

# How to Revise Health & Social Care

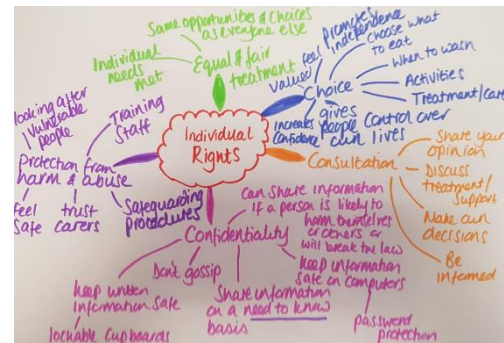
Being able to remember information for Health & Social Care will help you to transfer skills and information to other subjects and eventually to college and work. How you try to remember this is like buying a pair of shoes - it depends what you feel comfortable with and feel comfortable doing.



In school we use lots of tools to help you try to remember information in your lessons. Here are a few ideas that you could use to help you remember key information for Health & Social Care:

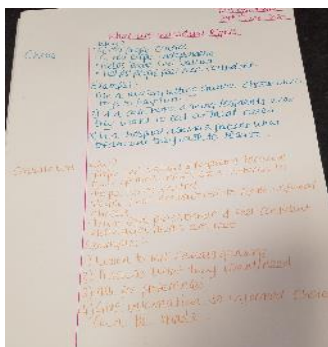
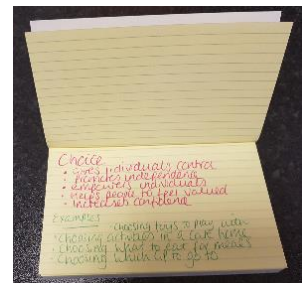
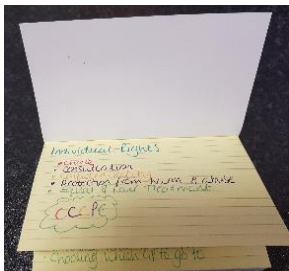
## Model Maps

Model maps allow you to summarise key information on one page. You can use different colours so you can associate key information with different colours. You can also add pictures if you want to if it helps you remember information better.



## Flash Cards

Flash cards can be a good way to split information up, but you could use different coloured cards for different topics so that you can try to use the colours to remember the information you need.



## Cornell Notes

It has been proven that people remember information better if it is written in their own hand writing. Cornell notes are a way of writing notes in a simple way with key words in the left hand column and notes in the right hand column. You can fold the page over so the key words can trigger you remembering the rest of the information.