

MY 5 STEPS TO SUCCESSFUL REVISION



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WELCOME



Thank you for requesting this guide on how to become successful at revision and I hope you find it useful. I'd imagine you have requested it because you have a teenager who has exams ahead of them at school.

Even if you don't have a teenager and perhaps you are studying yourself or you want to get prepared for when your child does have exams - welcome.

I am passionate about helping our young people leave school feeling successful and ready for the next steps.

I believe everyone has a natural learning ability and they just need to discover it.



MY AIMS

In this guide I want to introduce you to the 5 key areas to focus on for successful revision.

I will also touch on mindset and common misunderstandings around revision in our secondary schools.

Let's begin...

WHAT IS REVISION?

Revision is the word used when we need to learn new material with a view to be able to show that we know it. In our school system this takes the form of numerous tests and exams.

Sadly, lacking from the school syllabus is “how to revise” and many students really don’t have a clue on what is the right method for them.

Some are lucky and find their way, others don’t and usually end up feeling that they can’t learn or revise. This can result in poor results and feeling a failure.

There are many different ways to revise, and there is definitely a way to help your teenager.



THE 5 STEPS

Step 1 – discover how your teenager learns.

The way they approach life can give us a big clue to their learning preferences.

- Are they someone who doesn't sit still, likes to fiddle with things and loves those practical subjects?

They are likely to be using the **Kinaesthetic** preference for learning.

- Are they someone who's often found talking out loud to themselves, loves music and can be quite a chatterbox?

They are likely to be using the **Audio Tonal** preference for learning.

- Are they someone who likes to highlight their work or perhaps use different colour pens or paper?

They are likely to be using **Visual** preferences for learning.

- Are they someone who likes lots of data and will often write lists with bullet points or numbers?

They are likely to be using **Audio Digital** preferences for learning.

Its important to note that we all can use all of the above, but your teenager will have a preference for 1/2/3 of these styles.

Step 2 – select the right revision tools to use.

Once you have identified how your teenager learns the next step is to use the right tools. Schools talk about mind maps and flash cards and generally not much else.

Below are some suggestions for each type...

Kinaesthetic



- 3D Diagrams
- Movies
- Models
- Interactive posters
- Associations with topics they already know.

Tonal



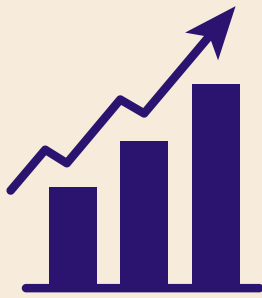
- Recording their notes.
- Talking out loud
- Audio books
- Mnemonics

Visual



- Mind maps
- Flash cards
- Diagrams and pictures

Audio Digital



- Text books
- Graphs
- Tables of data
- Questions and past papers.

These are by no means an exhaustive list but hopefully starts giving you an idea of the wide range of revision tools there are.

Step 3 – use the right tool in the right way.

Once you've selected the right tools you need to use them in the right way. Revision notes are just that – notes – they should be adaptive and ever changing.

1. Filler words like “and, but, the” have no place on revision notes. The brain doesn't need them to learn the information.
2. Don't over write/record the information. You require 20% of the key information to recall 80% of the material.
3. Different subjects might be better with different tools. For example the only way you can revise Maths is to do Maths, a mind map won't work.
4. Revision note making is best done as you go along then you can discover if it's working for you.

Step 4 – understand the difference between recall and recognition.

One of the things I ask students is “how do you know you know it”. To which they either answer:

- When I get my test results
- I don’t think I do

The key for knowing you know it is to test yourself and then refresh your knowledge where there were gaps. Also teaching it to someone else is a great way to secure your knowledge.

Its really important not to leave it until the test itself. Imagine going into an exam feeling really confident that you knew as much as you could.

Step 5 - Have a revision plan.

How your teenager likes to plan will depend very much on their learning style but there does need to be a plan in place.

In an ideal world I would recommend revision to start at the beginning of a course, so you do it as you go along.

However, there’s no need to panic if you’re not at the beginning.

These are the 3 things I always suggest as a starting point.

1. Identify the subjects you feel least confident on.
2. Identify the topics within a subject you feel least confident on.
3. Revise one subject you don’t like followed by one you do or visa versa. My version of the carrot and stick.

I hope that this have given you some ideas to try with your teenager, or at least start the conversation about revision. If you need any further help there are several ways you can work with me.

WORKING WITH ME

Discovery session £99

This one hour session will tackle steps 1 and 2 in great detail and touch on steps 3-5. It's a great introduction to my learning coaching and in guaranteed to help your teenager feel positive about their learning ability.

Study Success Programme v2.0 £599

For a more detailed look at study techniques the Study Success Programme 2.0 is also available. Revised and relaunched in March 2021. It covers the 5 steps in more details as well as unlimited coaching sessions with me.

121 coaching packages - starting from £180

Suitable for those students that work better face to face or over zoom and need just a little bit more personal guidance.



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