

Use it or lose it! (How to Revise)

Based on the Ebbinghaus' Curve of Forgetting

Reviewing or revising means “looking through again”. If you don't go back and review, you will forget most of what you thought you'd learned. Reviewing shifts your learning from your **short-term to your long-term memory** by reinforcing the connections in your brain that help memory. **We forget things if we don't allow ourselves the time to review.** How can we make sure we find the time? This matrix may help you.

Try this! Choose a topic that you need to revise for a test. Show yourself that regular review works by making an effort to review the topic regularly and keeping a record of each time you review and how you work.

How to revise – use your knowledge of yourself as a learner (refer to your LSA profile). Work to your strengths, using your preferred learning styles.

Keeping the record – Note the time and date for each review; note the styles of learning you use. **NB** – Some variety of learning styles will keep the brain engaged and help to keep you motivated – try to use more than one across the review sequence.

Use it or lose it! – Aim to complete a sequence of reviews to give yourself a fair chance to see whether this will work for you

Topic	Review sequence	Date/time	Learning Style			
			Visual <i>eg mindmapping; post-it notes</i>	Auditory <i>eg reading aloud; taping</i>	Kinaesthetic/Tactile <i>eg making; moving self or materials around</i>	Other
Left Hand of Learning		1 January 2006				
<i>Insert notes here and on the back of this sheet.</i>	1. Start	<i>09:00</i>	X	X	X	<i>TASTE</i>
	2. 20 minutes	<i>09:20</i>	X	X	X	
	3. 1 hours	<i>10:20</i>	X	X	X	
	4. 8 hours	<i>18:20</i>	X	X	X	<i>SMELL</i>
	5. 24 hours	<i>2 January 18:00 ish</i>	X	X	X	
	6. 2 days	<i>4 January</i>	X	X	X	
	7. 5 days	<i>9 January</i>	X	X	X	
	8. 30 days	<i>8 February</i>	X	X	X	
	9. Review every few weeks till your exam.					