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How to Revise

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A m b i t i o n



R e s p e c t



C o m p a s s i o n



What will we cover in these revision videos?

Session one: retrieval and memory

Session two: Leitner flashcards

Session three: Cornell notes and self-quizzing

Session four: study buddies and graphic organisers



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The Benefits of Retrieval



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Ambition



Respect



Compassion



Working Memory



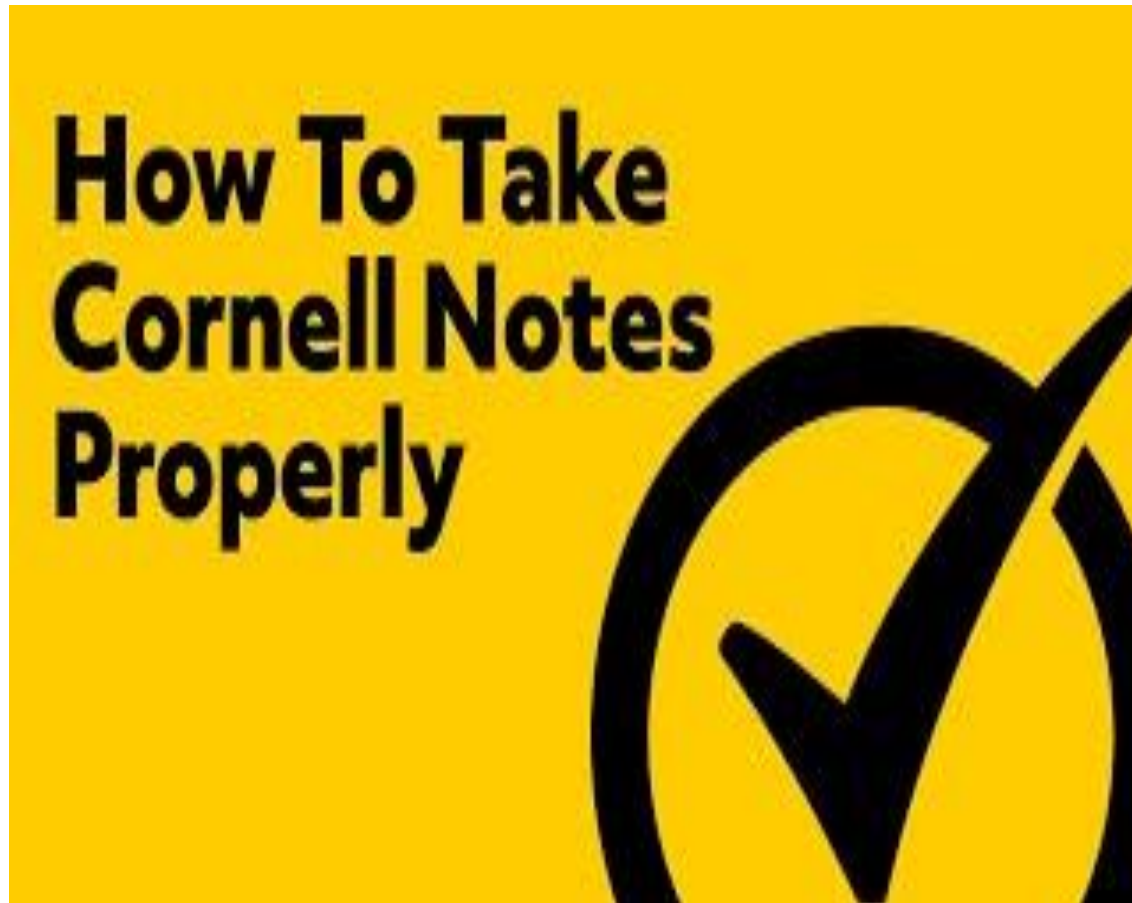
Long-Term Memory



Retrieval



Cornell Notes



[How To Take Cornell Notes Properly \(Video\) \(youtube.com\)](https://www.youtube.com/watch?v=...)

Title:	
Cues (questions)	Notes
Summary:	



Cornell Notes



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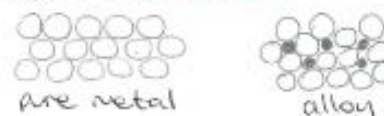


Compassion



Subject: Chemistry
Topic: Metallic bonding



Cue Column	Note-Taking Area
① How are metallic structures arranged?	Regular layers of positive metal ions in a 'sea' of delocalised electrons. 
② Why are metallic structures good at conducting electricity?	Metals contain delocalised electrons which can carry charge through the structure. 
③ Why do metallic structures have high melting points?	There are strong metallic bonds between positive metal ions and negative delocalised electrons which takes a lot of energy to break.
④ Why are alloys stronger than pure metals?	Alloys have different sized atoms which distort the layers so the layers cannot slide.  pure metal alloy

Summary

- metals contain positive metal ions and delocalised electrons
- metals are good thermal and electrical conductors.
- alloys are harder than pure metals.

Reflection / Self-Assessment



How to create Cornell notes



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Step one: take a small chunk of your textbook or revision resource:

The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.

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Step two: read the section carefully, jotting down key points and important information. Use abbreviations for short, concise notes.

The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.

Nerve cell:

- has extensions & branches
- Runs to and from parts of nervous system.
- Comms w/ other nerve cells.
- covered in fatty sheath that insulates & speeds up nerve impulse.

