

**GRAHAM
SCHOOL**



GCSE Preparation Evening

Information Evening

Tuesday 8th March 2022

Welcome to Revision Matters

GRAHAM
SCHOOL



- Introduction E Robins
- The months ahead S Umpleby

Carousel of workshops

- Memory Strategies S Williams
- Revision strategies K Sissons
- Exam technique E Robins
- Supporting your child K Shires



The *ideal* months ahead!

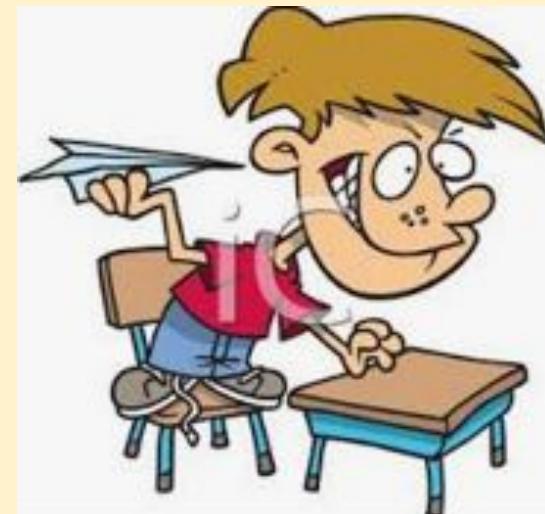
- Revise for March mock exams
- Use March mock exams as a chance to see what you know well and what you need to do to improve further
- Attend after-school intervention/revision sessions
- Log on to SAM Learning & Hegarty maths regularly
- Collect all revision materials
- Follow revision timetable on an evening / weekend
- Confirm post-16 plans
- Make a revision timetable for April > June
- Complete all outstanding controlled assessments





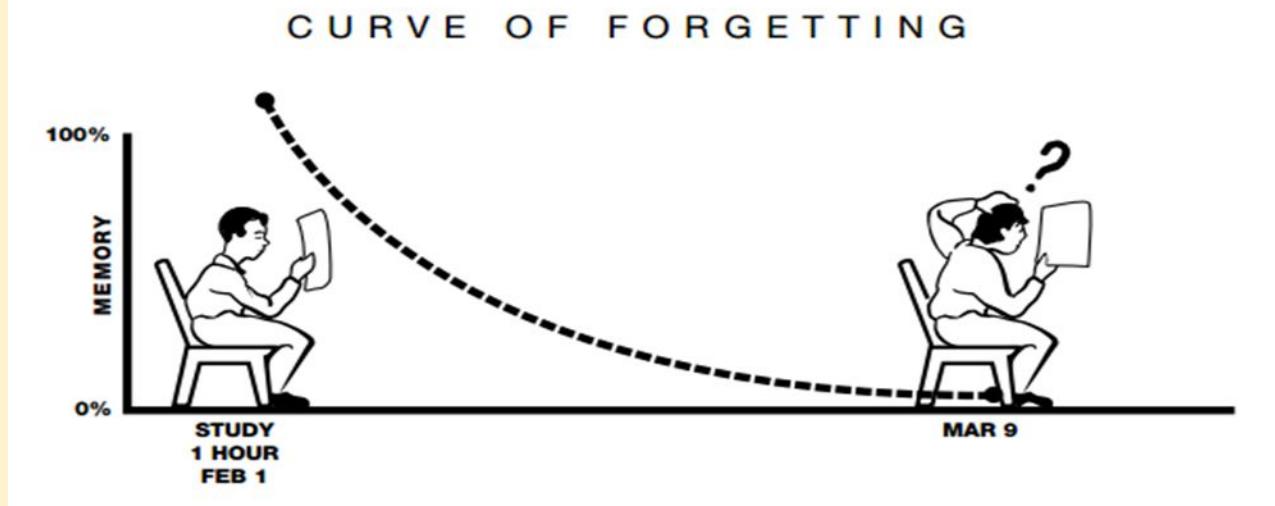
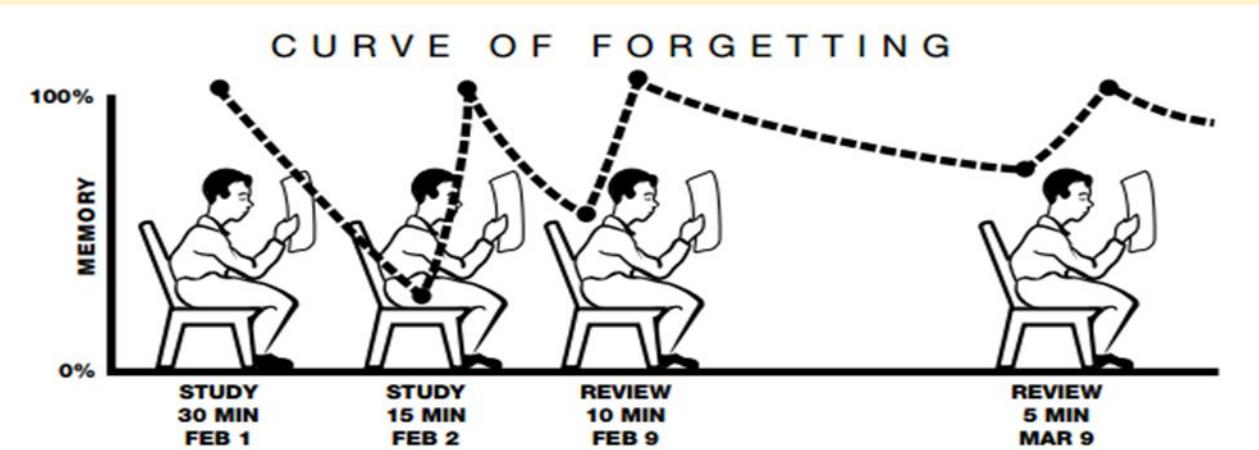
The ***likely*** months ahead!

