

Preparation and Revision How do we learn best?



Mr Garcia
Assistant Principal



Meet Cliff Young

A 61-year-old Australian sheep farmer who entered one of the world's toughest races with no formal training.



The Impossible Challenge

The *Sydney to Melbourne*

Ultramarathon, a **544-mile race**. Pros said he was too old, too inexperienced, and didn't stand a chance.



The Power of Consistency

While others took breaks, Cliff kept moving at a steady pace. His secret? Never stopping, never giving up.



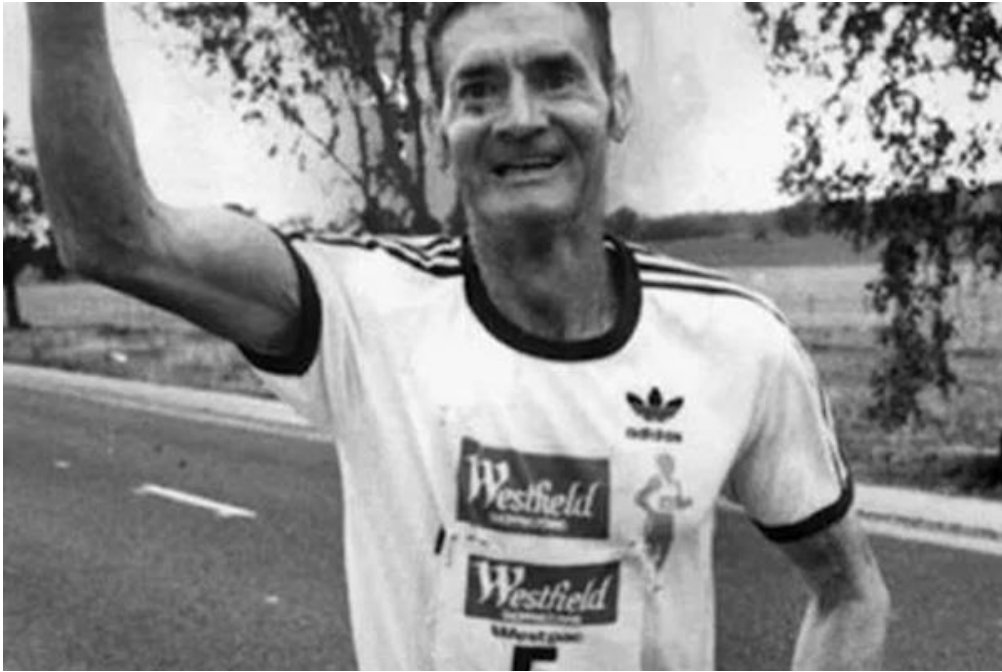
The ‘Cliff Young Shuffle’
With his unique running style, he didn’t look like the others, but he found *his own way* to reach the finish line.



Overcoming the Odds

Not only did Cliff finish the race—he won, breaking the record by two days. His perseverance proved more powerful than speed or style.

The Tortoise and the Hare



- Cliff Young wasn't the fastest or the best-trained.
- He won because he had a plan, he stuck to it, and he kept going even when things got tough.



Cliff Young showed us that it's not about sprinting to the finish—it's about taking small, steady steps every day.

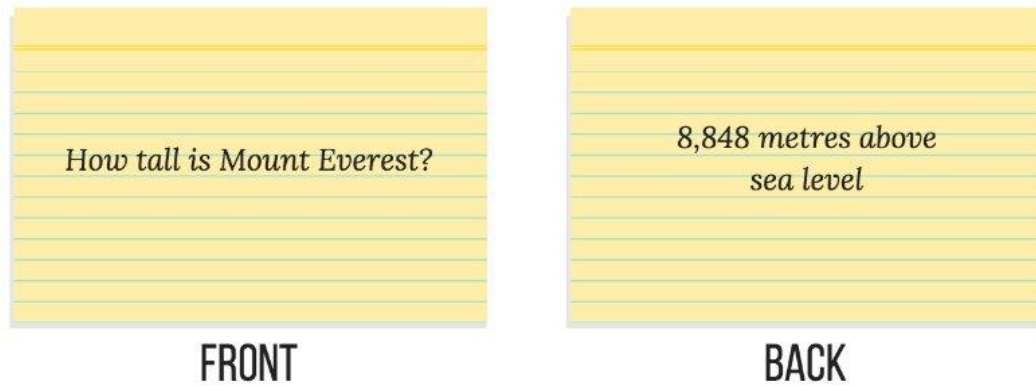
I'm going to share some revision strategies so you can create your own version of the 'Cliff Young Shuffle' for exam success.

