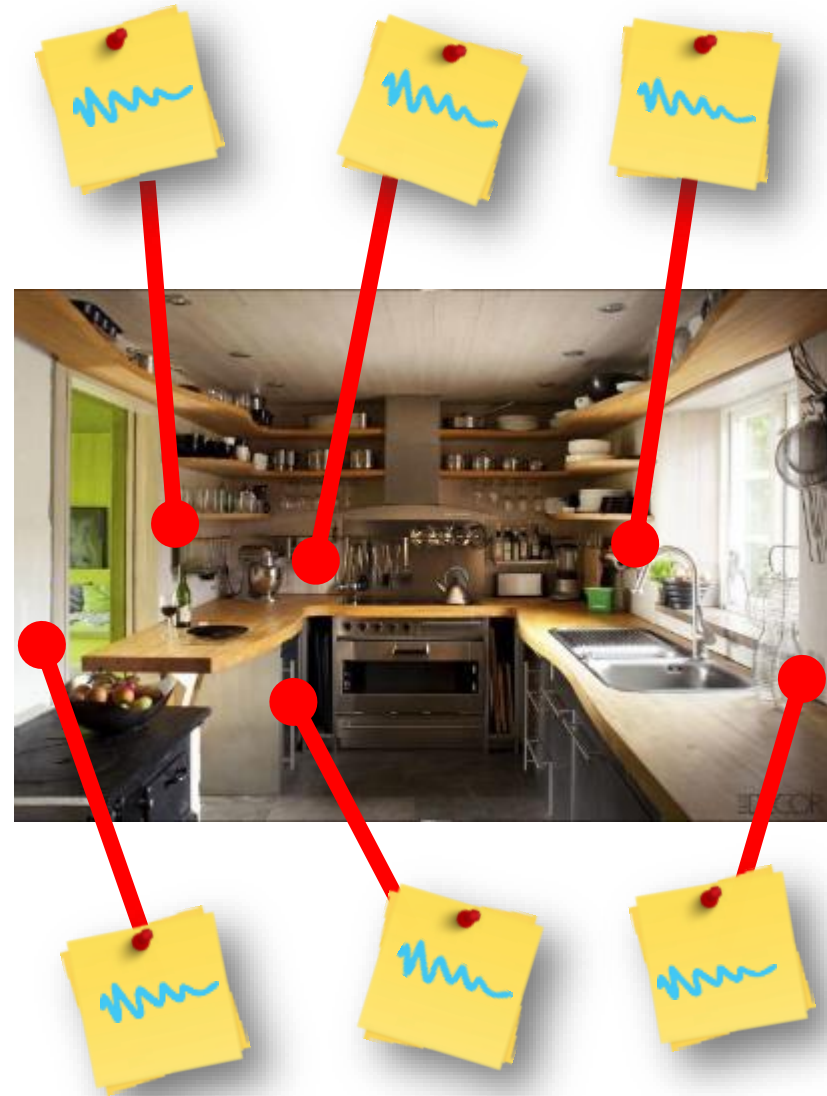
What?

A classic technique where you stick post-its around a room and the 'route' becomes a memory 'hook' to help you recall key words & ideas.

How Use?

Walk between points, repeating the words until can do it by heart.

Later, in your mind, picture the route round the room to help recall the terms.



61 Poster Tour

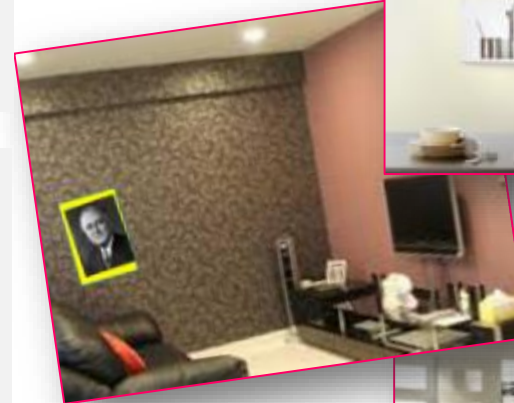
What?

Give your brain some ‘surprise’ stimulation by asking someone to put posters/post-its in random places in your home to create extra ‘memory hooks’.

How Use?

The element of ‘surprise’ can be what your memory recalls first.

That then ‘unlocks’ the words or images that link to a key topic.



62 Index Cards

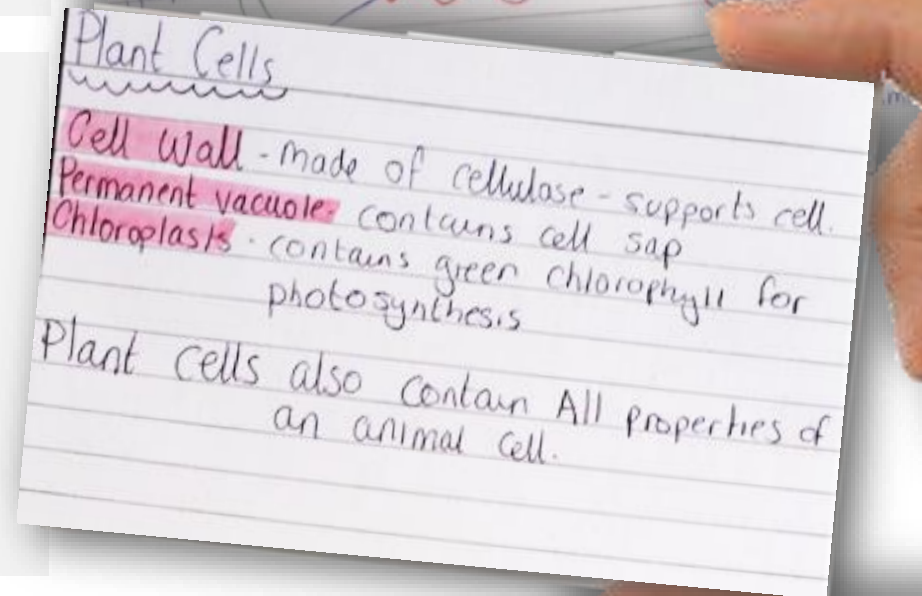
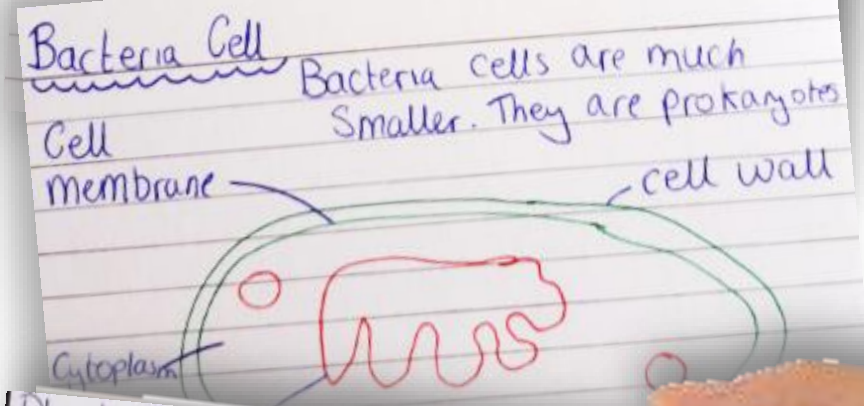
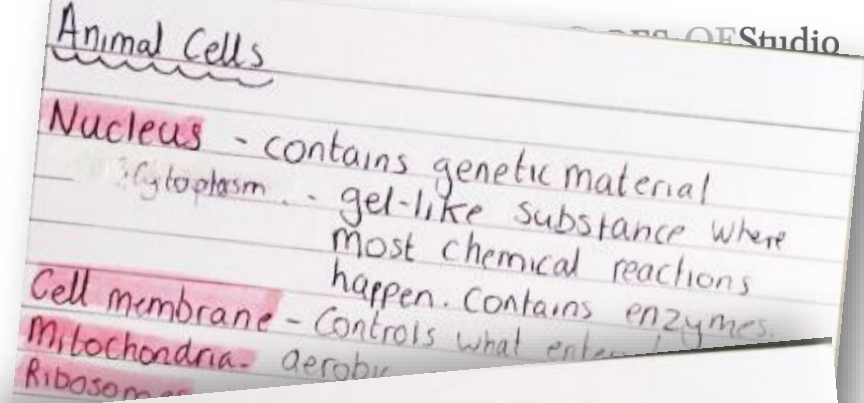
What?

Index cards simply carry information and are a great way to make 'bitesize' notes about any kind of topic, using words & labelled diagrams

How Use?

First write a clear heading, then keep things clear – don't cram!

But over weeks & months, keep reading them to refresh your recall



63 Flash Cards – Key Terms

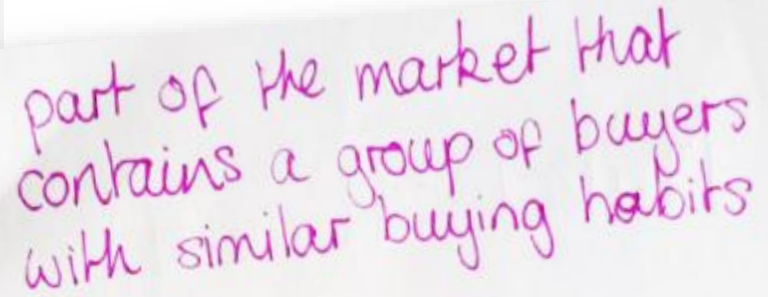
What?

A more 'interactive' use for cards to check your recall of key terms, ideally with someone else 'flashing' cards and you giving the meaning

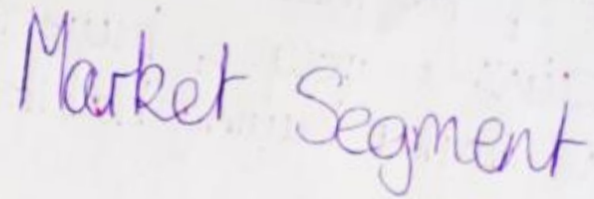
How Use?

First, write a key term on one side, then the meaning on the other.

Then use cards over & over to quiz yourself, or with help from someone



part of the market that contains a group of buyers with similar buying habits



Market Segment

64 Flash Cards – Questions

What?

Another 'interactive' use of flash cards, where someone can show you a question and use the answer on the back to check that you get it right!

How Use?

First, write a question on one side, then the answer on the other.

Again, use cards repeatedly to quiz yourself, or with help from someone

It lowers activation energy without being used up

What does a catalyst do?

