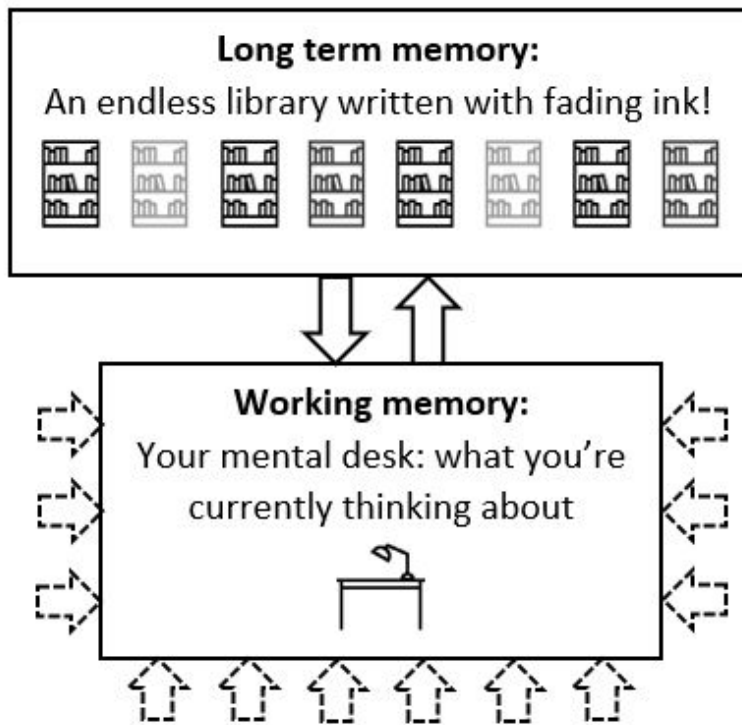


Where should I work and revise?

When you revise effectively, you pull information from your long term memory and strengthen it in your working memory. You may also be finding gaps in your long term memory and closing them by thinking hard about new information in your working memory.

Your working memory can only hold a small amount of information at once. In order to revise and learn effectively, you should use techniques which stop your working memory from becoming overwhelmed.

Anything that you are currently experiencing or paying attention to takes up space in your working memory. One way that you can free up space in your working memory is by working in an environment which is free from distractions.



When creating a space to revise...

Do:

- ✓ ...work in a tidy environment where you have the tools you need to revise effectively.
- ✓ ...work in a quiet environment.
- ✓ ...put your phone in another room or use an app on your which blocks social media.
- ✓ ...work in a space which you only use for home study, schoolwork or revision.

Don't:

- X ...work in a cluttered environment.
- X ...distract yourself with (loud) music or noise.
- X ...work near your phone or other devices which can access social media.
- X ...work in the same space where you relax.

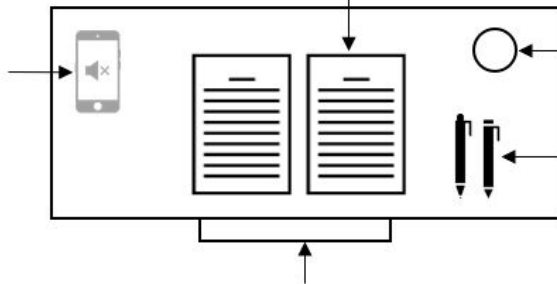
An example of an effective revision space:



A quiet environment, such as a classroom or library

The resources you will need to revise using your chosen method

Put your phone on silent if you will need to use it or put it in another room.



A drink, such as a glass of water

The pens and pencils you will need to revise

A chair which is similar to the chair you use at school (not a sofa or bed)

Where do you normally do your home study and your revision?

Use the scorecard below to rate the quality of your learning environment:

| | /1 |
|---|----|
| My chosen environment is quiet (e.g. There is no music playing and there are no conversations happening in the background.). | |
| I am unlikely to be disturbed in my chosen environment (e.g. It is unlikely that I will be asked to move so the table can be used for something else.). | |
| I only use my chosen environment for home study or revision. | |
| I don't have my phone with me while I complete my home study. | |
| I don't have other possible distractions near me when I complete my home study (e.g. games consoles). | |
| I use a desk which is similar to the desk I use in lessons. | |
| I have an office chair or a chair which is similar to the chairs I use in lesson (not a sofa or bed). | |
| I usually have the equipment I need with me when I complete home study (e.g. a computer) | |

| | |
|------------|---|
| 6-8 | <p>This is likely to be a positive learning environment. Working in this environment will allow you complete your home study and revision effectively and efficiently. In theory, this will mean that you will have more time for yourself to relax.</p> |
| 3-5 | <p>This is likely to be a reasonably positive learning environment. However, it is still likely that you will be distracted while you are completing home study and revision. This will mean that it may take you longer to complete home study and you may need to complete more independent revision than expected in order to be successful.</p> <p>You should make some tweaks to your learning environment and, if these tweaks aren't possible, you should attend study base.</p> |
| 0-2 | <p>This likely to be an ineffective learning environment. Working in this environment may mean that you have to spend a lot more time to complete your home study and revision. It may also mean that you complete your home study and revision to a much lower quality, meaning you will have to do more revision in order to be successful.</p> <p>You should make some major changes to your learning environment and/or attend study base.</p> |

Give one improvement which you are going to make to your learning environment to make it more effective:
