



# GCSE Preparation Evening

Information Evening  
Tuesday 18th October 2022

# The ideal months ahead!

- Revise thoroughly for November mock exams
- Use mock exams as a chance to see what you know well and what you need to do to improve further from your Y10 mocks
- Attend after-school intervention/revision sessions
- Log on to Hegarty maths and other revision websites regularly
- Collect all revision materials
- Set up and follow a revision timetable on an evening/weekend
- Consider post-16 plans
- Continue to work on controlled assessments



# The likely months ahead!

- Fall out with parents over lack of revision
- Exams will start
- Panic & get stressed!
- Dark nights set in and motivation dips
- Some revision done but struggle to know 'how' to revise



We want to support you to make the months ahead as ideal as possible!

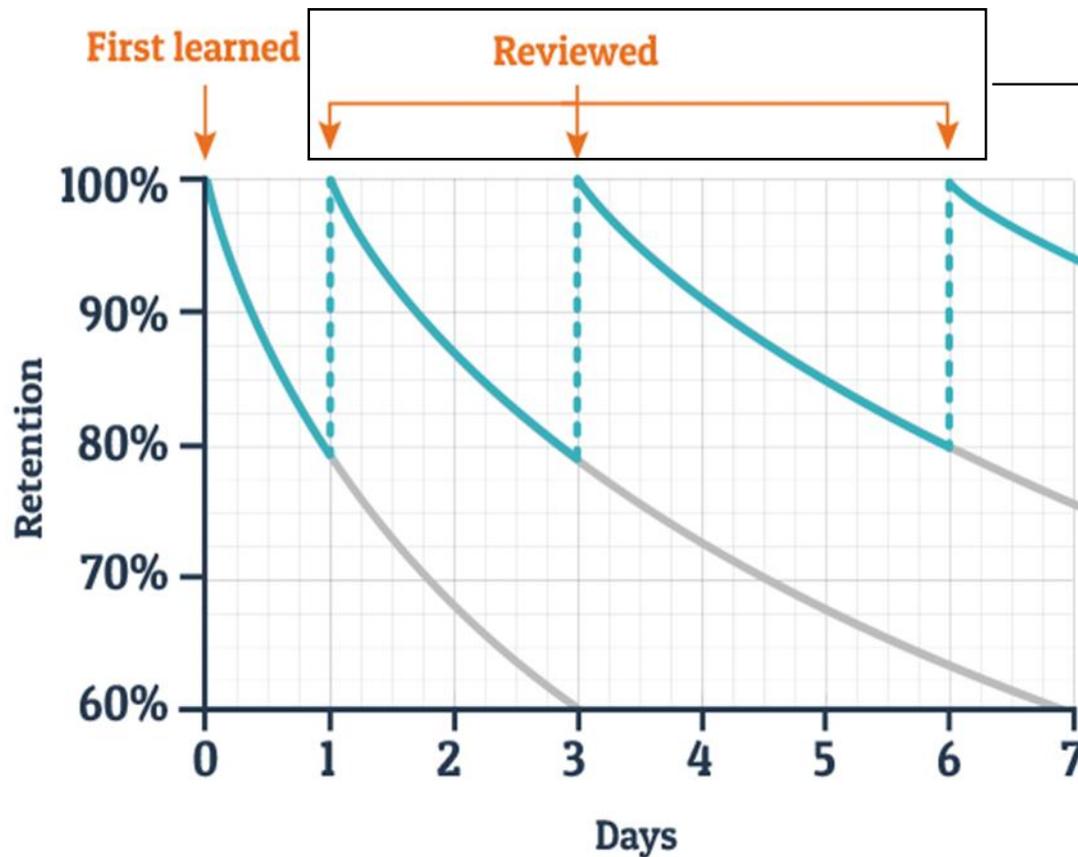
# Activity 1: Memory & Revision Strategies

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# 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



**M4TVBBCE17MMRITVAOK**



# Specific Revision Techniques: Chunking



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

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!