Q

65 Flash Cards – Visual

What?

Make your cards more visual by drawing a rough sketch or diagram to show a term or concept, with the meaning on the other side.

How Use?

Either by yourself or with a 'helper', look at the image & check if you can explain

Remember the purpose of all these cards to is to check your recall of a topic

Destruction of upland habitats - water not intercepted by trees - plowed into rivers/lakes



66 Flash Cards – Quotes

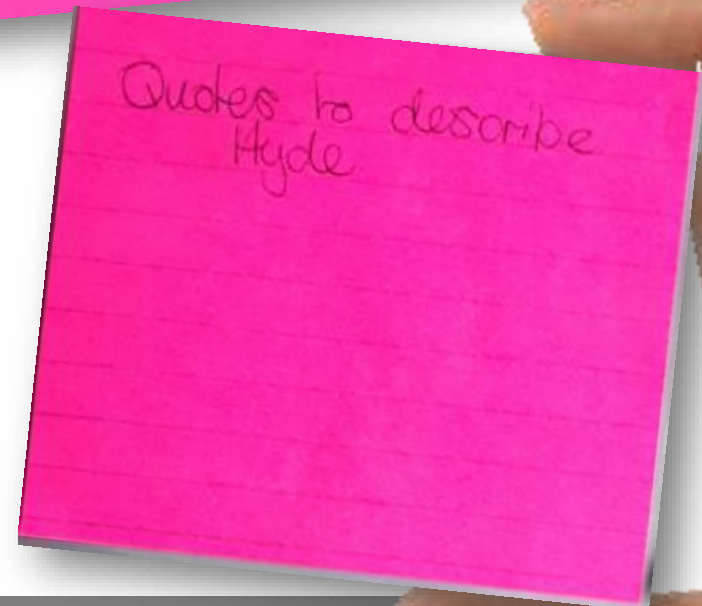
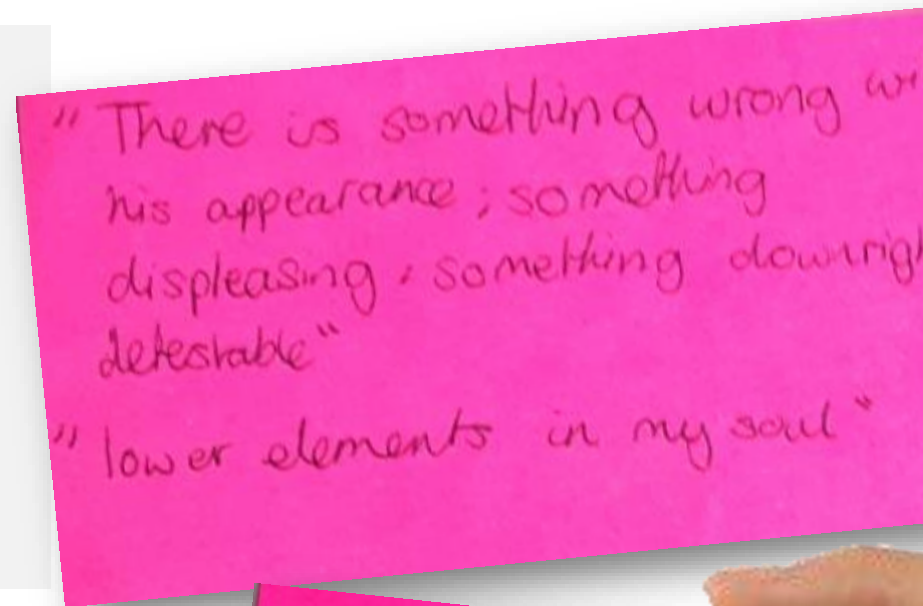
What?

Yet another way to use cards – this time to help you learn quotes from a character in a book, or play by turning it into a quiz format.

How Use?

Pick a character & write their name on one side & their key quotes on the other

Either DIY or with a 'helper', look at the name & see if you can say their quotes.



67 Flash Card Sorting

What?

Always remember the real value of using flash cards: it's all about using them to check recall & then focusing on the ones you keep getting wrong!

How Use?

Shuffle cards in random order, then have piles for ones you get right & wrong.

Then keep working on your 'wrong' answers to plug gaps in your learning



68 Leitner Card Boxes

What?

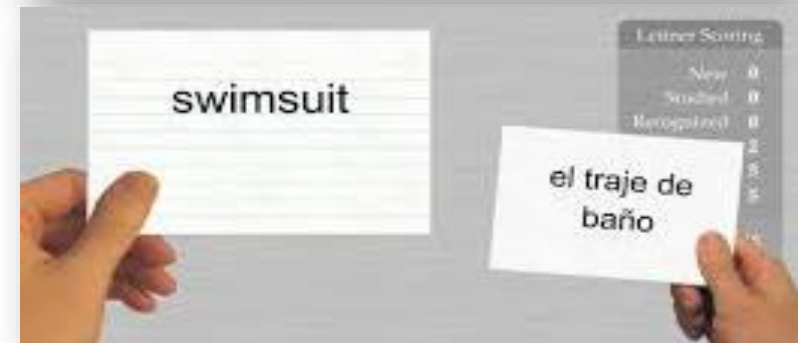
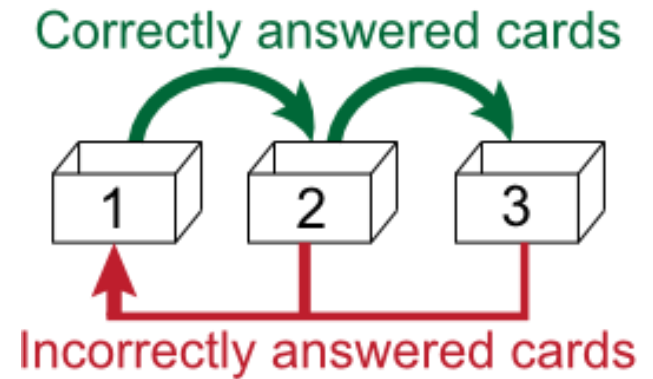
Is a 'classic' method for using flash cards to keep checking your grasp of a topic over time.

How Use?

You go through your cards and sort them into 3 piles or 'boxes'.

The method forces you to keep going back to cards you get wrong.

It might look a pain – but it's all about using repetition to improve.



69 Study Buddy

What?

Find a well-motivated friend to become your 'study buddy' since working together & testing each other can boost knowledge & understanding.

How Use?

Good news: Co-working can improve your motivation & effort.

Bad news: You might distract each other so it becomes a waste of time!



70 Teach the Troll

What?

Test your recall of a topic by explaining it to another person – or to your ‘pet’ troll!

How Use?

Experts say that ‘if you can’t speak it, you can’t write it’.

So explaining a topic to someone can help clarify your thinking.

You need a good ‘listener’, though – like a friend, relative or a ‘toy’!



71 Teach Someone

What?

Being able to teach a topic to others is a great way to check that you do know your stuff!

How Use?

Pick your 'pupils' carefully – like maybe a family member.

You must explain points clearly enough so they 'get it'.

Or use a friend who can 'pretend' they don't know the topic.



72 Walk & Talk

What?

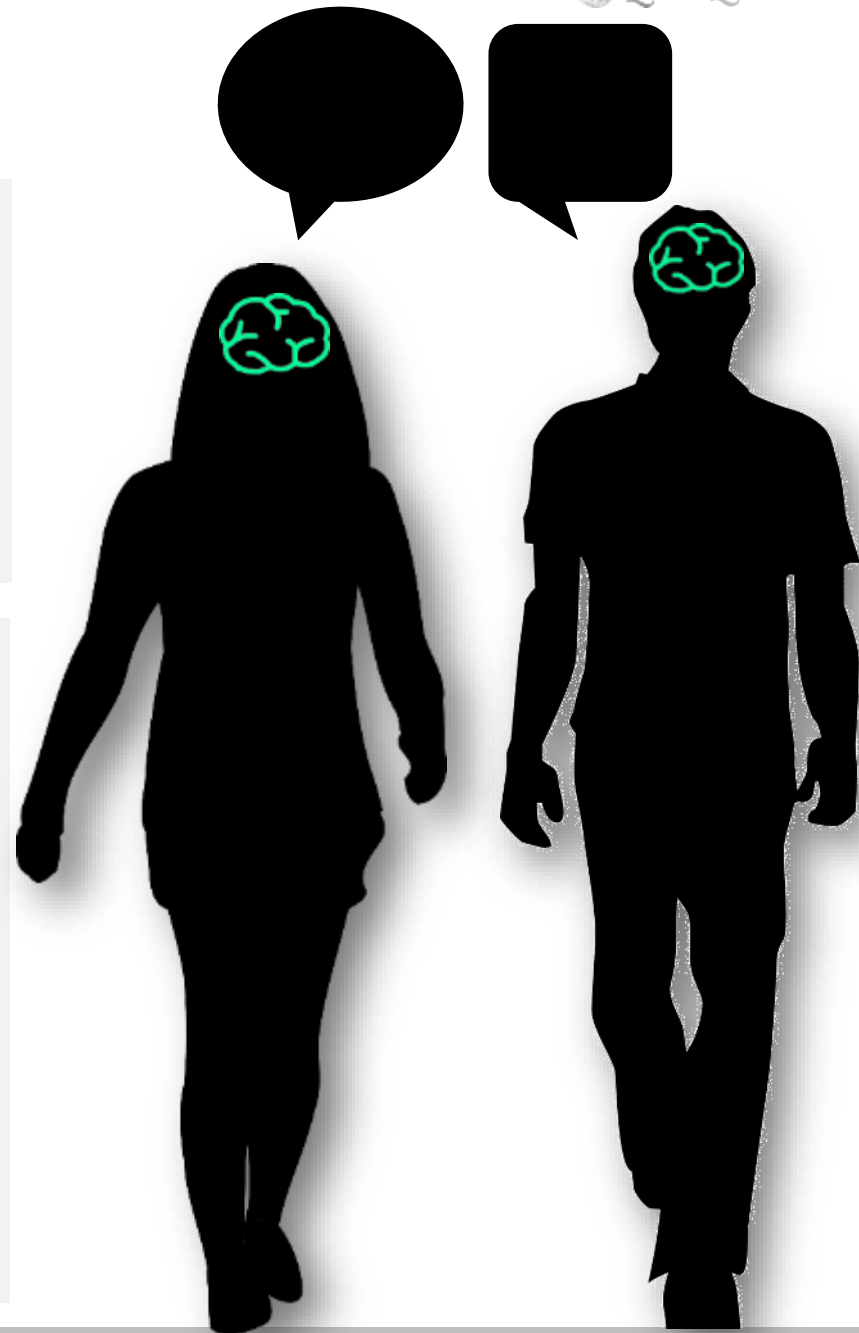
When stuck in a revision rut, a 'study walk' can break the boredom & stimulate your brain.

