



# OFFLINE REVISION

Top Tips for Offline Revision

By: Amina Riaz

# Ineffective Revision

**Re-reading, Summarising/Making notes and Highlighting** are the most commonly used methods to revise.

However, large number of studies have shown that these are the **least effective** methods to revise.

# RE-READING



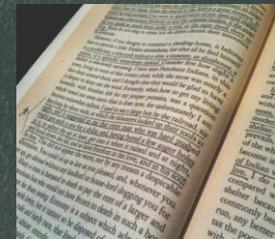
"A wealth of research has shown that passive repetitive reading produces little or no benefits for learning.

Yet not only was repetitive reading the most frequently listed strategy, it was also the strategy most often listed by students' number one choice, by a large margin."

By: Professor Dunlosky



# HIGHLIGHTING/UNDERLINING

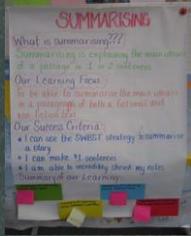


" On the basis of available evidence, we rate highlighting and underlining as having low utility...

In most situations... highlighting does little as boost performance...

It may actually hurt performance on higher-level tasks that require inference making."

By: Professor Dunlosky



# SUMMARISING/MAKING NOTES



"On the basis of the available evidence, we rate summarization as low utility.

It can be an effective learning strategy for learners who are already skilled at summarising; however, many learners (including children, high school students and even some undergraduates) will require extensive training, which makes this strategy less feasible."

By: Professor Dunlosky

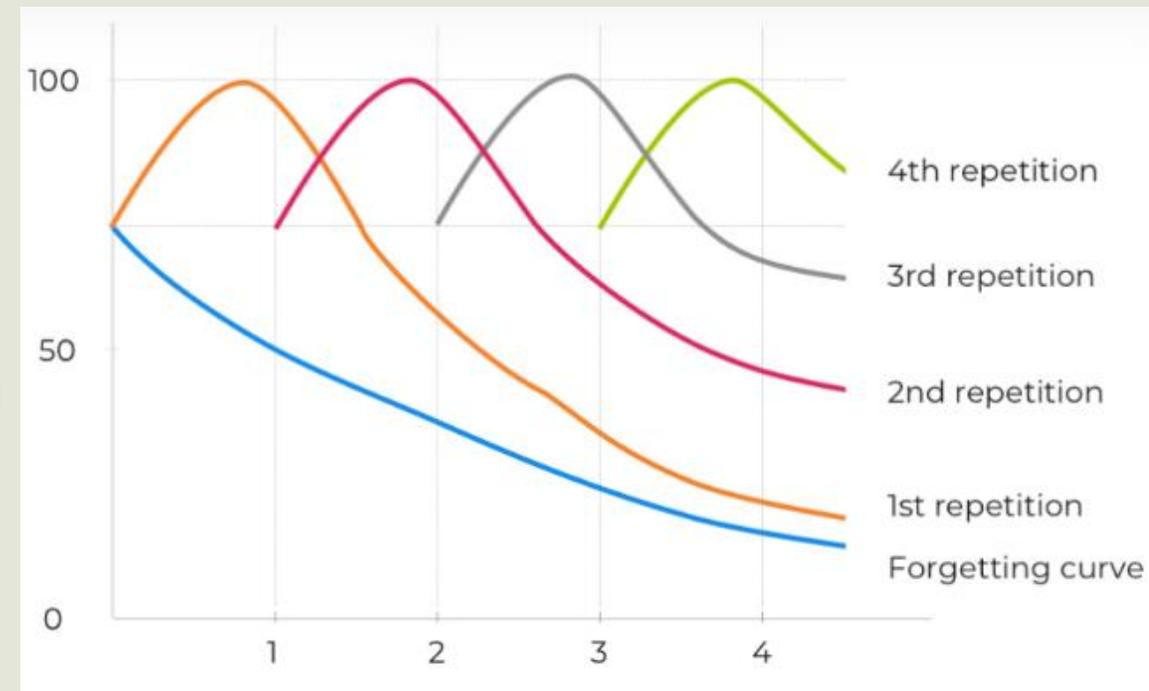
# ACTIVE RECALL AND SPACED REPETITION

**Active Recall** and **Space Repetition** are the most effective methods to revise.

**Active Recall works** because it is based on the principle that in order to learn and remember your material, you need to stimulate your brain to **recall** something from your long-term memory.

**Spaced Repetition works** because repeating information over spaced intervals is more difficult, and this greater effort enhances your ability to remember the information later. Spaced repetition should be done using **ACTIVE RECALL**.

Scientific evidence can be seen in the picture shown on the right.



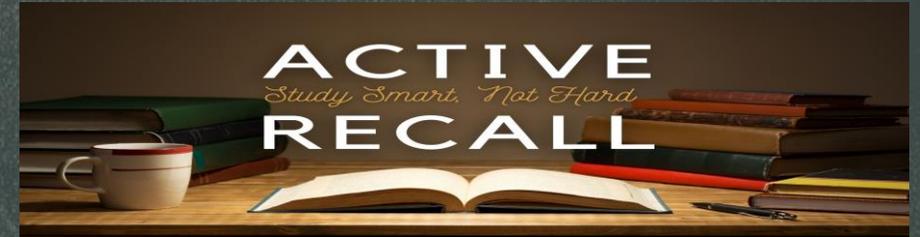
# WHAT IS ACTIVE RECALL?

- **Active recall** involves retrieving information from memory through, essentially, testing yourself at every stage of the revision process.
- **Active recall** is an efficient way of moving information from short-term to long-term memory so that you can easily draw on it again when you need it most, such as for an assessment or exam.





# EVIDENCE



"We rate practice testing as having high utility. Practice testing is not particularly time intensive relative to other techniques and it can be implemented with minimal training. Finally, several studies have provided evidence for the efficacy of practice testing in representative educational contexts."

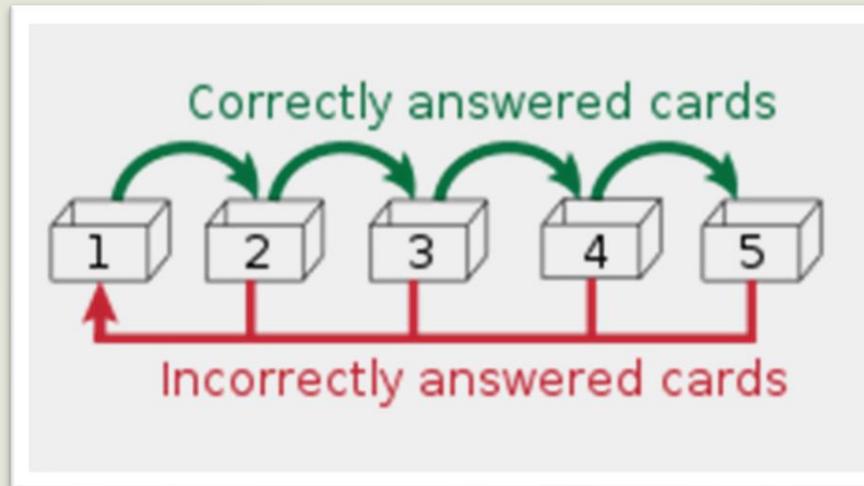
By: Professor Dunlosky

# HOW CAN YOU USE ACTIVE RECALL

- PRACTICE EXAM QUESTIONS



- SPACED REPITION



- FLASHCARDS



**THANK YOU FOR  
READING!** \*IF YOU MADE IT SO FAR \*