# Use your everyday space

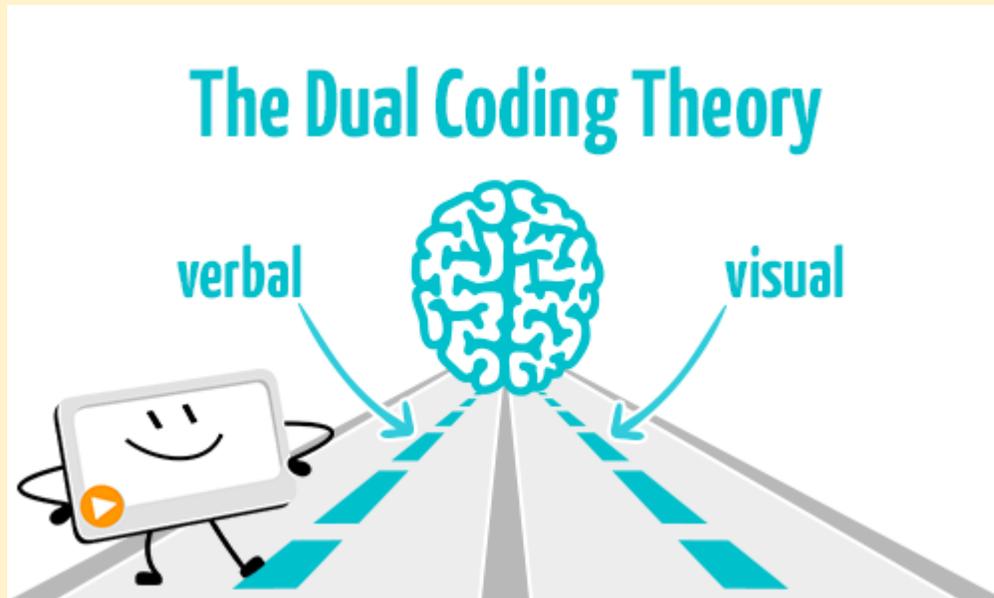


How long do you spend looking in the mirror each morning, brushing your teeth or combing your hair?

Now imagine you had a post-it, revision card or key note with information that you always forget stuck to the side of the mirror. This could be as simple as a key definition or as complex as a diagram of a cell.



# Dual coding



## 5 Ways to Use Dual Coding

by @inner\_drive | www.innerdrive.co.uk

Dual coding is the process of blending both words and pictures while learning, but what are some specific different ways you can do this?



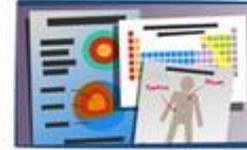
### 1. Drawings

These boost learning by getting students to think deeply about information



### 2. Diagrams

These are helpful for breaking down complex concepts or processes to make them easier to understand



### 3. Posters

These are great for combining writing, pictures, and diagrams all within one page of information



### 4. Timelines

These can be used for information that happens in a particular order or sequence



### 5. Graphic Organisers

These organise verbal and visual information by the relationships between different concepts. Examples include tree diagrams, mind maps, and Venn diagrams



@ImpactWales

# WHY SKETCHNOTE?

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## Dual Coding Theory by Allan Paivio

This theory  states that when we learn  new information we can code that information either as an image  or as a word **APPLE**. Both, or either of these codes can be used to retrieve or remember  the information. Presenting new information as both image  and word **APPLE** improves the chance of accurately remembering the new learning.

Contact us at [enquiries@impact.wales](mailto:enquiries@impact.wales) for support to use sketchnotes with your pupils



# Mnemonics

## WILSON

### How to approach an unseen poem:

**W**hat is it about? Who is speaking? Where are they? What happens and why?

**I**deas - what ideas or themes does the poet explore?

**L**anguage - Are there any specific words or language techniques?

**S**tructure - how is the poem laid out and organised? Is the title effective?

**O**pinion - why do you think the poet wrote it? Is there a message?

**N**ow plan - plan your answer so it is clearly structured.



## Activity 2



# REVISION STRATEGIES



# Specific Revision Techniques: Location



- 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 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

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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/ double sided.
- 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!



# 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

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Tip to  
parents/guardians  
:

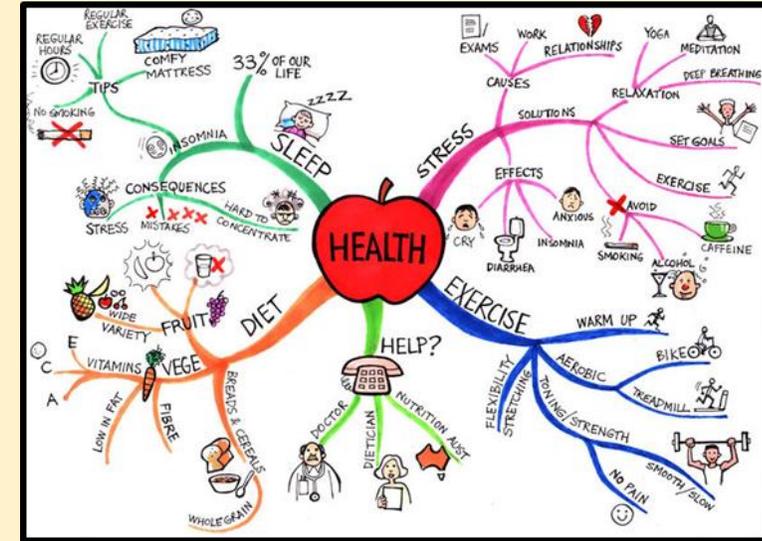
Test your child on  
what they can  
remember. Take  
the revision guide  
off them and ask  
them questions  
from the pages  
they have revised  
in a random  
order.



