



Week beginning
19th November

Preparation

What skills do I need?

To do:

☒ Plan

☐ Prepare

☐ Perform



Preparation

Recordings

To do:

☒ Plan

☐ Prepare

☐ Perform





Listening

Before we look at another revision strategy we are going to look at the results of research into listening to music while studying.

Although listening to your favourite songs may put you in a better mood, it does nothing to help you retain information.

In one study people were asked to revise some knowledge in 3 different groups:

- Silence
- Songs with lyrics
- Music without lyrics (classical music)

Can you predict the outcome?



Listening

Students who revised in quiet environments performed more than 60% better in an exam than their peers who revised while listening to music that had lyrics.

Students who revised while listening to music without lyrics did better than those who had revised to music with lyrics.



Listening

This can be explained by the following:

While listening to music before a task can make someone feel better, listening to it while trying to learn something new tends not to help.

This is because music – especially tunes with lyrics – can take up processing space. (Remember our memory tasks)

This conflicts with the material you are trying to learn, effectively creating a bottleneck in your memory, as there is less space to process what you are revising.



Reading

Although we are trying to avoid just reading through your notes.

What can be effective is verbalising and listening to your notes as revision.

Reading your notes out loud has been shown by research to be far more effective than reading them in your head.

This is thought to be because:

- Reading things aloud involves motor processing.
- When you read a word it requires visual processing (listening doesn't).
- Reading aloud is self-referential (*I* said it) and can make it more relevant to you.



Listening

If you are already reading your notes aloud, you may as well record yourself.

This then gives you another revision strategy.

You can listen back to the notes at a future date, for example:

- Waiting for a bus/train
- Walking home
- As you fall asleep (although this stops working as soon as you have fallen asleep, so don't keep it playing for too long)



Task for session 11

Task 1

If you are someone who listens to music while doing homework, try a task without it this week.

If you are someone who likes quiet while you work, try listening to a favourite song before you start to improve your mood.

Task 2

For all of you – try recording yourself reading a short section of notes (like a GCSEPod) and listening back to it.