

Welcome to the Revision Skills Evening

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Raising Standards Leader KS4



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Before we start.....

THREE TOUGH TRUTHS ABOUT REVISION

Can you guess what these
are?



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1. Students have got to do it.

Not the teachers with their revision sessions.

Not randomly flipping through internet sites

Revising is like giving up smoking.

You can get the patches, but at the end of the day it's YOU that's got to do it, and it involves making decisions and will-power.



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2. Revision takes time.

There is no 'instant' version which will cut corners.

Sleeping with your book under the pillow doesn't do it.

Stop playing at other things, and start working at revision.

The worse you are at it, the longer you will have to spend on it ... or underachieve.



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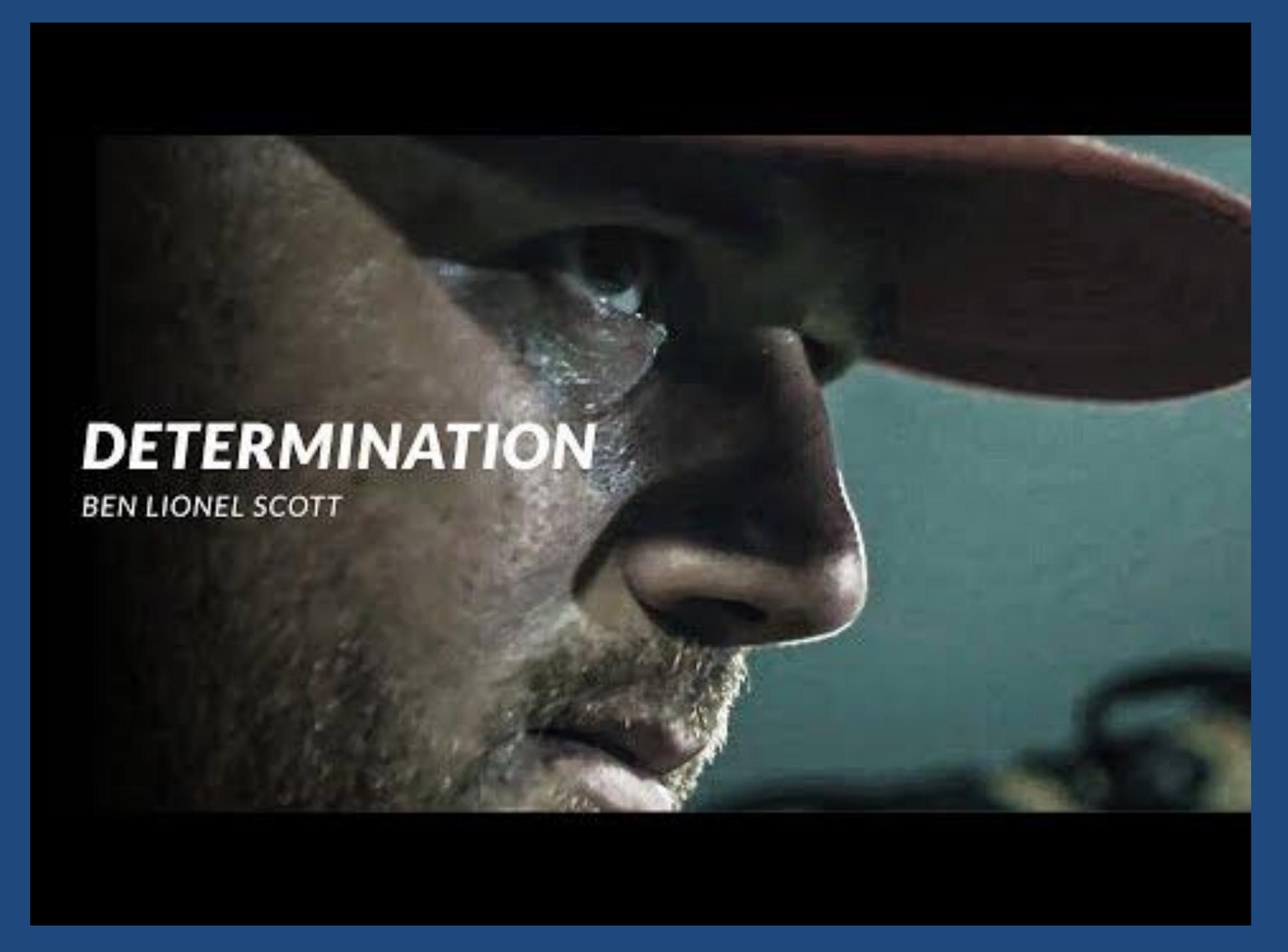
3. Fix the information

Revising is remembering. It's not 'revising' unless you're fixing it into your brain.