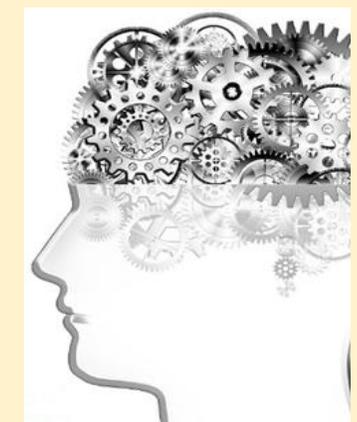
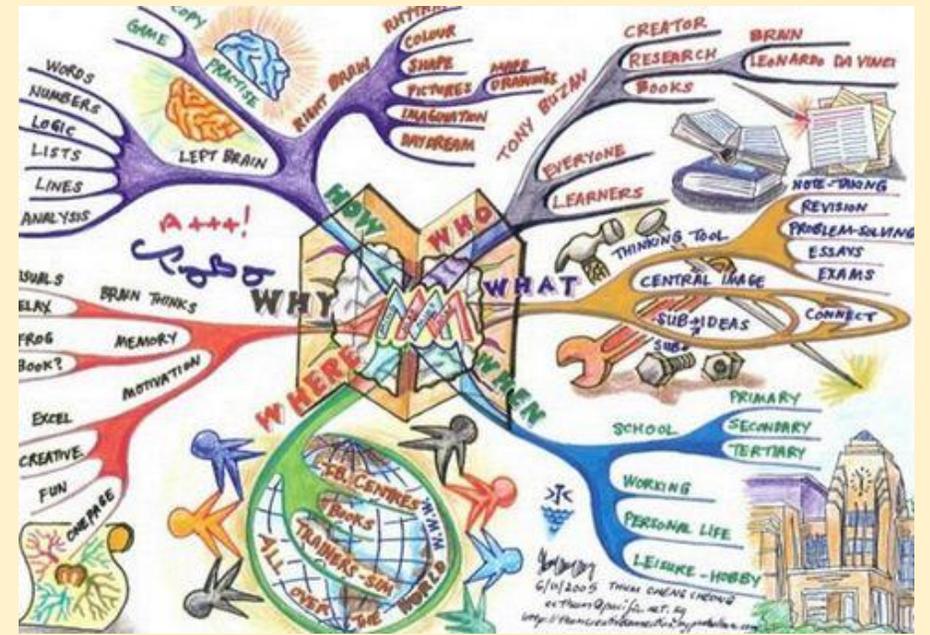
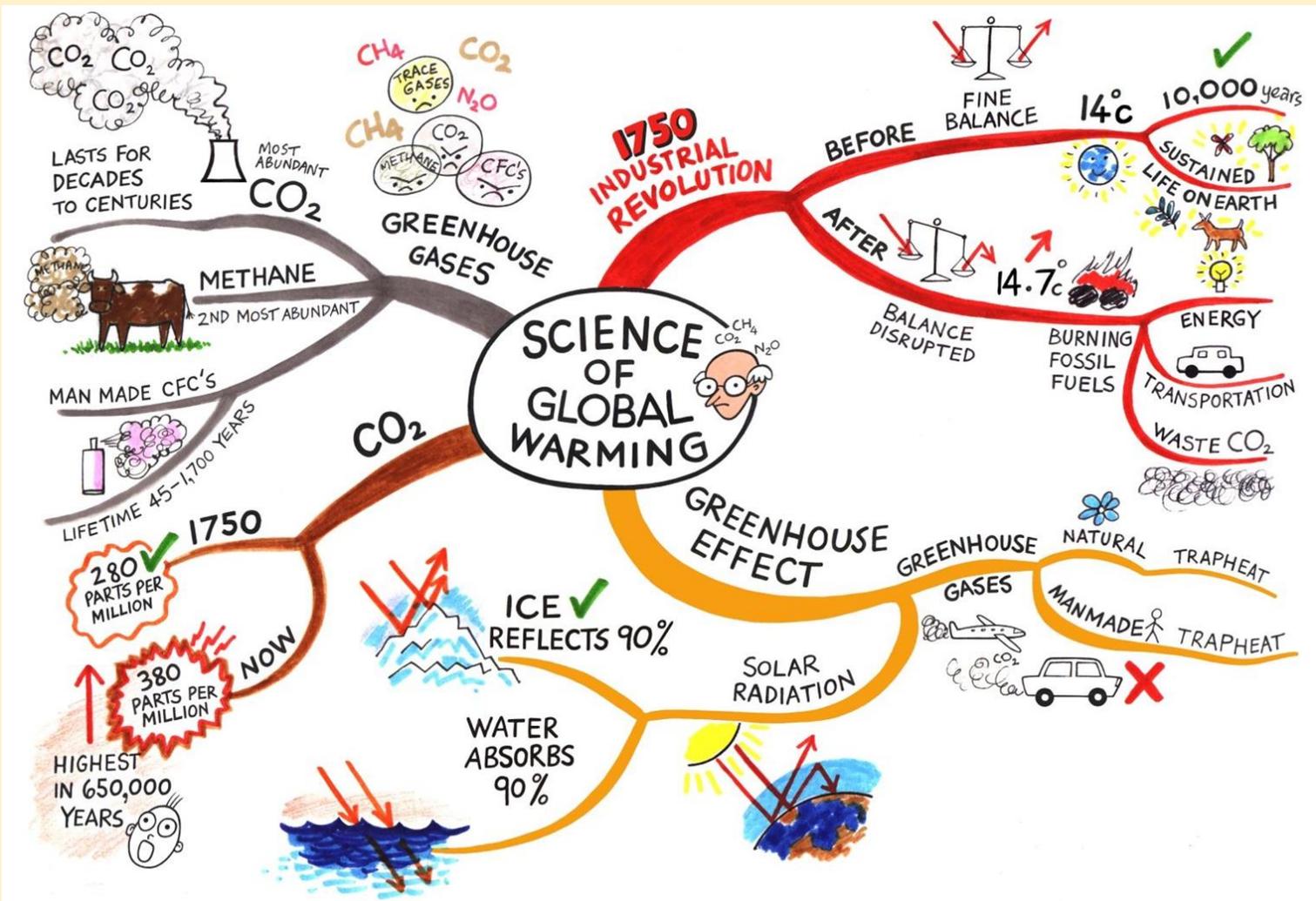
# Specific Revision Techniques: Mindmapping



