

# We aim to:

- Give you some clear strategies for effective revision
- Give advice about your health and well-being people during what can be a stressful period

# How many school days until internal exams?

19

# Before starting to revise, what do you need to ask yourself?

Why?

When?

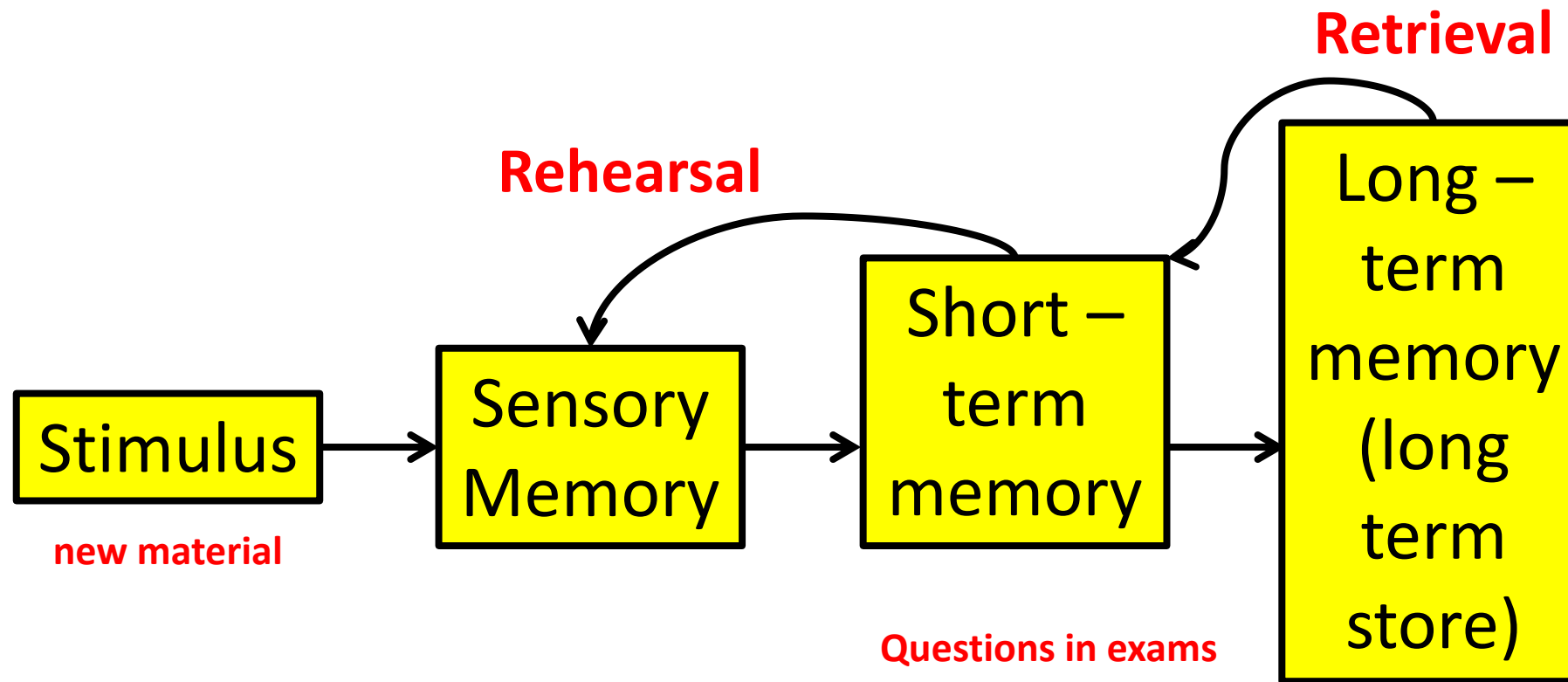
What?

Where?

