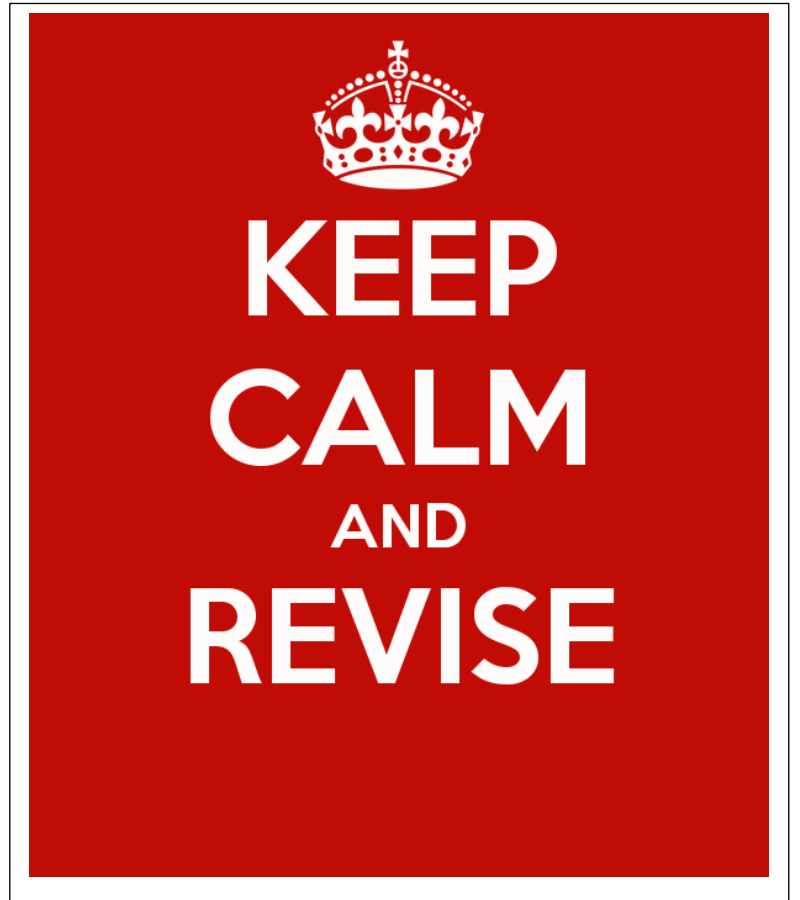


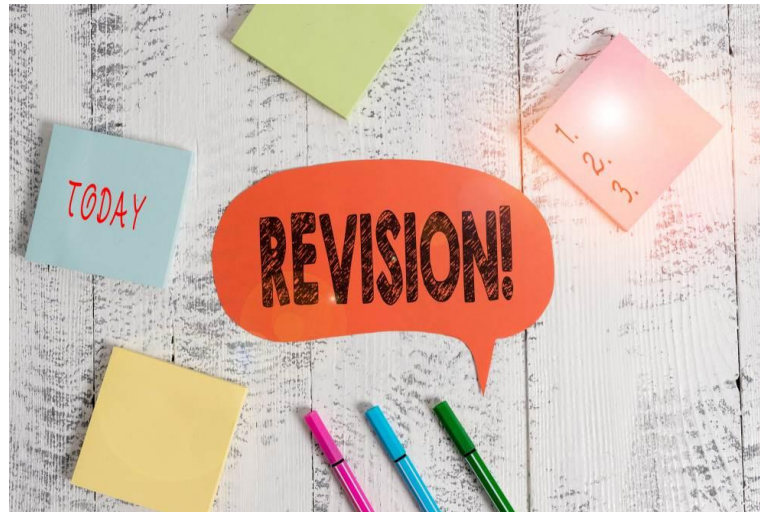
Revision

- What is Revision?
- The Science Behind Revision
- 10 Effective Revision Strategies



What is Revision?

Revision is the process of reviewing and reinforcing knowledge to ensure it stays in your memory and can be recalled effectively during exams. It's not just about reading your notes repeatedly; it's an active process that helps your brain engage with and retain information.