How Use?

Speaking, rather than writing, works better for some people.

So pick a topic & explain it to your walking buddy.

You could even do it when your the dog but maybe not too loud!



73 Talking Tea Break

What?

Share a brew with someone – but you're only allowed to talk about one learning topic!

How Use?

Take a break from 'boring' study but use time to check recall.

So you might explain a topic to the other person e.g. parent.

Or you & a mate can take turns to ask & answer questions on topic.



74 Change location

What?

If you're feeling 'bored' when reviewing in one place, then change rooms if possible to give your brain a boost with some fresh stimulation!

How Use?

You might usually work OK in your bedroom but need a change of scene

So you might be able to move to the kitchen or dining room just for a while



75 Silence or music?

What?

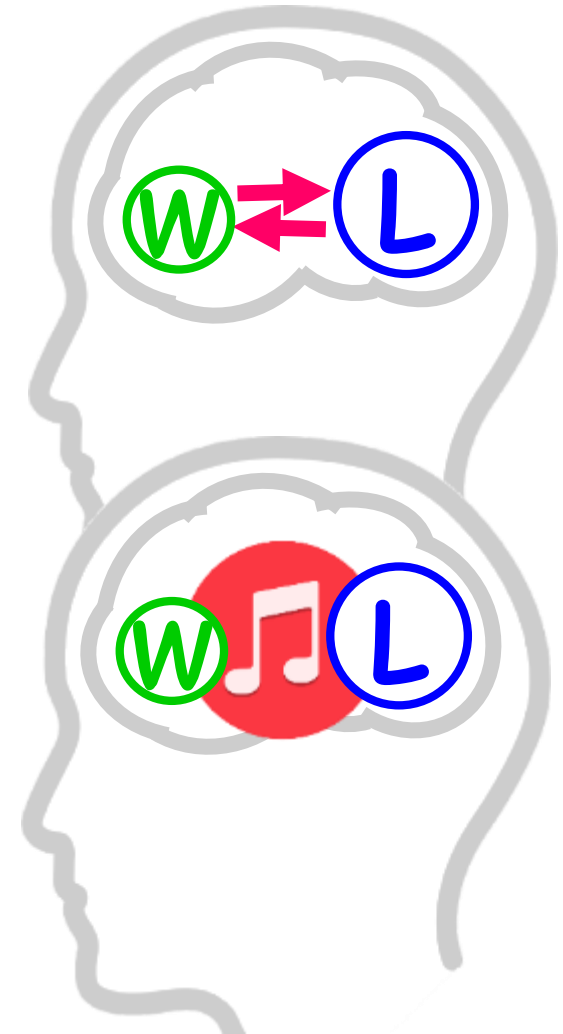
Maybe you do homework listening to music but research reveals it doesn't help you learn new or complex material as it uses part of working memory

How use?

The best way to 'use' music is as a reward AFTER your work

But if you must have music, then best to use 'focus' tracks with NO LYRICS

Don't Self-Distract With Music





76

Chunking

What?

If it's hard for you to recall lots of facts or numbers, then grouping or 'chunking' can help.

How Use?

Experts say working memory only holds 5-9 items at once. So creating groups is a 'hack' to help you remember more.

One classic example is to group numbers by spotting patterns that make them more memorable.

HOW TO MEMORIZE

LISTS : Chunking

1. The main idea behind chunking is breaking down long lists into smaller sections.

Example: look at these numbers for 10sec and try to memorize them.

14921939186119891917

studyhack

NOW BREAK THEM DOWN INTO GROUPS OF 4:

1492 • 1939 • 1861 • 1989 • 1917

↓	↓	↓	↓	↓
Columbus arrives to the New world	{ Start of WWII	{ Start of the U.S. Civil WAR	{ Fall of the Berlin wall	{ October Revolution in Russia

* Tip: Break down bigger tasks into smaller chunks for easier learning.

studyhack

77 Clustering

What?

Clustering is grouping items using categories to make them easier to recall as part of a group, rather than random individual items.

Word List - Random

Mango	Chair	Dog	Student	Green
Fish	Pink	Bed	Stool	Kiwi
Table	Horse	Library	Apple	Class
Teacher	Bird	Yellow	School	Banana
Blue	Desk	Black	Grape	Cat

Word List - Clustered

Mango	Banana	Kiwi	Grape	Apple
Fish	Dog	Horse	Cat	Bird
Table	Chair	Desk	Stool	Bed
Teacher	Student	School	Class	Library
Blue	Yellow	Pink	Green	Black

How Use?

Memories are naturally clustered into related groupings during recall from long-term memory. So putting similar items into the same category helps recall.

78 Chaining with picture stories

What?

‘Chaining’ is a classic way to recall a random list of words by linking them in a wacky story.

How Use?

Put each word in a story with an image & the crazier the better! That’s because your brain is good at recalling ‘new’ things. Treat your wacky images like a ‘movie’ & ‘play’ it over in your head to help it stick.

Say you must recall these Geography terms for river processes: **deforestation**, **sediment**, **meander**, **hydrograph**, **levees**. So you might use a daft story like...



One day **Forest** decided to...

Deforestation



...eat a **sad mint** which...

Sediment



...made him feel very **mean** ...

Meander



...and a bit **hyper**...

Hydrograph



...so he refused to lend anyone his **Levi's** !

Levees



79 Memory palace

What?

Is using your imagination to link items to a place or journey that you know very well to make them stick in your memory.

How Use?

eg Make a shopping list memorable by linking items visually with your bedroom

More bizarre visual links make better memories eg bacon as curtains!



80 Mnemonics

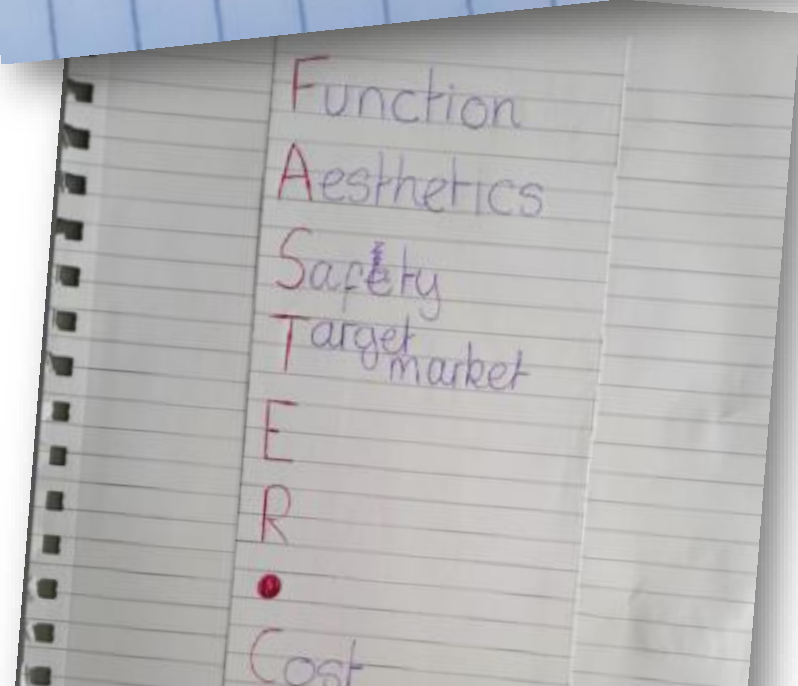
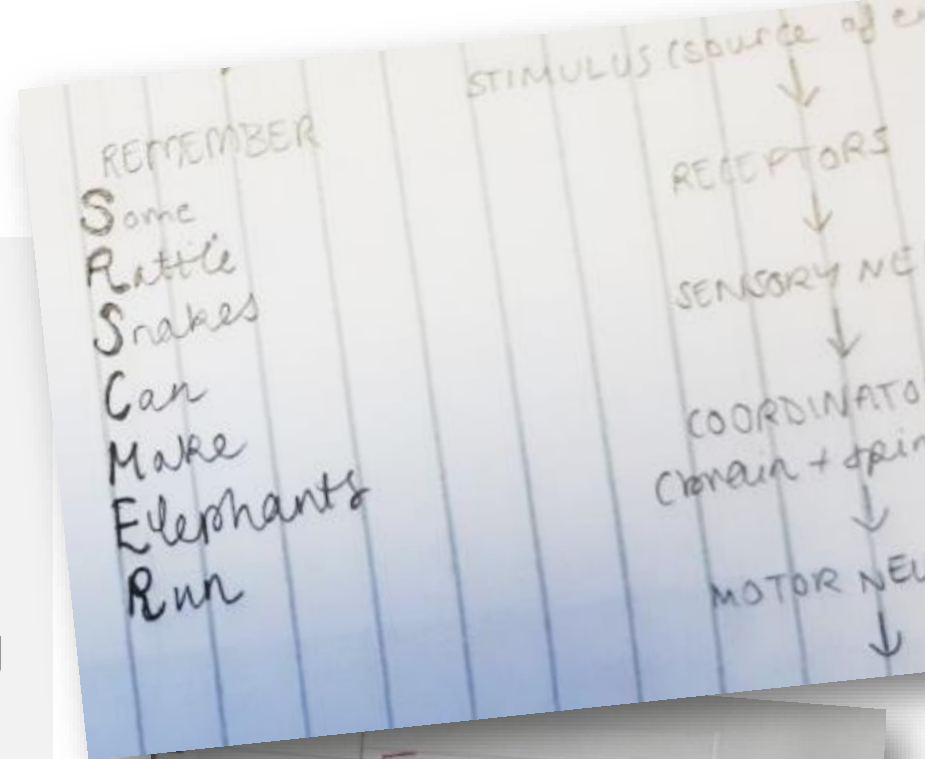
What?

A mnemonic is simply a way to remember information, such as using letters to make a silly saying, or even a song or a joke.

How Use?

A classic method is to make a silly sentence from the first letters of words.

Turning the sentence into an equally silly sketch can also help recall.