If you spend five hours working in your room, but you still can't remember it in the exam, you've spent 5 hours working, but you've not done any revision.

Use revision methods to help fix the information into your brain - we have some for you tonight!



A close-up, profile view of a man's face, looking towards the right. He is wearing a dark, wide-brimmed hat. The lighting is dramatic, highlighting the texture of his skin and the details of his nose and mustache. The background is a soft, out-of-focus blue-green color.

DETERMINATION

BEN LIONEL SCOTT

Memories....

Try to recall each of the items below. After each one, think about what you did to help you remember:

- What is your own mobile number?
- How do you tie a school tie?
- What was your first day at school like?
- What was the name of your very first teacher?
- How do you get from school to your house?



The Cone of Learning.

*I see and I forget.
I hear and I remember.
I do and I understand.*
— Confucius



After 2 weeks,
we tend to remember ...

- 10% of what we READ
- 20% of what we HEAR
- 30% of what we SEE
- 50% of what we SEE & HEAR
- 70% of what we SAY
- 90% of what we SAY & DO

P
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Source: Edgar Dale (1969)



Memory Technique 1: Chunking

Break your work down into sentence 'chunks'

Take one paragraph/topic and count the number of sentences/areas

Draw that number of boxes onto a page

Write each sentence into a box from left to right

Look at the first sentence and read it out loud. Then, close your eyes and say ('seeing the words in your mind') or 'air write' the sentence without looking at it

Repeat the step above, this time with the first 2 sentences

Next, try it with 3 sentences. Then 4. Repeat until you have (mostly) memorized the first paragraph.



Chunking Example

Regular exercise improves health and fitness. Health is defined as a state of complete mental, physical and social well-being; not merely the absence of illness or infirmity. Fitness is the ability to meet the demands of the environment. Mental benefits include improved confidence, relief of stress/tension and stress related illness. Physical benefits include losing weight, improved posture and improved body shape. Social benefits include meeting people and making friends. Being a member of a sports club and regularly participating in sport will develop personal qualities from working with others, testing yourself against others and testing yourself against the environment or your best performances.



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Chunking Example

BENEFITS OF SPORT

Regular exercise improves health and fitness.

Health is defined as a state of complete mental, physical and social well-being; not merely the absence of illness or infirmity.

Fitness is the ability to meet the demands of the environment.

Mental benefits include:

- improved confidence
- relief of stress/tension and stress related illness

Physical benefits include:

- losing weight
- improved posture
- improved body shape

Social benefits include:

- meeting people
- making friends



Memory Technique 2: Visualization

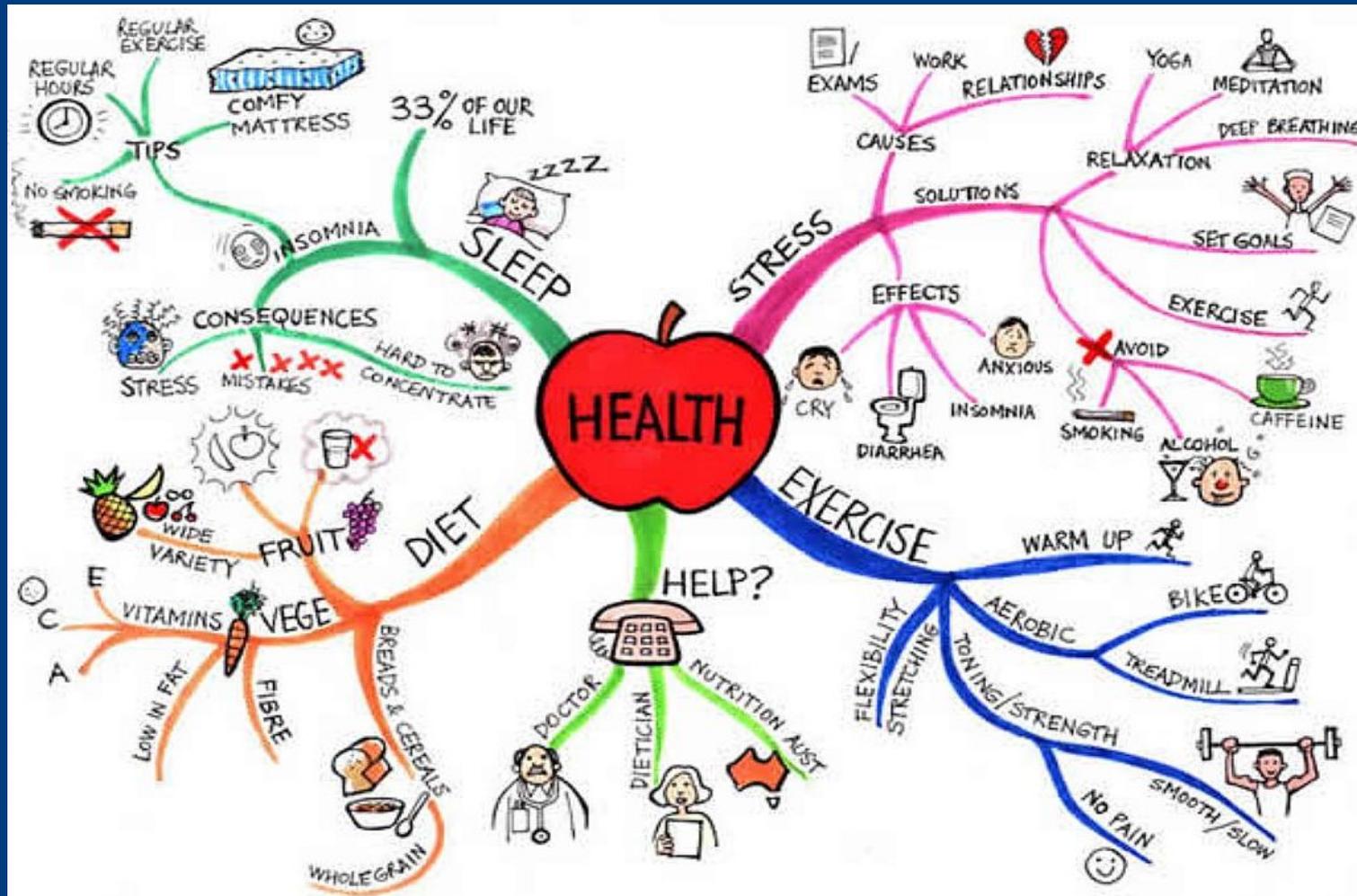
L'affiche



Poster
(in French)