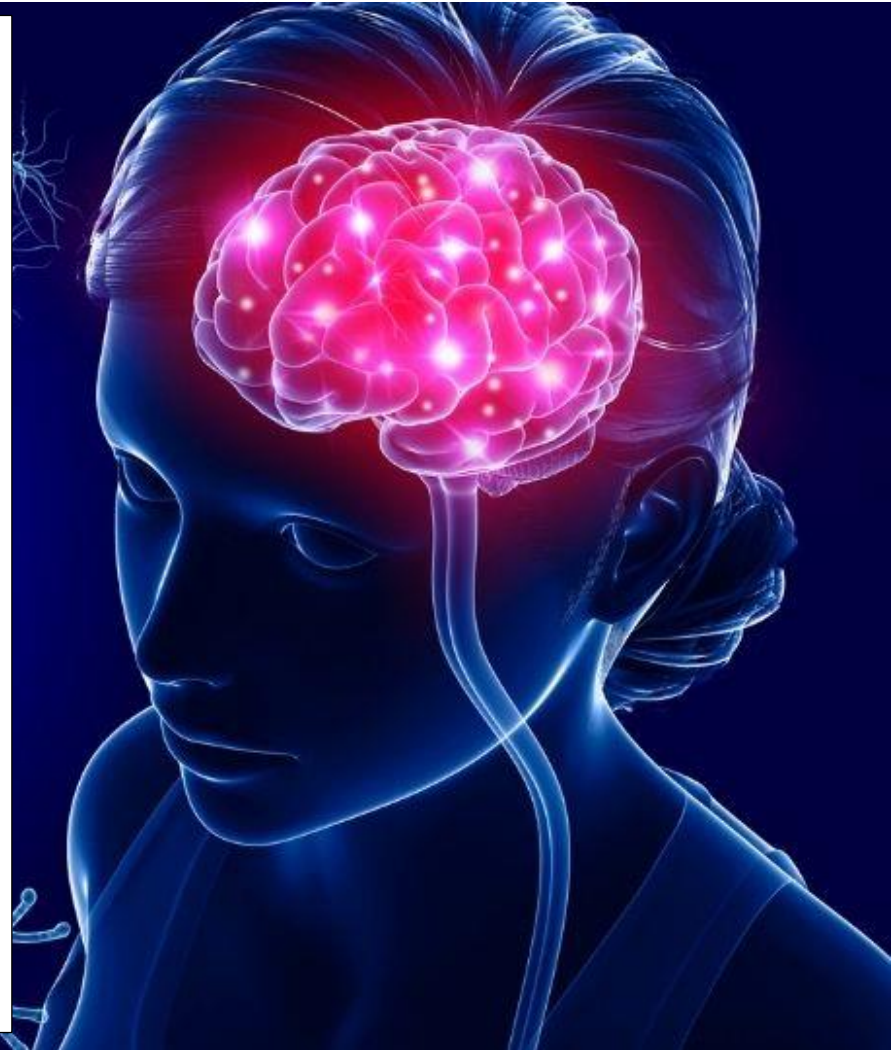


The Science Behind Revision

Your brain is like a muscle – the more you use it, the stronger it gets. When you learn something new, your brain creates neural pathways to store that information. However, if you don't revisit the material, those pathways weaken over time. This is why revision is crucial.

Research shows that the following principles enhance learning and memory:

1. **Spaced Repetition:** Revisiting material at increasing intervals helps strengthen memory.
2. **Active Recall:** Actively testing yourself improves your ability to retrieve information.
3. **The Forgetting Curve:** Without revisiting information, you forget it over time. Regular revision combats this.
4. **Interleaving:** Mixing up subjects or topics during study sessions boosts understanding.