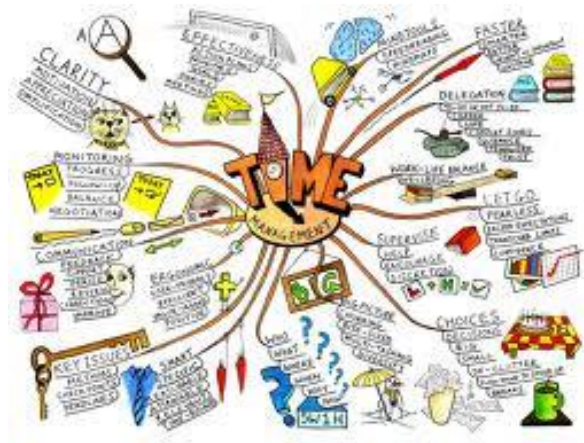
Who with?

How?

# Why do we revise?



# What techniques do these represent? Which do you currently use? How? Do they work? How do you know?



Themes  
... of body vs. ... of chair

Modern Chairs  
Freud, Chaise

Industrial Revolution  
... IMAGE S

Renaissance

Middle Ages

Greeks and Romans

Ancient Egypt

You Comfy? History of Sitting / Design of Seats  
Shouldn't have NEAR SEAT (CHAIR) - THEY (BENCH)

Overview

- Are you comfy standing? More comfy sitting: SIT
- How many ways to sit? SIT MANY WAYS
- Most of us use chairs. But cultural differences.
- SHOW CUSHION, SQUATING, ON TABLE
- Focus on items: 3 types
  - Stool, Bench, Chair
- Chronologically, 5 mins, What is Comfy?



File Folder Note Pad 3 Tab

Example Note

Task Management  
Website: www.dcc.com  
Personnel: Admin  
Personnel: Office 4324

Task is used for the following:

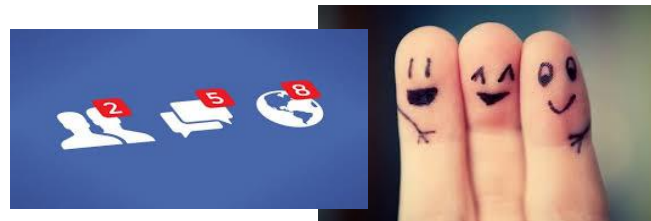
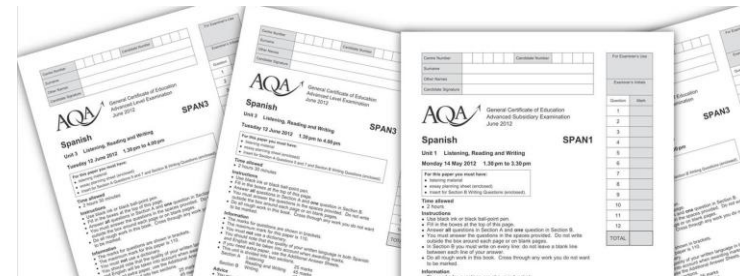
- manage secretary
- use phone notes
- send news information
- manage the stamp

Secretary - how to make an appointment of desk

- Click secretary along the top of the page
- In the drop down menu, click the 'book' site
- Click on item number (to click on descending order)
- Click item number and click on 'insert' box
- Insert the 'in' slot box
- Click on 'availability' tab, from
- Click update at the bottom of the screen
- To then click back on, follow the above
- instructions and re click the 'in' slot box!

Divine Code

- Click upon code
- Select, 'add - one code'
- Make a name for the code
- All the code in the code, type in '30'
- Save '3' in the area for label, subscriptions
- To complete, click 'add'



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# Which do you think were found to have the best impact?

