

Week beginning  
26<sup>th</sup> November

# Preparation

What skills do I need?

To do:

☒ Plan

☐ Prepare

☐ Perform



# Preparation

Physical learning

To do:



☒ Plan

☐ Prepare

☐ Perform



# Physical Revision

This is not the revision of physics (although that is always a good idea! – Mrs D).

It is the idea of using your environment to aid your memory.

What classes as your environment?



# Rooms

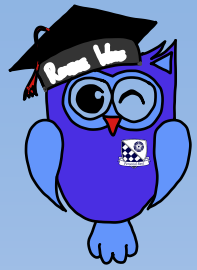
If you can, try using a different room for different topics.

Notice the light and feel of a room, perhaps how it smells and think about how you feel in the room.

Attach your notes/record cards/post its to key areas that you look at or visit a lot e.g. the fridge door, back of the bathroom door.

Try and associate different objects in the room with particular topics within the main subject.

If you use familiar rooms you can picture them in your mind in the exam.



# Clothing

Try using your uniform to associate with a subject as you will be wearing it in the exam room.

For example each button on your blazer could represent a different quotation, the pocket could contain information on a key character (in your imagination, not actually as that's cheating!).



# Your body

Parts of your body are again useful as triggers as they will be there in the exam room with you.

For example, each hand could represent an essay plan with each finger one major topic and each segment a principal reference you would use. The fingernails could represent counterarguments; the knuckles could be associated with relevant quotations.



# Movement

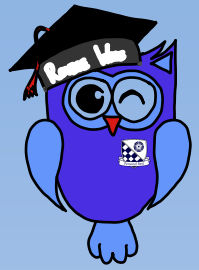
Study on the move.

Listening to your notes while doing a particular exercise will associate the two things together.

You can then revisit the memory by repeating the exercise in your mind.

Writing, drawing and speaking also use motor memory – this is why condensing notes, making mind maps and record cards, and reading aloud all help in revision





# Task for session 12

Make a list of all the places in your house you visit regularly, e.g. your bedroom mirror, your wardrobe door.

Think about places that would be useful to stick your notes around.