- Split a topic into subtopics, and then create a mind map or dual coded image. 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!



# Specific Revision Techniques: Mindmapping



# 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 approach.

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

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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'!

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- 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.

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 have 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?

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...



<u>DON'T</u>	<u>DO</u>
<ul style="list-style-type: none"><li>• Revise in long stretches</li><li>• Read passively</li><li>• Eat badly</li><li>• Drink energy drinks</li><li>• Revise when stressed</li><li>• Revise before bed</li><li>• Confuse work with learning</li><li>• 'Cram' by revising each subject in the order that they appear on your exam timetable and not before!</li><li>• Leave things until it's too late</li><li>• Ignore a topic that you find particularly challenging</li></ul>	<ul style="list-style-type: none"><li>• Eat well and hydrate with water</li><li>• Exercise</li><li>• Take breaks &amp; do something you enjoy</li><li>• Plan the time that you will revise with no distractions (egg timer)</li><li>• Repeat and recall as often as possible</li><li>• Use sound and colour (mind maps)</li><li>• Make associations &amp; connections</li><li>• Chunk information into smaller parts using something like flashcards</li><li>• Discuss with each other &amp; get tested</li><li>• Teach each other</li><li>• Create a checklist</li><li>• Tackle the challenging topics soon and ask if you need help</li><li>• <b>Make a revision timetable</b></li></ul>



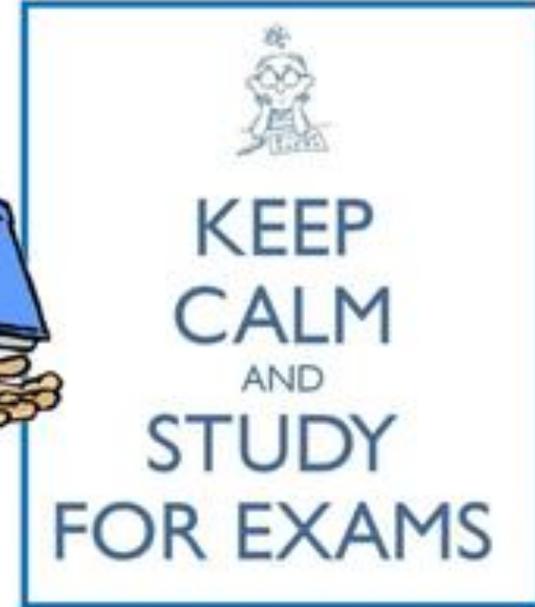
# Activity 3

## Exam Technique

Don't let this be you...