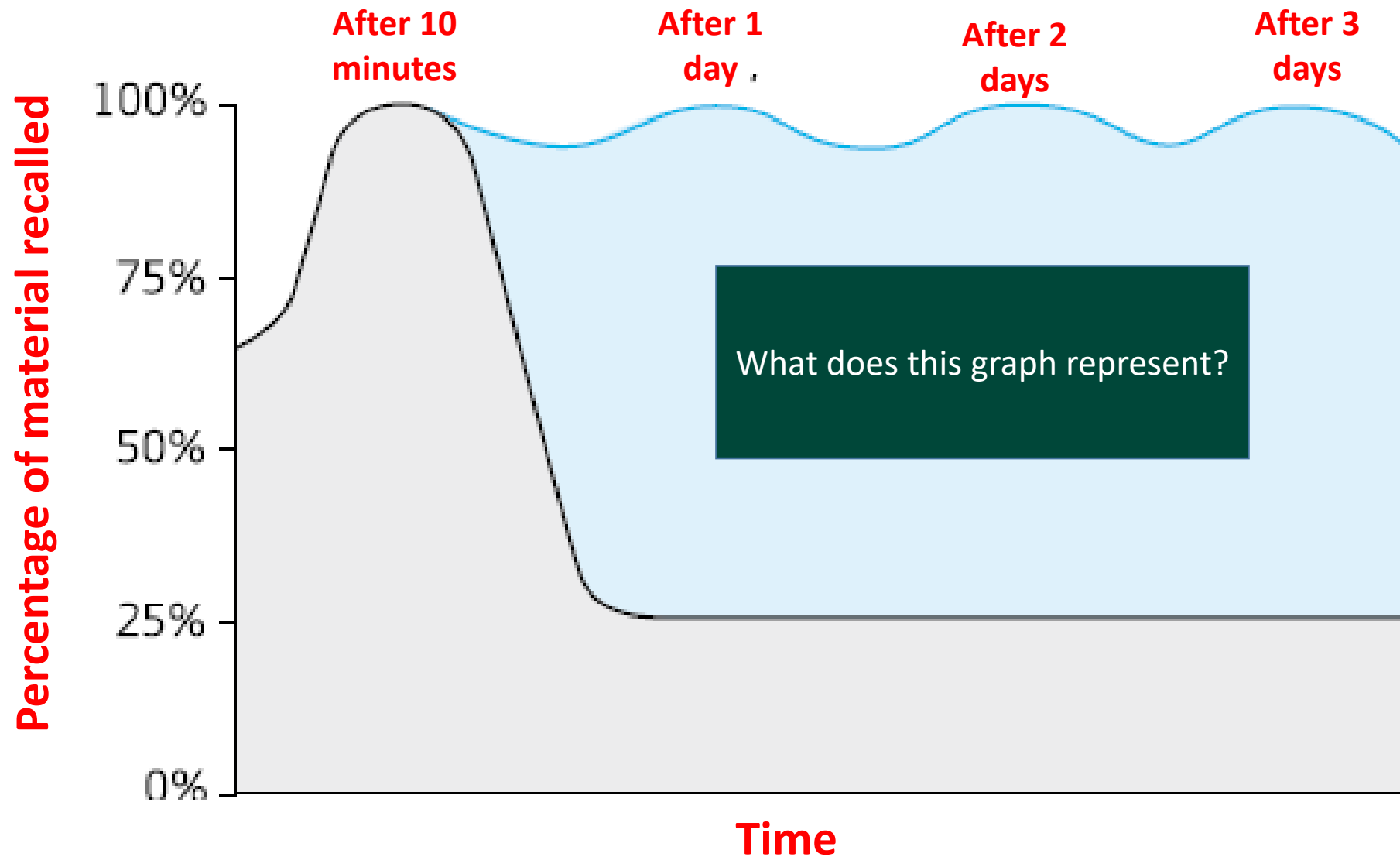
- Distributed practice (short sessions)
- Elaborative interrogation (turning facts to be learned into why-questions and then answering them)
- Self – explanation (explaining to yourself what you are doing and thinking)
- Regular practice testing
- Interleaved practice
- Summarising
- Highlighting
- Mnemonics
- Regular practice testing
- Imagery to represent text
- Re-reading

Dunlowsky et al (2013) studied 10 strategies used by students to revise and prepare for examinations.