- Fall out with parents over lack of revision
- Exams start
- Panic & get stressed!
- Main exams
- Leavers Event - 30th June
- RESULTS DAY – 25th August 2022
- Finalise your post-16 plans



Memory & Revision Strategies

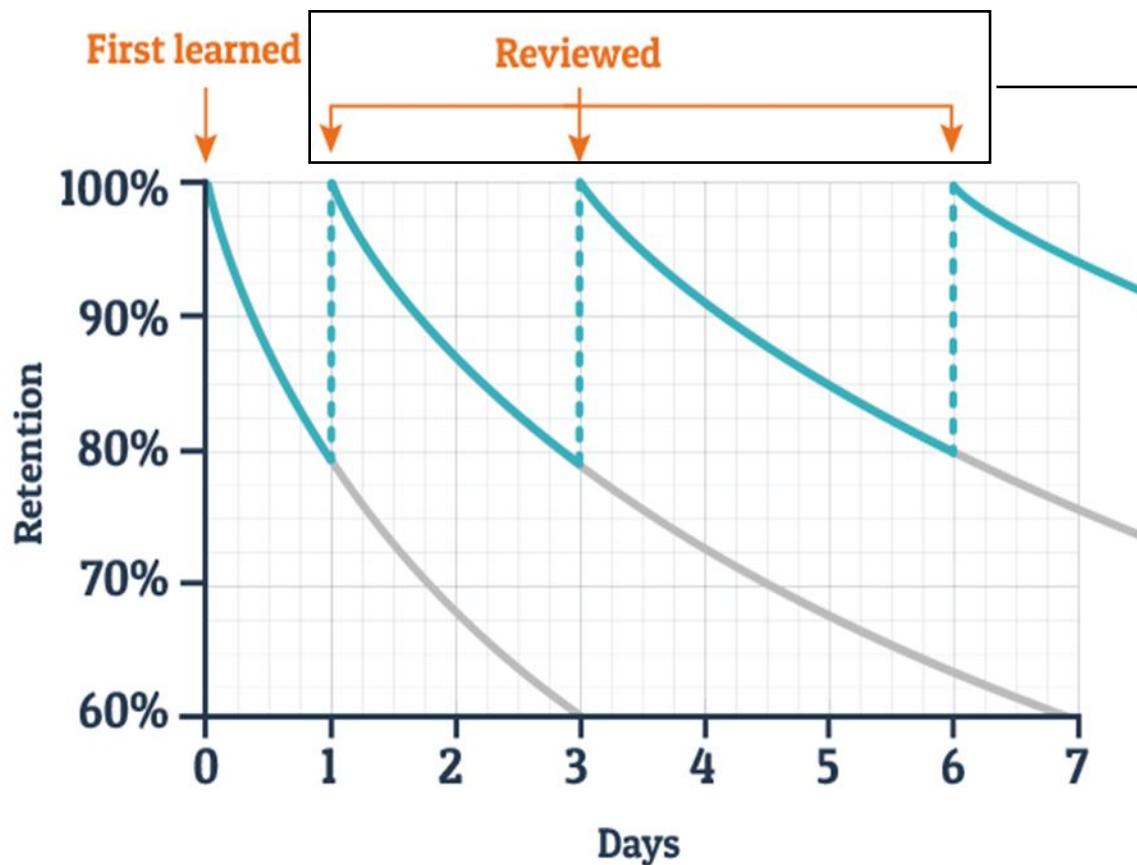
GRAHAM
SCHOOL



Memory & Revision Strategies



Typical Forgetting Curve for Newly Learned Information



Regularly reviewing **and using** information **in a variety of ways** improves our 'retrieval capacity'. Our 'storage capacity' is virtually limitless but if the information is not used, retrieval capacity approaches 0%.



Specific Revision Techniques: Chunking

GRAHAM
SCHOOL



M4TVBBC17MMRITVAOK



Specific Revision Techniques: Chunking

GRAHAM
SCHOOL



How about now?

M4 TV BBC E17 MMR ITV AOK



Specific Revision Techniques:

Chunking

- Chunking is taking big pieces of information and breaking it down into smaller, easy to manage chunks
- A good starting point is to look at a topic a student are revising, and break it into more manageable subtopics
- From there they can use effective revision techniques and it is not so daunting

GRAHAM
SCHOOL



Tip to
parents/guardians:

Ask your child to break each subject down into sub-topics, and then use this to do their revision timetable. More on this later!





Activity 2

REVISION STRATEGIES



Specific Revision Techniques:

Location

GRAHAM
SCHOOL



- Students should try learning in a new location. The physical position you are in fixes references in your mind
- They could go to their local library, sit in a different room of the house, stay back after school, sit in the back garden, etc.





Specific Revision Techniques: Colour

- The colour of something triggers off responses in your mind
- Students can try to associate topics with colours