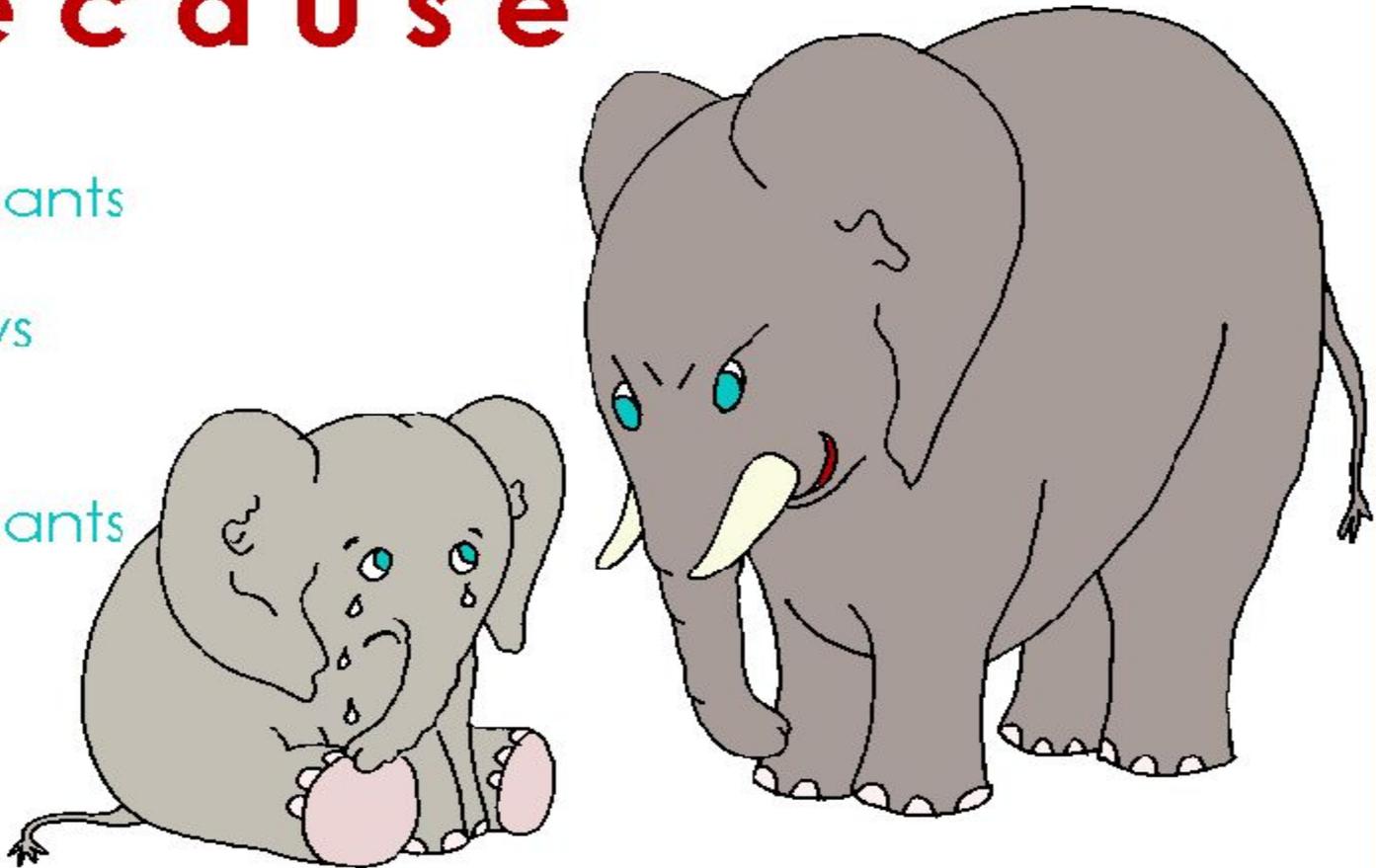
Memory Technique 2: Visualization



Memory Techniques 3: Mnemonics

b e c a u s e

big
elephants
can
always
upset
small
elephants



Memory Techniques 3: Mnemonics



Red, Orange, Yellow, Green,
Blue, Indigo, Violet
**Richard of York gave battle in
vain**



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Memory Techniques 3: Mnemonics

The Four Lobes of the Brain

"Freud Tore his Pants Off"

Frontal

Temporal

Parietal

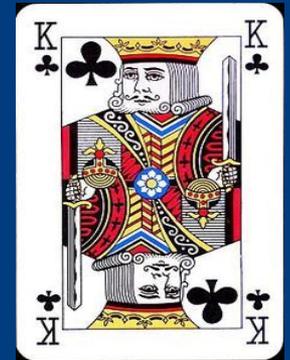
Occipital



Memory Techniques

3: Mnemonics

Byte



Kilobyte



Megabyte

Gigabyte



Terabyte



Remember....

" It's much easier to remember colourful, memorable mental images, than it is to remember dull facts."



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Top tips for using mnemonics to remember your text:

Use positive, pleasant images. Your brain often blocks out unpleasant ones!

Use vivid, colourful, sense-laden images

Use all your senses to code information or dress up an image. Remember that your mnemonic can contain sounds, smells, tastes, touch, movements and feelings as well as pictures.

Use humour! silly (or rude) rhymes are very difficult to forget!

Symbols (red traffic lights, pointing fingers, road signs, etc.) can code quite complex messages quickly and effectively.



Mr. W's Cell Song



Nucleus



Mitochondrion



Golgi

Where does your child revise? Is it the best place?.

	Your answer	Ideal? Better to ...?
Where do you revise?		
Is it noisy?		
What about comfort factors?		
Do you prefer to revise alone or with friends/both?		
What is likely to distract you?		
What time of day do you prefer to revise/study?		



What impact will these have on your revision?



Biddenhams top revision tips



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1. Post - it notes.



3. 'Guerrilla' method.



