

## **Principals of Revision**

### **1. Concrete Examples**

Using specific, relatable examples to illustrate concepts helps anchor abstract ideas. For instance, instead of just explaining a scientific principle, you could describe a real-world application or a common scenario where it applies.

### **2. Interleaving**

This technique involves mixing different subjects or topics during study sessions rather than focusing on one at a time. For example, studying math problems interspersed with history questions can enhance problem-solving skills and retention by forcing the brain to switch contexts.

### **3. Dual Coding**

Combining verbal and visual information enhances memory. For instance, when studying a biology topic, you might use diagrams alongside written notes. This approach leverages both the verbal and visual channels in the brain for better understanding and recall.

### **4. Elaboration**

This involves explaining and expanding on ideas in your own words, connecting new information to what you already know. For example, when learning about a historical event, you could discuss its causes and implications, linking it to related topics you've studied.

### **5. Retrieval Practice**

Actively recalling information strengthens memory. Techniques include using flashcards, quizzes, or practice tests. For instance, after studying a chapter, you might close your notes and write down everything you remember, checking for accuracy afterward.

### **6. Spacing It Out**

Distributing study sessions over time, rather than cramming, enhances long-term retention. For example, studying a topic for 30 minutes each day over a week is more effective than studying for three hours in one day. This technique helps reinforce learning and reduce cognitive overload.