- Do not colour everything
- Different colour backgrounds such as cards can help to separate topics and ideas in students' minds

Tip to parents/guardians:

Provide your child with coloured pens, felt tips, etc. and paper. They are available from the school if there are none at home.





Specific Revision Techniques: Colour

Red and yellow both help to stimulate the mind but they do so in different ways.

- Red generally means something is important and needs our attention, so it is good for memory retrieval
- Yellow helps to stimulate mental activity and highlights important information



Cue Cards or Flashcards

- Ensure the right questions and knowledge are on the cards.
- Keep information as short as possible.
- Write clearly. Students should be able to read what they wrote at a very quick glance.
- Use different coloured cards or pens to categorise your flashcards. For example, use a different colour for each subject or topic. This can help the brain to categorise information better.
- Use spaced repetition - Review the cards at specific, increasing intervals: for example on Day 1, Day 2, Day 4, Day 8 and so on. This activates the long term memory & moves information from the working memory!

GRAHAM
SCHOOL



Specific Revision Techniques: Look, Say, Cover, Write, Check

- Read the information
- Say it out loud
- Cover the information
- Write what you can remember
- Check it against the information
- Write what you can remember again
- Check it against the information
- Get someone to test you on what you've just done

GRAHAM
SCHOOL



Tip to
parents/guardians:

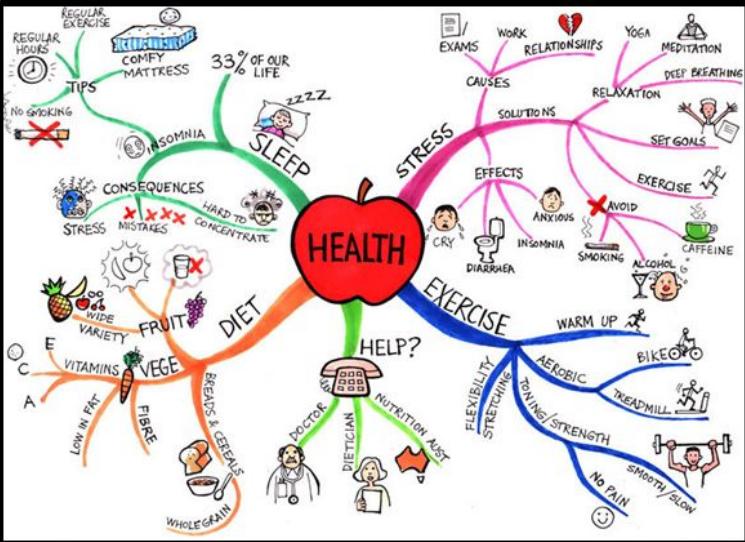
Test your child on what they can remember. Take the revision guide off them and ask them questions from the pages they have revised in a random order.



