Useful Revision Strategies

Pomodoro Technique

- The Pomodoro Technique is a time management method designed to boost productivity by breaking work into 25-minute, focused intervals - called "pomodoros" - separated by 5-minute breaks.
- Developed in the 1980s by Francesco Cirillo, it uses a timer to help users stay focused and avoid burnout.
- “Pomodoro” means ‘tomato’ in Italian, and refers to old-fashion kitchen timers often shaped as tomatoes
- If you use your phone as a timer, you have to be self-disciplined to not look at it – if you think you will struggle, buy a cheap timer – maybe even a pomodoro tomato kitchen timer!
- How to Use the Pomodoro Technique:
    - Choose a task: Select a single task to focus on.
    - Set a timer: Set it for 25 minutes.
    - Work intensely: Work on the task, uninterrupted, until the timer rings.
    - Take a short break: Take a 5-minute break (e.g., stretch, get water).
    - Repeat: Repeat the process.
    - Reset: After four "pomodoros," take a longer break (15–30 minutes)

Use Flashcards with The Leitner method



- Flashcards should be simple and effective with a key term on one side, and its definition on the other
- Flashcards should not have lots of words on them (just make notes on normal paper for that!)
- All flashcards start in the first box of your Knowledge Organiser
- Work with a friend or family member and use your flashcards for quizzing
- When confident with the vocabulary you can move the card into the second box, then the third.
- If you are not confident with the vocabulary it goes back into the first box.
- This uses the idea of spaced repetition

Mind Map

- Write your mind map subject in the centre of your page – choose a sub-topic, never a full unit as otherwise you will almost definitely run out of space!
- Add key ideas to your mind map by writing their headings on the page and drawing a connecting line between them and your main heading.
- Use images and key words.
- Link new content to your current mind map.
- Use different colours, font or size to highlight important content.
- Add extra connecting lines and colour coding to link content



Flip and Fold Method

- Copy one topic from your Knowledge Organiser onto one side of A4 paper
- Close or put our Knowledge Organiser away
- Fold your A4 paper in half and on one side, create a detailed spider diagram based on your notes
- Fold in half again
- On one side, use your spider diagram to create a detailed key word glossary with definitions
- On the other side, draw visual cues and pictures to represent the topic