

# The VESPA Model



## VESPA Systems Activity: Snack, Don't Binge (or the Weekly Review)

Studies show that cramming or bingeing on learning isn't as successful as snacking on it. In other words, students do significantly better if they review their learning regularly rather than if they leave it to pile up, and then try to deal with it all at once. Your productivity – the amount of efficient and effective work you do – is significantly improved by doing the work frequently.

Here's a habit to work on developing. It's called the Weekly Review. Follow these steps and you will find yourself snacking – checking your learning regularly – instead of bingeing!

- 1** Set aside an hour a week. This time must be sacred – don't let anyone disturb you! Put your phone on aeroplane mode, go offline and never swap your hour for something else or skip it. Make it a crucial part of your week. We suggest a Friday afternoon or a Monday morning.
- 2** Split up the hour evenly. We suggest fifteen minutes per course. Be strict with yourself.
- 3** For fifteen minutes, review the week's work in that course. We suggest the following:
  - Check your notes are clear, legible and in order.
  - Summarise your learning in a quick diagram, mind-map or a few lines of notes.
  - Highlight or circle material you've found hard this week. This is the stuff you will need to work on during your independent study time.
  - Go through the jobs you've been given and the deadlines you've got. Make a prioritised list for the week ahead.
- 4** Once you've done this four times - once for each subject - you should be feeling pretty good. You're in control. You know what needs to be done.

## Weekly Review – Reflections and Actions

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