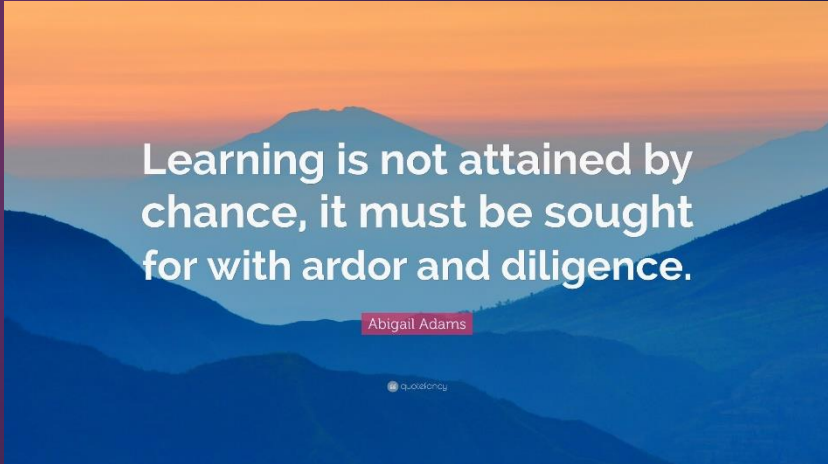


Revision strategies and Survival

THORNLEIGH SALESIAN COLLEGE 2020



Learning is not attained by chance, it must be sought for with ardor and diligence.

Abigail Adams

quodlibet

The facts...

- ▶ There are 14 weeks remaining until the exams begin on the 11th May.
- ▶ Three of those weeks students are not in school.
- ▶ Students will face around 20 examination papers in a 4-5 week period.
- ▶ Some of those papers are very lengthy.
- ▶ It is stressful.
- ▶ Preparation is the key.
- ▶ Revision has already started for most people.

Dispelling the myths

- ▶ Myth 1 – It's best to revise the night before

Fact – 80% of information that you simply read will be gone by the next day

- ▶ Myth 2- I'll never remember things in May if I learn them now

Fact – Once something is embedded in your memory you don't unlearn it – it can easily be refreshed

- ▶ Myth 3 – No one else is revising yet

Fact – They are!!

- ▶ Myth 4 – My mate/brother/sister/next door's cat did well last year so I'll be OK

Fact – Grade boundaries and cohorts change every year – you are being compared against an entirely different cohort and with changing criteria – you have to arm yourself!

Planning to succeed

- ▶ A balanced approach is required.
- ▶ Planning is essential – there is simply too much to cram.
- ▶ Part of the planning needs to involve accessing the many opportunities for support in school.
- ▶ There are no short cuts so 2-3 hours a night are necessary.
- ▶ There are three weeks of holidays in this preparation time – they need to be utilised well.
- ▶ Planning to stay healthy is also necessary, this includes eating healthily, exercising and getting enough sleep.

Learning environment

- ▶ A quiet space, but a space where you can see that study is happening.
- ▶ A tidy space.
- ▶ Agree a rule on phones. Leave phones in another room or consider Apps such as Forest that help prevent distraction.
- ▶ Agree a routine such as one hour of revision before tea, two hours after.
- ▶ Supply plenty of equipment and have plenty of paper.
- ▶ Ensure students have all necessary revision guides.
- ▶ Provide lots of healthy snacks.
- ▶ Make sure they get plenty of sleep. Late night revision fuelled by caffeine is not healthy or productive.
- ▶ Provide help with motivation and reduce procrastination
- ▶ Revising with friends rarely works.

Exam practicalities

- ▶ Students will be provided with an exam timetable in February. This will have seat numbers for all exams. If it gets lost, the Exams Officer can re-issue. Make sure you have a copy on your fridge.
- ▶ Each exam will have a pre-exam briefing. Takes place 10 mins before the exam offering last minute tips and reminders.
- ▶ Exam equipment – This needs to be in a clear pencil case. Please ensure students have a black ballpoint pen, pencil, ruler, rubber, maths equipment & a scientific calculator
- ▶ Water – in a clear bottle with the label removed
- ▶ No iWatches or other smart watches are allowed in the exam room. All other watches must be removed
- ▶ No phones or headphones are allowed. If a student takes a phone in they risk being disqualified from the entire series of exams.
- ▶ Clashes with exams are always sorted but might require a student to be supervised between exams.
- ▶ If a student is too ill to sit an exam, a doctors note would be required but there are no guarantees about the grade awarded.
- ▶ Exams can **NEVER** be rescheduled because of illness or absence.

