

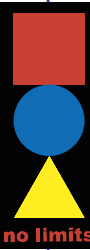
**no limits** Review planner and log

Subject : Science

Topic	Date First Learned	After school Review	24 hour Review	1 Week review	1 Month review
Defending against infection					
Pathogens	2 Sept 2008 Score: 3	2 Sept 2008 Score: 5	3 Sept 2008 Score: 7	10 Sept 2008 Score: 9	10th October Score: 10
Bacteria	23Sept 2008 Score: 5	23 Sept 2009 Score: 6	24 Sept 2008 Score 7	1 Oct 2008 Score: 8	23 Oct 2008 Score: 9
Viruses	30 Sept 2008 Score:	Score:	Score:	Score:	Score:
White blood cells	Score:	Score:	Score:	Score:	Score:
Vaccination	Score:	Score:	Score:	Score:	Score:
Antibiotics	Score:	Score:	Score:	Score:	Score:

Task This is the **no limits** Review planner. It can be stuck into the front of any of your subject exercise books or folders as a reminder to spend a little time each week reviewing the work that you have done previously. The start of this has been filled in as an example





### Notes of guidance

Regularly reviewing the work that you have done in the past requires self discipline. This planner will help you too plan your time effectively so that you review your work on a “little and often” basis. By doing this it should stay in your long term memory and save you the time of “relearning” everything just before your exams.

### Tasks

(1) Take an exercise book or folder (from any subject) and look at lessons that you learned from:

- (1) A month ago
- (2) A week ago
- (3) Within the last couple of days

How much do you remember? Most people will have good recall of the recent lessons but will struggle with the topics from a month ago.

### E.g Science

- 1) Fill in the topics that you covered in the Left hand column.
- 2) Fill in the date that you first learned that topic
- 3) Give yourself a score out of 10 for how much you recall for each lesson,
  - 1 = Nothing
  - 5 = About half
  - 10 = Everything
- 4) Fill in the other columns as a reminder of when you need to review that work next
- 5) Leave some rows blank so that you can fill in other lessons in future.

IF YOU DISCIPLINE YOURSELF TO STICK TO THIS TIMETABLE YOU WILL FIND THAT YOU WILL REMEMBER MUCH MORE AND FORGET MUCH LESS

Review planner and log  
Subject

Topic	Date First Learned	After school Review	24 hour Review	1 Week review	1 Month review
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:
	Score:	Score:	Score:	Score:	Score:

