

PSYCHOLOGY REVISION TIPS

If you have not started revising - You really do need to start revising NOW!!!

When revising use your psychological knowledge – process information semantically (this means do not sit and passively read).

Do something with the information so it is retained in long term memory (remember STM only holds 7+ or -2 items)

There are many different ways to revise and here are some of them:

- Make lots of posters using colour.
- Make some revision flashcards with key concepts on one side and a description on the other.
- Make use of the revision booklets on the shared area.
- Make some question flashcards. Use previous questions given in class, and write them on one side, then put the answer on the other side.
- Put various coloured post it notes around your room at home with key words/concepts on them. When you feel that you know enough, rip it down!
- Use your exercise book – have three packs of post it notes (green, amber and pink). Put the green notes on pages that you feel comfortable with, amber on ones that you are a little unsure of, and pink on ones that has information on it that you are struggling with. This will help you when you are trying to figure out what to revise, rather than going over things that you already know.
- Make a mind map for each topic.
- Using your mind map try to recreate it, without looking, in black. Then look at the complete one and fill in any gaps in red. This will allow you to visually see what you need to work on. Use this method once a week, and hopefully you will see less and less things in red.
- Make a podcast and upload it to your phone of all the key studies. This way you can listen to them on the way to school or on car journeys etc.
- Use various theme tunes from tv programmes that you like to watch, and make up new words linked to various topics. By doing this, every time you sit down to watch the programme and the theme tune starts you will be unintentionally saying the words linked to the psychological topic in your head (hopefully). Maybe do this with some friends so you share the workload.
- Use www.getrevising.co.uk to create your own revision timetable.
- As much as possible revise in the same way you would sit an exam: sit at a desk, and do it in silence. By doing this you will aid your own recall in the exam (REMEMBER CONTEXT DEPENDENT MEMORY)

Reading.

Some people prefer to read their notes, but there are ways to improve your reading:

- Develop the right mental attitude: if you look at your reading as a chore this is exactly what it would become. Instead take the attitude that you will enjoy and find things interesting.
- Read in blocks: try to read each paragraph rather than each sentence or word, then write a keyword or two about the paragraph to help you revise.
- Make notes: read the text twice, then after the second time make notes without looking.
- READ OUTLOUD AS YOU PROCESS THE INFORMATION MORE DEEPLY.

How to take notes.

Some students ask me how to make notes effectively whilst revising, here are a few tips:

- Write down only key points or phrases.
- Space out your notes so that you can easily find a topic at a later stage.
- Carry a small notebook with you to jot down any points that may suddenly occur to you.
- Use diagrams and illustrations wherever possible.