

How to revise effectively?

The very word 'revise' used to give me goose bumps throughout my entire student life. I don't know why but I somehow irked at the very thought of revising any topic. Now, I realize that my feelings were a mix of both lethargy and nervousness. I felt bored because I knew that I would have to go a topic that I have already studied all over again. And, I used to get nervous thinking that I may find I don't even remember a wee bit of what I had studied. Whatever it may be, one cannot simply ignore the importance of revising topics. The more we revise the better we tend to know the subject, and this increases our chances of doing well in the examinations.

The best way to revise is to conduct group study. This is a nice way of doing away with the lethargic feeling. Once you know your friends are also studying the same topic it becomes much easier. I used to do the same. After selecting the topic to be revised, it is pertinent to understand the topic carefully. Find out the main concept, the key points that are to be remembered. Highlight them and start reading the entire note with maximum concentration. You may use bullets, mnemonics and patterned notes to jot down the theme and the main points. Creating mind maps also helps to build the logic behind how a note develops. Remember that it is mandatory to be well organized whenever you are revising anything.

Since you are revising a topic, it is only natural for you to be familiar with the subject, if not remember it entirely. You will see that it is easier to memorize if you can manage to get a grip over the subject. Students often make the mistake of trying to memorize the entire note all at one go. I always followed a different method of memorizing one paragraph at a time. In fact, I used to test myself after learning each paragraph. Even after you have moved on to the second paragraph, do make it a point to come back to the first paragraph and test your memory. If you proceed paragraph wise, then you will see that learning becomes much easier. Repetition is one thing that most students avoid because they do not like to spend adequate time for a specific note, and they are in a hurry to complete everything. Remember that the more you repeat the more you will remember.

I knew that even if I was revising a topic for the second time there were high chances of me forgetting it after a certain period of time. Hence, it goes without saying that it is very important to re-revise the same topic over and over again. However, this requires a careful strategy. I remember maintaining a revision diary back in my college days, in order to make sure that I came to the same topic at regular intervals. As my exam days approached I used to make sure that the intervals of re-revising each topic were lessened. For example, if my first revision was a month later, then the second time would be a fortnight later and the third time would probably be a week later.

Students must ensure that they sit for studies in a cool calm place, away from any kind of disturbance. Not all of us like to study and therefore, concentration becomes a big issue. We tend to get distracted from even the slightest disturbance. Depending on one's comfort level, you may select the night time or early morning as an ideal time for revising. I will advise all students out there to strictly stick to the routine that they have planned out for the revision schedule. If you do not have a proper timetable then things will go awry and the day before the examination you may find that you don't remember an iota of all that you had mugged up. Proper planning is the only way to academic success.

I remember consulting previous years' question papers thoroughly as they gave an idea of what sort of questions I could expect for my examinations. Students, you must make it a point to practice past papers. At the end of all this, I must confess that I used to feel saturated at

times and my brain used to get jammed when I could accommodate no more. This must be happening to all of you out there as well. Whenever you feel jammed, you must know you need a break. Simply relax, chat with your friends, family members or watch television. When you feel relaxed you can get back to studies again. Here's wishing you all the luck!