

## 19. Systems Activity: Snack, Don't Binge (or the Weekly Review)

Studies show that cramming or bingeing on learning isn't as successful as snacking on it. In other words, students do significantly better if they review their learning regularly rather than if they leave it to pile up, and then try to deal with it all at once. Your productivity – the amount of efficient and effective work you do – is significantly improved by doing the work frequently.

Here's a habit to work on developing. It's called the Weekly Review. Follow these steps and you will find yourself snacking – checking your learning regularly – instead of bingeing.

- 1 Set aside an hour a week. This time must be sacred – don't let anyone disturb you!  
Put your phone on aeroplane mode, go offline and never swap your hour for something else or skip it. Make it a crucial part of your week. We suggest a Friday afternoon, a Sunday evening or a Monday morning.
- 2 Split up the hour evenly. We suggest fifteen or twenty minutes per course. Be strict with yourself.
- 3 For fifteen or twenty minutes, review the week's work in that course. We suggest the following:
  - » Check your notes are clear, legible and in order.
  - » Summarise your learning in a quick diagram, graphic organiser, mind-map or a few lines of notes.
  - » Highlight or circle material you've found hard this week. This is the stuff you will need to work on during your independent study time. You might want to draw up a question or two you'd like to ask your teachers.
  - » Go through the jobs you've been given and the deadlines you've got. Make a prioritised list for the week ahead, perhaps using an activity like The Energy Line (page 48).
- 4 Once you've done this once for each subject, you should be feeling pretty good. You're in control. You know what needs to be done.

### Weekly Review – Reflections and Actions:

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Final Thoughts**

Students who make a habit of the Weekly Review are often much calmer and less stressed. They can leave school on Friday knowing they're on top of things. They've emptied their heads of all the little niggling worries that might keep them awake at night.

Which subject needs to be the one you do most regular reviews of? Why?

.....

.....

.....