

# REVISION

What not to do...



# GETTING EXAM READY

Don't count the days, make the days count.

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# 1. 'Understanding is not memorising' - Tackling Overconfidence

## **Question?**

What do you think is the most popular revision technique?

What do you usually do when you start your revision?

# Answer

Studies have shown that re-reading and highlighting is the most common form of revision technique.



A Professor of Psychology (a man called Dunlosky) looked at hundreds of exam paper grades and matched them to the revision techniques students had used.

- The **MOST** ineffective technique used was **re-reading and highlighting** without additional revision activities.

# DUNLOSKY SAID...

“These two strategies (*re-reading and highlighting*) are particularly popular with students. A survey conducted at an elite university revealed that **84 percent** of the students studied by re-reading their notes or textbooks.

Despite its popularity, re-reading has **inconsistent effects** on student learning: whereas students typically benefit from rereading when they must later recall texts from memory, rereading does not always enhance students’ understanding of what they read, and any benefits of rereading may not be long-lasting.

Re-reading is easy for students to do, but they must be encouraged to use other strategies (such as testing or self-explanation) when they revisit their text and notes.”

# But why is it so bad and ineffective?

1. It takes a lot of time! It makes you *feel* busy.
2. It is *too easy*. To memorise something you have to think about it, so that you learn it.
3. Recognising and understanding information you feel comfortable with means *you can become overconfident* that you have memorised it.



# How to beat **Overconfidence**

1. Do not use *easy* 'revision' techniques - you won't remember effectively anyway.
2. Be really specific with yourself if you think you know a topic: *the facts, the vocabulary, the links to other topics, the causes & effects, alternative ways of looking at it etc.*
3. Test yourself with a blank piece of paper to check how much you *really* know.



# Question?

So, should you stop re-reading and highlighting altogether?

# Answer

No.

Re-reading (with good note-taking) might help you understand a topic you are not sure of.

Some of you have beautiful highlighted notes!

**BUT...**

It is not revision.

Use it to help you organise your information, but not for memorisation.



# WHAT SHOULD I BE DOING INSTEAD?

- Over the coming weeks, we will look at specific strategies that help you engage with learning in a more active way that does actually help you learn things. These are:

Retrieval Practice – Self Quizzing

Cornell Notes

Spacing

Elaboration/Self Explanation

Dual Coding

Interleaving

*And some strategies to help you organise your revision further:*

*Leitner Method*

*Pomodoro Method*