

Helpsheet 1: WizAnn Publications - Advice on Call-over

Below are a few thoughts and tips based upon questions I am frequently asked about *Calling-over*.

What is Call-Over?

Call-over - the exercise of verbally reciting a run from memory that you have pre-learned. This could be a *run* listed in the Blue Book (Issued by the PCO) or a new route written by yourself to help with an area you personally find difficult.

Why is it important to Call-Over the Blue Book runs?

Call-over gives you the ability to name roads and quickly reference a pre-set route mentally. If you stop calling over for 1 or 2 weeks you will find that the runs will begin to fade away, it then becomes very hard to get back into the habit of calling them again. The reason being that runs only stay in your memory short- term. Just like the words to a song, unless you sing it regularly you wont remember it. That is why it is so important to make sure you maintain the runs by calling-over.

How often and how much should I Call-over?

Call-over should be done on a day to day basis, - two sessions of 30 minutes a day (-basically after calling for 30 minutes you may need a break and a cup of tea). You should reach a standard of calling at least one run per minute. If you do this daily, you will call at least 60 - 80 runs and it will only take you one hour. Calling to a time target is both motivational and good time management. The difference in the standard between someone who calls 60 runs in 4 hours and someone who calls 60 runs in 1 hour, is quite simple, one will have 3 extra hours to pursue any other work they may have, - the other will be very mentally drained. Someone who calls over a lot of runs per day will 9 times out of 10 be of a higher standard than someone who only calls a few. The difference in standard between someone who calls 100 runs per a day and another who calls only 20 is enormous.

Tip: Call-Over as many runs as is possible for yourself in a 30 minute session and do this twice a day.

Tip: Time management is one of the most crucial aspects to any knowledge candidate.

Tip: If you only manage to call 10 runs in each session it is not a problem. Keeping a day-to-day record of the amounts you call will help motivate and improve upon your previous days work. See the example below.

E.G. Chart for recording your Call-over progress

DATE	Amount Called 1 st 30 Mins	Amount Called 2 nd 30 Mins	Total
Mon 5 th	23	19	42
Tue 6 th	26	26	52
Wed 7 th	25	28	53

Should I call points at the same time?

Revise the points at a completely separate time. If you revise the runs with the points it will only slow the whole process down.

What if I go on holiday?

When on holiday you should quite simply enjoy yourself, relax and to a large degree forget about the knowledge. This will allow your brain time to recoup after its onslaught of information. There is only one catch and that is you must still call-over for one hour a day, if you do not you will find yourself having to work twice as hard on your return to reach the level you were at before you left.

Do I need a Call-over partner?

Calling-over with a partner who is also doing The Knowledge is the easiest way to revise your runs. You will get feedback and encouragement from someone who very much understands the whole situation. When you read your partners runs whilst they are calling over it becomes double revision for yourself.

Should my Partner be doing the same companies runs as myself?

Doing runs written by different people or organisations is actually an advantage. It will lead to lots of map queries and questions that will only enhance your awareness of the best route or possibilities of alternatives.

Can I Call-over on my own?

Although not ideal, it can be done and in some circumstances (depending on the individuals ability to work alone) may be even better than having a partner.

Reasons for working alone:

- 1.You cannot find anybody living near you.
- 2.You do not have the time to visit some one else due to work commitments.
- 3.You do not like working with others.

How do I Call-over alone?

Calling over alone requires a different technique to that with a partner. When alone you should use a Dictaphone or a cassette recorder to record yourself. Use a 30-minute cassette and it will also act as a clock for the session. Looking only at the title of the run - e.g. MANOR HOUSE STATION to GIBSON SQUARE - name all roads and turnings between the two places as fluently and consistently as possible. Continue calling routes until the cassette runs out, rewind the tape and play it back reading the runs as you go. You will hear the errors you may have made and be able to correct them there and then by calling the run again. Revising your runs by sliding your hand slowly down a page will tend to mean that you are reading rather than calling from memory – this is not advisable.

Can I Call-over with someone who is not doing the Knowledge?

Calling-over with someone who is not doing the knowledge is not ideal but it can be done. It is most important that you explain some details to the partner to help them understand what is expected of them.

- **CALL-OVER IS NOT A TEST, IT IS REVISION.**

- If a mistake is made, such as Street instead of Road **DO NOT** stop the person calling, just point out the error when the run has been called.

-If you cannot remember a particular road name within a run, just ask the partner to tell you. ***This is not cheating it is reminding.*** Once told you should begin the run again, this time call the run without stopping. If you go into deep thought attempting to pull the road from memory you will just be hurting your brain and wasting time.

- Never call for longer than an agreed period. If the partner knows the session will only last 20 minutes they will be far more willing to cooperate.

Should I visualise the runs as I call them over?

Visualising the runs is a completely natural learning process. It is achieved purely by the frequency upon which you travel a particular route. A good example of this will be your journey home or your journey to work, at no time did you attempt to picture these roads you travelled upon, yet I am quite sure you can clearly picture them with ease. You can do things whilst learning the runs themselves that will help with visualising, but in general it boils down to the sheer amount of times you have travelled a particular road.