Above the TV

On the fridge

Bedroom door

Games console

Dining table placemats

Toilet!



4. Have notes/reminders on hand.

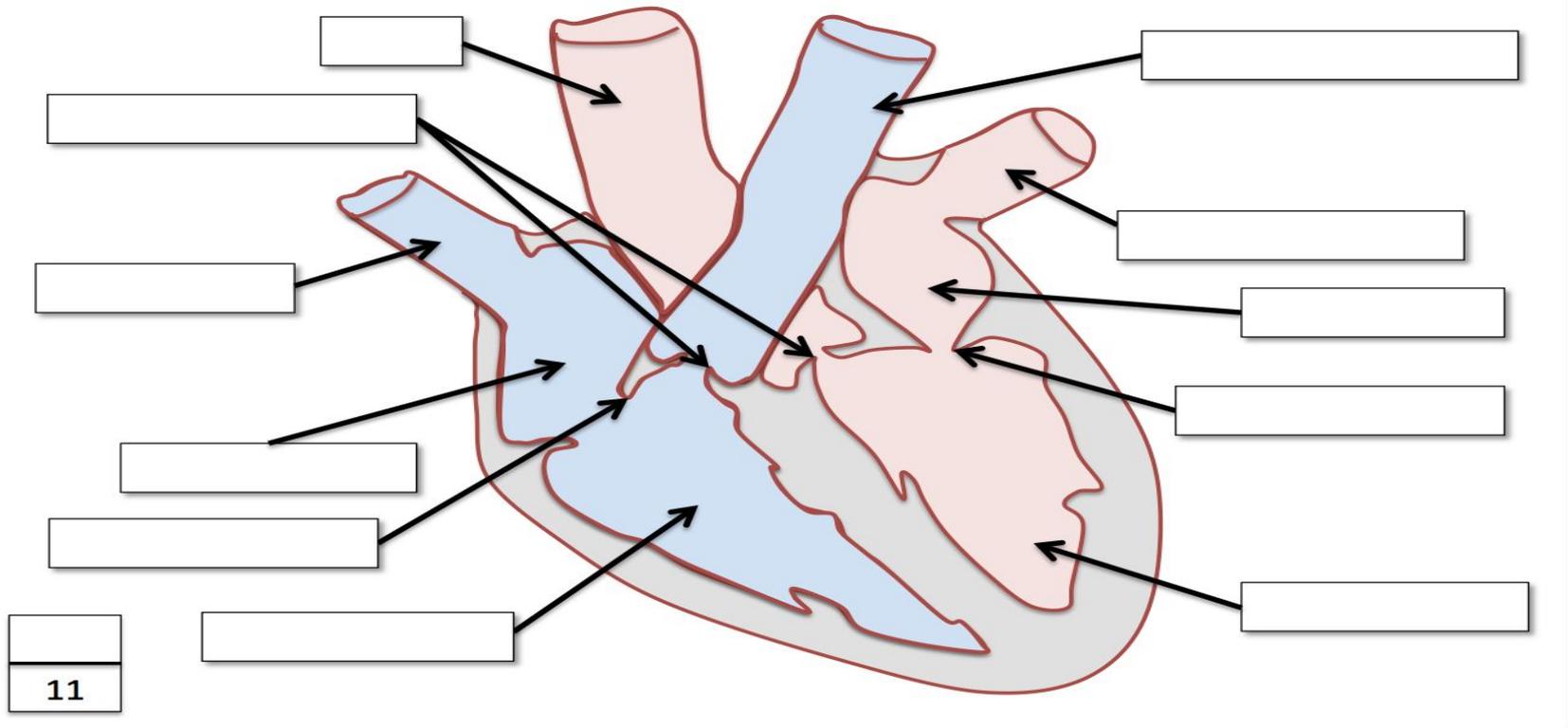