Strategy 1

Flash Cards

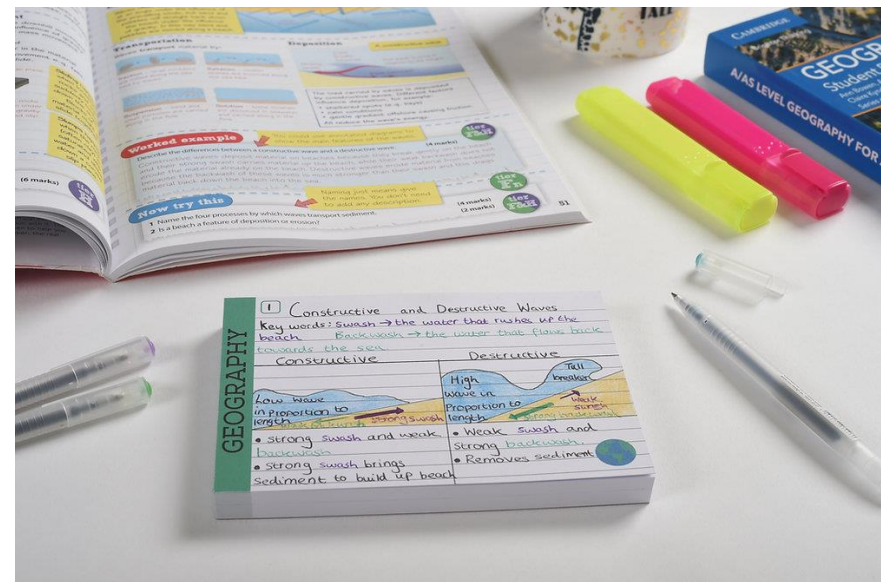
Small cards with a question or key term on one side of the card with its corresponding answer on the other side. These are then used to test yourself, which encourages active recall.

How/why it works

Helps with repetition and active recall of information which can help lay down long term memory.

Tip

Make your own flash cards and use apps like Quizlet for digital flashcards.



Strategy 2

Mind Mapping

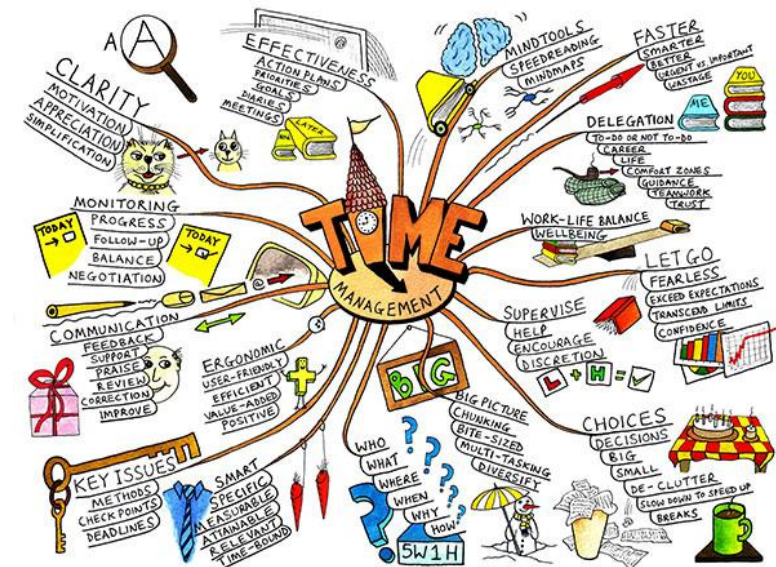
Creating visual diagrams to organise and connect information. They are particularly useful for summarising key concepts and understanding relationships between different ideas. Information should **not** be copied, it should be done from memory. Take a blank sheet of paper and write the main topic in the centre. Draw branches for subtopics, adding key details and examples as you go.

How/why it works

Mind maps use both words and visuals, supporting the brain's dual coding system. This enhances memory recall by associating verbal and visual information with concepts. Starting with a blank sheet encourages active recall of information.

Tip

Use colours and images to make your mind map more engaging.



Strategy 3

Practice with Past Papers

Working through previous exam papers to simulate exam conditions and enhance skills. This can also be done in timed conditions to help you to learn to manage your time effectively in exams.

How/why it works

Involves retrieval practice, reinforcing memory and reducing anxiety through familiarity with exam format. Mark schemes are helpful in this process too.

Tips

Review your answers and learn from mistakes.

Use this link to check which exam board each subject uses: <https://swakeleys.hillingdon.sch.uk/wp-content/uploads/2025/02/Exam-board-information.pdf>

Please check the examination details below before entering your candidate information

Candidate surname: _____ Other names: _____

Centre Number: _____ Candidate Number: _____

Pearson Edexcel
Level 1/Level 2 GCSE (9-1)

Monday 13 May 2019

Afternoon (Time: 1 hour 45 minutes) Paper Reference 1RB0/1B

Religious Studies B
Paper 1: Area of Study 1 – Religion and Ethics
Option 1B – Christianity

You do not need any other materials. Total Marks: _____

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*


Information


- The total mark for this paper is 102.
- The marks for each question are shown in brackets – *use this as a guide as to how much time to spend on each question.*
- Questions labelled with **W** are written communication – *you should take part in written communication, using appropriate grammar, as well as written communication.*
- The marks available for each question are shown in brackets.

