



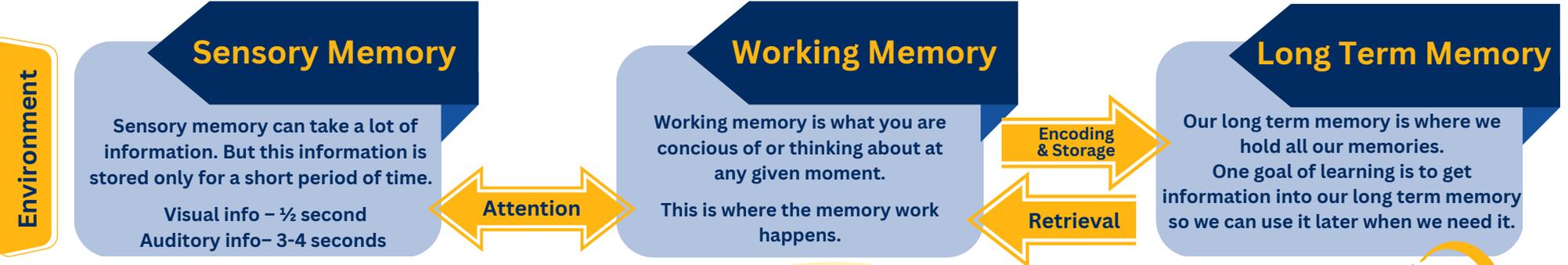
# HELPING STUDENTS TO REVISE

This week's focus: *How does your memory work?*



Watch this week's session here

It is important for students to understand how their memory works. Memory is an integral part of learning as it allows them to learn and retain new information, build relationships with the material being learned and make connections between ideas. Being aware of this will allow students to understand how they can strengthen their long term memory.



*What does this mean?*  
The more frequently we retrieve information, the stronger our long term memory becomes and the easier we can remember it!

## REVISION TECHNIQUES

*How can students strengthen their memory at home?*

Here are two key revision strategies that you can do at home. Students can use their ILB's to create quizzes or select key vocabulary.

### Quizzes

Write a set of questions and answers and ask someone to test you. It's important to either write or say your answers loud. Reading through quizzes in your head can give you a false sense of security.



### Key Vocabulary

For a particular topic, make a list of key vocabulary, then do the following:

- Define each word
- Use each term in a sentence
- Create a question where the key word is the answer
- Identify other words which connect to each of the words in your list



### Remember...

**Say your answers out loud to someone else or write them down!**

Visit our school website for more revision strategies and videos on how to revise and how memory works!



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