5. Diagrams

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MrExham.com 

The Heart



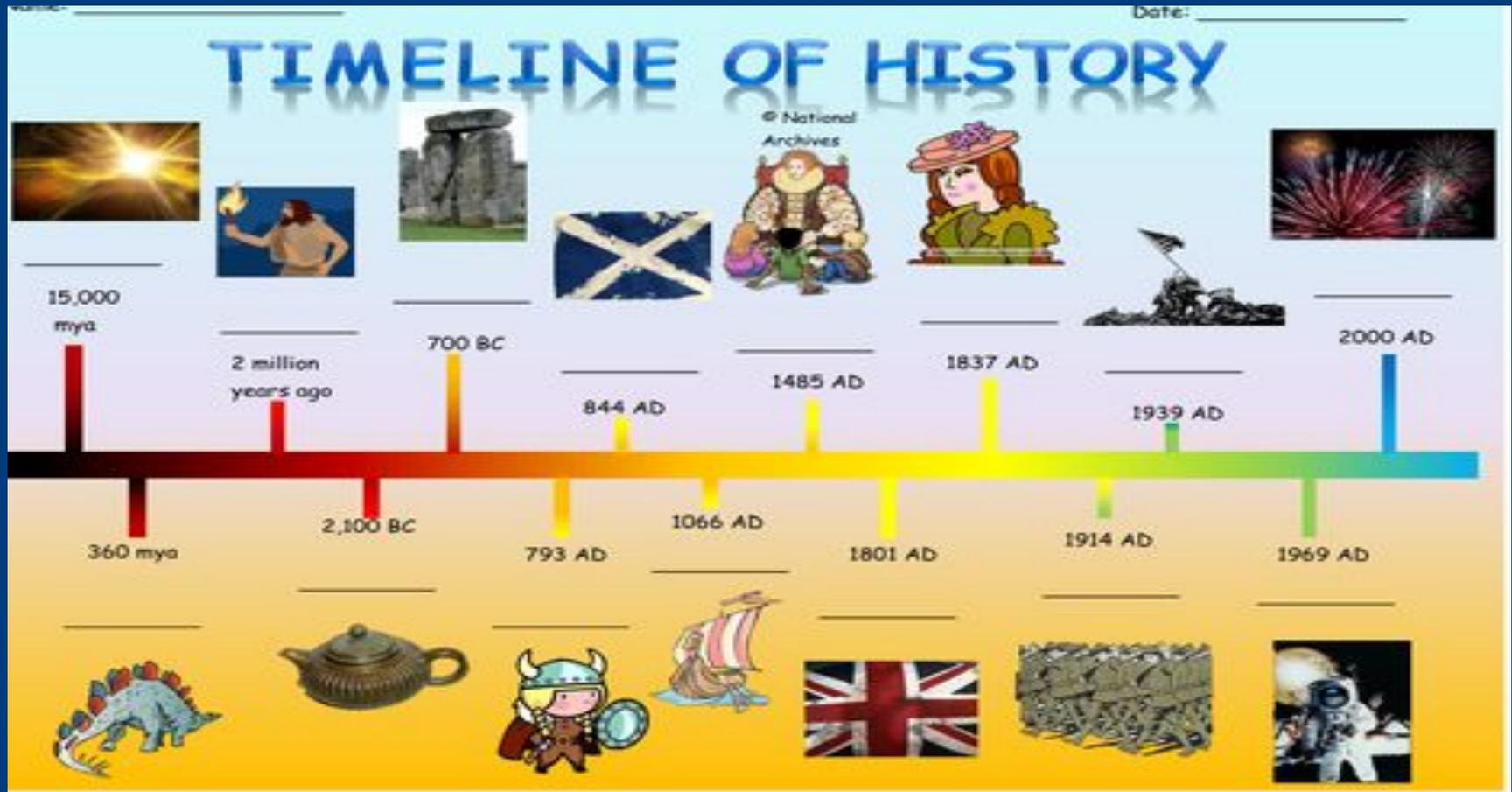
6. Flashcards.



