

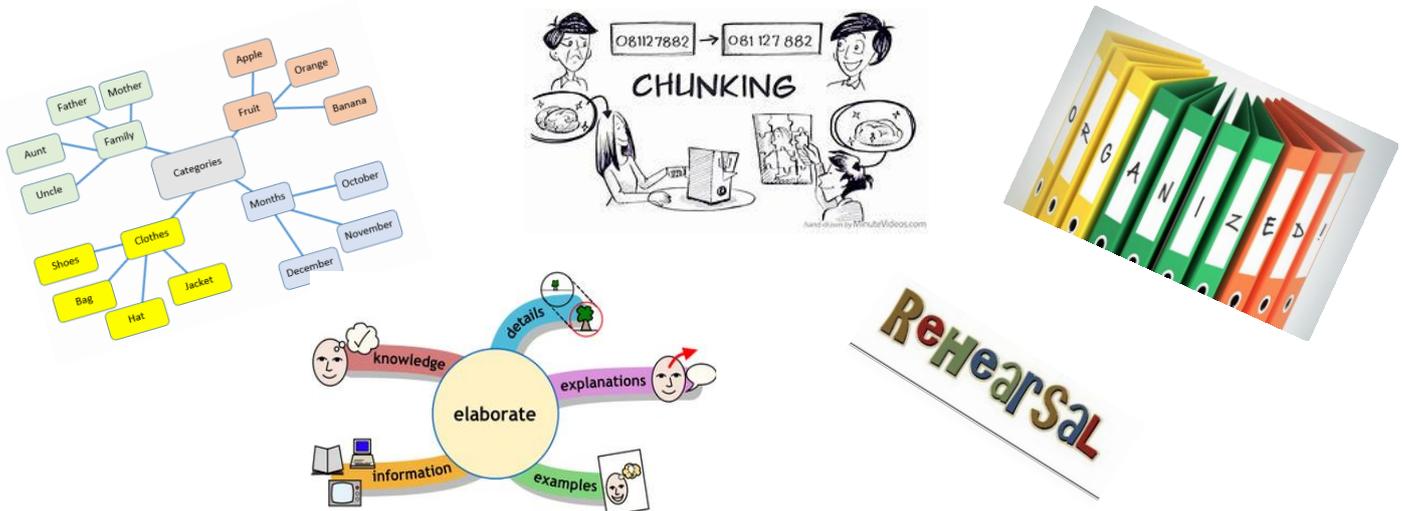
# Tips for Improving Your Memory for Revision

Our brains have an amazing ability to adapt even as we get older. With the right stimulation, your brain can produce new neural pathways and strengthen existing ones, all working towards a better memory.

## Background Info

Many people only use one method of revising but sometimes we don't actually know if it is the right way for our brain to process the info. Most brains work best when there are multiple neural pathways to get to the same piece of information. Think of your memory like a series of roads - the more roads there are to the same destination, the easier it is to get there. In terms of our memory, the more methods we use to revise a piece of information, the easier it is for the brain to retrieve it.

Using a variety of different revision methods can help strengthen that memory :



- **Organised categories** – by linking information in an organised manner, the brain will find it easier to store and retrieve it e.g. don't jump about from subject to subject.
- **Chunking** – the brain can only store so much information in its short term memory before it transfers it to the long term memory. If you try to remember too much at once, the brain will not have time to process and store this info in your long term memory – this means the info is lost!
- **Elaboration** – the brain likes to make links to memories so by expanding information, e.g. by including memorable examples or details, the brain will find it easier to recall the info.
- **Rehearsal** – by going over information, the memory pathway becomes more secure which makes it easier to recall that information. You must be careful not to revise and rehearse info using only 1 technique. Try re-writing it, completing example questions, making flash cards or mind maps, making up questions or quizzing a study partner. The more ways in which you can rehearse the info, the stronger the memory should become!

# How can you improve your revision?

## Organise

Get all of your subject notes ready

Remove distractions

Make a study timetable

Take breaks

Be positive!

**There is no such thing as 'I can't'**

## Rehearse

Read your notes

Write out your notes

Speak your notes

Make mind maps

Colour code your notes

Make a key word glossary

## Practice

Study with friends

Make flash cards

Quiz each other

Kahoots

Use past papers effectively

[Study stack](#)