

# *Additional research has shown.....*

<b>Technique</b>	<b>Effectiveness</b>	<b>Description of Technique</b>
Practice Testing	High	Self-testing or using past-exam questions while learning.
Distributed practice	High	Developing a schedule of revisions / learning activities over time.
Elaborative Interrogation	Moderate	Thinking about 'why' you have answered a question or creating an explanation for a response.
Self-explanation	Moderate	Linking new information to known information or using applied questions (problem based learning).
Interleaved Practice	Moderate	Developing a schedule that mixes different techniques during a period of study.
Summarisation	Low	Writing summaries of concepts / area of study.
Highlighting	Low	The use of highlighters or underlining while read / rereading.
Keyword Mnemonic	Low	Use of key terms / acronyms / images to associate with concepts to be learned.
Imagery	Low	Attempting to form mental images of materials while reading.
Rereading	Low	Revisiting text that has already been read.

Table 1: Learning techniques and their effectiveness adapted from Dunlosky et al (2013) pg 6.

# Planning my own timetable:

- Try **colour-coding** your subjects so that your timetable is easy to read and you can glance at it quickly and know what you're doing.
- Make sure you put sessions in that allow you to **relax** and **unwind**. Try to find time to see friends and family and do the things that you enjoy.
- Be **realistic**! For example: Don't plan to revise maths for 12 hours solid on a Saturday, because it won't happen and you won't benefit from it. Break the day up into **manageable pieces** and do spend hours trying to do the same thing – it won't help you.
- Have your revision timetable somewhere where you will **see it** everyday, so it acts as a **reminder** of what you need to do.
- Put a **copy** on your **phone** or set **alarms/reminders** that will help you stick to your plan.
- Ask your **family** to **support** you by studying with you and asking you about your timetable. Are you doing what your timetable said you should be doing?