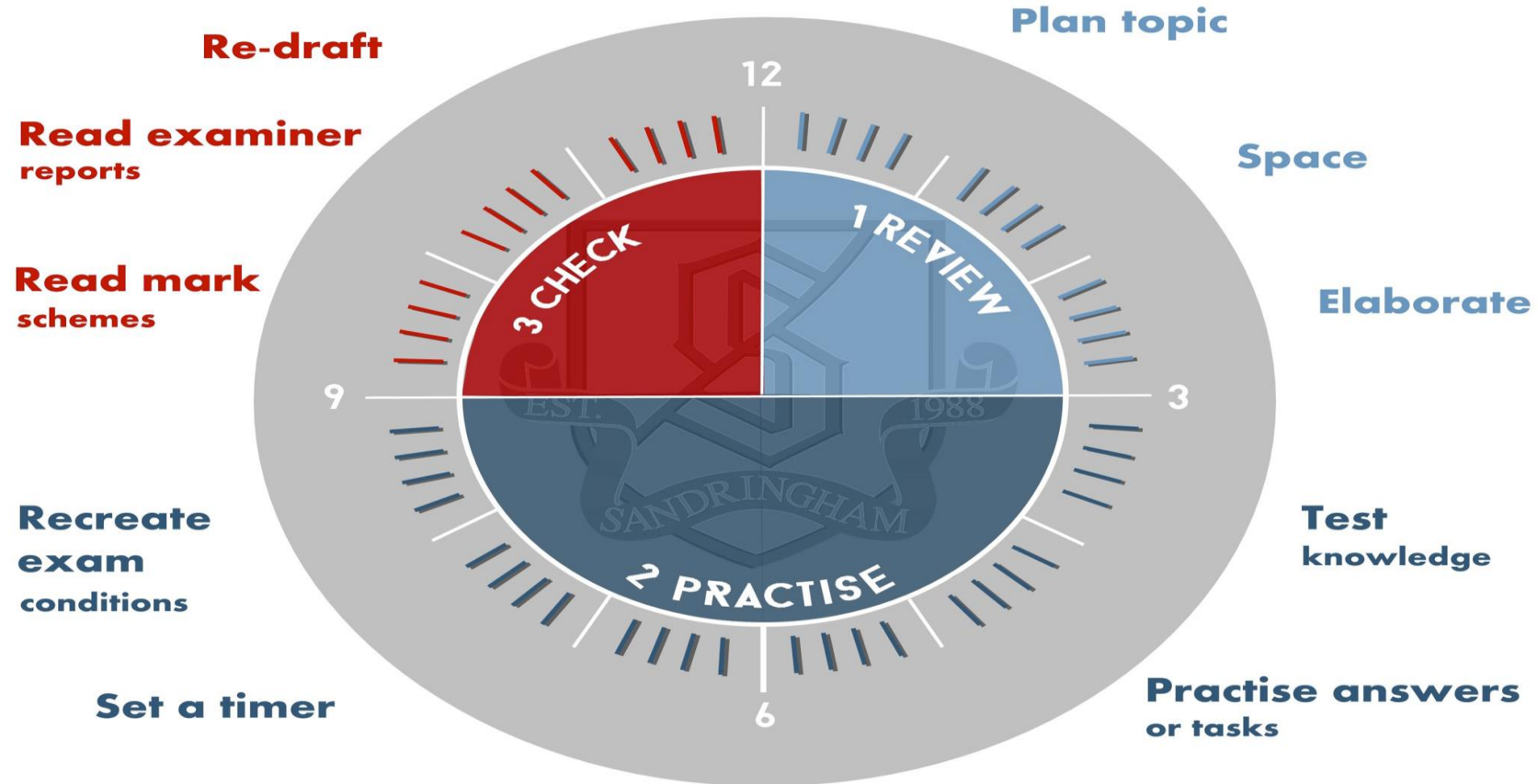
Revision timetables

- ▶ Divide your time into sessions, e.g. three per week day, 5 at weekends.
- ▶ Fill in your commitments.
- ▶ Add subjects, giving more time to those you find hardest and think about when the exam dates are.
- ▶ Add topics to each subject so you know exactly what you are revising each day.
- ▶ Think about spacing subjects to provide variety and time to 'forget' material revised.
- ▶ Ensure that you have a mix of subjects each day.
- ▶ Ensure that you stick to the revision timetable, but allow some flexibility.
- ▶ Do not spend too long constructing a timetable, get revising.

For example.....

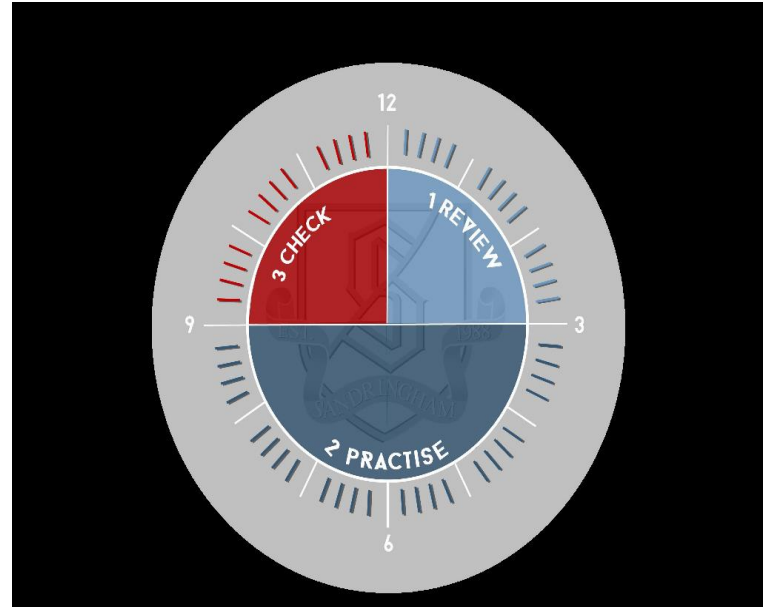
	45 minutes	45 minutes	45 minutes	45 minutes	45minutes
Monday	Biology	Spanish	English		
Tuesday	English	RE	Maths		
Wednesday	Business Studies	Geography	Maths		
Thursday	Chemistry	Biology	English		
Friday	Spanish	Physics	Maths		
Saturday	English	RE	Business Studies	Maths	Biology
Sunday	Geography	Physics	Chemistry	Spanish	

THE MEMORY CLOCK



3. Check

Use your flashcards to CHECK whether you have learned key vocab. Identify the words you are still struggling with and make a new list of what you still need to do. Repeat!



