

Revision Tips



For Students with Dyslexia/SpLD

Revision tips for students with Dyslexia

Dyslexic students like most other learners seem to learn best when they transform information from one form to another say from written paragraphs into bullet points or a mind map. It works well because you have to flit between different sides of your brain through a variety of tasks using the same material.

Here are some ways someone with dyslexia can confidently revise and explore a subject at length. They don't use passive reading based learning but active, mind friendly techniques that suit students with dyslexia.

Be organised.

Start early:



Starting revision early will help with memory because it will be easier to remember small bytes of information when revised little and often.

Cramming lots of information in a short space of time is a lot harder to remember and puts you under pressure if it is close to the exam.



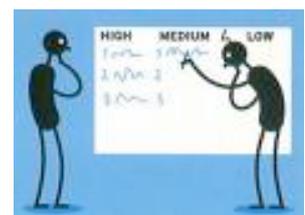
Plan your revision time.



Creating a timetable of revision time helps you organise your study days. Keeping to your timetable will help you stay focussed on your revision.

Prioritise

Grade your subjects from strongest to weakest. Plan extra time to revise your weakest subjects to build on your knowledge. Dividing your revision timetable into subject areas will mean you don't spend too much time on one subject at the expense of others.



Colour code

Colour coding is useful in many ways. Give each subject a colour on your timetable. Match the colours on the timetable to your subject folder. It can help you to identify and organise your subjects more easily.

Look after your body/brain.

Concentrating for long periods can tire you out. Have regular short breaks from study to rest the brain and recharge your energy. Keep to your break times. Set a timer or ask a family member to remind you to get back to your studies after a study break.



Drink plenty of water/fluids and have small energy snacks.

Do something relaxing to rest the brain during your short breaks.



Get plenty of sleep because a tired brain doesn't concentrate as well as a rested one.

Revising

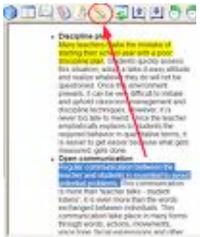
Exploring a subject in depth

Decide how it fits into existing knowledge



Listing what you already know is a big esteem boost. Linking new knowledge to old through pictures, word association etc is how memory works. Make a mind map or work with a friend

Use highlighters



Using highlighters or Post It notes to highlight the main points will help reduce the amount of text you need to read next time. The coloured areas are easier to spot when looking for information.

Make a mind map

For this you can put the information you know on post its or strips of paper. This helps some people help remember it better, especially if you are a visual learner you can use colour and drawings and recall information that way.



List main points in a logical order:



Drawing charts and diagrams with removable labels is very effective. Putting information on strips of paper and then pasting the strips to form a flow chart or a mind map is an effective way of remembering. Explaining the logic behind the chosen order serves to help lock in the learning.

Do something physical- either with the information or while working on it:

Some people need to move while learning. Doing a practical task related to the subject can help. Just pacing the room while repeating information out loud works for many. Tapping in time as you chant information can also be effective



Discuss it or say it out loud:



Turning information into speech really helps you to learn. Recording on tape/ computer /MP3 player or video is effective especially if the information is not just read out but processed first by the learner.

Put it into your own words - explain to a friend. This is a really useful technique but you need to really understand the work and try to communicate that understanding to someone else. This will show how well you have learned your subject.



Practice what you've learned.



Trying out some exam questions under timed conditions will help you to work under exam conditions. It will help you have an idea how long an essay or a question paper will take you to complete and how the revision is going.