81 First Letters, First Words

What?

Is a method for reducing large amounts of information down to a more manageable and memorable size using cues from the text such as a poem

How Use?

Get the first **word** from each line & turn them into a wacky sentence/story, maybe in chunks

Or take the first **letter** from each word & see if they can be linked in funny ways

Whole Poem

I met a traveller from an antique land
Who said: "Two vast and trunkless legs of stone
Stand in the desert . . . Near them, on the sand,
Half sunk, a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed:
And on the pedestal these words appear:
'My name is Ozymandias, king of kings:
Look on my works, ye Mighty, and despair!'
Nothing beside remains. Round the decay
Of that colossal wreck, boundless and bare
The lone and level sands stretch far away."

First Words

I met a traveller from an antique land
Who said: "Two vast and trunkless legs of stone
Stand in the desert . . . Near them, on the sand,
Half sunk, a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed:
And on the pedestal these words appear:
'My name is Ozymandias, king of kings:
Look on my works, ye Mighty, and despair!'
Nothing beside remains. Round the decay
Of that colossal wreck, boundless and bare
The lone and level sands stretch far away."

First Letters

I met a traveller from an antique land
Who said: "Two vast and trunkless legs of stone
Stand in the desert . . . Near them, on the sand,
Half sunk, a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed:
And on the pedestal these words appear:
'My name is Ozymandias, king of kings:
Look on my works, ye Mighty, and despair!'
Nothing beside remains. Round the decay
Of that colossal wreck, boundless and bare
The lone and level sands stretch far away."

82 Linked Lists

What?

Is a way to 'play' with key concepts from a topic by using lists as a way to show patterns, such as links or differences between terms

How Use?

Eg Put several terms in a list with the challenge of finding the 'odd one out'

Being able to create such lists, or spot the answers, is a good way to use knowledge

Odd One Out?

Pig

Apple

Horse

Two related?

Electron

Atom

Proton

Common theme?

Pluto

Mars

Venus

83 Word Associations

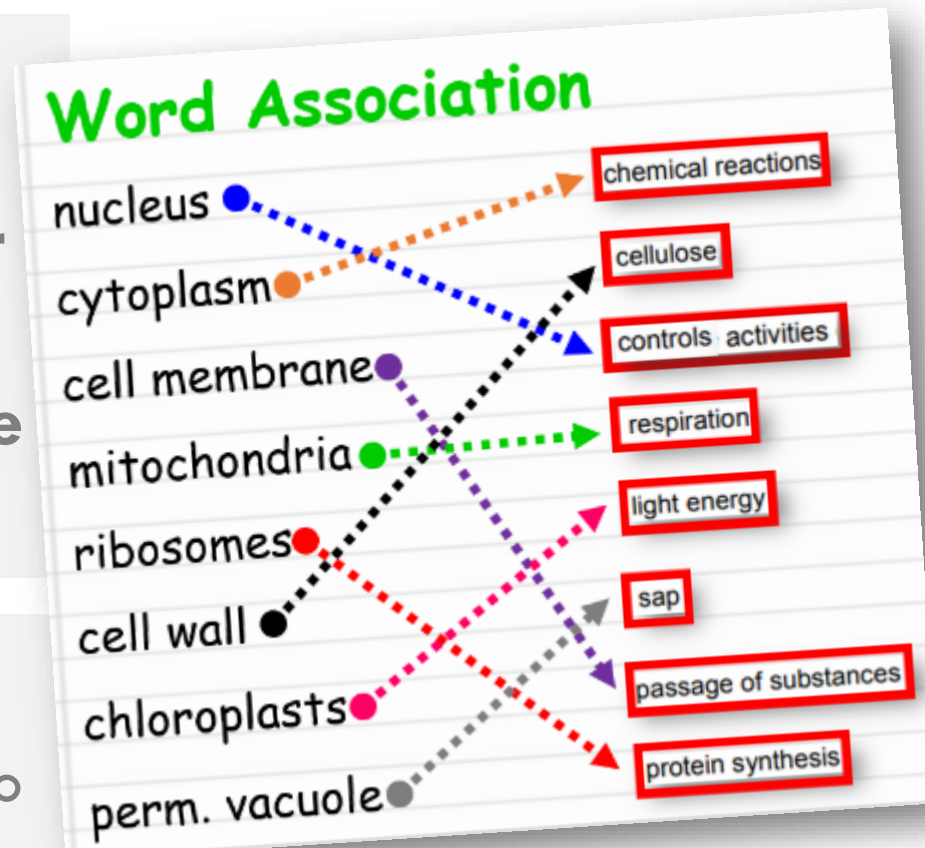
What?

This is another way to be more flexible and check your grasp of key terms by creating lists where you have to find links between words

How Use?

This example is uses two lists of terms to check your grasp of plant cells in Biology

Even making the lists is a good 'thinking' activity since it involves using knowledge



84 Phone Lock Screen

What?

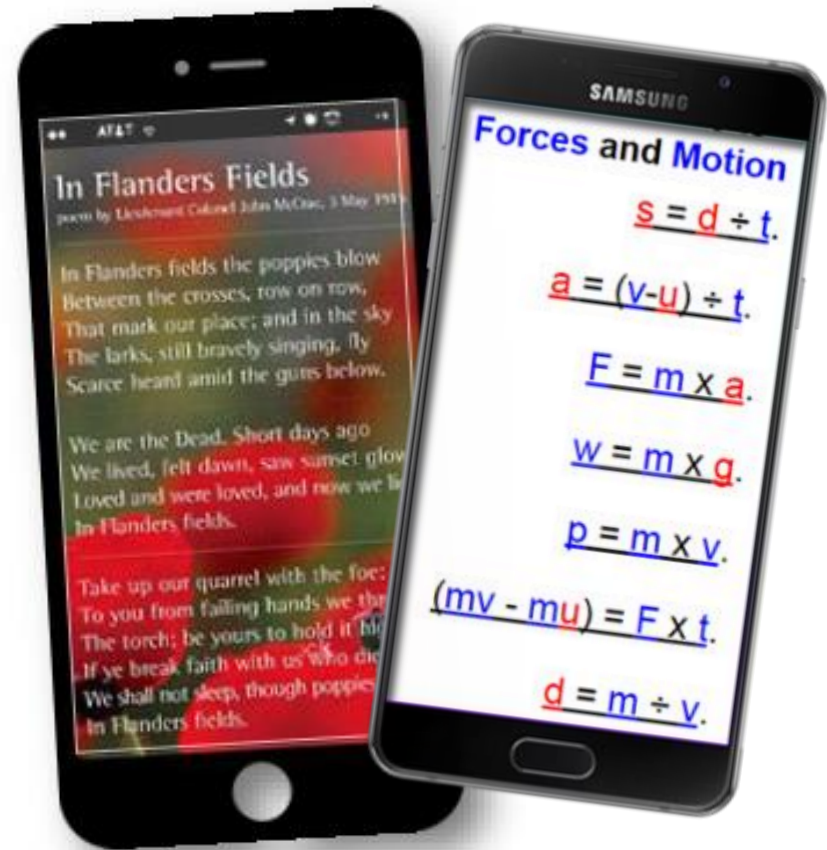
Take a photo of something you need to memorise & put it on your lock screen.

How Use?

Seeing the stuff all the time is a form of review & repetition.

It might be just a 30-second glance waiting at a bus stop.

But it keeps the material fresh and gets your brain thinking!



85 Photo Galleries

What?

Take more photos for a key topic and create a photo gallery on your phone.

How Use?

Take snaps of pages from your books, or screenshot websites.

Then put them in a separate gallery with a name like 'PE'.

Later, you can flick through the images as a quick review.



86 Foldable Mini Books

What?

Single A4 page that can quickly make a simple mini-book with 8 'pages'.

How Use?

Handy format for summarising notes into key points.

Can then be used as quick way to review a topic.

Could build-up a collection of mini-books on key topics.



87 Foldable Strips

What?

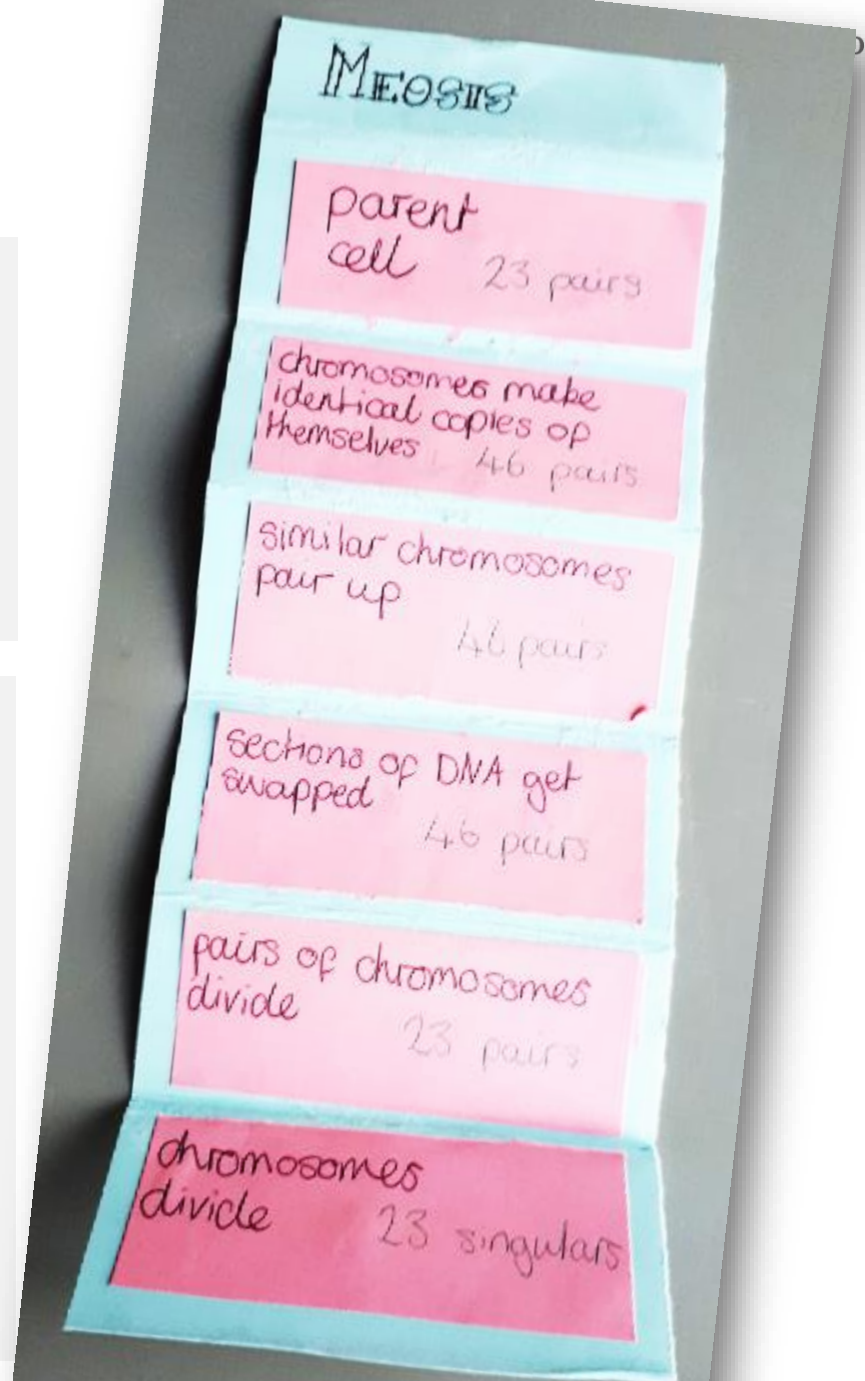
Single A4 page that's a dead quick way to summarise facts or themes for a topic.