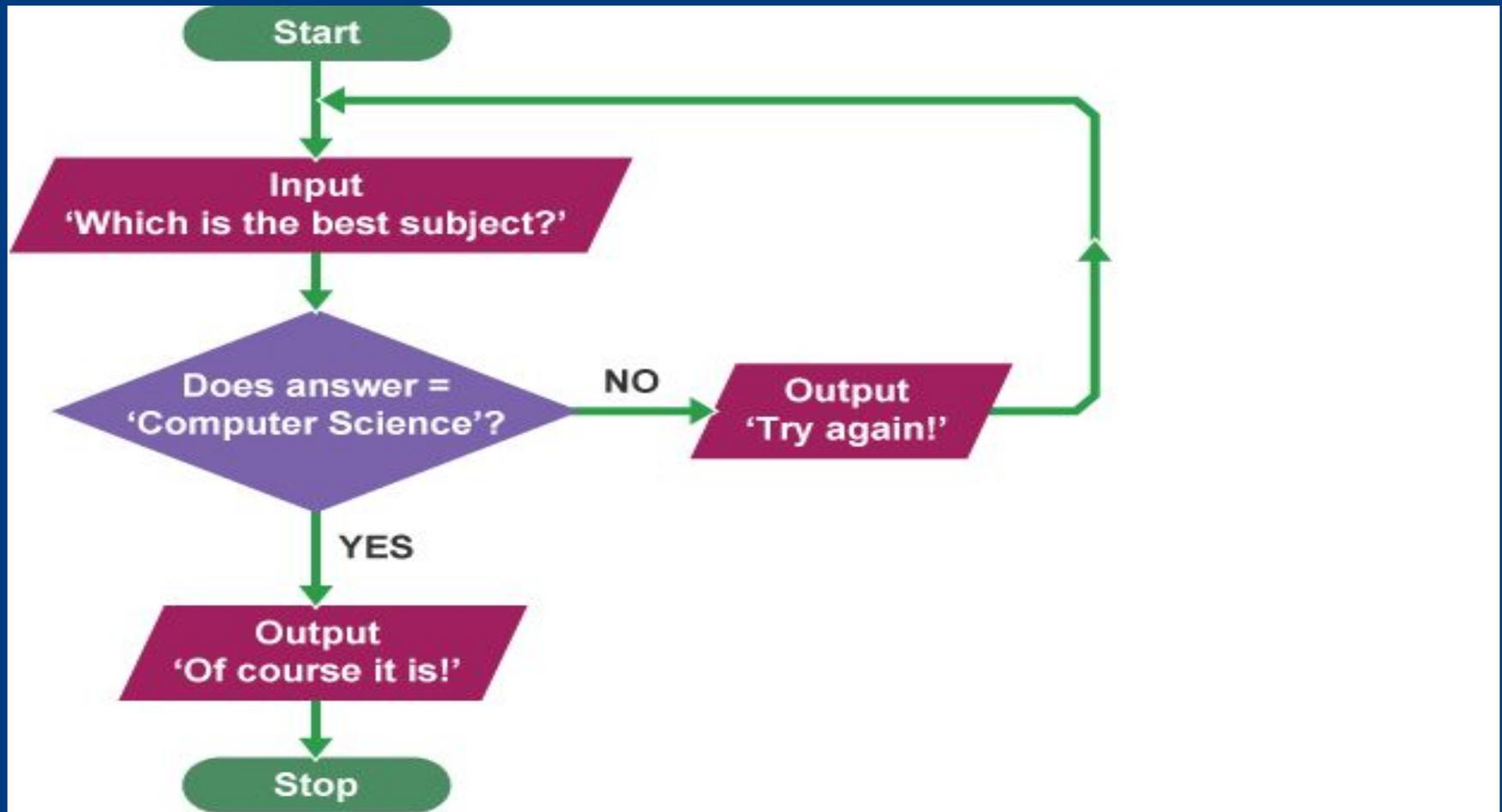
7. Mind-mapping information



8. Timelines



9. Flow diagrams



10. Mnemonics



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Get involved..

Time for you to have a go
at a revision activity!

Byte, **K**ilobyte, **M**egabyte
Gigabyte, **T**erabyte



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Finding the time to revise.



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Create a personal revision timetable that you can stick to.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3pm - 3:30pm	Arrive home have a snack						
3:30 - 4:30	ICT revision						
4:30 - 5pm	TV break						
5pm - 6pm	English revision						
6pm - 6:15pm	Social media break						
6:15 - 7:30	RS revision						
7:30 - 8:30	Dinner						
8:30 - 9pm	Q & A with parents						
9pm	Bedtime						



