

Mind the GAP!

Do you want to get on the fast train to success and pass that theory assessment?

Have you been studying/revising the same subject for eight weeks or longer?

Have you taken a theory assessment more than once?

Do you believe you have all the knowledge before taking the assessment only to refer?

Do you want to know where the gaps in your knowledge are?

You may recognise information as you read it but have not yet taken this information into your long-term memory. You now believe you know this information when in fact it will be lost from the short-term memory before you attend the theory assessment. All information needs to be in your long-term memory to enable you to answer the questions during the theory assessment.

You can follow this very simple guide on how to identify the gaps in your knowledge: -

1. Put time aside in your diary – example: 3 x 2 hr sessions over the next week.
2. Find a very big piece of blank paper. An old roll of wallpaper works really well.
3. Write the heading of each section of your chosen subject – example: Bones and Joints, Muscle and Muscle Actions, etc.
4. Put your books away. Do not get them back out again until the end of this process.
5. Over the next 3 x 2hr sessions write down everything you can remember under each section heading. Draw pictures, make mind maps, use different colours or use any technique that suits you.
6. When you believe you have remembered everything, get your books out.
7. Cross reference with your manual or learning resource to check what information you have remembered. You can tick off the parts/sections where you have remembered the information correctly.
8. Once you have completed this you will find the Gaps – the parts/sections that you have not ticked off.
9. You can now focus your revision on these sections only and be effective and efficient with your revision time.
10. Once you have revised using your favourite technique, you can repeat the process to cover your gaps only.

We hope this helps!