How Use?

Make you think by having to organise & structure learning.

Use headings and colours to make information stand out.

Could put four per page in your book to cover a topic.



88 Foldable Cross

What?

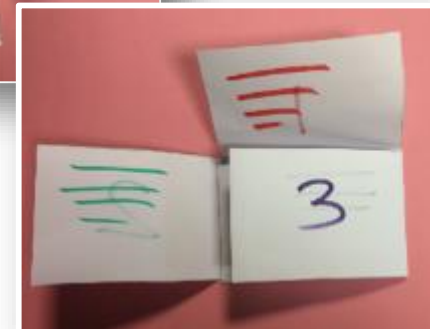
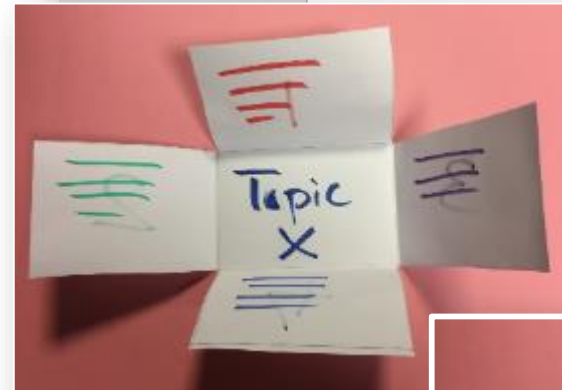
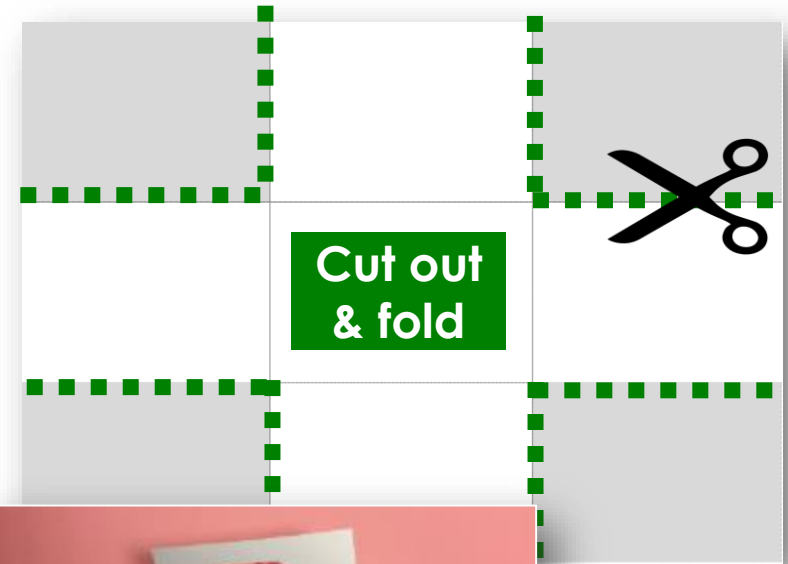
Another kind of 'flipper' that's also good when you want to hide more text to test recall.

How Use?

Write a 'clue' on the 'outside' of each flap & text inside.

Later, test if you can use the clue to recall all the facts.

You can stick several on a page to pack in lots of terms.



89 Foldable Diamond

What?

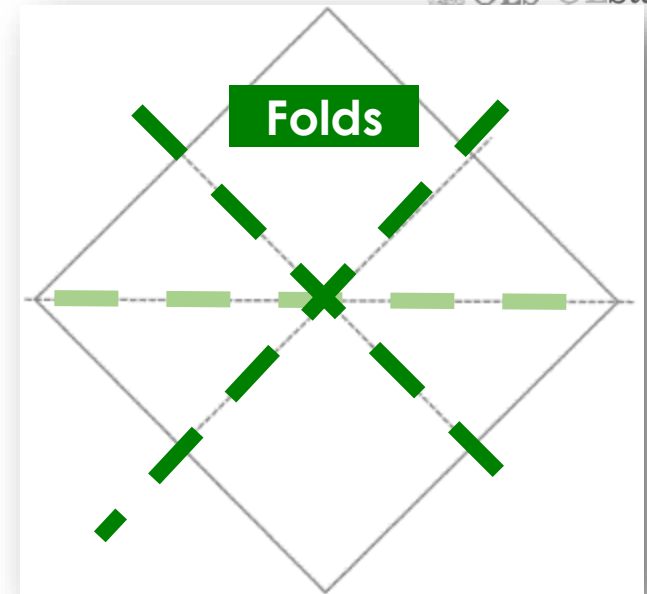
Single A3 page that can be folded to make a 'diamond' with fold-out 'flaps'.

How Use?

Creative and memorable way to outline key points in topic.

Forces you to think when 'reducing' notes.

Can then stick in your book to keep things visually stimulating.



90 Foldable Hex Links

What?

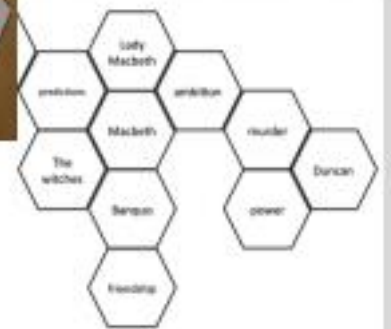
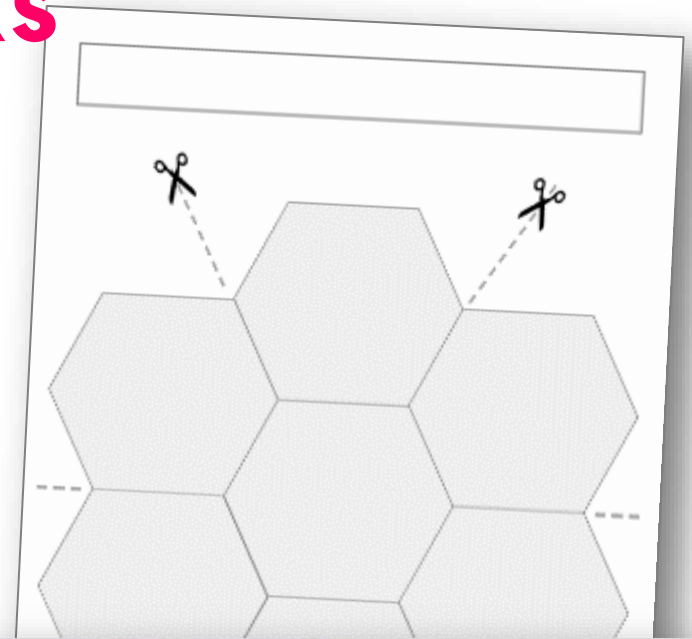
Cut out the hexagons from the printable sheet & use them to link themes in a topic area.

How Use?

Put a key word on each hex or a summary of a key idea.

You can then arrange the hex shapes in many flexible ways.

Move them around to show how ideas fit in a sequence.



91 Spoken Words

What?

Record your notes on a topic by speaking into your phone, or ask a friend or family member.

How Use?

Listening works better than reading for some people.

First, write a 'script' so all key points go in the recording.

Then you can listen anywhere – boring car trips, even on the bus!

1



2



92 Make a Soundbite

What?

Listening to 'notes' is a good way to strengthen memories and one 'easy' way is to use free 'text to speech' websites to make audio files.

How Use?

Here are some example sites:

<https://www.naturalreaders.com/online/>

<https://ttsreader.com/>

<http://www.acapela-group.com/>

http://www.oddcast.com/home/demos/tts/tts_example.php

1



2



93 Get Moving

What?

