**Self-assessment**

Start your revision with a self-assessment of what you already confidently know, what you need to review and what you need to cover again.

<table>
<thead>
<tr>
<th>Section C: Physical landscapes in the UK</th>
<th>Part A - Coasts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content</td>
<td>Key words / skills</td>
</tr>
<tr>
<td>Physical landscapes of the UK</td>
<td>Coastal types, erosion, deposition, headlands, beaches, sand, dunes, spit, and sandbars.</td>
</tr>
<tr>
<td>Coastal processes</td>
<td>Erosion, deposition, headlands, and spits, and wave action.</td>
</tr>
<tr>
<td>Rivers</td>
<td>Deposition, headlands, and spits, and wave action.</td>
</tr>
<tr>
<td>Ecosystems</td>
<td>Management strategies, and the impacts of coastal hazards.</td>
</tr>
<tr>
<td>Hazards</td>
<td></td>
</tr>
</tbody>
</table>

**How to use in Geography**

Use the topic AFL grids to review your RAG ratings from the end of each topic.

As you plan your revision prioritise the red content first, review the amber next and leave the green content until last. Thus ensuring you focus on the content you struggled with first.

**Be Organised**

Distributed revision and interleaving of topics (switching between topics) is proven to have high impact on memory.

Create yourself a revision plan, not just for Geography, include all of your subjects.

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geog</td>
<td>Textiles</td>
<td>English Lit</td>
<td>English Lan</td>
<td>Comp Sci</td>
</tr>
<tr>
<td>Maths</td>
<td>French</td>
<td>Bio</td>
<td>Chem</td>
<td>Phys</td>
</tr>
</tbody>
</table>

Then break down the subject into topics, try interleaving the topics so you switch between topics rather than blocking each topic and not coming back to it for some time.
Chunked Revision

Try not to revise all topics in one go. Break topics up into chunks by using your AfL topic grids.

**Chunking**

Try spending just 15 minutes at a time on each topic ‘chunk’, after which move onto a different topic ‘chunk’ for another 15 minutes. Repeat over a one-hour period.

You can later self-test using one of the following methods.

**LINKS**

- Video about interleaving and chunking

How to use in Geography

Use the topic AfL grids to break down the topics into ‘chunks’.

Prioritise those you feel least confident with. Revise these for 15-minute chunks (4 chunks = 1 hour).

Create a quiz using your revision notes. Complete the quiz several days later. Dependent on how well you do, either add the topic to your next revision session or store your notes for future revision.

Flashcards

Probably the simplest of methods to help you to recall knowledge.

Create cards with questions on one side and answers on the other. You may choose to colour code your cards based on topic or content.

For example, you may want to make all of the cards associated with physical processes blue, case study content yellow, key terms green and so on.

You may want to try using the Leitner Method, which involves spaced repetition. You can find more information on the method in the video here.

**LINKS**

- Quizlet

How to use in Geography

- **Key Terms** – test your knowledge of definitions and examples
- **Case Studies** – revise the facts, stats and specifics
- **Processes** – draw a diagram and write a description
- **Narrative** – create to show the formation of landforms, order of events, such as the cause, consequence and response to hazards
- **Command terms** – command term and description

Revision Clock

This method involves you breaking your topic down over a 1 hour period.

You’ll need an A3 sheet and a clock image in the centre.

Split the sheet into 5 or 10-minute chunks.

Give each section a focus from the topic.

Spend no longer than the time designated to each section on that part of the topic.

**LINKS**

- Revision Clock Template

How to use in Geography

- **Key Terms**
- **Case Studies**
- **Processes**
- **Narrative**
- **Command terms**
**Visual Revision**

This method involves you transforming your notes into a visual format. Whether this be putting the subject content into a graphic organiser such as a Venn diagram, a mind map, chain diagram, infographic or a sequential thinking model, the key idea is to make it visual to allow you to draw links between stages, content and images.

When you have the same information in words and visuals it gives you two ways of remembering the information later on.

**How to use in Geography**

- **Venn diagrams** - compare and contrast e.g. consequences of a hazard in an LIC/NEE and HIC
- **Flow or chain diagram** – outline a process or sequence e.g. formation of a landform, cause and consequences of an event
- **Mind Map** – organise and link content
- **Infographic** – use to summarise key points e.g. case study facts, stat and specifics
- **Storyboard** – narrative e.g. cause and consequence of an event, factors influencing migration etc.

**Retrieval Practice**

This method involves testing what you know. The effort to remember something helps to strengthen your memory.

- Create quizzes to test yourself and your friends. Types of quizzes may include multiple choice, true or false or odd one out.
- Try writing down all that you remember on a topic before reviewing your notes.

**How to use in Geography**

- **Spaced** - Test on old and new subject content
- **Must know** - Use to create ‘must know’ quizzes
- **Examples** – ‘Give two examples of...’
- **Case studies** – ‘identify the cause of...’, ‘2 impacts of...’

**Elaborate Integration**

This method involves you looking at the bigger picture of your learning in order to ask why. As you review content, come up with questions that you could try to prove as true. Then answer them either verbally with friends or write it down as a mind map.

This will require you to try to think about how information is related to the central idea. Therefore, rather than trying to learn individual facts and ideas you think about the concept or idea on a much larger scale.

**How to use in Geography**

Take a question or concept from the exam specification and write it down. e.g. Globalisation is unstoppable. Write down how you can prove this as true but also consider the counterargument.
Review. Practice. Check.

This method requires you to make use of exam style questions, whether they be past paper questions, sample paper questions or exam style questions created by your teacher.

Start by reviewing subject content. Choose what to revise based upon your self-assessment at the end of each topic.

Apply what you reviewed to suitable exam questions.

Finally check your answer/s, use the mark scheme to self-assess. Then if it’s not perfect re-draft; this can be done immediately or at a later date.

You may choose to complete each stage within a one-hour session.

How to use in Geography

1. Use a model answer from the teacher, pull it apart and identify the key parts. Then answer a similar question and try to replicate.
2. Review content then complete practice questions in timed conditions. Afterwards use your notes to correct / improve your answer. A week later, redo a similar question or repeat as necessary.

Geog your Memory

This method involves downloading or making your own sheets that encourage you to recall and retrieve prior knowledge.

Each sheet should have 5 sections to it that require your recall subject content and make use of it in different ways such as draw & label a diagram, define key terms, list something, describe a pattern and explain something.

How to use in Geography

Break the topic up into 5 bitesize chunks.

Complete a sheet in 5-10 minutes max.

The example shown asks you to
1. Define primary impacts and secondary impacts
2. Describe the pattern of earthquakes,
3. Draw and label the features of volcano,
4. Explain the role of convection currents in plate tectonic theory
5. Evaluate the effectiveness of response to a tectonic hazard you have studied
This method involves you creating a summary of the topics into just the ‘need to know’ information. Forget the fluff. What must you really know?

There are plenty of readymade examples out there which you can make use of to create other revision materials or you can create your own from scratch.

Try duel coding – this means you put your knowledge into words and images. This increases your chances of remembering it.

**How to use in Geography**

**Readymade**

**Fill in the blanks**

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**FINALLY...**

**REMEMBER TO EAT,**

**SLEEP,**

**EXERCISE**

& **SMILE 😊**