

# Framework

Adding structure to your learning

Loci Method

A-Z

Top 10

RAG rate - & start where you are least confident

Revision Planner

Test Questions

Stories & Rhymes

# Imagery

Turning all those words into brain-friendly visual language

Post Its

Pictures for the Wall

Mindmaps

Visualisation

Lock Screen/desk top

Flash Cards

## FIRM Learning

# Repeated

Little and often and in a variety of ways

20 min chunks

Regular reviews

Get tested frequently

Take a day off!

Use several different methods to

Spaced intervals

revise the same material

# Memorable

Engaging the Heart as well as the Head

Work with friends

Make learning into a game

Use Apps

Compete and Quiz

Mnemonics

Silly = good learning