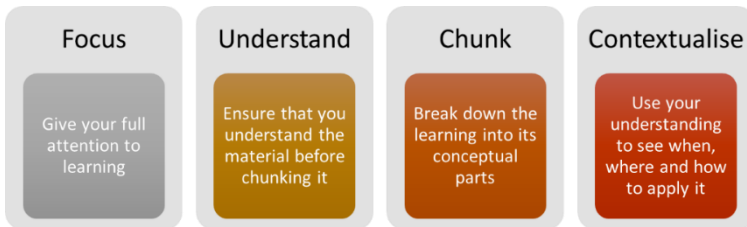
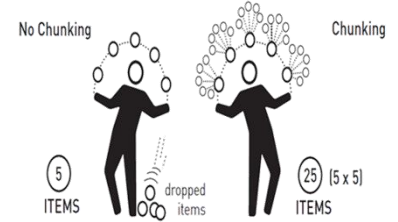


COMBINING PRINCIPLES TO PLAN REVISION AND SUCCEED

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...

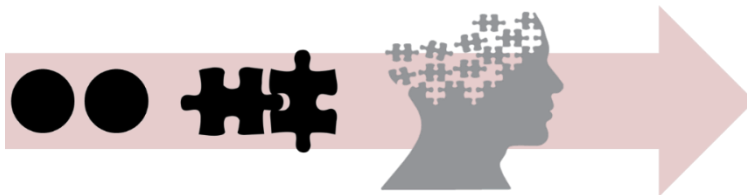
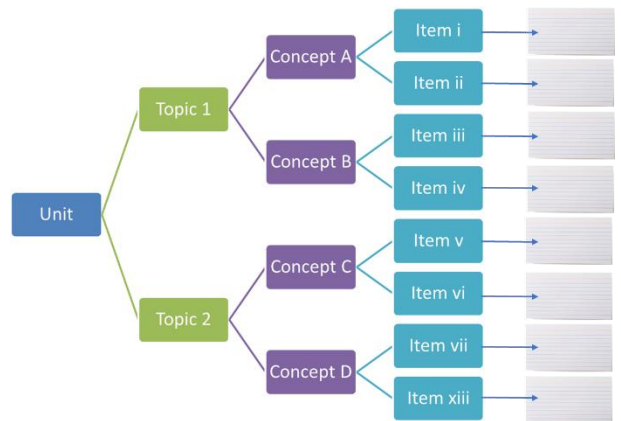
WHAT ARE 'CHUNKING' & 'SPACING'?

- 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?

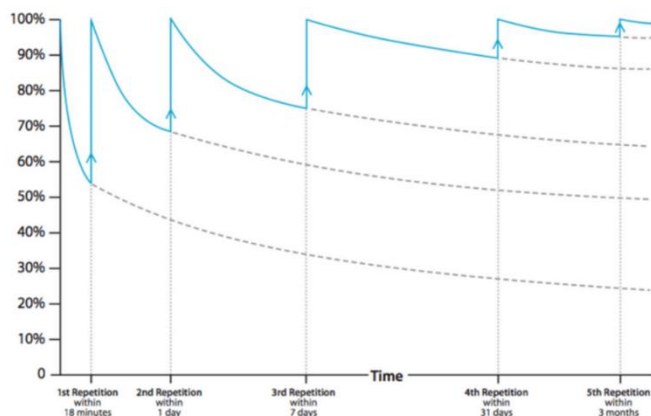
Chunking is all about breaking down learning into little, manageable, bite-sized pieces. The great thing is that the 'specifications' that exam boards write allow for this to



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.

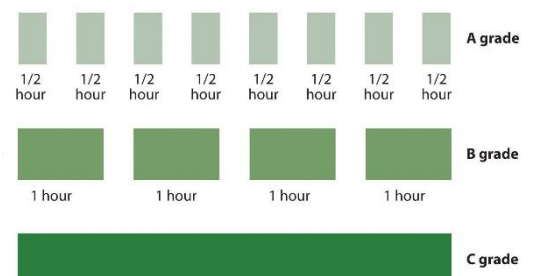


HOW DOES 'SPACING' WORK?

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."