1. Review:

Using notes, textbook and online resources, identify the KEY VOCAB for the chosen topic. Either make your own flashcard/post it notes or fill in the first two columns of a LOOK COVER WRITE CHECK list so that you can fold down each column and just show either the Spanish or the English

2. Practise:

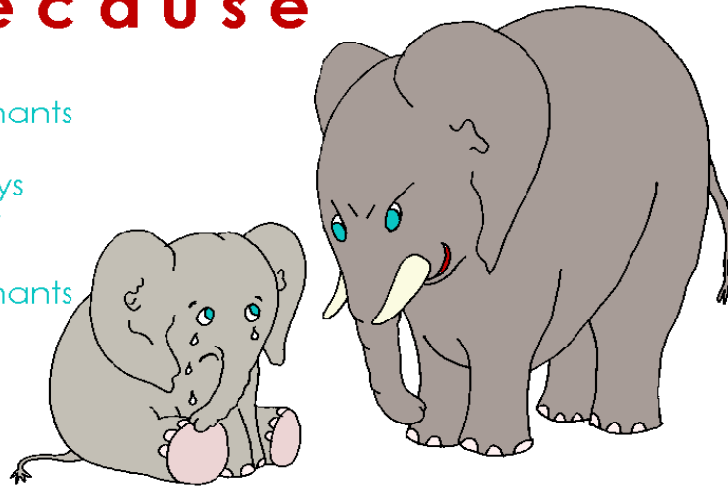
Test yourself in a variety of ways: Quizlet has a ready made flashcards based on the key exam syllabus, or make your own. MEMRISE has many topic areas uploaded . Use LOOK COVER WRITE CHECK pages. Use Kerboodle or Active learn to do exam style questions

Practical Strategies

Mnemonics

b e c a u s e

big
elephants
can
always
upset
small
elephants



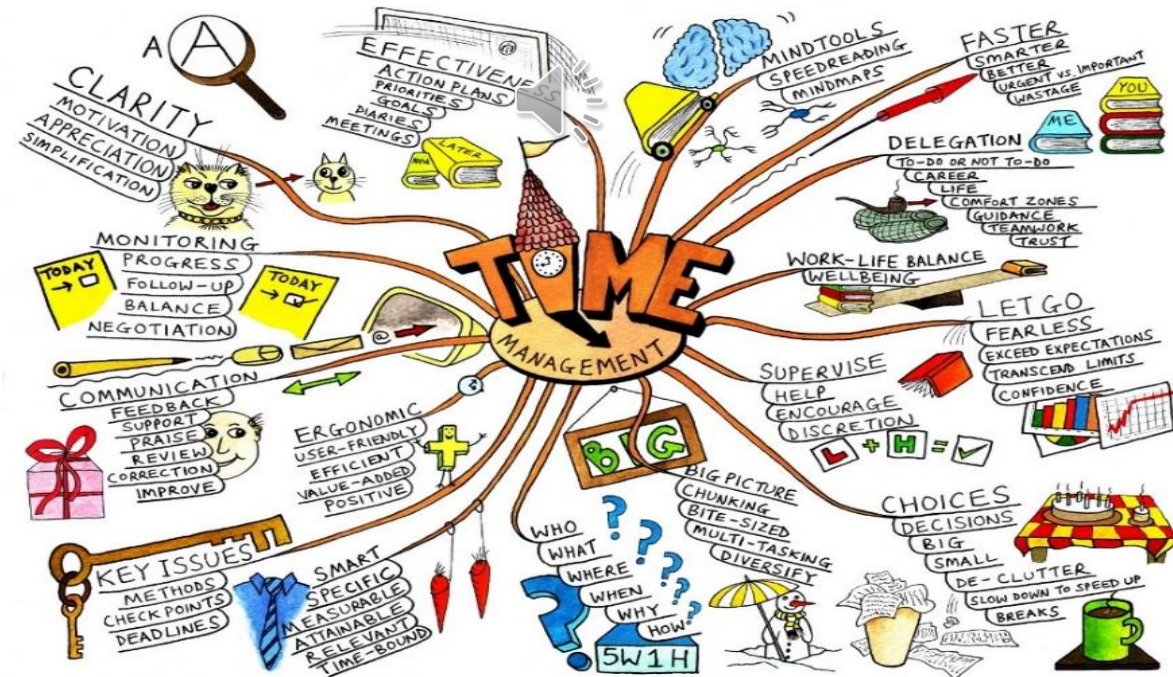
How does it work

- ▶ Each word in your sentence forms a trigger for a bigger concept or series of information that needs to be remembered
- ▶ Can be used simplistically for remembering spellings or for more complex pieces of information that needs breaking down



Practical Strategies

Mind Mapping



How do they work?

