

2

MEMORISE NOTES



BY THE END OF THIS PHASE YOU SHOULD NOT HAVE ANY MUSIC AS YOU WORK.



YOU SHOULD HAVE COMPLETED THIS AT LEAST 3 WEEKS BEFORE YOUR EXAM

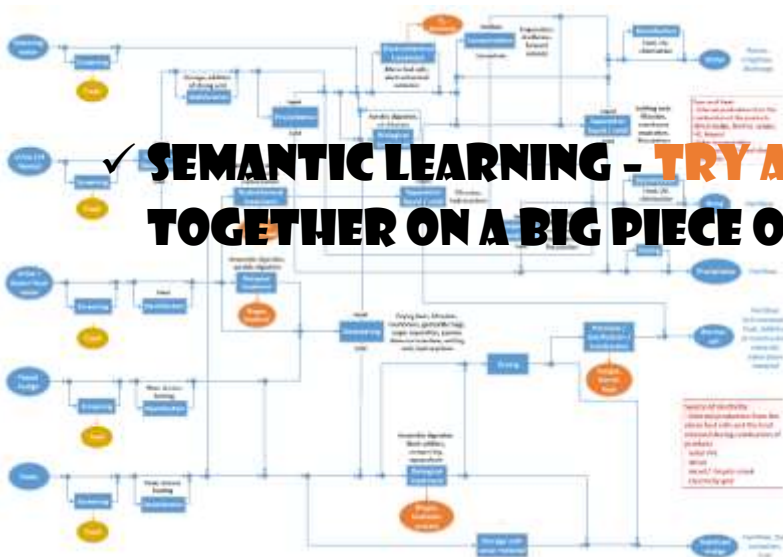
- ✓ **ENCODING - RECALL INFORMATION IN DIFFERENT WAYS E.G. TRY AND WRITE DOWN EVERYTHING YOU CAN REMEMBER ABOUT X ON A WIPER BOARD**



- ✓ **TEACHING IS LEARNING - SAY IT OUT LOUD, EXPLAIN IT TO A FRIEND, PARENT A PET**



- ✓ **SEMANTIC LEARNING - TRY AND LINK TOPICS TOGETHER ON A BIG PIECE OF PAPER**



- ✓ **REMOVE ALL DISTRACTIONS - ESPECIALLY YOUR PHONE, TRY THE FOREST APP, SELF-CONTROL APP**



RESIST!



NOW YOU ARE READY FOR PHASE 3