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R e s p e c t



C o m p a s s i o n



Abbreviation/Symbol	Meaning
	result of/consequence
∴	Therefore
=	equal to/the same as
:	Causes/so that
 	increase/decrease
Cont'd	Continued
Dev'p	Develop/development
Sim/diff	Similar/different
Bc	Because
e.g.	For example
i.e.	In other words
Gov't	Government
Max/min	Maximum/minimum
Re:	Regarding
Vs	Versus
w/	With
*	Important

Abbreviation/ Symbol	Meaning
()	Less important/extra information
#	Number
@	At
£	Money/financial



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Step three: use your information to create questions.

The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.

What does the nerve cell have and why?

What is the nerve cell covered in and why?

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Step four: use your questions to write cues and key words in the margin.

The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.

Cues:

- structure of a nerve cell
- fatty sheath to insulate the cell and speed up the nerve impulse
- - extensions and branches for communication with other cells muscles and glands

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Step five: when you have made notes for the whole text or topic in this way, write a summary at the bottom and then use these notes to self-quiz.

The nerve cell is extended, so that nerves can run to and from different parts of the body to the central nervous system. The cell has extensions and branches, so that it can communicate with other nerve cells, muscles and glands. The nerve cell is covered with a fatty sheath, which insulates the nerve cell and speeds up the nerve impulse.

When you have written Cornell notes for the whole text, write a short summary (1-3 full sentences) using the following prompts:

- What/who/when? Plant and animal cells
- Why? Ensure organism functions
- How? specialised for a particular role

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Delete, substitute, keep

You can also use delete, substitute, keep to create a summary of a section.

*The nerve cell is extended, so that nerves can **reach** ~~run to and from different parts of the body to the central nervous system.~~ The cell has extensions and branches, so that it can communicate ~~with other nerve cells, muscles and glands.~~ The nerve cell is covered with a fatty sheath, which ~~insulates the nerve cell and speeds up the nerve impulse.~~*

Write a short summary (1-3 full sentences):

The nerve cell is a specialised cell. It is extended to reach with other cells, muscles and glands. It has a fatty sheath for protection and to speed up the impulse.



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Self-quizzing with Cornell Notes



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To self-quiz, cover up the notes and use the cues to retrieve from memory. Check your answers and make a note of the parts you could not remember easily or answered incorrectly to go back over.

Remember, you must retrieve the answer either by saying it out loud or writing it down. No cheating by looking – this is a waste of time!

Remember to space out your quizzing just like with Leitner flashcards!

Title: The nervous system	
Cues (questions)	Notes
What does the nerve cell have and why?	<ul style="list-style-type: none">• has extensions & branches• Runs to and from parts of nervous system.• Communicates with other nerve cells.• covered in fatty sheath that insulates & speeds up nerve impulse.
What is the nerve cell covered in and why?	
<ul style="list-style-type: none">• structure of a nerve cell- fatty sheath to insulate the cell and speed up the nerve impulse• extensions and branches for communication with other cells muscles and glands	
Summary: Nerve cells are a fundamental component of the nervous system, that send impulses between the central nervous system and different parts of the body.	

Self-quizzing with Cornell Notes



The Plot of Macbeth

Cues

- Where is the play set?
- Who is Macbeth?
- What do the witches prophesise?
- What is LM's response?
- What happens after the regicide?
- Why does Macbeth kill Banquo?
- Where do the witches equivocate?
- What is the fate of LM?
- What is the fate of Macbeth?

Notes

Medieval Scotland

A warrior, victorious in his battle defending King Duncan

That M will become Thane of Cawdor and then King (in the next scene he is made Thane of C). That B's sons will be kings

LM invokes dark spirits to help the couple commit regicide

KD's sons (Malcolm & Donalbain) flee and M takes the crown

Out of fear that his son will take his position as King

They lure M into false sense of security by stating he is safe until Birnam Wood moves & cannot be killed by any man born of woman

She kills herself through guilt that drives her insane

He is killed by Macduff (from his mother's womb 'untimely ripped') & Malcolm takes crown

Summary:

Macbeth, a play about the supernatural and the corruptive dangers of power, explores chaos and disorder caused by usurpation and disruption of the 'natural order' and Divine Rights of Kings.



The Importance of Corrective Feedback



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After retrieval, it is important to check your book and other classroom resources to make sure you correctly retrieved the information.



By correcting misunderstandings, you are giving yourself feedback on what you know and what you need to focus on in further study sessions.

What went well?

- Easily remembered vocabulary for Macbeth's character.

Gaps/areas to focus on next time

- Difficult to retrieve the definition of 'foil' and 'equivocation'.
- Confused Banquo and Macduff's characters.

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REVISION



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Effective revision is...

- **Active**, not passive;
- **Metacognitive** (reflect on successes and areas to work on);
- **Desirable difficulties**;
- **Social**: “it’s a good idea to speak out loud” when revising; “quiz one another: you’ll each have slightly different perspectives which will further aid your memory”. (Willingham, 2024)

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How to Revise: Top Tips



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1. **Little and often** is the most effective way to revise. Plan in rest days and breaks.
2. Revision is most effective when it is **active, not passive. It should feel hard!** This is why re-reading and highlighting are among the least effective techniques.
3. Revision can be **social**: quizzing using flashcards, Cornell notes or elaborative interrogation is a really helpful way to test yourself or a study buddy with corrective feedback.
4. **Dialogue** around revision is great. Use fun activities like 'Tell me three', 'Just a minute' or The Feynman Technique to show off what you know!
5. Revision **wellbeing** is important. Stay hydrated, go to bed at a regular time, eat a healthy diet and to put technology to one side while you revise.

