

## **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
	1. Start					
	2. 20 minutes					
	3. 1 hours					
	4. 8 hours					
	5. 24 hours					
	6. 2 days					
	7. 5 days					
	8. 30 days					
	9. Review every few weeks till your exam.					