# Effective revision strategies - what the research says

- Higher effectiveness
    - **Regular practice testing**
    - **Distributed practice (short sessions)**
  - Moderate effectiveness
    - Elaborative interrogation (turning content into why-questions and then answering them)
    - Self – explanation (explaining to yourself what you are doing and thinking)
    - Interleaved practice
  - Lower effectiveness
    - Summarising
    - Highlighting
    - Mnemonics
    - Imagery to represent text
    - Re-reading
- There is a strong scientific consensus that regular and distributed practice have the greatest impact and should be part of any revision strategy.
- A blend is more effective than using one technique in isolation

# Memory performance over time





# Help or hindrance?

- A 2010 study (Perham and Vizard): music did **not** improve learning;
- In the study someone else talking, music enjoyed by students and music disliked by students all had a similarly distracting effect;
- The best condition for study and the learning of new information was silence.



# Examinations and stress

We need to distinguish between:

- A – **Eustress** (positive and motivational)
- B – **Distress** (damaging to health and relationships)

# Recognising stress

- These are high stakes examinations and you might be feeling under pressure;
- This pressure might begin to grow between now and May;
- You can take control of this
- Your teachers have a plan – so trust them
- Remember, a bit of anxiety is positive and motivational

- OUR SCHOOL +
- STUDENT AREA -
  - Homework
  - Safety and wellbeing
  - Extra-curricular clubs
  - Exams
  - Revision and support
  - Careers
  - Challenge programme
  - School Council
  - Houses
  - Library
  - School email and school access
- PARENT AND CARER AREA +

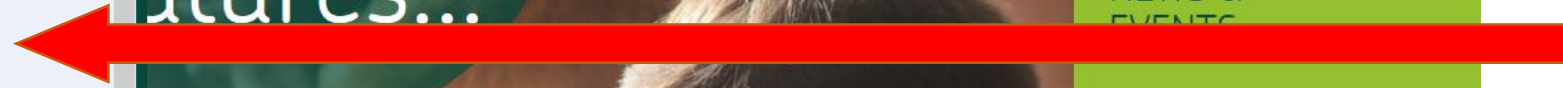


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Remember:

# Organisation




# Organisation is key



- What is the purpose of a revision timetable? **It is to make sure that you avoid the urgent!**
- A revision timetable allows you to:
  - Clearly see how much time you have remaining.
  - Distinguish between the important and the urgent.
  - Reduces stress.

# You may have already started – if not it's time

## Revision Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							



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# 7 Simple Revision Strategies

1. Display your **exam timetable and revision timetable** in a place where you, your family and visiting friends will see it regularly.
2. Use **40 – 10 revision technique**. 40 minutes work, 10 minutes break.
3. Never rely on reading alone to revise. Make sure you are processing information by **solving problems, producing concept maps or writing short notes**.
4. Do keep up **hobbies** like sport or music. Maintain a social life but in moderation.
5. Get up **early and eat a proper breakfast** on revision and exam days. Choose foods carefully.
6. **Vary the subjects you revise**, saving your favourites for last.
7. Ask your **teachers for advice** on exam technique – they're the experts.



# During the examination

1. **Read the entire question** before answering, checking that you have also looked at any additional text, graphs, tables or other information.
2. Look for **important command words** like *describe*, *explain*, *compare*, *analyse* or *evaluate* in the questions. (Highlight these command words)
3. Look at the **number of marks** available for each question – this is a guide to how many separate written statements are needed, the required length of the answer, the amount of time to spend on the answer, or how many stages there are in a calculation.
4. Find any additional **help sheets** available to you (for example a formula or data sheet in science).
5. **Always finish a question**, even if you think you made a mistake at an early stage or had to make a guess. You will score marks despite this.
6. **Show all of your working out** in mathematical calculations.
7. **Check carefully** for errors at the end. If you used a calculator in any questions, check these questions first.
8. **Check the whole paper** (even the back page) to make sure that you have answered every question that you should have.

- What is GCSE Pod -introductory video [HERE](#)
- Go to [www.gcsepod.com](http://www.gcsepod.com)
- Click LOGIN
- If you haven't already logged on, click 'New Here? Get Started'
- Click onto Student
- Enter your details and 'Wellsway School' – select when it appears.

