



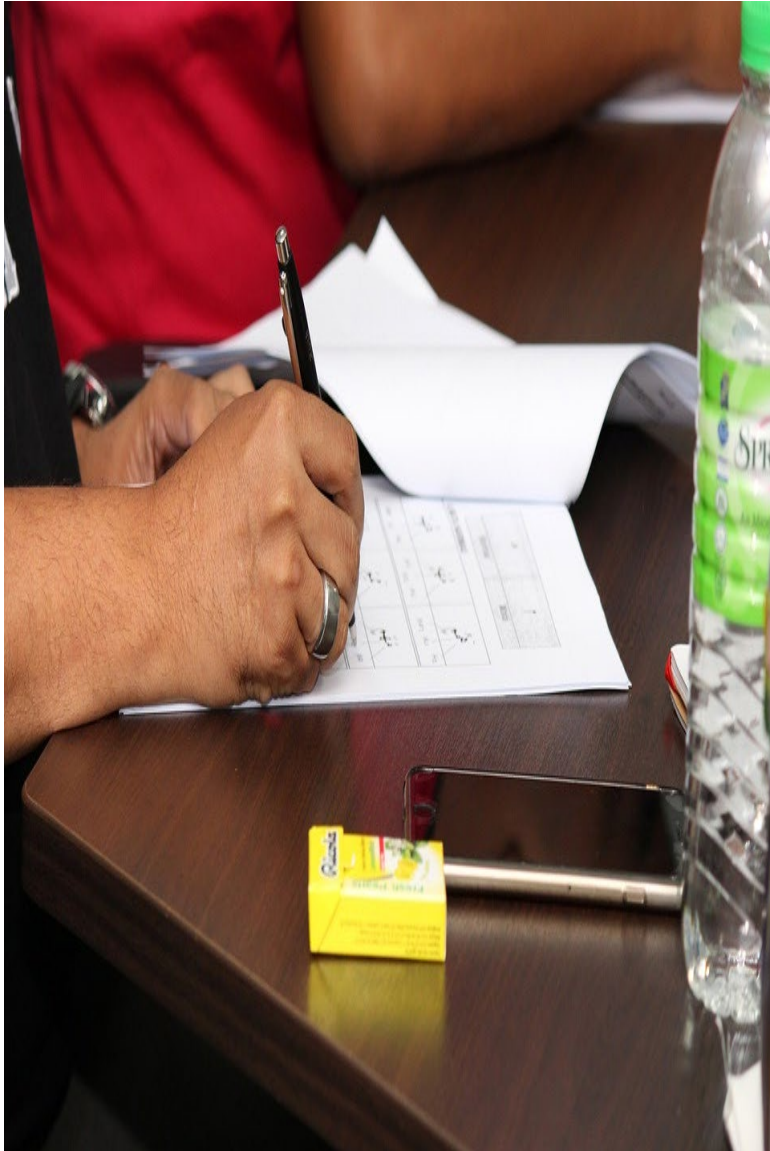
Effective Research, Revision and Study Skills

Graded Unit

Research Skills

- ♦ Identify your research question
- ♦ Develop a research strategy
- ♦ Find sources of information
- ♦ Evaluate the credibility of sources
- ♦ Take effective notes
- ♦ Use citation tools





Revision Skills

- ♦ Create a revision schedule
- ♦ Organize your study space
- ♦ Use active recall techniques
- ♦ Take short breaks
- ♦ Get enough sleep
- ♦ Practice past papers

Revision Skills: Active Recall Techniques



Active recall is the process of recalling information from memory rather than passive review

It can be done through flashcards, quizzing yourself, or reciting information from memory

Active recall helps strengthen neural connections and improve long-term retention of information

Recalling Information Techniques



Flashcards are a popular active recall technique where key information is written on one side of a card, and the corresponding information is written on the other side

Quizzing yourself is another effective technique where you actively recall information from memory

Place posters and notes around bedroom / house

Reciting information from memory, especially in your own words, helps to embed information in your memory

Active recall techniques are an important part of any successful study plan

Study Skills



Manage your time effectively



Use active learning techniques



Collaborate with other students



Take advantage of resources



Stay motivated and focused



Practice self-care

Apply What You Have Learned

