

Remove The Comfort Blankets



Research says that the following strategies are ineffective:

Top 2 revision strategies.....

Practice testing	Self-testing or taking practice tests revision material	1 - High
Long term Revising (Distributed practice)	Implementing a schedule of practice that spreads out study activities over time	1 - High

Using highlighters WELL



Just highlighting text does not work, unless you are going to do something with it!

Use the highlighters to pick out the key information so we can write it on the card in a simplified form

Top tips

Once you have highlighted the main points in a specific color and back-up information with another, you should use the highlighted words to **create outlines or practice tests, flashcards, mind maps etc.**

Re-reading whilst creating notes is a good way to consolidate learning

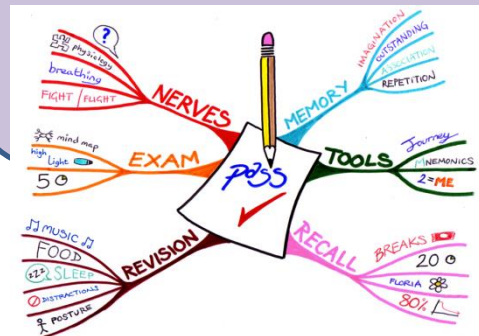
Why do we take notes?

- To help us pay attention to what is important
- To trigger memories
- As a resources for review and reference
- Can be better than a text book
- Fit you
- Are clear
- Relate to things you have already learnt

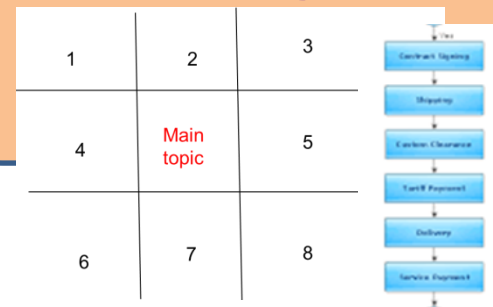
Bullet points, list style

- 1
- 2
- 3

Mind map



Grid Method
Or flow diagram



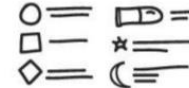


6 fundamentals of Visual Notetaking

(1.) Letters

abcd...

(2.) Bullets



(3.) Frames



(4.) Connectors



(5.) Shadows



(6.) Peeps



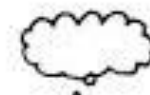
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VISUAL ELEMENTS

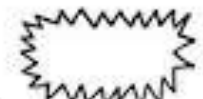
THINGS YOU CAN DRAW TO CONNECT IDEAS



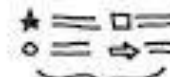
SPEECH BALLOONS



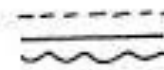
THOUGHT BUBBLES



CAPTIONS



BULLETS



LINES



ARROWS

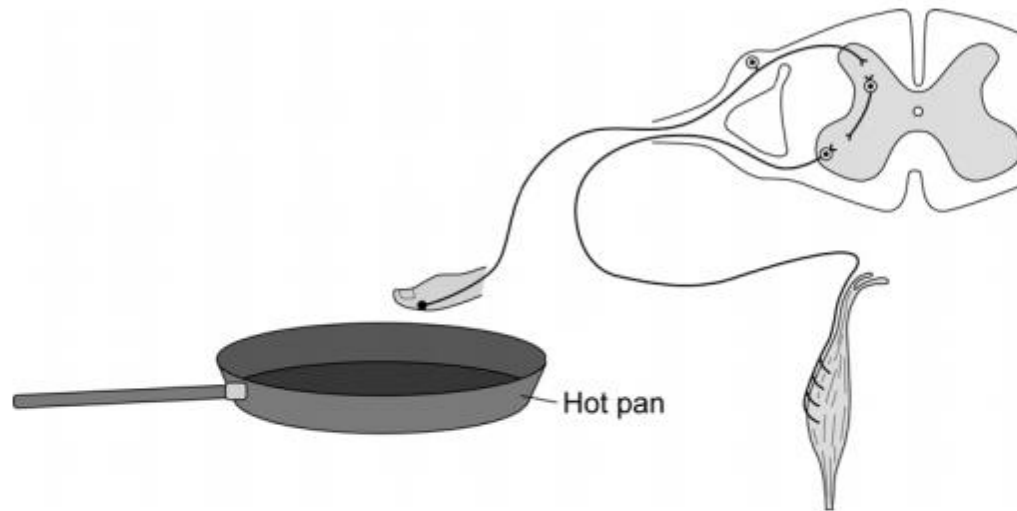
- Adding doodles and sketches can help your notes be more memorable
- More fun and visually stimulating

8

A person accidentally touches a hot pan.

