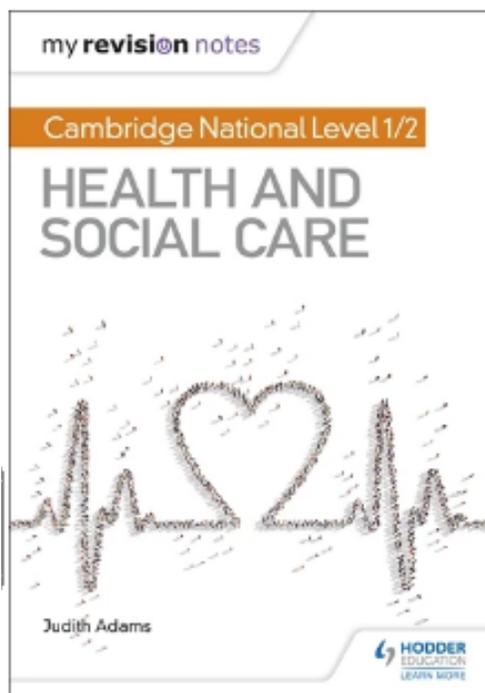




Revision hints for Health and Social Care!

Try these evidence-based and effective methods!



The revision guide is a good place to start - it has great summaries of the content you will need to know for the exam in June.

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We all find ways of revising that seem to work for us, however there has been a lot of research recently about the most effective ways. Have a look at the ideas below and why not give them a try to spice up your old routine!!

Interleaving

Interleaving means switching between topics whilst revising in order to improve what you remember. The reason behind this is that it helps you make connections between topics and forces you to think harder about which strategies need to be applied to problems. This helps you to retain information better. So, mix up your revision topics daily so that it all has a chance to be stored in your long-term memory.

For example - You could revise The Equality Act, then swap to the Care Values, but look for links between the two. You could revise the Health and Safety At Work Act, then look at safety and security measures in different settings, again looking for the links.

Spaced repetition

Spaced repetition is a study technique where you review material over a long period of time. This gives your mind time to form connections between the ideas and concepts so knowledge can be built upon and easily recalled later. The purpose of the spaced repetition method is to give you a chance to (almost) forget before you revisit the material. It sounds backwards, but it's actually important to forget in order to remember! When our brains have almost forgotten something, it makes them work harder to recall that information.

Spaced learning gives your brain a workout each time you revisit the material. Eventually, you won't need to work to remember—you will be able to recall the information quickly from your long-term memory. The first couple of sessions, your brain will be working hard to recall the material. As you revisit the material, it will become easier to remember and build upon.

During each study session, create brief summaries or lists. Each time you revisit the material, use these summaries to jog your memory. This will make it easier for you to incorporate new material into old information you have learned.

Use past papers for exam preparation

By becoming familiar with the layout and structure of the exam you are going to sit, you can build your confidence so you have a good idea of what your exam looks like.

Try visualising what it will be like to sit in the hall, open your paper and start.

You will also find the mark schemes along with the past papers. These are a good way to see what the assessor will be looking for when they mark your work. Do as many past papers as you can.

Follow this link to find past papers:

<https://www.ocr.org.uk/qualifications/cambridge-nationals/health-and-social-care-level-1-2-j801-j811/assessment/>

