HOW DO I LEARN & REVISE EFFECTIVELY?

• Learning is the process of understanding information and being able to remember it over a long period of time.

• Revising is the process of revisiting information which you have already been taught to ensure that you have learned it and that you can easily use it in exams.

• To remember a lot of knowledge quickly, that knowledge needs to be securely stored in your long-term memory.

• To make sure knowledge goes into your long-term memory, stays there, and to make sure you can find it quickly, you need to spend time thinking hard about that knowledge in your working memory.

• This can only happen effectively if you have an environment that allows you to focus on task-relevant information and has minimal distractions.

● **Task-relevant information**
● **Task-irrelevant information**

ENVIRONMENT

ATTENTION

LONG TERM MEMORY

Learning

Remembering

WORKING MEMORY

FORGOTTEN