

## Spaced Revision

One of the current ideas for effective learning is called In 'Spaced Learning'. It has four stages that repeat over the course of a set period of time. This could be a revision period, over the course of a module, or ongoing over the course of the year. Each spaced learning topic spans two days with two stages on the first day and the second two on the following day. A variety of different techniques are used for each topic you are reviewing (interleaved practice).

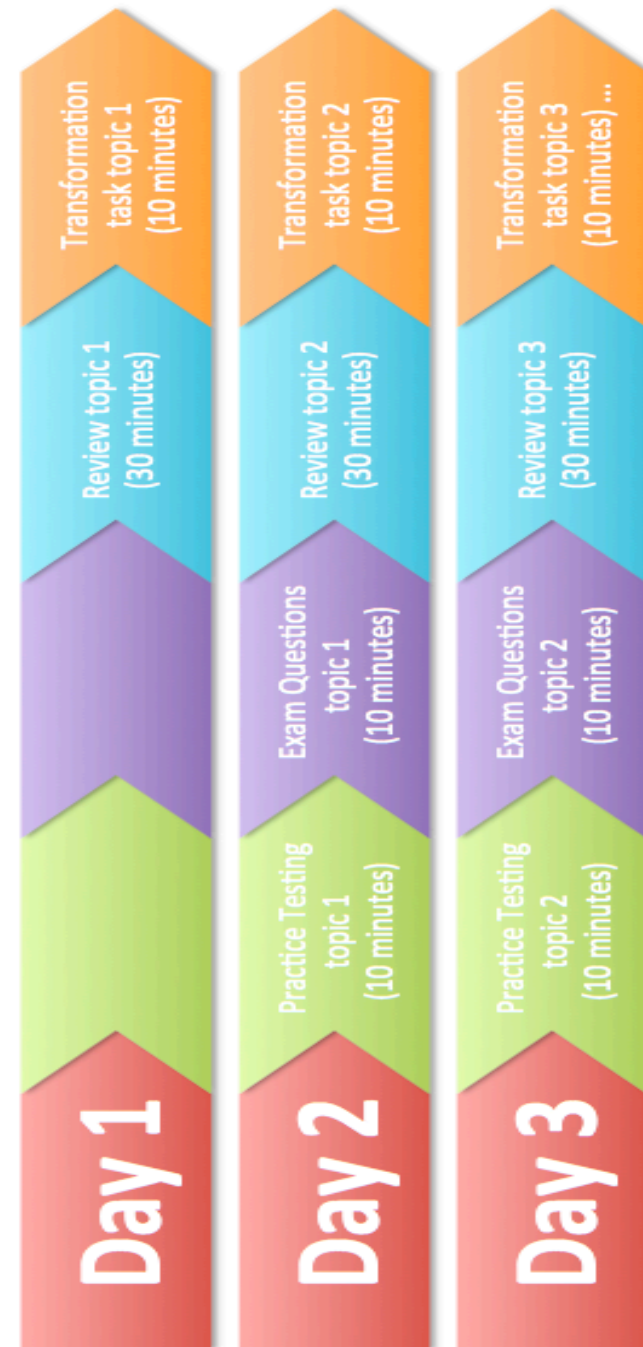
Stage 1: Review a topic – for the first 20 minutes utilise any technique you are comfortable with to review the topic. This could be highlighting, making notes, creating flashcards or using post-its. Often, you might stop after this and think 'my revision is done!'. But no, this is just the start of an effective learning technique.

Stage 2: Transformation task – this is building on the elaborative learning tasks discussed above. Here you need to transform the notes or highlighting that you have from *Stage 1* into something different. This could be a mindmap, a drawing, a song, a poem. By doing this you will have to be thinking 'how' am I going to show this content in a different form and 'why' does each piece belong. It can be fun too.

That is the end of the first session. When you return to this in the next day or two (distributed practice) you complete *Stages 3 and 4* on the first topic and then start again with *Stages 1 and 2* of a new topic.

Stage 3: Practice testing – with a friend, family member or one of the many websites online that have relevant psychology quizzes – test yourself on the area that you have reviewed.

Stage 4: Exam questions – finally, complete an exam question or questions on the area you have reviewed and mark this yourself using a mark scheme or ask your teacher to mark it (practice testing). Importantly, when you are composing your answer use elaborative interrogation and think 'why am I writing this?'



**Subject:**

**Exam Date:**

Day	Date	Topic	Transformation Task	Exam Question	✓
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