

NEUROGENETICS INSTITUTE • THE MEMORY ADVANTAGE

Revision Method Audit

Do this before Sunday — it takes about 5 minutes, and Part 1 of the workshop will hit completely differently when it's *your* habits on the page.

List every way you actually revise. Then tag each one:

RE-READ passive input — feels productive, quietly evaporates

REPLACE partly useful — needs a retrieval upgrade

REINFORCE genuinely builds recall — keep and expand

THE SUBJECT THAT FRUSTRATES ME MOST IS...

e.g. Biology — the content just doesn't stick

THE AUDIT

Every method, honestly tagged

#	WHAT I ACTUALLY DO	TAG: RE-READ / REPLACE / REINFORCE
1	e.g. read the textbook twice	
2	e.g. highlight as I read	
3	e.g. copy notes into a summary	
4	e.g. watch videos	
5	e.g. flashcards	
6	e.g. past papers	
7		
8		

THE VERDICT**What the audit told me****MY BIGGEST RE-READ HABIT (THE ONE TO RETIRE FIRST)****THE REPLACE UPGRADE I'LL TRY THIS WEEK**

e.g. read once → close book → write everything → check

MY REINFORCE KEEPERS

e.g. past papers under time pressure

Bring this to the workshop — Part 5 turns one real topic from this page into a full R.E.C.A.L.L. system.