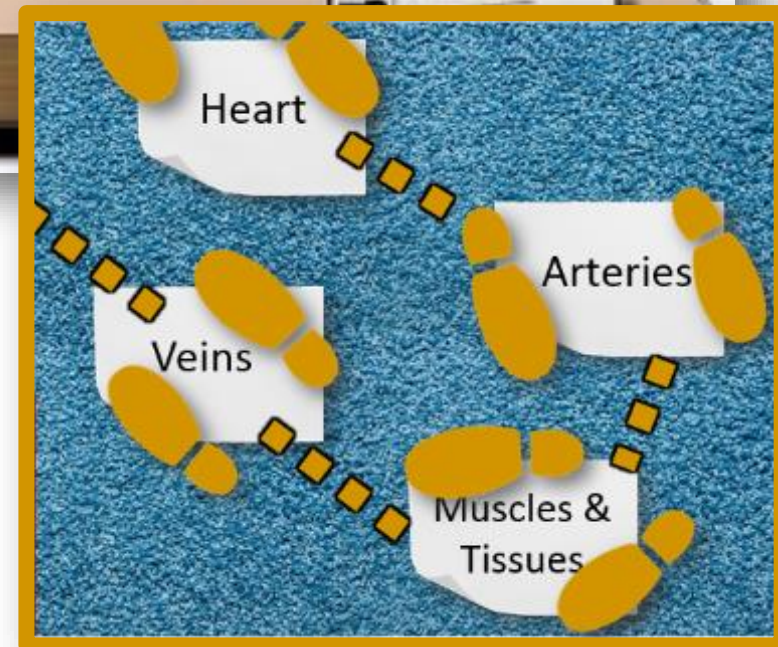
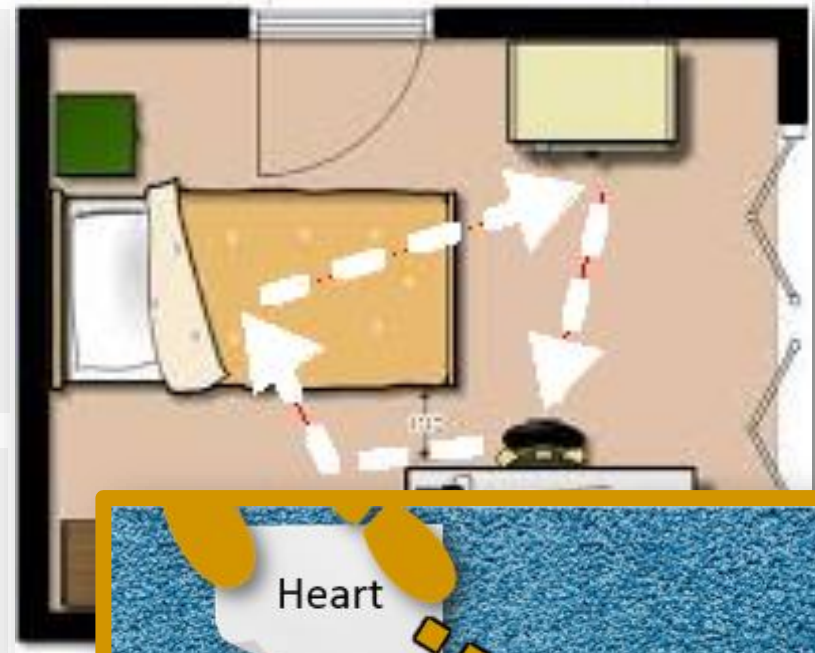
Use your room as a way to link actions with ideas to help you remember better.

How Use?

Write key terms on A4 sheets, or post-its & place round room.

Jump, walk or dance (!) between the words and say each out loud.

Movement can help ideas 'stick' & it becomes a 'hook' for recall later.



94 Body Parts

What?

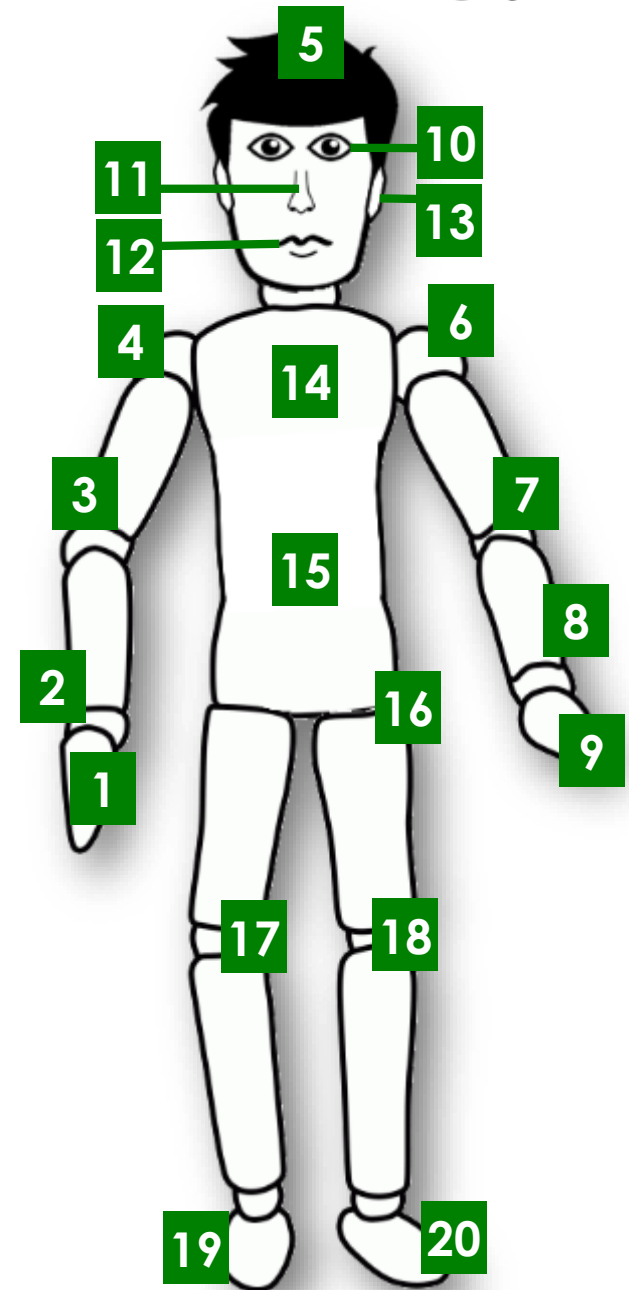
A way to remember key terms by linking them to parts of your body as 'memory hooks'.

How Use?

First, learn the 'body pegs' with memorable actions, like heading a goal for 5.

Next, you 'attach' a key word to each one in your mind.

Later, go round the loop using actions to help recall the words.



95 'Loop' Cards

What?

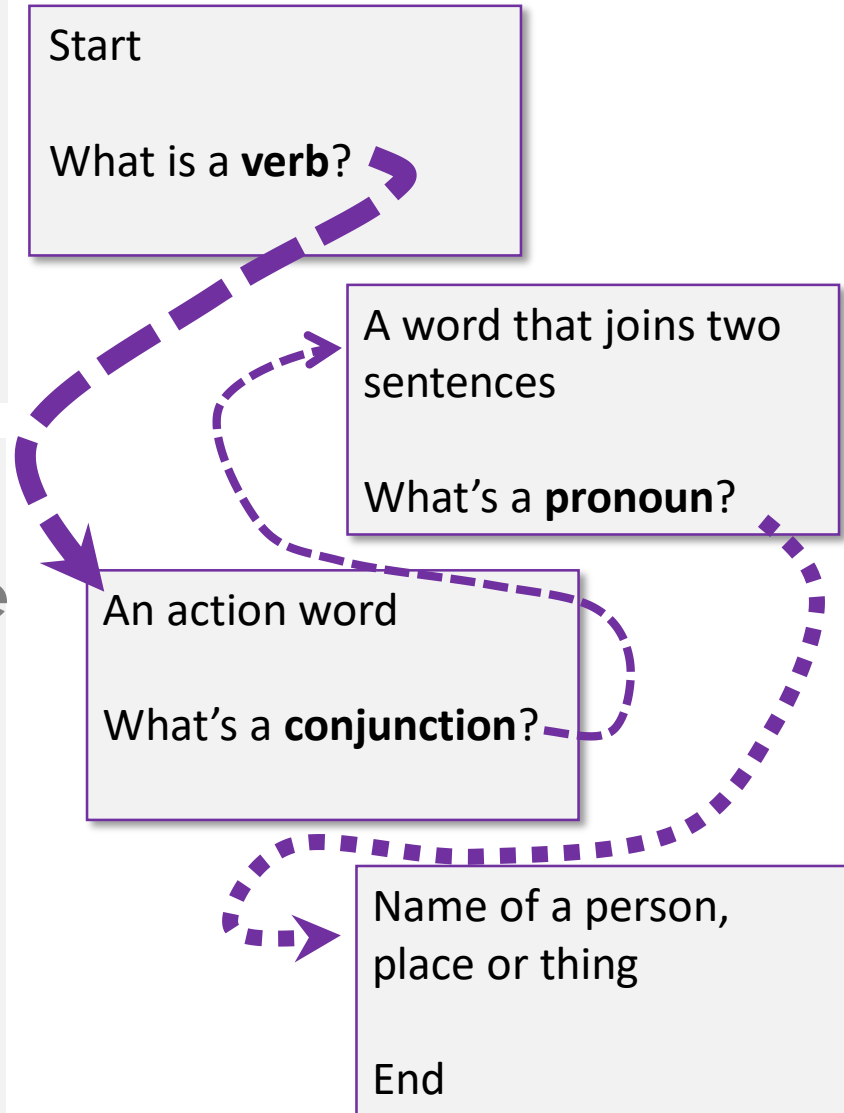
Sort your way through a random collection of cards by finding answers to questions.

How Use?

You need a set of 'cards' made either by you, or by a teacher.

Top of card has an 'answer' & bottom has a 'question'.

Takes time to make – but then a great resource to share!



96 'Domino' Cards

What?

Is a another way to match terms with meanings based on classic game of dominoes.

How Use?

You need a set of 'cards' made either by you, or by a teacher.

One half of card has key term & you find matching meaning.

Is again tricky to make – but worth effort if going to share!

GCSE REVISION DOMINOES - TOURISM

START	Large numbers of people visiting the same place	Lower incomes turn as income as people spend on services	Spending on one part of the economy grows while spending in another	Meeting the needs of the present population without damaging the environment
Tourism	Specialist Holidays	Heritage Tourism	Conflict	Ecotourism
The deliberate movement of people to places away from where they live	Holidays based on a particular interest or activity	Visiting historical aspects of a country	The result of contrasting demands between different groups	Holidays that do little or no damage to the natural environment and local community
Package Holiday	Fair Trade Tourism	Gross National Income	Unemployment	Event Tourism
A holiday where transport, accommodation and food are all included in one price	Markets see the benefits go directly to those whose land, natural resources, skills, knowledge and culture are being used	A way of measuring the wealth of a country	A place of attractive scenery or historic interest that draws large numbers of visitors	Travel based on access to a specific natural resource, sport, cultural or historical
Long-haul	Wilderness tourism	Development Initiatives	National Parks	Exploitation
A flight over a long distance, usually taking more than 2 hours	Visiting an undeveloped and isolated environment	Health, wealth and social standards that show the level of development of a country	Areas set aside to protect the landscape so that it can be enjoyed now and in the future	The misuse of people or resources
Mass Tourism	Infrastructure	Multipier effect	Sustainable	FINISH

START

Tourism

Large numbers of people visiting the same place

Specialist Holidays

Holidays based on a particular interest or activity

Fair Trade Tourism

97 Flash Card Apps

What?

