General Revision Strategies

PQRST

A quick way to get the meaning

- **P** Preview — Read through chapter and section headings and sub-headings; Read the final summaries
- **Q** Question — Turn each chapter heading and sub-heading into a question
- **R** Read — Read your questions and then answer them from the text; Mark or highlight the keywords — no more than 10%
- **S** Say — Say your answers and explain your key words aloud to yourself
- **T** Test — Go over your notes and test yourself again

SPECS

How to improve your memory

- **S**ee it → visualise or draw
- **P**ersonalise it → make it unique to you
- **E**xaggerate → learn or practice in an unusual way
- **C**onnect it → compare it to something else
- **S**hare it → teach it to someone else

TRANSFORMERS

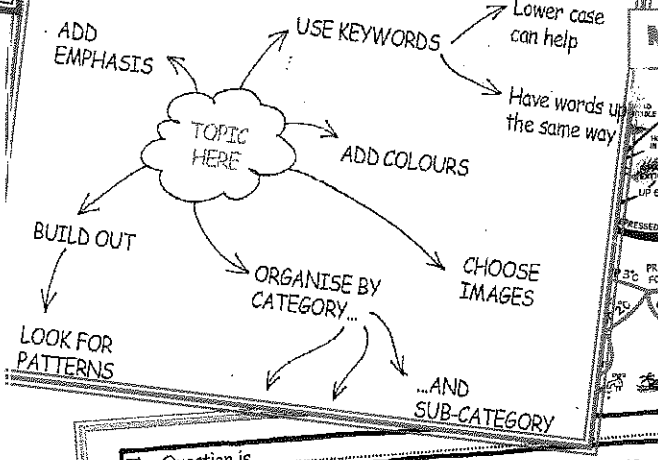
- Writing → to → Pictures
- Writing → to → Memory maps
- Writing → to → How diagram
- Writing → to → Speech and sound effects
- Writing → to → Web page
- Writing → to → Presentation
- Writing → to → Explanatory leaflet or poster

KEY WORDS SUMMARY

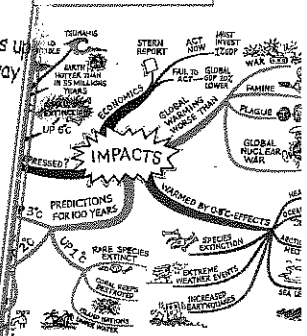
FILTER OUT

- ★ Read through the material and highlight the keywords
- ★ Now choose which are the most important and put them below
- ★ Use the words in the tray to put together a summary of the information

Memory Map



MIND MAPS



Verbal Mneumonics:

- Acronym: when a word or sentence is formed from the initial letters of other words e.g. Roy G. Biv (colours of rainbow)
- Acrostic: a poem or sentence where the first letter in each word or line forms the item to be remembered e.g. 'my very easy method just speeds up naming
- planets' (names of planets)
- Rhymes: groups of words with an identity and rhythm 'I before e except
- Chunking: dividing a long string of
- information into memorable sections e.g. phone numbers or car number plates

ARGUMENTS FOR AND AGAINST

The Question is .....

Arguments FOR	Arguments AGAINST
Argument 1. I believe that ..... This is because	Argument 1. I believe that ..... This is because .....
Argument 2. I also believe that ..... This is because	Argument 2. I also believe that ..... This is because .....
Argument 3. Finally, I believe that ..... This is because	Argument 3. Finally, I believe that ..... This is because .....

My conclusion is .....
Therefore .....

What does Psychology tell us about memory?

- ☺ To get information to long term memory we must give it ***meaning***
- ☺ It is not enough just to read notes - you must write things down, think about them and re-test yourself often
- ☺ Some techniques that can help you give information meaning are on this page—try them!
- ☺ Good luck!!

Visual Mneumonics

- Method of loci: associate parts of material to be recalled with familiar objects e.g. rooms in house, parts of body etc.
- Keyword method: when trying to associate two pieces of information e.g. psychologist and their study
- Mind maps: see above!