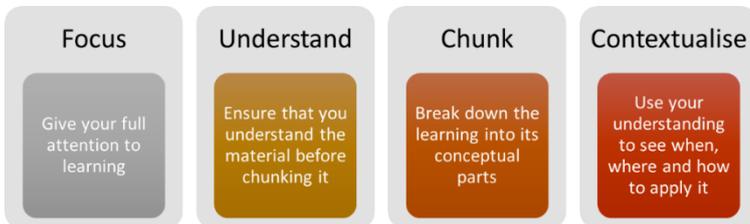
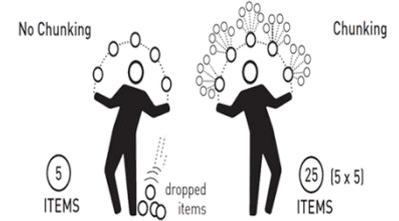


COMBINING PRINCIPLES TO PLAN REVISION AND SUCCEED

Attached to this are an example and blank, printable, template of a 'Chunked & Spaced' Revision Timetable for you to be able to see and use. But before you get on to using them, take a moment to understand the principles...

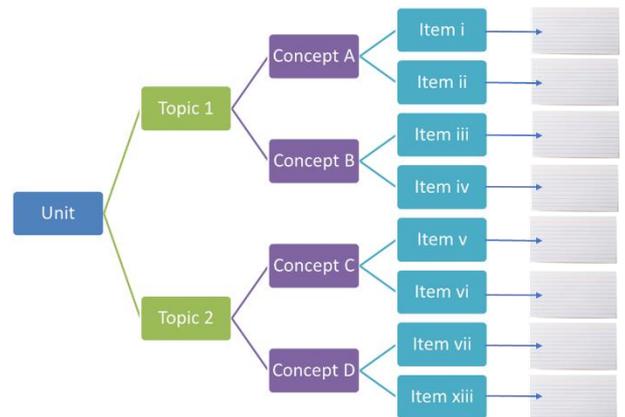
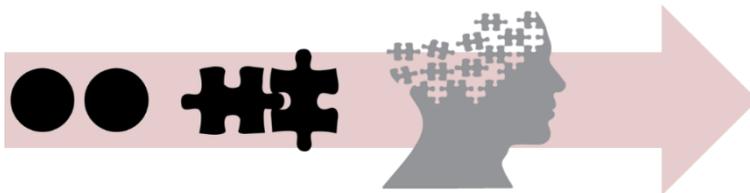
WHAT ARE 'CHUNKING' & 'SPACING'?

- Chunking** – Is breaking down large amounts of information into smaller, more manageable, parts. Most of us are able to store only about four to seven different items in our short-term memory. One way to get past this limit is to use the technique called chunking. By grouping several items into one larger whole, you'll be able to remember much more.
- Spacing** – Is about the timing and type of revision that you use. Studies have shown the benefits of a variety of revision and learning strategies have an impact on retention. Spacing combines timing and types of revision to encourage the learner to think about what they are reviewing and distributing their efforts over time.



HOW DOES 'CHUNKING' WORK?

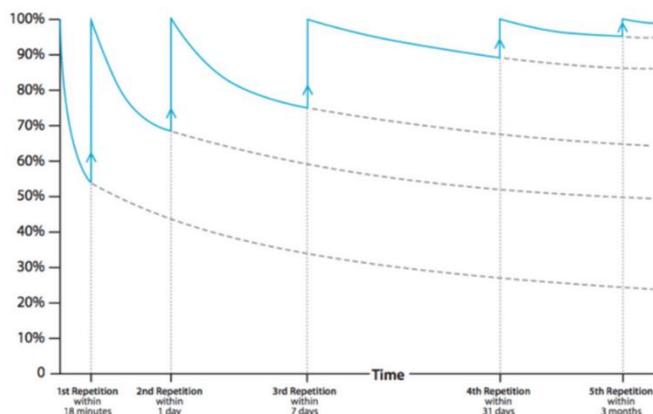
Chunking is all about breaking down learning into little, manageable, bite-sized pieces. The great thing is that the 'specifications' that exam boards write allow for this to



be done quite easily and you can break down the learning from units of work into their topics, concepts and individual items, as shown below.

Therefore, if you plan your revision out over time, you can cover the all the items from a unit of learning in each subject.

To help make your chunking more effective, target revision at the items that you are less confident with. Where Personal Learning Checklists (PLCs) are available, make use of them. They provide a great framework for planning out chunking and checking your confidence in your learning against them.

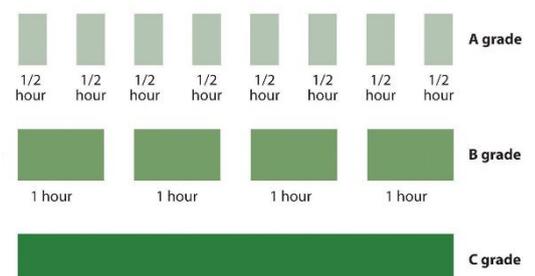


HOW DOES 'SPACING' WORK?

Spacing works through cleverly using varied repetition to cover the chunked revision and prevents you from becoming bored and stale.

As shown by the chart to the left, the amount of information remembered increases with repetitions that are spaced out over a period of time.

Spacing is also about the length of time that you spend



revising each 'chunk'. Many studies have found that shorter chunks of 30 minutes (and at very most 45 minutes) work best. They prevent becoming stale and allow for the age-old saying to come through, "A change is as good as a rest."