1. Enter the following details:

- First name        test
- Last name        test
- DOB                21/03/2002
- School             Wellsway School

2. Create a username and password and hint

3. Click login

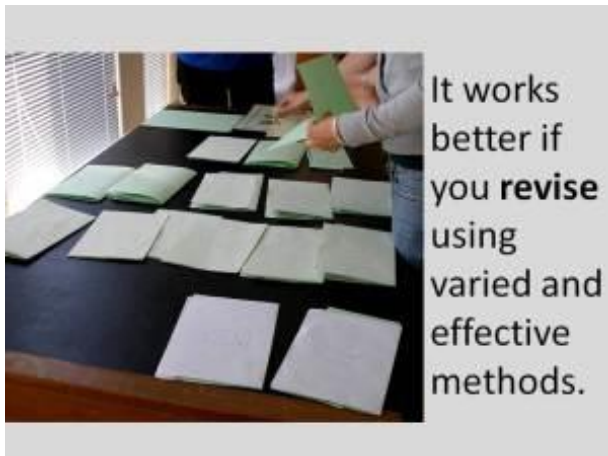
4. Click I'm ready, let's go!



# General tips

- Use **revision aids** and guides
- Try **different** revision techniques
- Use **recommended** web sites
- Use **exam questions**
- Create a **REVISION ENVIRONMENT**

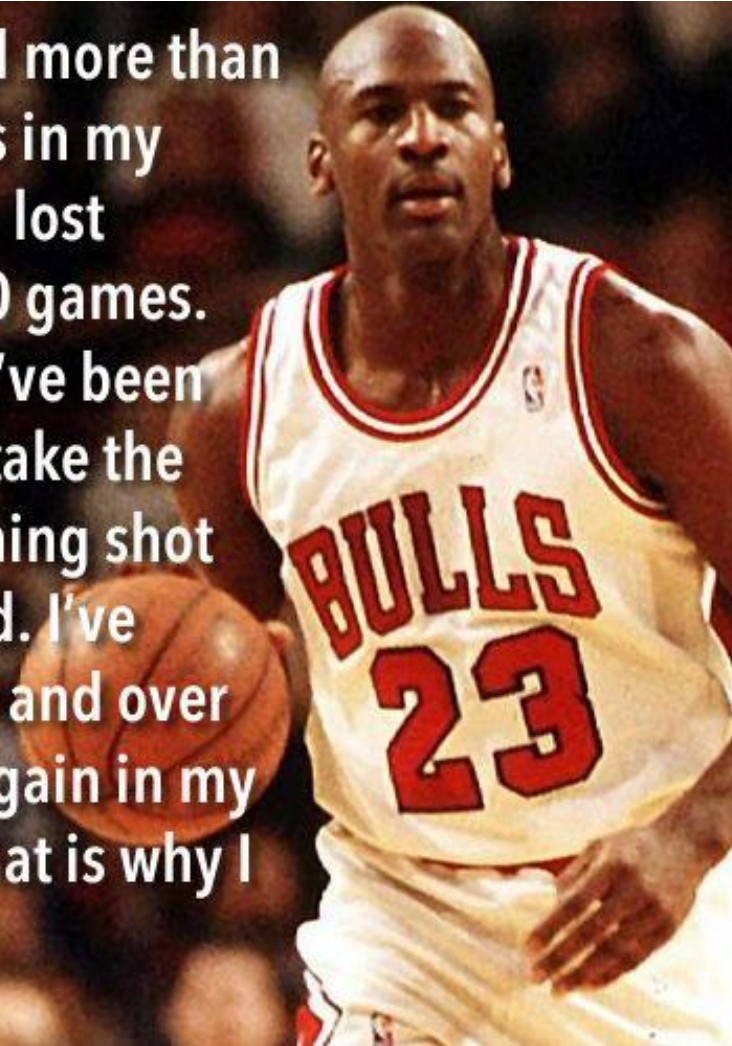
**REDUCE DISTRACTIONS**



# You won't get everything right first time.

**I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.**

Michael Jordan



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