

How to Actually Revise

5th Grade

Four methods that work, and the two that feel productive but are not.

WORKS

- Self-testing — cover it and recall
- Spacing — short sessions over days
- Explaining it out loud to someone
- Mixing topics rather than blocking
- Writing questions, then answering them

FEELS LIKE WORK

- Re-reading the same page
- Highlighting large chunks
- Copying notes out neatly
- Cramming the night before
- Having the book open nearby

THE DIFFERENCE THAT MATTERS

If it feels easy, you are probably recognising rather than remembering. Struggling to recall is what builds memory.

Twenty minutes a day for five days beats two hours the night before. Every study on this agrees.