

Methods

Methods for revision can be divided into two categories: Learning concepts, and learning facts. Depending on what you are revising, different methods will have to be used to ensure optimal retention.

Concepts: Feynman technique

This is a method popularised by Professor Feynman. Although it is not a ground-breaking method, it is incredibly affective. The simple technique is as follows:

1. Study your topic
2. Explain your concept to a child. If that is unavailable to you, then write it down in the same tone. Explain everything in the simplest way possible. Avoid any technical terms. This will ensure that you are forced to describe it in detail and will increase your understanding. Be thorough!
3. You most likely failed in some aspects in step 2. Go back to your studies, but focus on what you missed out.
4. Simplify and use analogies to make it stick better in your mind. It may help to read aloud.
5. Repeat step 2

This method will force you to acknowledge the gaps in your understanding and be able to grasp the topic, right down to its most fundamental part.

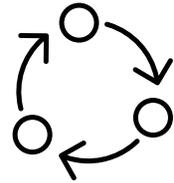
Concepts: Focus on difficult practice questions

This addresses the same issue as the method above but in a different setting. Difficult questions force you to consider the concepts more thoroughly, this will help you in pinpointing where your gaps in knowledge are.

Concept and Memory: Active Recall

There are different ways that this can be implemented, they are all based on the idea of retrieval of information. It is similar to the above method, but different in execution.

For this method, read the content, then either close the book if you so wish or just close your eyes and write down or talk through what you learned without conferring your notes at all. Open the book again and go through the content again, then close the book and fill in any gaps. Do it until you can recall it perfectly or to the level required.



Concept: From core out

Do not get carried away with details. Learn the most fundamental ideas of the subject first. Once you are satisfied, revise the 2nd most fundamental concepts on so on. Creating a mind map may be useful here to structure your understanding.

Memory: Visualisation

This will not apply to when you are memorising Latin names for example. When thinking of an object and even a concept, the majority of people do not think of the word, but picture an image of the object or one relating to it in their minds. Therefore, it might be easier to remember a group of things if you visualise them. This might take the shape of a humorous scene, the objects placed along a path you know very well, or even a memory palace.

Memory: Chunking

Memorise objects chunked together. It has been shown to be an easier way to remember a large number of object. You could chunk them together according to name, their shape etc. This will make it easier to recall them later on.