Advice

- Read each question carefully.
- Try to answer every question.
- Check your answers if you have time.

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1/19/25/19



 Pearson Edexcel

Mark Scheme (Results)

June 2019

Pearson Edexcel GCSE
In Religious Studies B (1RB0/1B)
Paper 1: Area of Study 1- Religion and Ethics
Option 1B Christianity

Strategy 4

Break Down Topics

Breaking larger topics into smaller, more manageable sections for focused study. E.g. in science, look at BI, topic one.

How/why it works

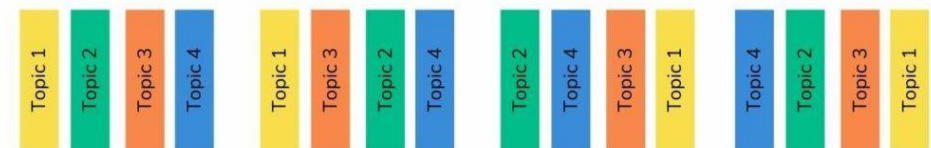
Facilitates chunking, making it easier for the brain to process and remember information in smaller bits. Repetition will get information into the long term memory.

Tip

Mixing up subjects or topics during study sessions boosts understanding.



Space out and interleave topics



Strategy 5

Use Technology Wisely

Incorporate recommended educational apps and online tools for interactive learning.

How/why it works

Provides instant feedback, reinforcing learning. Also provides video explanations to clarify understanding.

Tip

Check with your subject teachers which ones they recommend. The best ones test your understanding e.g. SENECA



Strategy 6

Mnemonics and Acronyms

Create a memorable phrase or acronym to recall a list or sequence.

How/why it works

Simplifies complex information into easy-to-remember formats.

Tip

Make it personal and funny to enhance recall. When you get into an exam note down your mnemonic so you know it's there.

Mnemonic for the Planets

My	→	Mercury
Very	→	Venus
Educated	→	Earth
Mother	→	Mars
Just	→	Jupiter
Served	→	Saturn
Us	→	Uranus
Nine	→	Neptune
Pizzas	→	Pluto

artofmemory.com

A	ALLITERATION
F	FACTS
O	OPINIONS
R	REPETITION
E	EMOTIVE LANGUAGE
S	STATISTICS
T	THREE (RULE OF)

© 2005 www.mindforlife.co.uk

B	- Brackets
I	- Indices
D	- Division
M	- Multiplication
A	- Addition
S	- Subtraction

Strategy 7

Create a Revision Timetable

Structuring a timetable to allocate time for different subjects and topics.

How/why it works

Establishes a routine, helping the brain to adapt to consistent study patterns. Using the spacing effect for better long-term retention by spacing out learning. Ensures that all topics are covered.

Tip

Be realistic with your schedule—plan short, focused study sessions with breaks in between to keep yourself productive and avoid burnout. Balance harder and easier topics to stay motivated! ChatGPT can be used to make a revision timetable very quickly.



