

THE P.A.S.S. INTELLIGENT REVISION MODEL

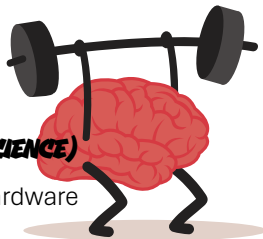


1. THE SCIENCE (NEUROSCIENCE)

Hacking Your Brain's Hardware

Your brain isn't a bucket you fill; it's a muscle you build. When you struggle with a hard topic, your brain fires neurons (brain cells). Engaging with weaker topics triggers the emotional center of your brain, releasing Dopamine. Dopamine acts as a "Save Button," telling your brain, "This is important, build more connections!"

The more neurons fire → stronger neuropathways → easier recall. If you only revise what you know, no dopamine is released, and no new connections form.



Understanding the 'Why':

Realise that struggle is good. It means your brain is physically upgrading its hardware.

You must engage emotionally with the work to trigger the chemical release needed for long-term memory.

2. P IS FOR PRIORITISATION

Don't Start Without a Plan

Never start revising by just "opening a book." You need an intelligent system. You must know what you don't know to save time.

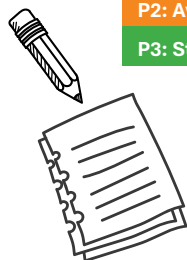
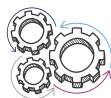
The System:

1. Audit: List every subject and topic
2. Score: Rate confidence (1-10)
3. Rank (**P1**, **P2**, **P3**)

P1 (The Danger Zone): Weakest areas. Double time here.

P2: Average areas.

P3: Strong areas. Touch lightly.



Create the Roadmap:

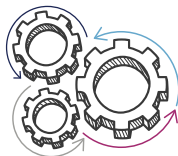
Build a ranked list so you always tackle the hardest stuff first (P1). Space these topics out over time to strengthen neurological templates. Trust the system—it removes the emotion from planning so you can focus on doing.



3. ACTIVATION TOOLBOX

4 Proven Methods to Stick Knowledge

1. The Loki Method (Memory Palace): Use spatial memory. Place facts in specific spots in your house.
Best for: Lists, dates, formulas.
2. Complex Mind Maps & Dual Coding: Combine words with pictures. Uses two “channels” (verbal & visual) for double the recall power. **Best for: Big concepts.**
3. Hexagon Mapping: Link concepts physically. Explain why they touch (Cause? Effect?). **Best for: Essay planning.**
4. Narratives (Story Mode): Turn dry facts into a dramatic story or comic.
Best for: Sequences.



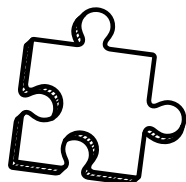
4. STOP READING. START DOING.

Passive reading, watching, or highlighting is NOT revision. It leaves zero neurological footprint. If it feels easy, it's not working.

The Protocol (25 Mins - Pomodoro):



1. **Brain Dump:** Scribble down everything you think you know.
2. **The Red Pen:** Check notes. Anything missed/wrong, circle in RED. This is your “Gap”.
3. **Create:** Turn that “Red” info into something active (map, comic, recording).



Choose Your Weapon:

Select the right tool for the job. Don't just read—visualise, map, link, or narrate. Supported by research on Dual Coding and Mnemonic devices.



Active Recall:

Force your brain to forge new links. The more links you make, the stronger the memory template becomes. Always start with a Brain Dump to isolate weak knowledge.

5. SKILLS

Game Day Simulation

You have the knowledge (Activation), now apply it. The exam won't ask for a mind map; it asks you to solve a problem.

The Drill (25 Mins):

Apply activated knowledge to a specific exam skill.

- * Past Paper Question: Timed conditions.
- * Essay Plan: Skeleton structure only.
- * Data Interpretation: Tackle a complex graph.



6. STRENGTHENING (S)

The Marginal Gains Upgrade

You've done the work; now make it better. Based on Marginal Gains Theory—small tweaks lead to massive progress.

The Polish (25 Mins):

Take your work from "Skills" and upgrade it.

- * Use AI: Upload answer + mark scheme. Ask for improvements.
- * Mark Schemes: Be the examiner.
- * Teacher Feedback: Apply past comments to this new piece.



Simulate the exam:

Reduce stress by training your brain to recognise the format. You are training neurons to fire in the specific pattern the exam board requires.



Refinement:

You aren't just practicing; you are improving. Fix cracks in your knowledge in real-time to ensure the neural pathway is bulletproof next time.