- Essentially work by connecting ideas
- Each idea stems from another one
- Your brain works by linking one idea with another – this strategy is exploiting how your brain works naturally
- Page is landscape
- Central image
- Sub-topics
- Detail
- All lines are connected
- One word/picture per branch
- Use colour

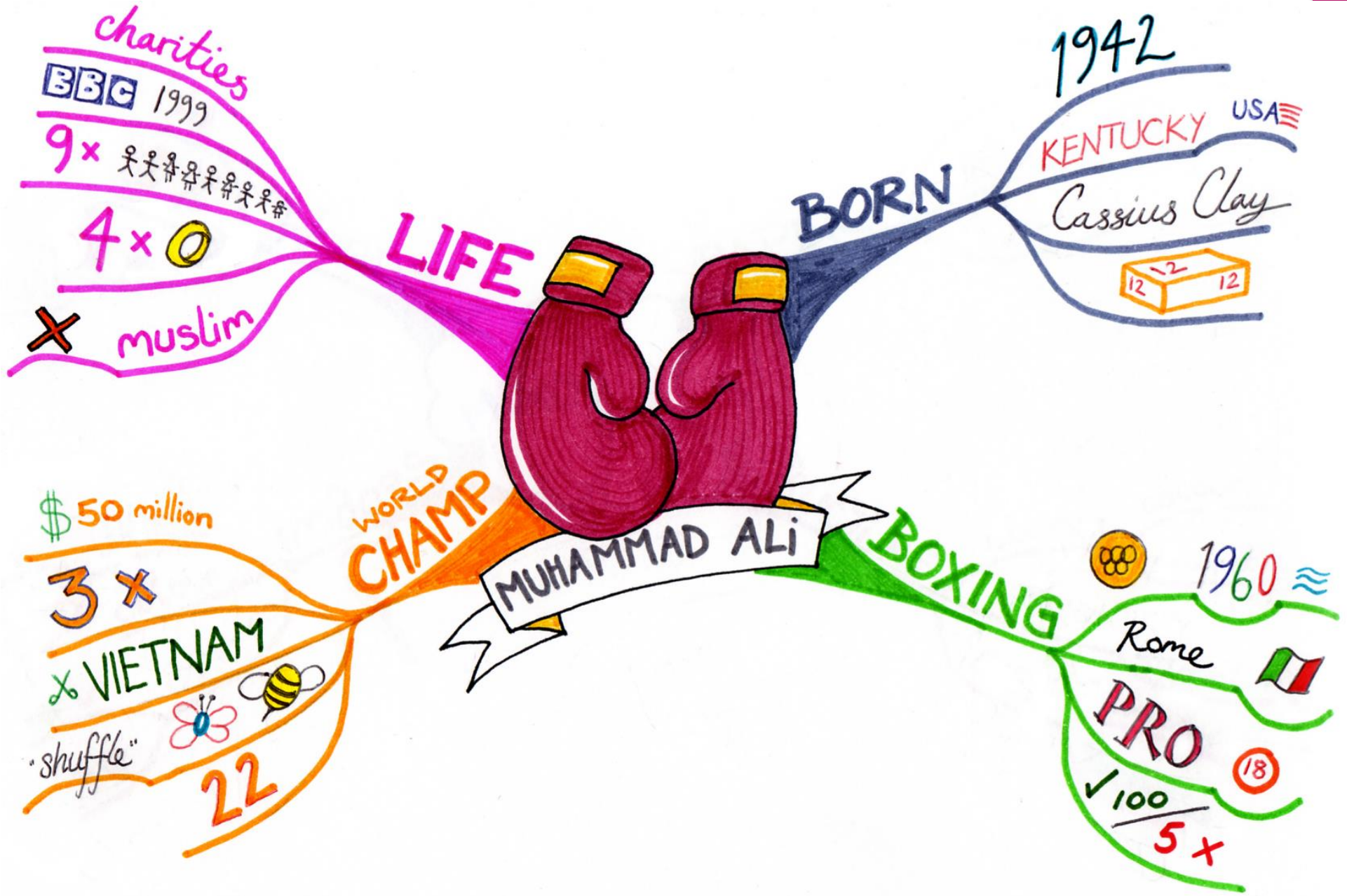
MUHAMMAD ALI 1942-...

Muhammed Ali, arguably the greatest boxer in the history of the sport. He was born in 1942, in Louisville, Kentucky in the United States. He was named after his father, Cassius Clay, Sr., who was named for the 19th century abolitionist and politician Cassius Clay. He changed it to Muhammed Ali in 1964. He became a boxer at the age of 12. As an amateur boxer he won many titles, culminating in the Light Heavyweight gold medal in the 1960 Olympics in Rome, Italy. When Ali returned home to the states, he was so proud that he wore the medal around his neck wherever he went. After a week, he went to a café and ordered a drink. The waiter said “I’m sorry, we don’t serve coloured people”. Ali was so incensed by this! He had represented his country, won the gold medal, and come back to this kind of treatment. Muhammed Ali ripped from his neck and threw it into a river. Ali turned professional at the age of 18. Ali's record was 100 wins, 5 losses when he ended his amateur career.