Remember, consistency, perseverance, and self-belief are your greatest assets

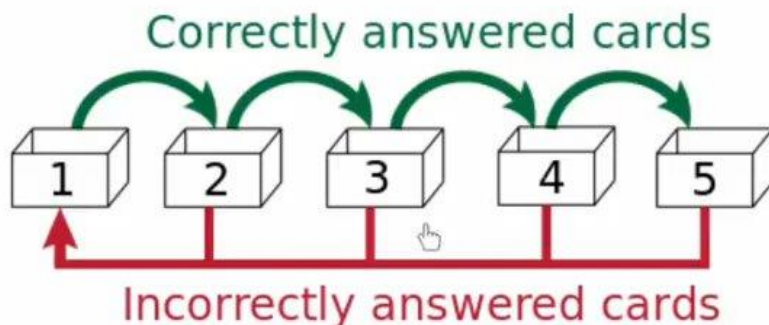
Revision Strategy Points Inspired by Cliff Young's Journey



Set a Steady Pace with Small, Daily Sessions – Like Cliff's steady pace, revision works best when it's done **consistently**



The spacing effect



Try **daily brief revision sessions** on different topics rather than cramming.

Use flashcards for **retrieval practice** to revisit important concepts, **building up knowledge gradually**.



Stick to Your Plan with a Revision Timetable – Cliff followed a simple rhythm without deviation.

Design a realistic timetable
(What Went Well and Even Better If) - schedule time for *practicing exam questions under timed conditions.*

Getting ready to revise e.g. making flash cards isn't the same as revising (using them)

Creating an effective Revision Timetable

1 Non-Negotiables-Hobbies/family events

- Family event/party
- Sports training
- Music lesson
- Meeting friends
- Out of school tutor session
- Holiday/Break