Her hand automatically moves away from the pan.

The diagram shows the structures involved in this action.



8 (a)

Describe fully how the structures shown in the diagram bring about this reflex action.

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(6 marks)

Video Note-Taking Tips



- **Ask yourself why you are watching the particular video, w** to learn from watching it?
- **Watch the video once** just looking for and noting on paper what categories of notes seem relevant to include. For example, are there directions, main ideas or key concepts or key points, or examples? Does the presenter ask or imply certain questions? Is there a surprising piece of information? Are there tips? Are steps presented?

<https://www.youtube.com/watch?v=pseuwtPApXs>

Use this space to take notes in the method of your choice

Bullet points, list style

- 1
- 2
- 3

Mind map



Grid Method
Or flow diagram

1	2	3	4
4	Main topic	5	6
6	7	8	9

Below the grid is a vertical list of blue buttons labeled 'Main topic', 'Sub-topic', and 'Detail'.



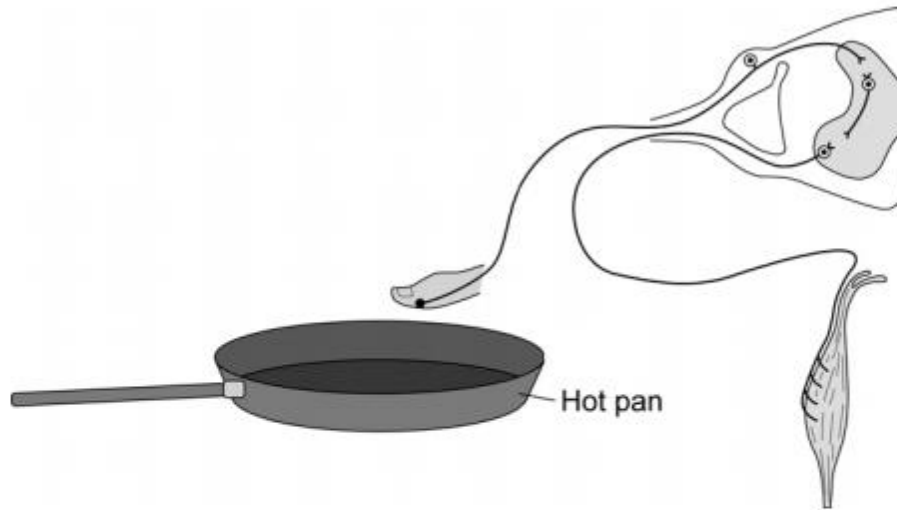
- **Watch the video a second time**, trying to summarize or encapsulate the most important parts. Begin each note with a label that describes it, e.g. *Objective, Main Idea, Supporting idea, Example, Evidence, Presenter question*,
- **If you think you missed something**, in the note indicate that, for example, with four dots "...". If you are confused about something, in the note indicate that, for example with an "*" or a "?".
- **Abbreviate words to write more in less time**, e.g. *wrtg* for "writing", *w/* for "with", *org* for "organization", etc.
- **Don't worry about spelling.**
- **Note-taking improves with practice.**
- **You could use another colour to add more detail to you main points**

8

A person accidentally touches a hot pan.

Her hand automatically moves away from the pan.

The diagram shows the structures involved in this action.



Using your notes have ago at answering the exam question

8 (a) Describe fully how the structures shown in the diagram bring about this reflex action.

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(6 marks)

question	answers	extra information	mark
8(a)	stimulus / heat detected by temperature receptors in skin impulses travel along sensory neurone to spinal cord / CNS chemical transmission across synapse via relay neurone impulses to muscle / effector via motor neurone muscle / effector contracts, moving the hand away		1 1 1 1 1 1

<https://www.bbc.com/education/guides/zkdnb9q/revision>



How did you do?

The nervous system

1 Which type of neurone transmits a signal from a sense organ to the central nervous system?

- Sensory
- Relay
- Motor

2 Which type of neurone transmits a signal from the central nervous system to an effector such as a muscle?

- Sensory
- Relay
- Motor

3 What is a synapse?

- A type of reflex action
- A gap between two neurones
- The long fibre in a nerve cell

4 Which part of the nervous system is *not* involved in producing reflex actions?

- Brain
- Spinal cord
- Receptors

Test yourself Quizzing



5 Which of these is not a reflex response?

- Moving a hand off something hot
- Sneezing
- Picking up a book