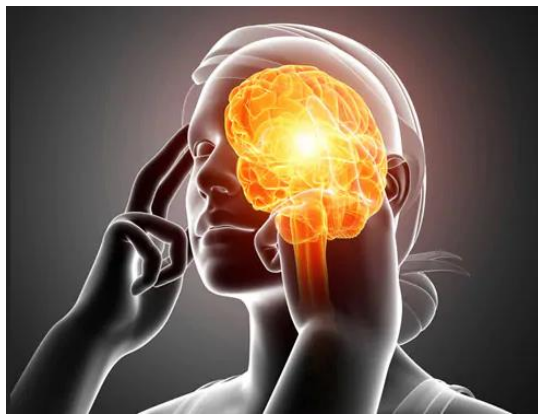
Ali became the World Champ at the age of 22. Clay was famed for his unorthodox fighting style. Rather than match his opponents with brute force, Clay brought tactics and strategy into the ring. With his fast-moving style, he was equally adept at dodging a punch as at delivering one. His fancy footwork soon became known as the ‘Ali shuffle’. Ali also fought a great psychological game, often beating fighters before they stepped foot in the ring. It was in the pre-fight build up to his first world-title fight with sonny liston that Ali famously said “I will float like a butterfly and sting like a bee”.

In 1967, when Ali refused on religious grounds to be drafted into the US army to fight in Vietnam, he was stripped of his title and banned from boxing., two decisions he successfully overturned in court. This he achieved by defending himself brilliantly without a lawyer.

In 1971, Ali lost the title to Joe Frazier. Ali went on to win it back and then fought in two of the most famous fights in the history of boxing; The Rumble in the Jungle, versus George Forman and The Thrilla in Manilla, again versus Joe Frazier. Ali is the only boxer to have held the World title on 3 separate occasions. Ali retired from professional boxing in 1981, at the age of 39, with a career record of 56 wins and 5 losses, and as a three-time World Heavyweight Boxing Champion. Throughout his boxing career Ali was won over 50 million \$. Muhammed Ali became a Muslim around the age of 22, and a member of a group known as the Nation of Islam (or the Black Muslims) and was inspired by the teachings of Malcolm X. Muhammad Ali has been married 4 times, and has had nine children. There have been many films made of his life, most recently with Will Smith in the title role. Ali was awarded the coveted title of ‘Sportsman of the Century’ by the BBC in 1999. Although suffering from parkinsons disease, Ali still makes many public appearances. He refuses to allow his disability to beat him. He travels around the world doing great work for charity.



30 second list



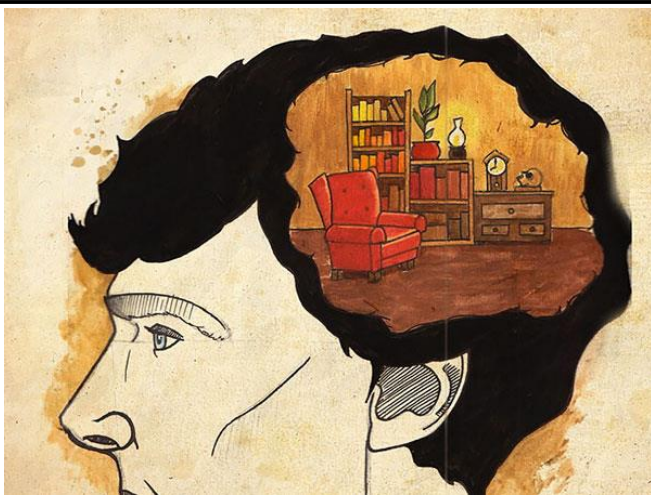
- Choose a topic
- The student lists as many things as they can remember about the topic in 30 seconds



