**YMCA Y11 Parents Group**

**Top 6 Tips**

**Pinched from:** [**https://www.youtube.com/watch?v=CPxSzxylRCI**](https://www.youtube.com/watch?v=CPxSzxylRCI)

**ANSWER**

1. **No Cramming - Spaced practice**

Cramming doesn’t work! It’s better than nothing, but only just!

Space out the same number of hours and the regular retrieval will make your understanding embed in your long-term memory. Planning 4 hours separated by a few days between each hour is better than 5 hours of cramming!

1. **Interleaving**

Switch between topics! Don’t spend hours on one topic. 30 minutes then go onto something else. Encourages you to make links. Stops you becoming less productive

1. **Ask yourself questions**
* Start with your textbook
* Make a list of all the topics
* Go down the list and ask questions – what is it – how does it work? What impact does that have? What happened?
* Then use the class notes etc to write the answers
* It helps you to spot similarities and be able to explain how things work together

**Ask, Explain, Connect**

1. **Examples – use concrete examples**

Scarcity is an abstract – if we describe it as “the rarer something is, the more it costs” then that is still abstract and so hard to remember.

Write a concrete example (or draw *a concert ticket*) – the prompt helps you to remember the complex abstract concept. Ed Sheeran tickets last week, when no one could get one, were £260 for a £35 ticket at face value!)

1. **Dual Coding – Combine words and visuals (Not learning Styles)**

Learning styles are not the answer to revision!

Combine words and pictures/images. It gives you 2 mechanisms to remember. (Twice as likely to remember the prompt)

1. **Retrieval Practice**
* Put away all your notes
* Brainstorm everything that you know on a topic
* Then use your notes to concentrate on the bits you don’t know – This is where to start your revision (not going over what you already know to make yourself feel clever ;)

 (This trains your brain to do recall and retrieval) 