Plan ahead!



# Important Information



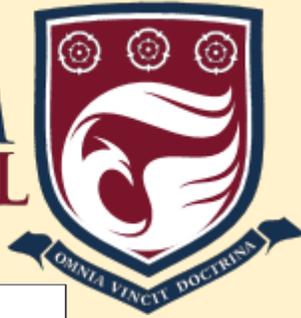
- ★ There were over 5.3 million GCSE (or equivalent) exam entries in 2022
  - ★ Lots of competition!
  - ★ Each qualification is from 1 - 3 papers + other elements
  - ★ GCSE written exams will start on Monday 15 May and continue for 5 ½ weeks until Wednesday 21 June
  - ★ Practicals (drama, food), MFL speaking tests, Art / photography will be completed before the written papers
  - ★ Some aspects continue after the written papers (Engineering)
  - ★ Written exam lengths vary: 35 minutes to 2 hours 15
- Preparation and Technique are crucial!



# Exam technique

- Know your exams & be ready!
  - How many papers?
  - How long is each paper?
  - Weighting of exams
  - Morning / Afternoon
  - Equipment required
- Practise exam papers to develop your technique!
- Make it familiar!





# Answering Exam Questions

- What type of questions to expect?
- How many questions?
- Is there a choice? Be Careful!
- How many marks per question?
- How long to spend on each question?
- Understand about your **command** terms

(a) Expand  $p(p^2 - 3p)$

(2)

(b) Factorise  $y^2 + 5y$

(2)

(c) Factorise completely  $2x^2 + 6xy$

(2)

(d) Solve  $x^2 - 2x - 15 = 0$

(Total 8 marks)

## GCSE History 12 Mark Question

Explain why US involvement in Vietnam increased in the years 1963-65.  
12 Marks

You may use the following in your answer:

- US advisors
- The Gulf of Tonkin Resolution

You must also use information of your own.

waves against the rocks. He lay listening to the storm and thinking about the black bird and about his mother, waiting for the pounding in his chest to die down. He was still tangled in the images of his bad dream.

How does the writer use language here to describe the effects of the storm?

You could include the writer's choice of:

- words and phrases
- language features and techniques
- sentence forms

2-3 PEE points

EFFECTS on readers [8 marks]

The writer uses the violent verb 'lashing' to describe the power of the storm and the forcefulness of the 'lashing' has connotations

The concentration of glucose in the blood is controlled by homeostasis.

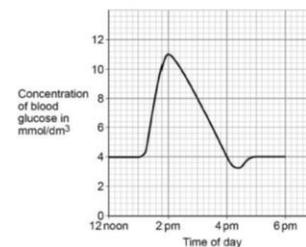
(a) Give one other example of an internal condition controlled by homeostasis.

\_\_\_\_\_

\_\_\_\_\_

(1)

The graph below shows the change in glucose concentration in the blood of a person with Type 1 diabetes.



(b) Calculate the increase in blood glucose concentration between 1 pm and 2 pm.

\_\_\_\_\_

\_\_\_\_\_

Increase in blood glucose = \_\_\_\_\_ mmol/dm<sup>3</sup>

(1)



# BUG



**BOX**

**UNDERLINE**

**GO OVER**

**Box the command words:**

list

describe

explain

compare

calculate

evaluate

**Underline the key information:**

Words    numbers    comparisons    content    variables

**Go over the question again:**

Check the marks allocated    make a brief plan    read over your answer

**Manage  
Your  
Exam  
Time**



## Explain

Write a detailed answer that covers how and why a thing happens. Talk about mechanisms and reasons. (Hint: don't confuse with "describe").

## Describe

Write a detailed answer that covers what happens, when it happens, and where it happens. Talk about facts and characteristics. (Hint: don't confuse with "explain").

## Calculate

Work out a number. You can use your calculator to help you. You may need to use an equation.

