

Revision Techniques

Flash Cards:

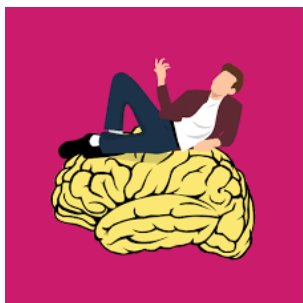
An excellent method for **recording key information**. You can either make them yourself by cutting them out of some card / paper or buy index cards from a stationers or online, or make them using an online service / computer.

You can **write on both sides**. It is best to **group them together** by subject and use colour coding. If you're that way inclined, colouring your flash cards and using diagrams or illustrations helps recall.

One student suggested that once you have made a flash card, laminate it to protect it from wear and tear.

SAFMEDS:

SAFMEDS are an **extension of Flash Cards** and a learning tool used in Precision Teaching.



SAFMEDS are designed to increase fluency of information.

The name, SAFMEDS is an acronym of **Say All Fast, Minute Each Day, Shuffle.**

On your SAFMEDS card you would **write one question or statement** on one side. On the

reverse side of the card, you would write the answer or response to the statement.

An important aspect of SAFMEDS is that when you make a mistake, it is not wrong but a **“learning opportunity”**.

You will need about **80-100 cards** to effective.

How to use SAFMEDS:

1. Set a timer **for one minute** and start the clock.
2. **Read** the first question **silently**, say the answer out loud then turn the card over and check your answer.
3. If you got it **right**, you place the card in **one pile**. If you have a “learning opportunity”, you place the card in a separate pile. Do this as many times as you can in the minute.
4. After the timer goes off, **count** how many learning opportunities and correct cards you have. Write them down somewhere, and total the cards.
5. If you are proficient with spreadsheets, you could start **graphing the results** with three lines, one for the



learning opportunities, one for the correct answers and another for the total number of cards.

6. Before you repeat the exercise the next day, **shuffle** the deck of cards.
7. It is important that you complete the exercise **every day** and **keep recording** your progress.
8. It is important to be **as fast as possible**; if you do not know the answer, move on to the next card immediately with no hesitation and put it down as a “learning opportunity”.
9. You should see an improvement in the number of total cards used and correct answers **fairly quickly**. However, if not, try extending the time to two minutes or read all the cards, saying the answers out loud before beginning the task each day.
10. Try **one new thing** at a time and record what change you made. Graphing the results will help create a visual understanding of the results.