ONE PHYSICS TOPIC. A COMPLETE REVIEW LOOP.

Illustrative workflow: pressure. Supply your own real question reference — this is not a fabricated MCQ or an official syllabus item.

1 **Choose the topic**
Pressure: identify it on your own syllabus checklist. Mark confidence before practice.

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2 **Make learning active**
Explain P = F/A in words, rearrange it, check Pa = N/m² and ask what changes when area changes.

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3 **Apply to an MCQ**
Use a question from your chosen practice source. Read its printed conditions and solve before looking at the explanation.

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4 **Review the reasoning**
Which equation, unit or stem detail supports the credited answer? Why does the tempting alternative fail?

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5 **Update and retest**
Name the missed skill, revise briefly, try a new pressure item and update confidence from evidence.

> The active-learning and review loop comes from this page. The pressure relationship is a concrete illustration already used on the linked GradReady physics formula-sheet page; no invented answer choices or scores are shown.