Specific Revision Techniques: Mindmapping

- Split a topic into subtopics, and then create a mind map. The process of drawing pictures that are unique to you helps commit information to your long term memory
- Place the mind map somewhere you will see it often, bedroom door, wardrobe, ceiling of bedroom!

GRAHAM
SCHOOL

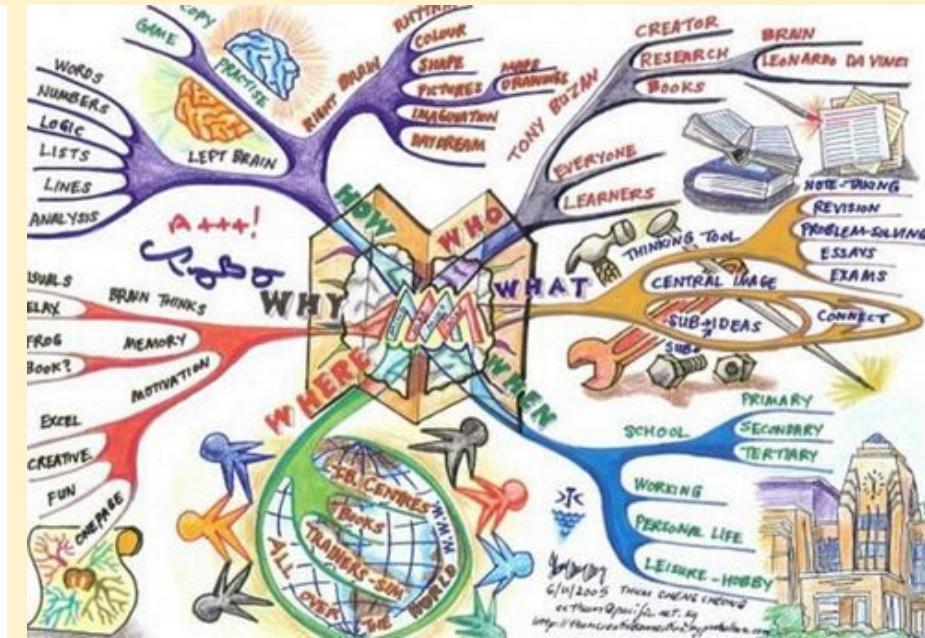
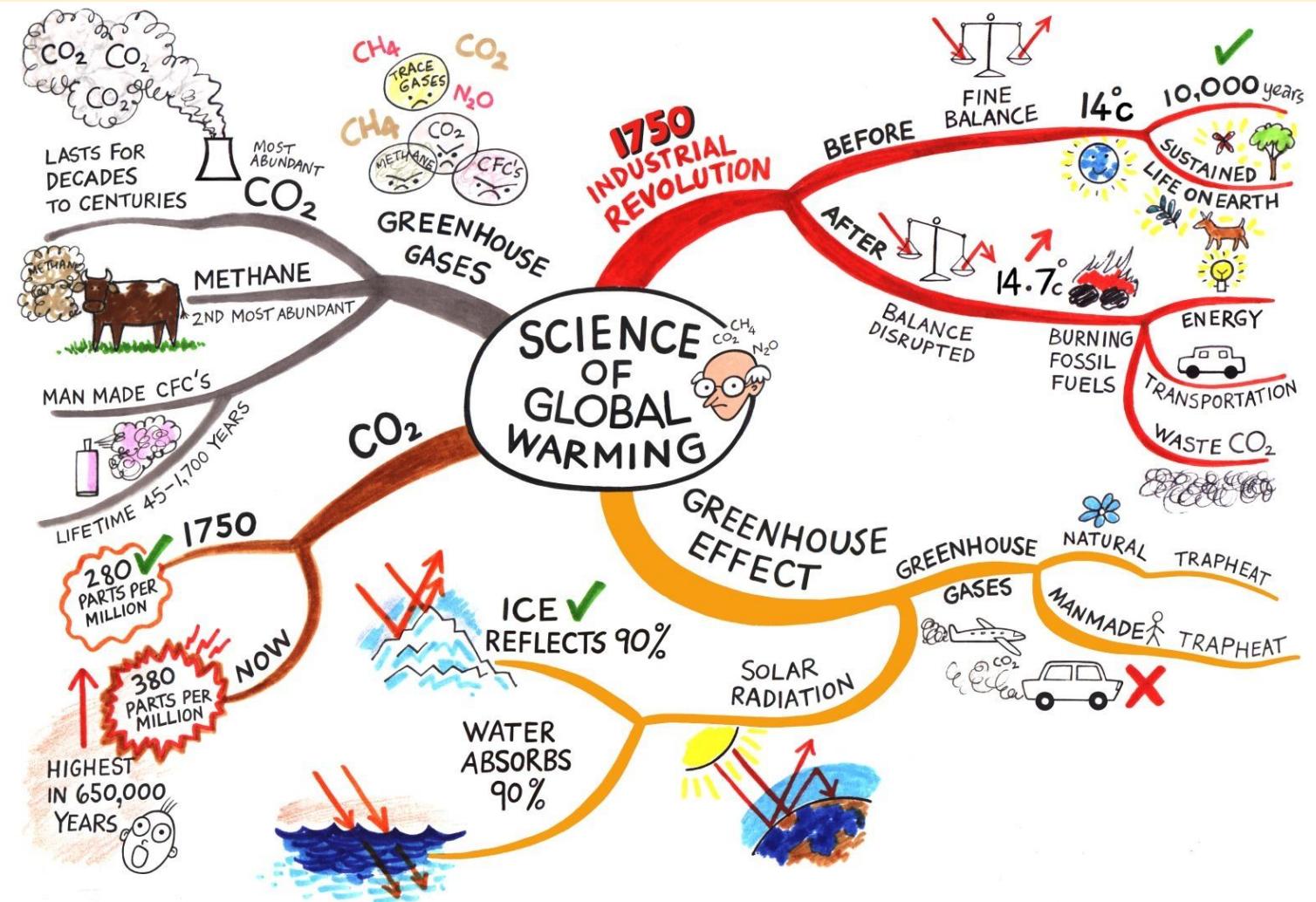


