



STANLEY HIGH SCHOOL
SUCCESS FOR ALL



Spaced Repetition

Preparing for success





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Activity	Date
Monday 9th June	Launch assembly with Mrs Kelly - Teams
Tuesday 10th June	How to make a revision timetable – PowerPoint to be delivered by Form Tutors
Wednesday 11th June	Highly effective revision strategies (Spaced revision) – PowerPoint to be delivered by Form Tutors
Thursday 12th June	Highly effective revision strategies (Flash cards) – PowerPoint to be delivered by Form Tutors
Friday 13th June	Highly effective revision strategies (Exam questions) – PowerPoint to be delivered by Form Tutors
Monday 16th June	Highly effective revision strategies (The Feynman technique) – PowerPoint to be delivered by Form Tutors
Tuesday 17th June	Independent study using one of the highly effective revision strategies - English
Wednesday 18th June	Independent study using one of the highly effective revision strategies - Maths
Thursday 19th June	Exam protocol assembly with Mrs Goodier – In person
Friday 20th June	Independent study using one of the highly effective revision strategies – Science



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What is spaced repetition?

It is a scientifically proven method, used to boost your memory.

It trains your brain to retrieve the information so that it can be found more easily in the future. This is called active recall.



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How can this boost my revision?

You will remember
more!

It is far more effective
than doing one big
revision session
before an exam.





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How does it work?

- 1. Straight after a lesson (in the evening) –
Summarise the key learning points in
your own words.**





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How does it work?

2. The next day – use active recall to test yourself without looking at your notes.





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How does it work?

3. Three days later – test yourself again. You could try explaining everything to a friend or family member or apply your learning by completing an exam question.





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How does it work?

4. One week later – Keep testing yourself to identify what you are struggling with the most. This is what you must focus on.

This is one strategy that students like you are using to boost their grades.