PED'S

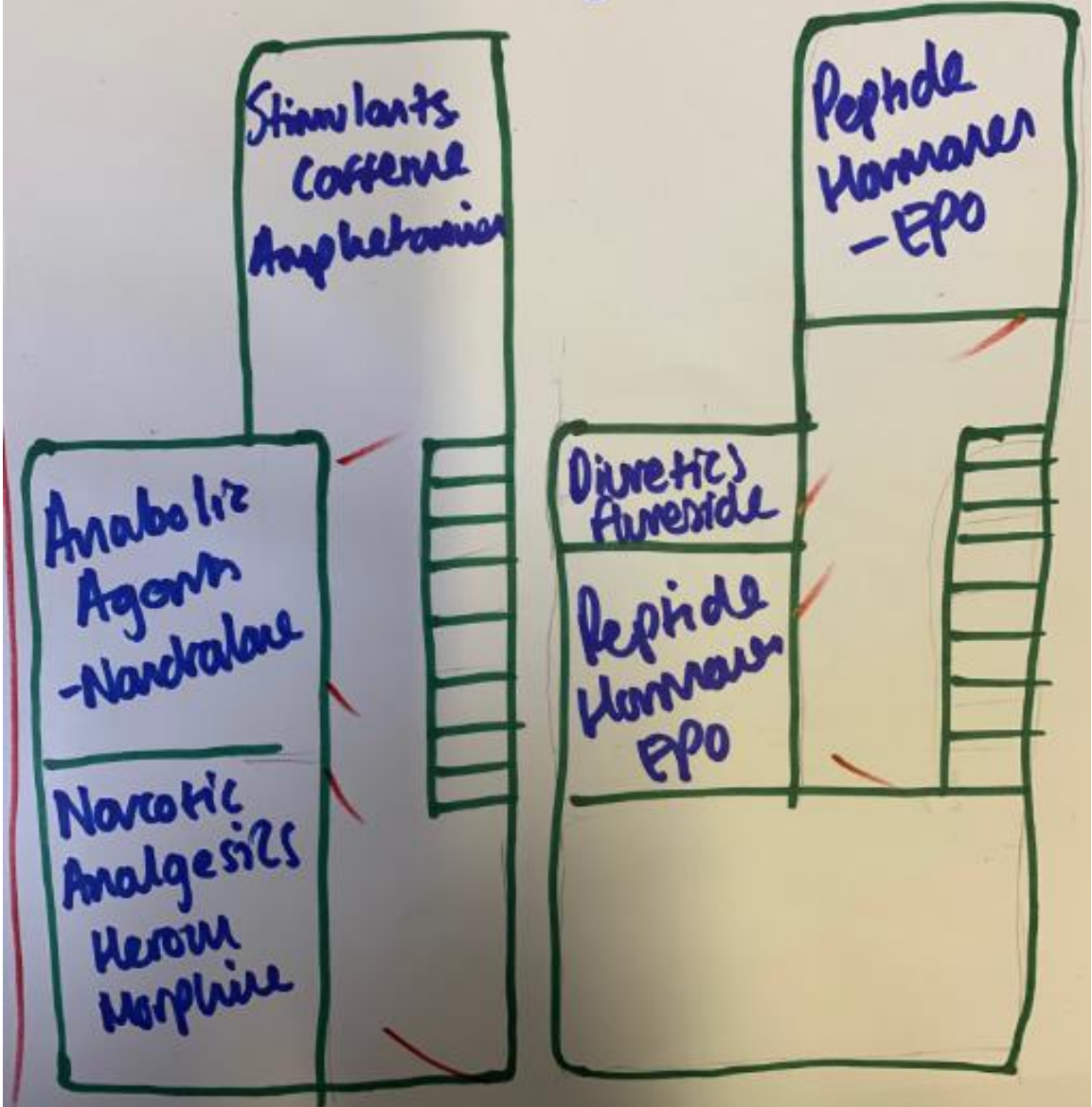
- Stimulants
 - Caffeine
 - Amphetamines
- Narcotic Analgesics
 - Heroin
 - Morphine
- Anabolic Agents
 - Nandrolone
- Peptide Hormones
 - EPO
- Diuretics
 - Furosemide

Memory House



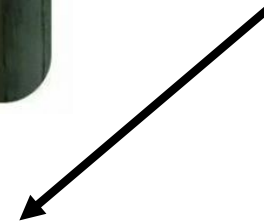
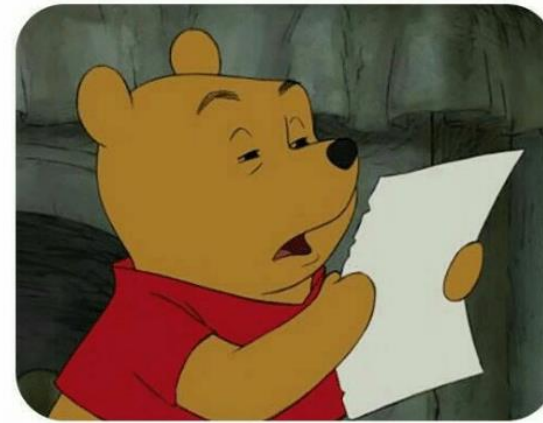
- Choose a place that you know well (House!)
- Plan out a route around the house.
- Take the '30 second list' and place each item in a room/specific place in the house.
- Exaggerate the place where the item is being placed.
- Make the items and their locations come alive.

PED'S Memory House.



Read, talk, record, check, retry

- Choose a section of knowledge (approx. 100 words per time)
- **Read** the section of knowledge
- Turn it over
- **Record** yourself repeating the knowledge
- Listen back to **check** your accuracy
- Note down any omissions
- **Retry** by recording again



Flash cards

- ▶ These are small cards with a question or prompt on one side, and the answer or information on the other side.
- ▶ They are useful for things like:
 - ▶ Important dates in History
 - ▶ Language vocabulary
 - ▶ Key words and definitions
 - ▶ Formulae
 - ▶ Labelled diagrams
- ▶ There are lots available online but it's a good idea to make your own – working through notes and picking out information is part of the process of retrieving knowledge. It creates stronger connections for your memory to recall information.



Using flash cards to test yourself

Say your answers out loud – this forces you to answer the questions properly

Test yourself until you get them all correct – make a pile of any cards you get wrong and go over them until you know them all.

Make sure you test yourself both ways – e.g. you need to know vocab translations from English to Spanish and Spanish to English.

