

Duke's Secondary



3 Steps to  
Effective Examination Preparation



**Revise**



Space out your  
learning on a  
subject



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## 3 Steps to Effective Examination Preparation



# Revise



Spacing out your learning over time is far more effective than last-minute cramming. This is based on research into how we forget and how we remember. The speed at which we forget something will depend on many factors such as the difficulty of the material, how meaningful it was to us, how we learned it and how frequently we relearn or remember it. The last factor tells us that when we learn something for the first time, we need to review it quickly afterwards. The more times we force ourselves to remember something, the longer the gap between reviews.