Specific Revision Techniques:

Mindmapping



**GRAHAM
SCHOOL**



Specific Revision Techniques:

The Egg Timer

- This time management technique was developed by Italian psychologist Francesco Cirillo in the 1980s
- Getting a very basic egg timer (**not** one on your smartphone) and setting it to 45 minutes is probably the best mental preparation you can do for revision – you are *both* consciously *and* subconsciously saying to yourself that you are ready to start work, and that you will only do it for a set amount of time
- There is a simple rule – when the timer is ticking, you are working. You don't do anything else that pops into your head while the timer is on, and you never cut it short. You will get it done quicker if you focus 100% for set amounts of time, and take a less relaxed approached.

“If it begins, it rings.” – Francesco Cirillo

GRAHAM
SCHOOL



Tip to parents / guardians:

Egg timers are available from most supermarkets for about £1. Students very quickly get used to the ticking noise.



Be the Teacher: ‘Protege Effect’!

- The *protégé effect* is a psychological phenomenon where teaching, pretending to teach, or preparing to teach information to others helps a person learn that information.
- The protégé effect improves your learning process by increasing your metacognitive processing, increasing your use of effective learning strategies, increasing your motivation to learn the material, and increasing your feelings of competence and autonomy.
- Beyond improving your ability to learn the material, teaching others can also lead to additional benefits, such as improved communication skills, increased confidence, and improved leadership ability.
- To take advantage of the protégé effect, you can learn the material as if you’re going to teach it, pretend to teach it to someone, or teach it to other people in reality, or you can use some combination of these techniques.
- You can teach your parents or ‘buddy up’ and teach a friend!

