

IB May 2020 – Managing the lockout. Week One – studying for your exams

REVISION: THE KEY ELEMENT

Revision is not a sometimes thing:

- It's a **constant** ongoing thing
- It begins after the first class of the year. Or now. It's never too late to start.
- After every 50-minute study session do a 5-minute revision of what you just covered; it reinforces the material
- It is the linking together of the many "little scenes" in your subjects to create a clear vision of the "**big picture**"
- It creates patterns for your brain to see connections and extend your understanding.

The combination of Content and Process will determine how effective your revision is.

CONTENT is the What = course material and information.

PROCESS is the How = the methods followed to reach decisions and solve problems.

The purpose of revision is to:

- store information systematically in your brain so that you can reproduce and use it when required
- apply knowledge to new situations.

The **key** to effective revision is:

- It must be regular and repetitious; a habit
- Revising one hour a week for four weeks is much more effective than studying once for four hours.

Aim to allocate one hour per subject per week for revision.

Revision must be hands on and alive:

- Create summaries in your own words
- List important points, dates, events
- Make connections between course topics with idea maps
- Make pictures of key information and put them on the wall
- Have a specific revision folder for each of your subjects
- Make multi-media summary presentations of subject material; make it a fun learning activity
- Use past exam papers throughout the year to gauge the level of understanding you need to have

For your brain to connect with learned knowledge it must see it regularly.

ACTIONS

What are two things that I will start doing to improve my revision?

1.

2.

MINDFULNESS ACTIVITY

Character Imaginations – if you had a choice of any character you could be in a book, movie, or TV show, who would you be and describe why.

WELL BEING TIP

Make time to organize yourself; a daily “Things to do” list is a good start.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.