Week commencing: _____

My Weekly Revision Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

Strategy 8

The Pomodoro Technique

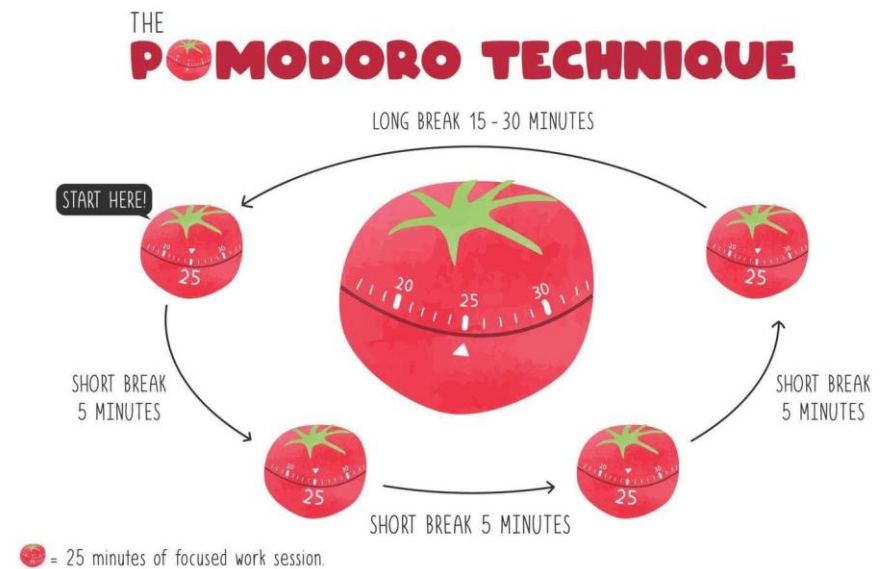
Set a timer for 25 minutes of focused study, followed by a 5-minute break. After 4 cycles, take a longer break.

How/why it works

Keeps your mind fresh and prevents fatigue.

Tip

Use a timer and stick to it! During each Pomodoro (25-minute study session), focus fully on your work - no distractions.



Strategy 9

Maintain a Healthy Lifestyle

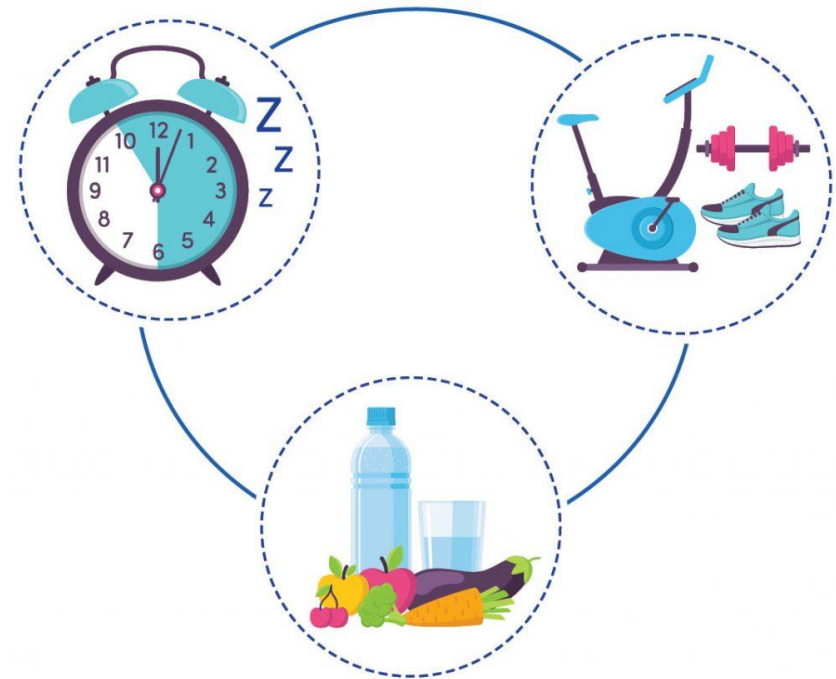
Incorporating regular exercise, a balanced diet and sufficient sleep.

How/why it works

Exercise boosts blood flow to the brain, supporting cognitive function. Nutrition provides essential brain nutrients, while adequate sleep is crucial for memory consolidation and cognitive performance.

Tip

Schedule short exercise breaks, eat nutritious meals to fuel your brain, and set a fixed sleep routine.



Strategy 10

Teaching Others

Explain a concept to someone else, using examples to clarify your points.

Why it works

Forces you to organise your thoughts and identify gaps in knowledge. If you can explain and justify something, you know it!

Tip

Use simple language to ensure you fully understand the topic.



Tips for Effective Revision

1. **Plan your time:** Create a realistic revision timetable.
2. **Prioritise topics:** Focus on areas where you feel less confident.
3. **Eliminate distractions:** Find a quiet space and put away your phone.
4. **Stay healthy:** Eat nutritious food, stay hydrated, and exercise regularly.
5. **Celebrate progress:** Reward yourself after completing study sessions.
6. If it's not **active** then it's not useful.