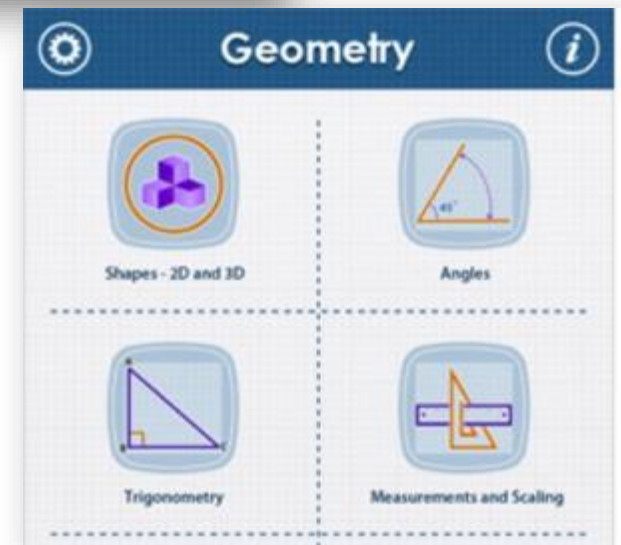
If you get bored making real flash cards, then use an app to make digital ones!

How Use?

Just search for apps like Quizlet & install on your phone.

Creating basic cards is simple & you can test yourself lots!

You can often also share sets of cards with your friends.



87 Quizlet Questions

What?

Online quizzes can be a great way to check your grasp of a topic & keep re-doing until you 'get it'.

How Use?

Sites such as Quizlet have tests built into their 'study sets'.

So your teacher might take them, or you could do it & share.

It's a positive way to work online – just don't get side tracked!



90 Moodle Quiz

What?

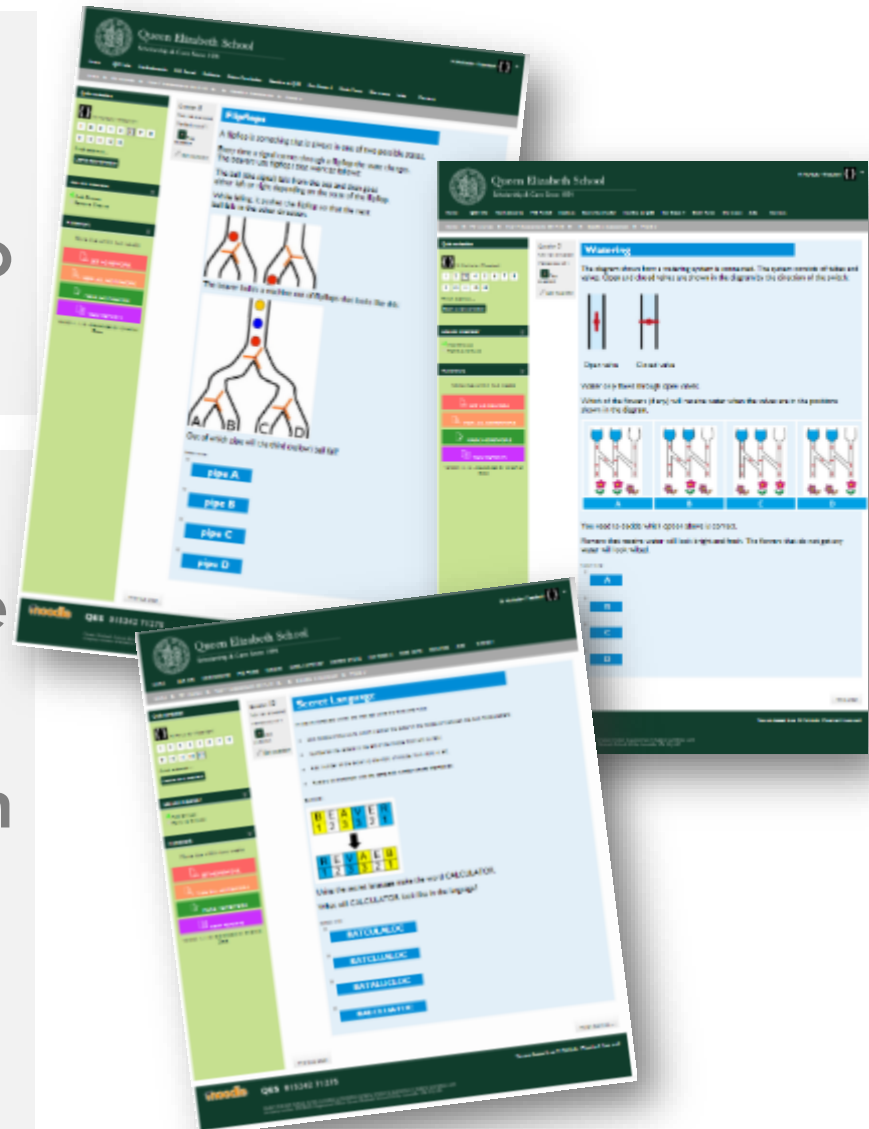
Our school website can have tests for any of your subjects – so just ask your teacher about this.

How Use?

You could do these tests anytime you like & get instant feedback.

So it's a flexible method that can fit any time you want to work.

Just ask your teacher about setting-up some online tests.



100 Quiz Maker Apps

What?

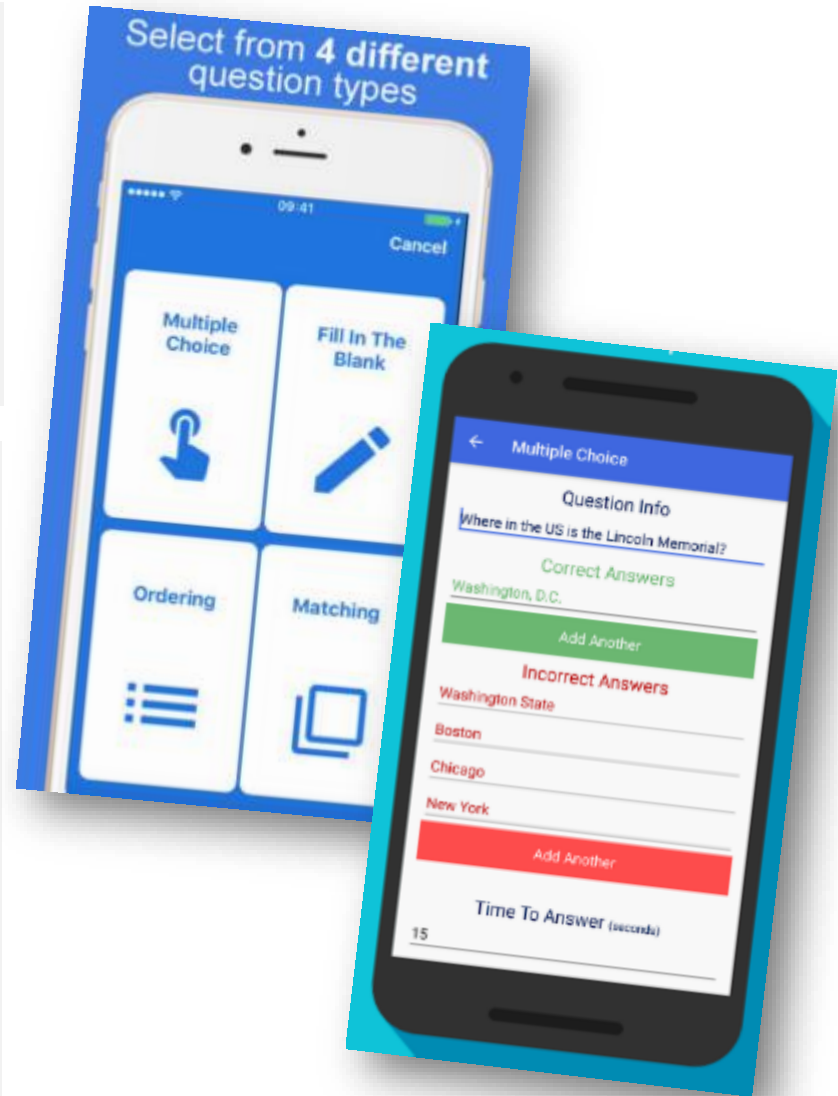
Take a DIY approach to making quizzes – and make positive use of your phone at the same time!

How Use?

Search for quiz maker apps that you can try for free.

Just do a couple of questions to see if you like the design etc.

Ideally, you'd also be able to share quizzes with your friends.



102 KWL Chart

What?

A way to keep track of your progress in learning a topic by thinking about what you **know**, what you **want** to know & what you've **learned** about

How Use?

Just draw those 3 columns on a page & write lists as you go along

Eventually, what you 'want' to know should be covered by learning in lessons

Things I think I KNOW about already	Things I WANT to know about	What I have LEARNT about

ROCKS		
KNOW	Want to Know	LEARNED
<ul style="list-style-type: none"> - solid - shiny or dull - different colors - can have things in them (glass) - some have gold - are shinier and change color in water - volcanoes are made of rock 	<ul style="list-style-type: none"> - Do they come from mountains? - What makes the colors? - Do rocks break? - Do they come from outer space? - Do they get soft in water? - Where do they come from? - What can we do with them? - Do they blow up? 	<ul style="list-style-type: none"> - yes, that is one source - minerals - yes - pebbles and sand - moon rocks and Mars rocks do - no, but they feel smoother & slippery - minerals, earth surface, earth core - buildings, statues - volcanoes

