

Wellbeing Builder:	Middle / Senior – Reviewing and Revising
Wellbeing Element:	Skills and Achievement
Character Strength:	Love of Learning
Wellbeing Fitness Challenge:	Strengths Spotting

After students have taken meaningful notes using the Cornell process, it is essential for them to review and revise them regularly to build strong brain pathways to embed them in their long-term memories. Doing this is often called memory coding. Thinking tools and idea maps are effective ways to organise learning visibly in the brain.

Facts relating to how much the brain retains:

- should notes not be reviewed within 24 hours, 60% to 80% of the learnt material is forgotten by the brain
- after a month with no reviews, only 3% to 4% is remembered, the brain pathways which were created, wither and die
- when 50 minutes of learning is not reviewed regularly, it takes 30 to 40 minutes to relearn it.

Why learn it in the first place?

As renowned Polish pianist, Ignace Paderewski, once said, *“If I miss one day’s practice, I notice it. If I miss two days practice, the critics notice. If I miss three days practice, the audience notices it.”* When students regularly train for sport and practise their musical instruments, their brain pathways are becoming freeways and messages travel faster and faster; thus their skills and capabilities develop. Reviewing and revising learning is no different.

“No-one is ever too old to know better.” Margaret Preston