

# Year 11: GCSE revision



NATIONAL  
CHURCH OF ENGLAND  
ACADEMY

## The top tips for using your brain effectively.

1. **Repetition:** information is more likely to be stored in your long term memory if it is repeated. Base your revision around repeating key information;
2. **Spaced repetition:** increase the amount of time between repetitions: a few minutes; a couple of days; a week. This will help your brain remember;
3. **Take regular breaks:** for every 20 minutes, give yourself a 5 minute break to allow your brain to digest and sort the information.

