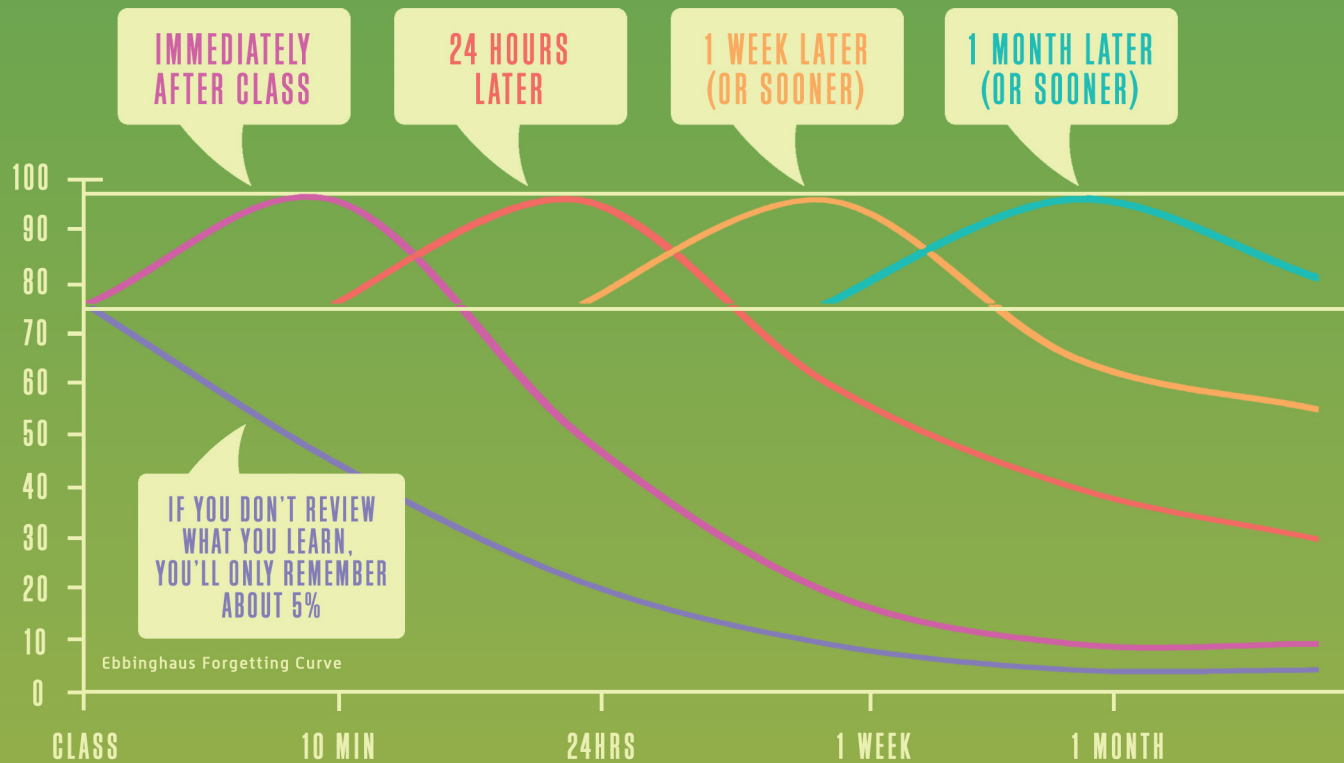




# YOU'LL FORGET THIS IN 24 HOURS!

Did you know that you forget 80% of what you learn in the first 24 hours?  
This is why cramming for exams doesn't work!



It is proven that by reviewing what you've learnt at regular intervals, you can reduce how much you forget to just 10%.

Review your work 4 times within a month and you'll remember nearly 100%

## HOW TO REVIEW

Vary your activities to maximise your memory's power.

### IMMEDIATELY AFTER CLASS

#### Mind Mapping

Watch GCSEPod and write down all the key words. Now from memory, fill in as much information as you can remember.

### 4 HOURS LATER

#### Review Maps

Cover your mind map and see how much you can remember. Highlight the information you couldn't remember and revise it.

### 1 WEEK LATER

#### Memory Cards

With a friend, create your own question cards with answers on the reverse and then test each other's knowledge.

### 1 MONTH LATER

#### Past Papers

Watch GCSEPod again and practice past paper questions.



GCSEPod videos are perfect for reviewing your knowledge.  
They're short, fun and can be watched anywhere.