## Evaluate

You will be given some facts, data, or other kind of information. Write about the data or facts and provide your own conclusion or opinion on them.

## Compare

Write about the similarities and differences between two things.

## Justify

Give some evidence or write down an explanation to tell the examiner why you gave an answer.

## Suggest

Think about what you've learnt and apply it to a new situation or context. Use what you have learnt to suggest sensible answers to the question.

## Predict

Look at some data and suggest a realistic value or outcome. You may use a calculator to help. Don't guess – look at trends in the data and use your knowledge of science. (Hint: don't confuse with "calculate" or "estimate").



## Every Mark Counts!

72	9
66	8
60	7
54	6
48	5
42	4
36	3
30	2
21	1

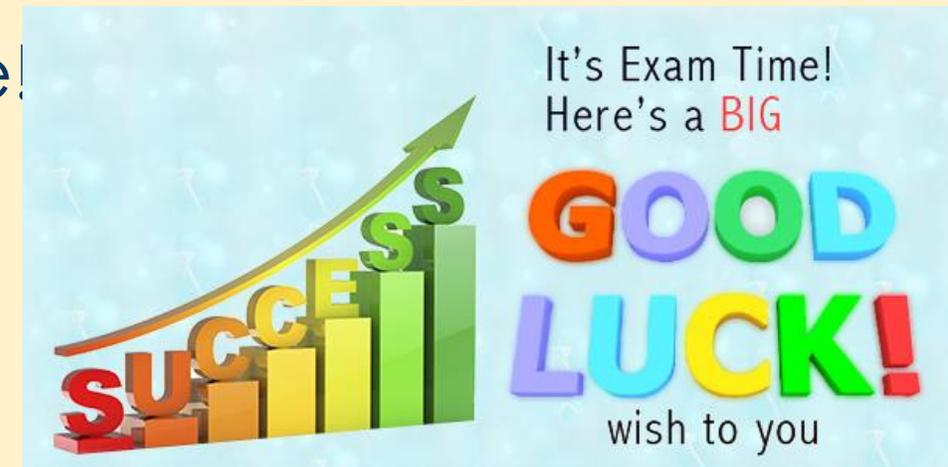
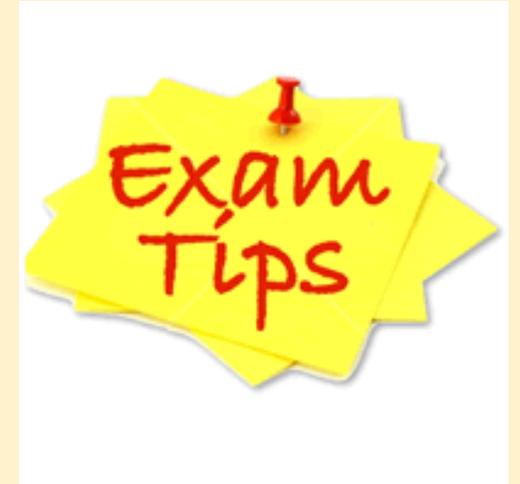


- Don't miss out questions - try!
- Show working
- Always do multiple choice questions
- Aim to complete the paper
- Go back to questions you can't do
- If in doubt...guess!
- Use all of the time
- You can do it!



## During the Exams

- Bring your own equipment (black pens!)
- 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!
- Use all of the time - finish the paper
- CHECK your answers



# Supporting your child

Tip to parents/guardians:

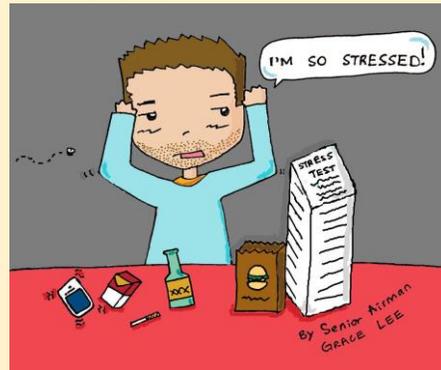
**Every** student will feel demotivated, feel overwhelmed, etc. during the exam period and the build up to it – talk to them about the issues and avoid confrontation as best you can! Remind them it is ok to feel like this but they can't become either

of the below....



# How to support revision

- Discourage working for long periods
- Encourage joint revision with others
- Be wary of time spent vs output
- Self care
- Strike a balance - realistic timetable



- Discourage reading passively



- Minimise distractions

- Mobile phones

45 minutes rule

- Be wary of 'Immediate recall'
- Strike a balance - realistic timetable

