

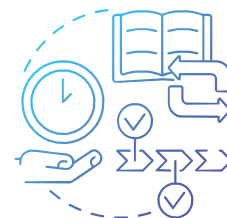


Revision techniques

Spaced repetition is a learning technique that involves reviewing information at increasing intervals over time. Information is more easily retained when it is reviewed periodically rather than crammed in a single session.

This is the method:

1. Learn the material: Start by studying the content you want to remember.
2. Review at intervals: Initially, review the material after a short period (e.g., a day).
Gradually increase the intervals between reviews (e.g., after a week, then two weeks, then a month).
3. Adjust based on recall: If you find certain information difficult to remember, review it more frequently. If it's easier to recall, you can extend the intervals.



The benefits of spaced repetition include:

- Enhanced long-term retention: Information is more likely to be stored in long-term memory.
- Efficient use of study time: Focuses on reviewing material just before it's likely to be forgotten.
- Reduced stress: Spreads out study sessions, making learning more manageable.

The Pomodoro Technique is designed to improve focus and productivity by breaking work into intervals, traditionally 25 minutes in length, separated by short breaks. This method helps to maintain high levels of concentration and avoid burnout. You can start with shorter Pomodoros such as 10 minutes and build up if you prefer.

This is the method:

1. Choose a task you want to work on.
2. Set a timer for 25 minutes (this is one "Pomodoro").
3. Work on the task until the timer rings.
4. Take a short break (usually 5 minutes).
5. Repeat the process. After four Pomodoros, take a longer break (15–30 minutes).



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