Monday Date: _____	Tuesday Date: _____	Wednesday Date: _____	Thursday Date: _____	Friday Date: _____																														
Subject Topic (Revision 'Chunk' up to 30mins): <i>English</i> <ul style="list-style-type: none"> <i>Macbeth Themes</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td style="text-align: center;">✓</td> <td></td> <td></td> </tr> </table> I must recap: <i>Quotations that are linked to themes of 'Supernatural' and 'Conflict'</i> Revision Guide Page Number:	Not sure	OK	Great!	✓			Subject Topic (Revision 'Chunk' up to 30mins): <i>Biology - Stem Cells</i> <ul style="list-style-type: none"> <i>What are stem cells?</i> <i>Where are they found in animals?</i> <i>What can they be used to treat?</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>What are the ethical issues with the use of stem cells?</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): History <ul style="list-style-type: none"> <i>Medieval Medicine:</i> <ul style="list-style-type: none"> <i>Surgery</i> <i>Public Health</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">✓</td> </tr> </table> I must recap: Revision Guide Page Number:	Not sure	OK	Great!			✓	Subject Topic (Revision 'Chunk' up to 30mins): <i>English</i> <ul style="list-style-type: none"> <i>Paper 2, Question 5 - Practice Writing in Timed Conditions</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Using a variety of sentence starters</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>Physics - Ohms Law Equation</i> <ul style="list-style-type: none"> <i>What is the equation?</i> <i>How do the IV graphs show us if they support ohms law</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">✓</td> </tr> </table> I must recap: Revision Guide Page Number:	Not sure	OK	Great!			✓
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Subject Topic (Revision 'Chunk' up to 30mins): <i>History</i> <ul style="list-style-type: none"> <i>Medieval Medicine:</i> <ul style="list-style-type: none"> <i>Ideas about causes of disease</i> <i>Treatments</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Medieval Surgery</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>Geography, Living World - Deserts</i> <ul style="list-style-type: none"> <i>Location, Distribution</i> <i>Climate, Soils and Adaptations</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Characteristics of Deserts</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>Physics - Drawing IV Curves</i> <ul style="list-style-type: none"> <i>What are the graphs for diode, resistor and filament lamp?</i> <i>How do you experimentally obtain the graphs?</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Why do the graphs look like they do?</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>Chemistry - Bonding</i> <ul style="list-style-type: none"> <i>Ionic bonding properties</i> <i>What do they bond?</i> <i>What do Ionic Bonds look like?</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">✓</td> </tr> </table> I must recap: <i>Move on to Covalent Bonding and compare with Ionic Bonding</i> Revision Guide Page Number:	Not sure	OK	Great!			✓	Subject Topic (Revision 'Chunk' up to 30mins): <i>Geography, Living World - Deserts</i> <ul style="list-style-type: none"> <i>Desertification - Causes and Solutions</i> <i>Sahel Desert Case Study</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">✓</td> </tr> </table> I must recap: Revision Guide Page Number:	Not sure	OK	Great!			✓
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Subject Topic (Revision 'Chunk' up to 30mins): <i>Physics - Electricity</i> <ul style="list-style-type: none"> <i>What are the current and voltage rules for Series and Parallel circuits?</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">✓</td> </tr> </table> I must recap: <i>Electrical Circuit Symbols</i> Revision Guide Page Number:	Not sure	OK	Great!			✓	Subject Topic (Revision 'Chunk' up to 30mins): <i>English</i> <ul style="list-style-type: none"> <i>Sign of Four - Re-Reading Chapter 1</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Be able to summarise the chapter in four points</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>Biology - Therapeutic Cloning</i> <ul style="list-style-type: none"> <i>What is therapeutic cloning?</i> <i>How does therapeutic cloning happen?</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>What are the advantages of using therapeutic cloning over a transplant?</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>Geography, Living World - Deserts</i> <ul style="list-style-type: none"> <i>Jhar Desert Case Study</i> <i>Opportunities and Challenges</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Opportunities and Challenges in the Jhar</i> Revision Guide Page Number:	Not sure	OK	Great!		✓		Subject Topic (Revision 'Chunk' up to 30mins): <i>History</i> <ul style="list-style-type: none"> <i>Renaissance Medicine Pioneers:</i> <ul style="list-style-type: none"> <i>Vesalus</i> <i>Fare</i> Rate how you feel about your knowledge of this after revision: <table border="1" style="width: 100%;"> <tr> <td>Not sure</td> <td>OK</td> <td>Great!</td> </tr> <tr> <td></td> <td style="text-align: center;">✓</td> <td></td> </tr> </table> I must recap: <i>Harvey</i> Revision Guide Page Number:	Not sure	OK	Great!		✓	
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Other notes from this cycle: <ul style="list-style-type: none"> <i>Must continue on with Biology and Chemistry revision next week</i> <i>History - Review Germany topics</i> <i>English - Attempt more timed questions within my revision</i> 																																		

- Start with the most important or most difficult subject topics.
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