103 Quizzes for 'Self-Checking'

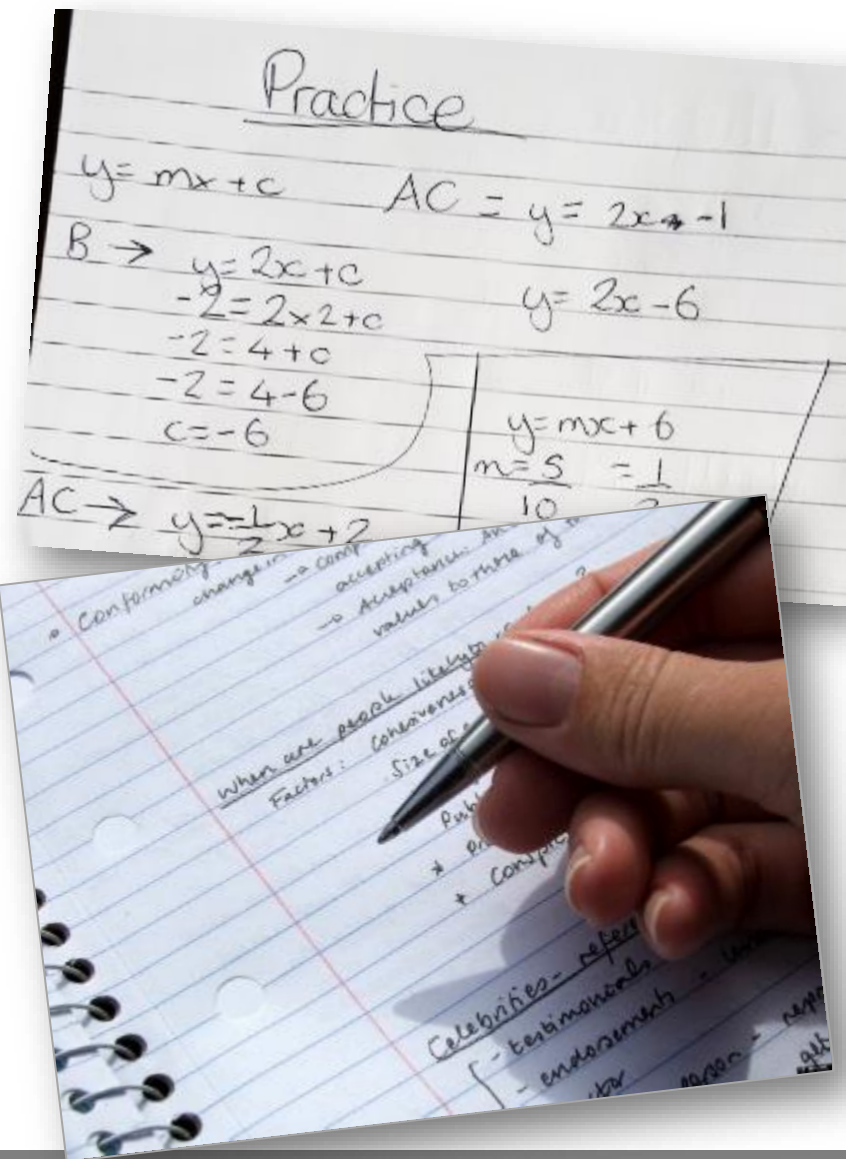
What?

Let's avoid scary words like 'test' or 'exam' and just focus on what's important: challenging yourself to answer questions to check you 'get it'

How Use?

One approach is to make-up your own challenges eg 'define these 5 key terms'

Or a parent or study buddy could ask you random questions from your notes



104 Quiz from Teacher

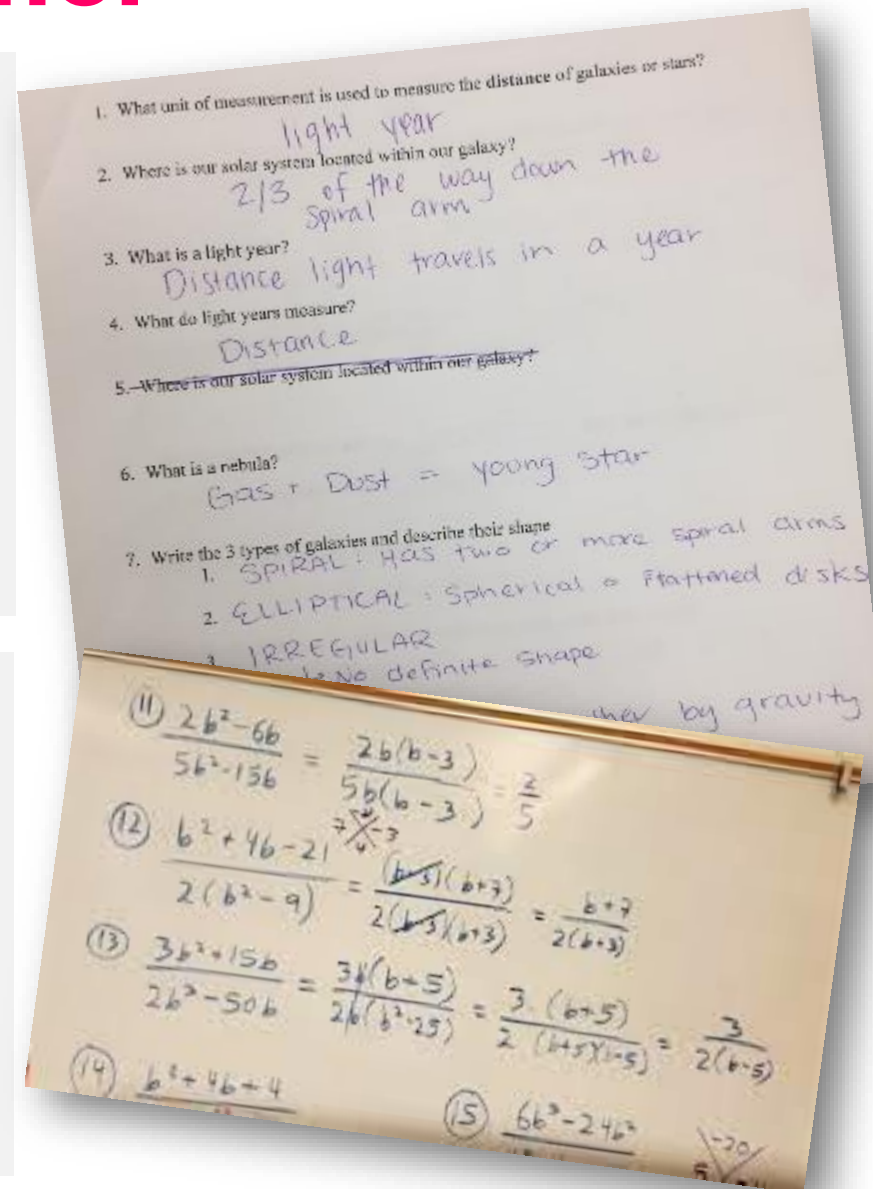
What?

Same idea of checking your recall of a topic – but this time using questions set by your teacher, not as a scary ‘test’ but as a helpful ‘self-check’

How Use?

Your teacher might set some questions for ‘normal’ homework

Or they might set some quick questions as a ‘starter’ activity on old & new topics



105 Food & Drink

What?

Study habits are important for learning – but your wellbeing is the most important thing so it's vital to eat & drink healthily

How Use?

It's all about having a balanced diet, such as having '5 A Day'

And it's crucial to stay hydrated by drinking enough water.



106 Regular exercise

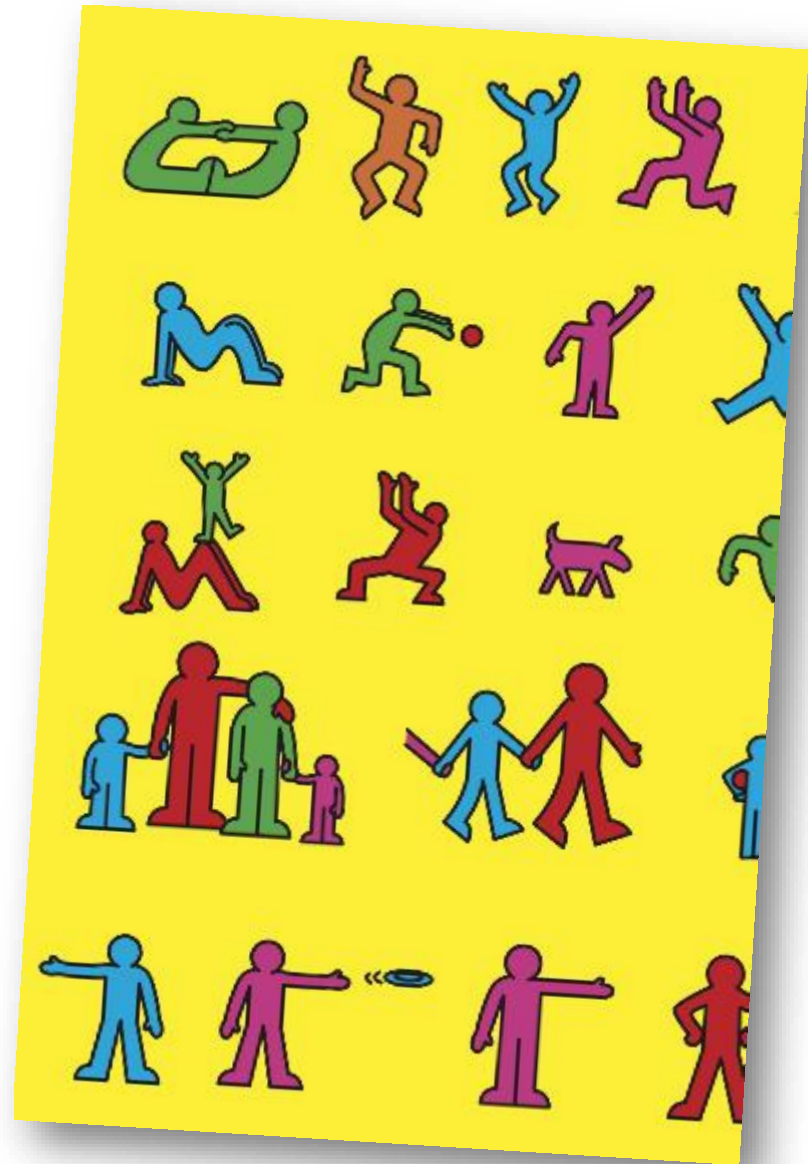
What?

Being physically active is a huge part of staying mentally active, so that means getting involved in some kind of exercise at school or home

How Use?

It doesn't have to be sport – just getting out and about is good!

It's all part of having a healthy work/life balance



107 Sleep Hygiene

What?

Research reveals that during sleep, the brain finds patterns in our memories from the day and makes them stronger and more permanent.

How Use?

So healthy 'sleep hygiene' habits are essential for your wellbeing

Have a regular bedtime & avoid using your phone before bedtime



Copyright Notice

This document collects ideas & resources that have typically been freely shared by colleagues & educators for the benefit of students, **with no goal of commercial gain.**

So this work is distributed with the same sharing 'ethos' and is covered by a Creative Commons copyright notice that allows remix & sharing but **not for commercial purposes.**

Brain, phone & paper icon made by freepik from flaticon.com, licensed by CC 3.0 BY

Pen icon made from Icon Fonts is licensed by CC BY 3.0

If this inadvertently contains copyrighted materials, then please contact:

m.mcnulty@qes.org.uk

