

WHAT HAVE WE COVERED?

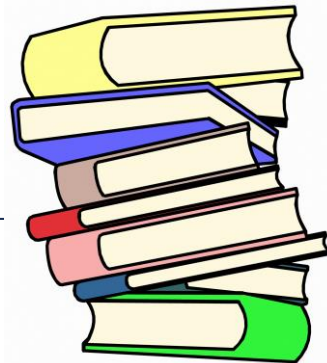


Preparation

1. Priority Subjects
2. Make a space
3. Good lighting
4. Clear the desks
5. Find your source material
6. Remove all distractions
7. Work out your starting ritual
8. Stock up on healthy snacks

Method

Cornel Note Taking
Blurting
Study Star
Chunking
Flashcards
Leitner
Mind Mapping
Practise Papers
Study Groups
Feynman
Memory
Palace



Memory Hack:

Clench RIGHT fist whilst memorizing, clench left fist when recalling information

Timings

- i. Use the 2,3,5,7 technique
- ii. 3 x 20-minute sessions (after school)
- iii. 5 x 20-minute sessions (non school day)
- iv. Always take a break between sessions (5/10 mins)
- v. No phone, laptop, tv etc. during break sessions
- vi. Always Interleave subjects, methods and styles
- vii. **STICK TO YOUR TIMETABLE – DO NOT PROCRASTINATE**

Styles

Read, Cover, Remember, Retell
Talk out loud
Sing
Exercise whilst revising / move round your space
Use as many of your 5 senses where possible