

Blurting Revision Sheet

A printable active-recall worksheet: read, hide your notes, write everything you remember, then check the gaps.

What is blurting?

Blurting (also called a memory dump) is a form of active recall. Instead of re-reading, you pull information out of memory. That shows the gap between what you recognise and what you can actually reproduce. Learning research consistently finds retrieval practice more effective than re-reading alone.

How to use this sheet

1. Pick one small topic — a page of notes, not a whole chapter.
2. Read it carefully for two to five minutes.
3. Hide your notes. On page 2, write everything you remember: facts, keywords, dates, steps, quotes. Messy is fine. Keep going for at least a minute after you think you are done.
4. Check against your notes. On page 3, tick what you got and fill in what you missed (use a different colour if you can).
5. Blurt again tomorrow, then come back in a few days. Space re-blurts about 1, 3 and 7 days later.

Tips that make it work

- Small chunks beat big ones. If you miss most of it, split the topic.
- In round two, blurt the missed terms first and say how they connect.
- Suits fact-heavy subjects: biology, chemistry, history, geography, RS, English Literature quotes. For maths, blurt the method steps, then do questions.
- Use blurting alongside past papers, not instead of them.
- Treat the check as a gap-finder, not a grade.

Before you start

Name / class: _____ Date: _____

Subject: _____ Topic: _____

Sources used (textbook / notes / page): _____

Method based on common blurting / memory-dump guides used in UK revision (e.g. BCU, Cognito, Save My Exams).

Blurt page

Hide your notes. Write everything you can remember about this topic.

Topic: _____

Read time (mins): _____ Blurt started at: _____ Finished at: _____

Your blurt — keep writing even when you feel stuck

Check and fill

Open your notes. Tick what you got. Write what you missed in the gaps column.

Got it? ☐	Key idea / term from notes	Missed — fill in from notes
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After the check

How many key ideas did you miss? _____

Split this topic next time? (yes / no / into what): _____

Re-blurt dates planned: _____ +1 day _____ +3 days _____ +7 days _____

Next session: blurt the missed terms first, then try to explain how they connect. Prefer an interactive gap check? Free tool at blurt.askpoppy.ai.