GRAHAM
SCHOOL



Tip to
parents/guardians:

Pretend to be the student and ask your child to teach you about the topic/ subject area. You could hold their cue cards or revision notes and prompt them. Or tell them what they missed once they have finished!



Specific Revision Techniques:

Why are checklists important?

1. Am I sticking to my revision timetable?
2. Have I picked a subject?
3. Have I picked a topic from that subject?
4. Have I set an achievable target?
5. Have I got revision materials ready?
6. Have I got rid of any distractions (e.g. phone)?
7. Have I got everything I need (e.g. stationary)?
8. Have I set aside a specific amount of time?
9. Have I got a small reward ready for hitting my target?
10. Have I eaten recently?
11. Do I have a bottle of water, or glass of water with me?
12. Have I set my egg timer?

GRAHAM
SCHOOL



Tip to parents
/ guardians:

Ensure your child has everything they need **before** they start revising, so there's no excuse to break the rhythm once they start working.



To sum up...

GRAHAM
SCHOOL



DON'T

- Revise in long stretches
- Read passively
- Eat badly
- Drink energy drinks
- Revise when stressed
- Revise before bed
- Confuse work with learning
- ‘Cram’ by revising each subject in the order that they appear on your exam timetable and not before!
- Leave things until it’s too late
- Ignore a topic that you find particularly challenging

DO

- Eat well and hydrate with water
- Exercise
- Take breaks & do something you enjoy
- Plan the time that you will revise with no distractions (egg timer)
- Repeat and recall as often as possible
- Use sound and colour (mind maps)
- Make associations & connections
- Chunk information into smaller parts using something like flashcards
- Discuss with each other & get tested
- Teach each other
- Create a checklist
- Tackle the challenging topics soon and ask if you need help
- **Make a revision timetable**



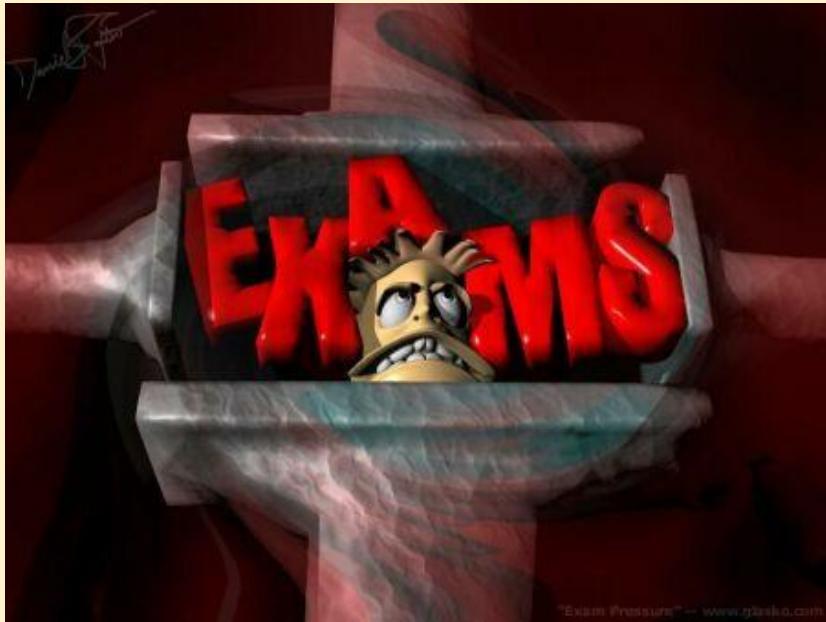


Exam technique

- Exams are the same for everyone
- 5 weeks
- **Know** your exams:
 - How many papers
 - How long is each paper
 - Weighting of exams
 - Morning / Afternoon
 - Equipment required



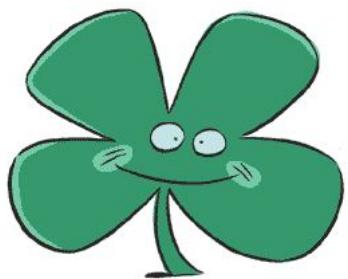
Did you know?



Improving on your exam technique could make the difference of one mark.

Every year each exam board produces a report on the performance of students. Part of the report highlights failings in terms of exam technique.

