

Active Revision to Improve Learning

If you want to learn information and remember it, you need to actively engage with the material. Simply reading, or re-reading texts, passively listening to lectures or looking over your notes is not actively engaging. You want to build meaning and make connections.

Active ways to engage:



Create a quiz or questions



Explain the material - to someone or something



Create concept maps, diagrams, flowcharts



Summarise what you read - from memory!



Create flash cards to test yourself



Use post-its with main points & details

Don't forget, your brain is working hard.
Help it to learn.

Your brain needs:



Oxygen



Hydration



Food



Exercise



Sleep