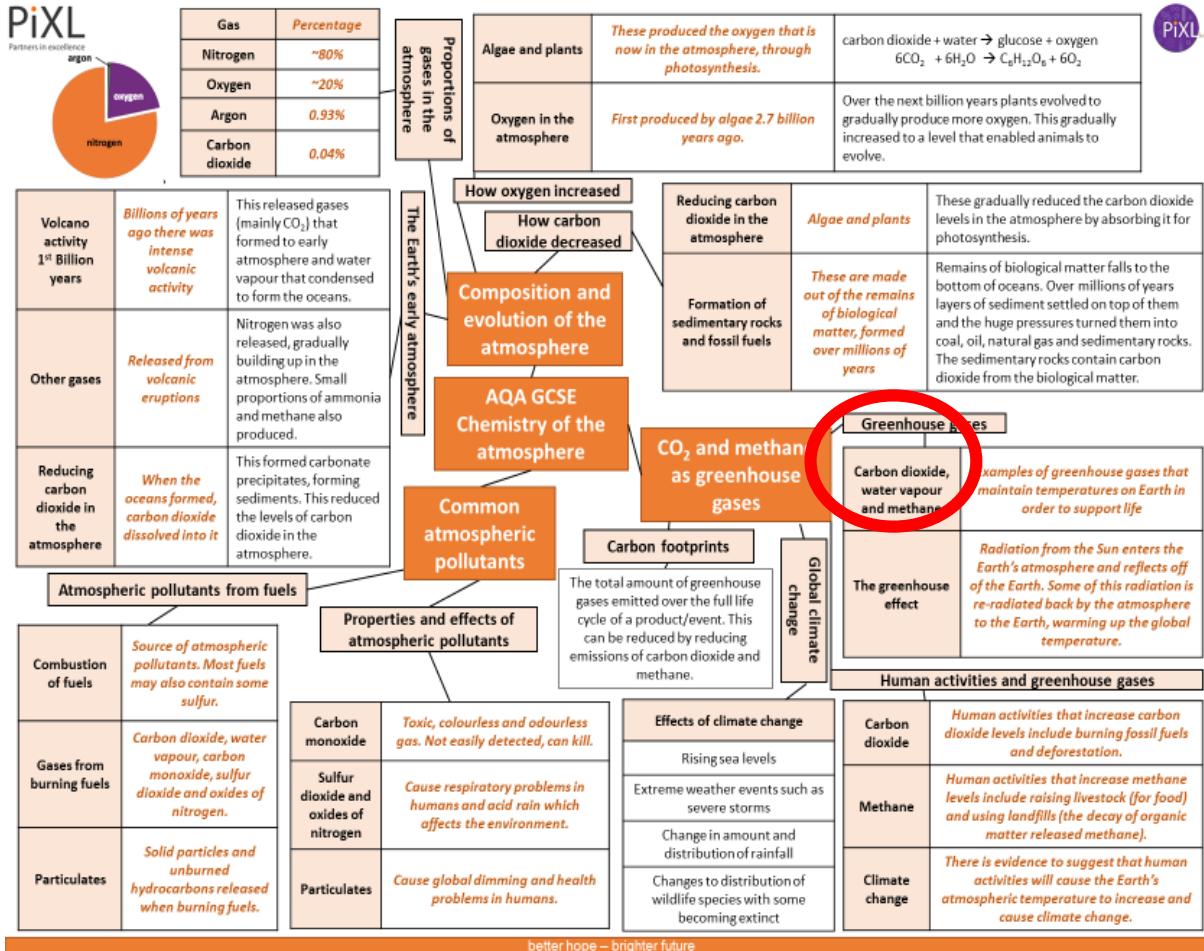
Ask someone else to test you – it removes the temptation to check the other side yourself before answering.

Making flash cards



1. Write a question or prompt on one side of the card. If your card only contains notes then it will not be working the memory.
2. Add colour and any quick pictures that might help you recall the information.
3. Complete the other side with the answer or piece of information.
4. Keep your flash cards simple and stick to one piece of information per card.

Example



Greenhouse gases

Q. Name three greenhouse gases.

A. Carbon dioxide
 Water vapour
 Methane

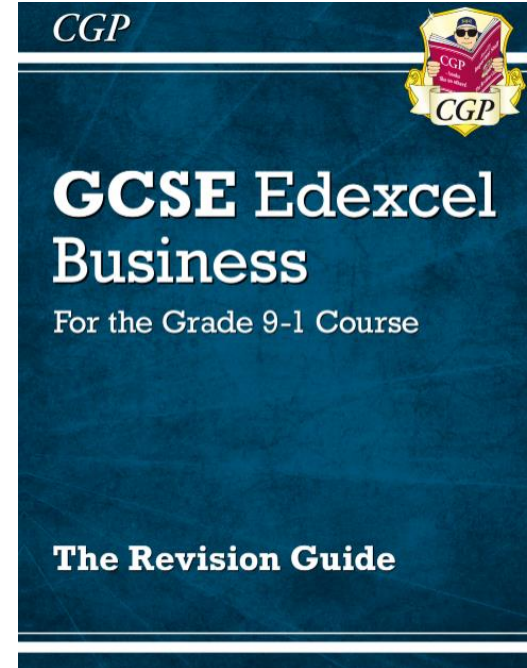
Questions, questions, questions



- ▶ Once you're happy that you know a topic, it's time to test yourself:
- ▶ To test yourself you could:
 - ▶ Do some quick fact recall questions
 - ▶ Practise exam questions

Finding fact recall questions

- ▶ Most subjects will have an allocation of marks for students being able to demonstrate their knowledge and understanding – these are the ‘easy’ marks.
- ▶ The easiest place to find a series of fact recall questions is at the end of each chapter in a revision guide (see examples). The answers can be found be within the chapters.



Revision Summary — Topics 1.1 & 1.2

There you go, a little bit on why people start up businesses and then some of the research that they can do to make sure their business idea is sound. Now, time for some questions to see how you're doing so far.