Good Luck



Exam Technique

72 9

66 8

60 7

54 6

48 5

42 4

36 3

30 2

21 1

I know I'm good at
this subject, but I
ran out of time! I
got 41.

The line drawn between
different grades has to be
drawn somewhere!

GRAHAM
SCHOOL



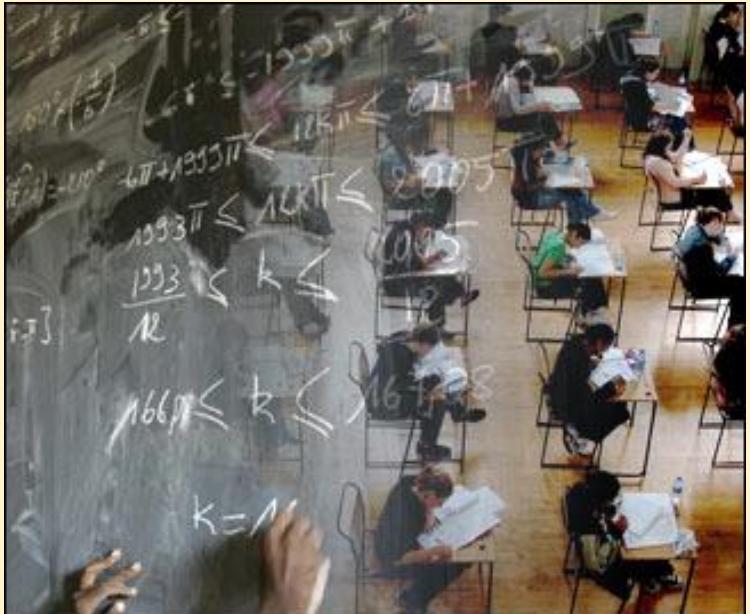
One mark may make
all the difference!





Exam Technique

- Rubric
- Timing
- Look at the mark allocation
- Understand about your command terms
- Using the advanced information
- Why is all of this SO important?





Advanced Information from boards

This has been released to focus revision in class

There are not many subjects where content has been cut, it's just guidance as to areas for intense revision

It is not the same for all subjects so you must make sure you know what information has been released for your subjects



In the exam - tips!

- Bring your own equipment
- Organise your desk
- Water bottle
- READ instructions carefully
- THINK before you write - keep it relevant
- Keep your focus!
- Any doubts - ask questions!
- Don't go to the toilet - it wastes time!
- CHECK your answers
- Don't leave gaps - you don't lose marks!





Supporting your child - stress

- Being stressed and worried about the revision means when students do it, they're only thinking about why it won't stick, not the revision itself.
- They need to be calm and relaxed, and they need 8 – 10 hours sleep.

Tip to parents/guardians:

Every student will feel demotivated, feel overwhelmed, etc. during the exam period and the build up to it – talk to them about the issues and avoid confrontation as best you can!



Supporting your child - stress

- They should have *some* stress
- Breathe
- Talk/listen
- Plan exam days
- Prepare the night before
- Equipment: comfy pens, pencils, ruler, rubber, sharpener, calculator, colours, clear bag.





Supporting your child – shopping list

- A3, A4 plain and A4 lined paper
- Note books
- Post its
- Index cards
- Highlighters
- Revision guides
- Past papers





Relaxation Techniques

- CLEARING THE MIND – WRITE DOWN THEIR WORRIES
- DEEP BREATHING – SIT UPRIGHT, IN FOR 4, HOLD FOR 7, OUT FOR 8, REPEAT 3 OR 4 TIMES
- RELIEVING TENSION IN THE BODY – TENSE AND RELAX EACH SET OF MUSCLES IN TURN

In addition to...

- Cleaning up the environment
- Avoiding naps





How to support revision

- Discourage reading passively
- Discourage working for long periods
- Minimise distractions
 - Mobile phones
 - Just 90 seconds on a mobile phone per hour means a student loses **30 hours** of valuable learning time per year – and that's before they even start revising
 - TVs
 - Music
 - Computers
- Be wary of 'Immediate recall'
- Avoid energy drinks



What does work

GRAHAM
SCHOOL



- Make a realistic timetable and **stick to it** (including work and play)
- Working together and testing each other
- **NO DISTRACTIONS**
- Teaching other people
- Drinking **water** and doing exercise
- Having enough sleep