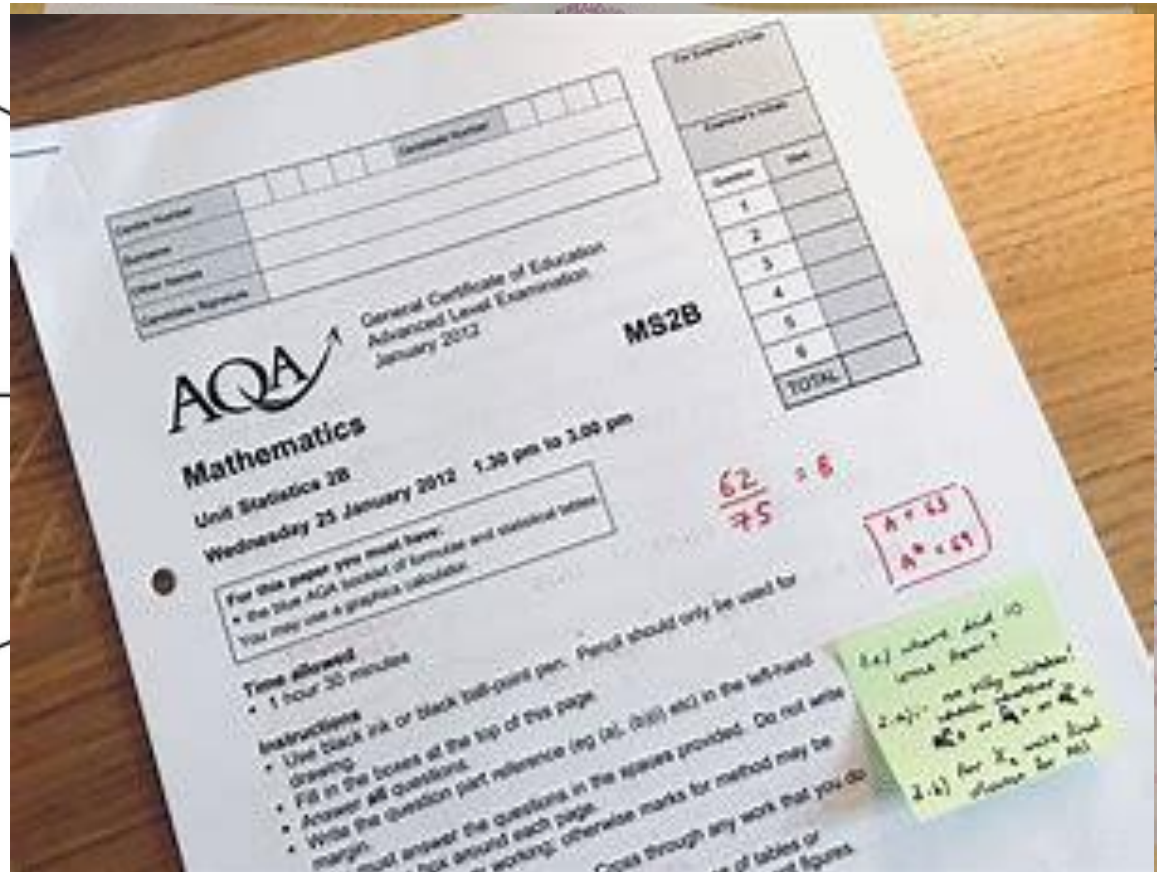


OCTOBER HALF TERM REVISION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 8-12pm				Visiting Grandmas		Round of Golf 9-12pm	
Afternoon 12-3pm		Meeting friends 1pm					Sunday Luncheon out 12:30
3pm							
4pm							
5pm	Driving range 5pm						
6pm							
7pm							



Find Your Own Style and Use Varied Techniques – Cliff's shuffle wasn't conventional, but it worked.