- 1) What is enterprise?
- 2) Give three purposes of business activity.
- 3) Explain why a firm might try to make a product more convenient for the customer.
- 4) What does USP stand for?
- 5) Explain three reasons why new business ideas come about.
- 6) What is an entrepreneur?
- 7) List three things an entrepreneur must be able to do in order to run a successful business.
- 8) Explain three rewards an entrepreneur might get from setting up a business.
- 9) Describe three meanings of the term 'market'.
- 10) List five areas where a business may compare itself to its competitors.
- 11) Describe two factors about a business that can make it stand out from its competition.
- 12) Why is it important for a business to understand a customer's needs?
- 13) Give two customer needs that a business might want to identify.
- 14) Give three types of business decisions which may be informed by a business's market research.
- 15) Explain how market research can help a business to reduce its risks.
- 16) What is the main difference between primary market research and secondary market research?
- 17) Give four methods of primary market research.
- 18) Give two methods of secondary market research.
- 19) Would a small firm be more likely to use primary or secondary market research? Explain your answer.
- 20) Give one example of how a business may use social media for its market research.
- 21) What is the difference between quantitative and qualitative market research?
- 22) What is meant by reliable market research?
- 23) Why might a firm want to segment a market when conducting market research?
- 24) Give four different ways of segmenting a market.
- 25) Give two pieces of information which a business might find out from a market map.

Exam practice questions



Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

GCSE
COMBINED SCIENCE: TRILOGY

H

Higher Tier
Physics Paper 1H

Wednesday 23 May 2018 Afternoon Time allowed: 1 hour 15 minutes

Materials

- For this paper you must have:
- a ruler
 - a scientific calculator
 - the Physics Equations Sheet (enclosed).

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer all questions in the spaces provided.
- Do all rough work in this book. Cross through any work you do not want to be marked.
- In all calculations, show clearly how you work out your answer.

Information

- The maximum mark for this paper is 70.
- The marks for questions are shown in brackets.
- You are expected to use a calculator where appropriate.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	



2 1 1 8 8 4 6 4 P 1 H 0 1

8464/P/1H

8464/P/1H

- ▶ Students need to know what exam-style questions will look like. Often they appear harder than a straight forward fact recall question because they are expecting you to apply your knowledge, often in a different context.
- ▶ Students need to do as many practice papers as they can.
- ▶ You can find practice papers on exam board websites (see next slide).
- ▶ It is useful to time yourself – try one minute for every mark.
- ▶ Compare the mark scheme with what was written.
- ▶ Repetition of the same exam questions is a good idea.

Accessing past paper questions

- ▶ Find out the exam board for each subject (this can be found in the revision schedule booklet or on the front of a revision guide).
- ▶ The main exam boards are: AQA, Pearson Edexcel, OCR, WJEC

Maths example – just a few clicks!

1. Google 'Pearson Edexcel'
2. On main exam board homepage, click 'Past papers'
3. Filter the menus by qualification, subject and specification ie. GCSE, Maths, from 2015.
4. You may be met with a long list of papers or a choice of exam series (the most recent series will be locked for use by teachers).
5. You can now download the papers and mark schemes.
6. For Maths, Science and Spanish you will need to confirm the tier of entry (Foundation or Higher tier).

Advantages of online learning

- ▶ Students can fit online learning around their existing commitments, and can engage with multimedia content and learning materials at whatever time is most convenient to them.
- ▶ Online courses are proven to have increased student retention rates from approximately 25% to 60%.
- ▶ Online support allows assessment to become an ongoing process.
- ▶ Online learning allows topic breakdown with videos, questions, examinations, and tests.
- ▶ Forums provide a good way of enabling students to talk to each other about the subject and its challenges.

Advantages of online learning

- ▶ Online learning give students the opportunity to plan study time around the rest of their day, allowing convenience and flexibility.
- ▶ Online learning provides students with time to practise what they will be tested on with bespoke assessments, mirroring the tests of their examination board. Merely memorising the material is not enough.
- ▶ The websites can be a tool for creating quizzes, flashcards and other revision materials.
- ▶ Online platforms provide guided questions to support the student offering signposts and direction for improvement.

Understanding Adolescent Mental Health & Wellbeing

Mental health has been defined as: “A state of **wellbeing** in which the individual realises his or her own **abilities**, can cope with the normal stresses of life, can work **productively and fruitfully**, and is able to **make a contribution** to his or her community.” WHO 2004

In actual fact, we want all our young people to have Mental Health.....or in other words... to be Healthy in the Mind

Mental Health ISSUES are.....

Changes to a young persons THOUGHTS, FEELINGS and BEHAVIOURS

That IMPACT THE THINGS THEY NORMALLY DO (school, sport, play, relationships)

And are PERSISTENT over time

Adolescent Mental Health Indicators...

- ▶ Becoming withdrawn, isolated, quiet or very sad, friendships/bullying issues, tearful, Worry, stress, anxiety, panic attacks and fears.
- ▶ Obsessive or repetitive behaviour or rituals.
- ▶ Troubling dreams or memories sleep or eating problems.
- ▶ Self harm and or talking about not wanting to be around anymore, drug and alcohol use.

These are just some of the behaviours children and young people may present with but remember that everyone is different!

Where to go for help?

Online Information can provide support for you and your young person:


Young Minds - <https://youngminds.org.uk/>

Kooth - <https://www.kooth.com/>

Change, Grow, Live - <https://www.changegrowlive.org/advice-info/family-friends/under-21s-parents-carers-professionals-resources>

Action for Children – www.actionforchildren.org.uk

Speak to school



“Whatever you think about, that’s what you remember. Memory is the residue of thought.”
- Daniel Willingham