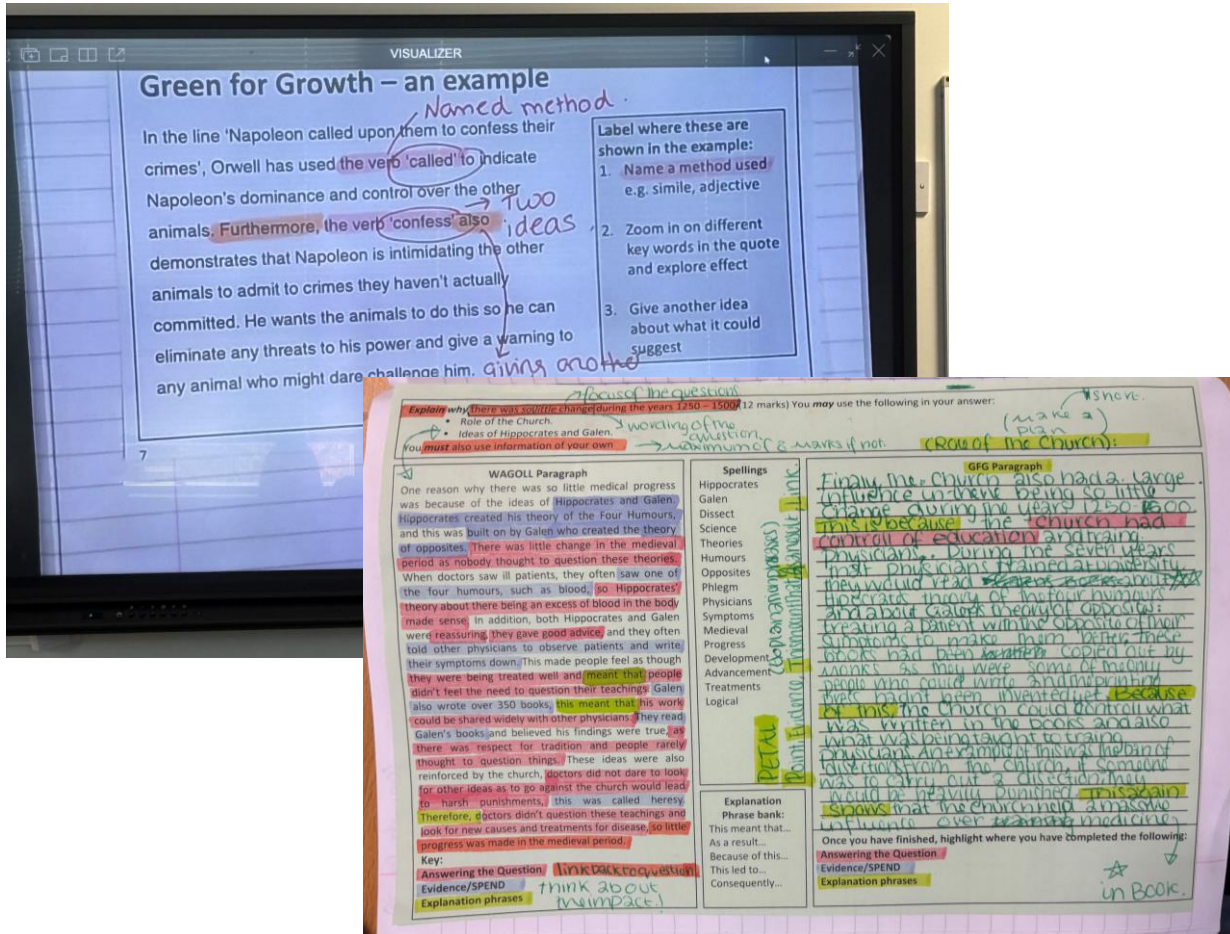


- Discover *what helps you* remember and understand best.
- Mind maps from memory **with Green for Growth**
- Revision Clocks from memory **and Green for Growth**
- Read, Cover, Write, Check
- Flashcards (**with feedback**)
- Past Paper Questions **and Green for Growth**

Revision Strategy Points Inspired by Cliff Young's Journey



Push Through the Tough Moments with Consistency – Just as Cliff didn't stop, keep revising even if you hit a tough topic



On harder days, focus on simpler tasks, like reviewing notes or checking past mistakes.

Take **feedback from recent practice exams** to focus on your **weak areas**, showing resilience and improvement.

Revision Strategy Points Inspired by Cliff Young's Journey

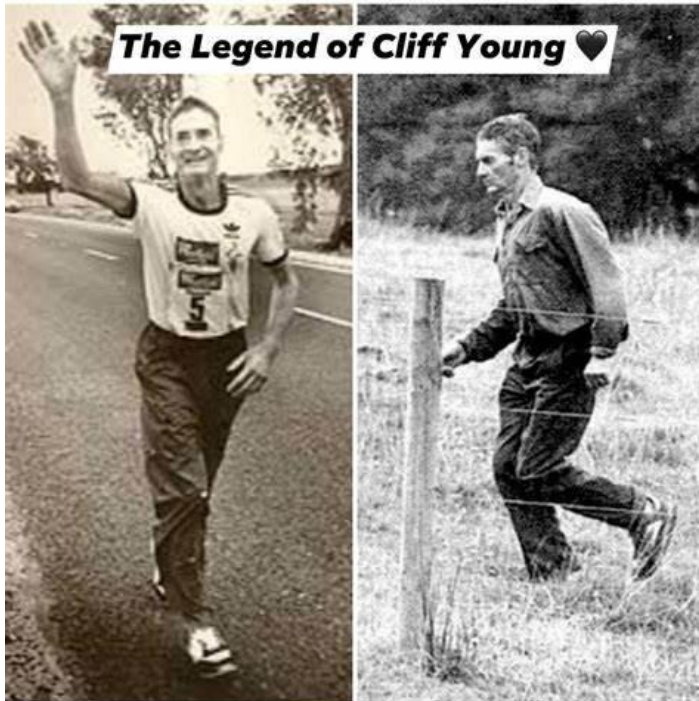


Celebrate Small Wins with Visible Progress – Cliff celebrated each small victory by moving from mile to mile.



Acknowledge your progress by ticking off completed topics on your revision checklist, or by achieving a personal best on a practice question.

Each step builds confidence and reminds you that you're **on track for success.**



Cliff Young's story shows us that success isn't about sprinting to the finish; it's about taking **consistent steps every day**, building **confidence**, and **not giving up**.

With these strategies, create your own '**Cliff Young Shuffle**'—**small, steady steps** that keep you moving towards your own **exam success**.