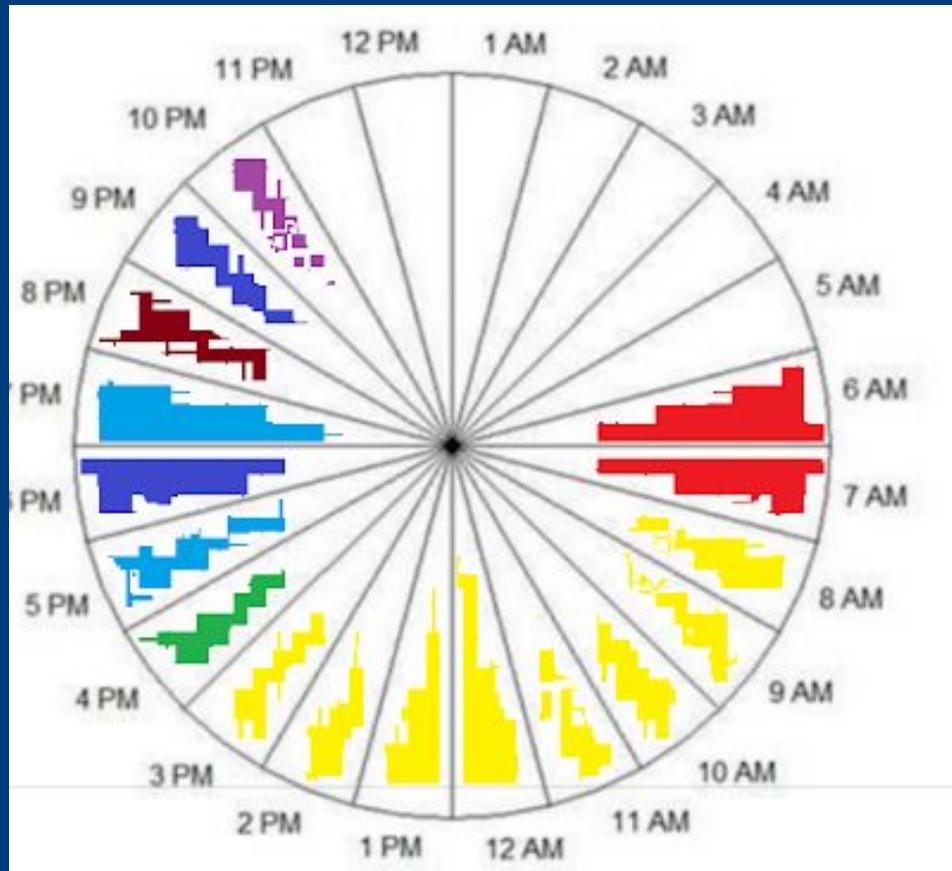
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Use colour and make it clear to see what you are doing.



Schedule time for all subjects, breaks and relaxation time.



Remember, yes, revision is hard but worthless if you're not in the right frame of mind!



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The Fear



Exam Stress

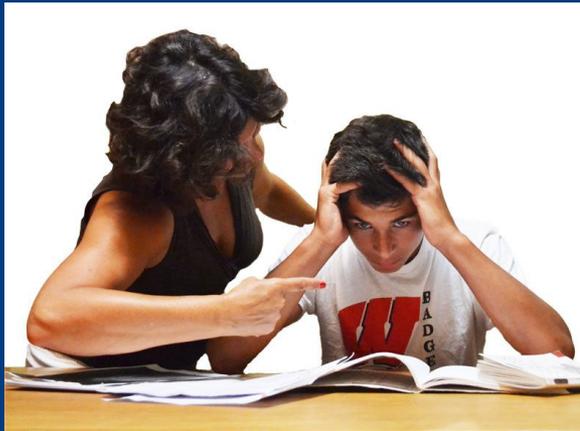
- A report published by the NSPCC in May 2015 found Childline was receiving record numbers of calls from students worrying about exams
- Also reported 3x as many students were receiving counselling for exam stress



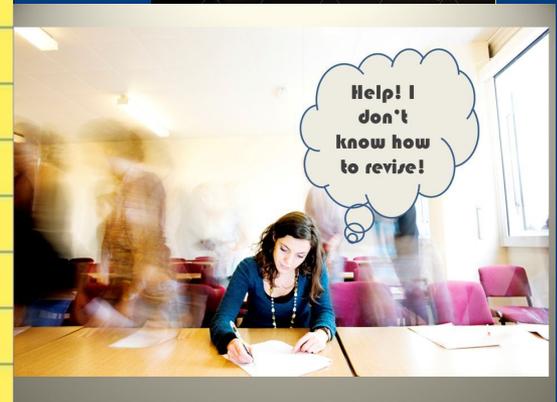
What is it about exams that makes you stressed?



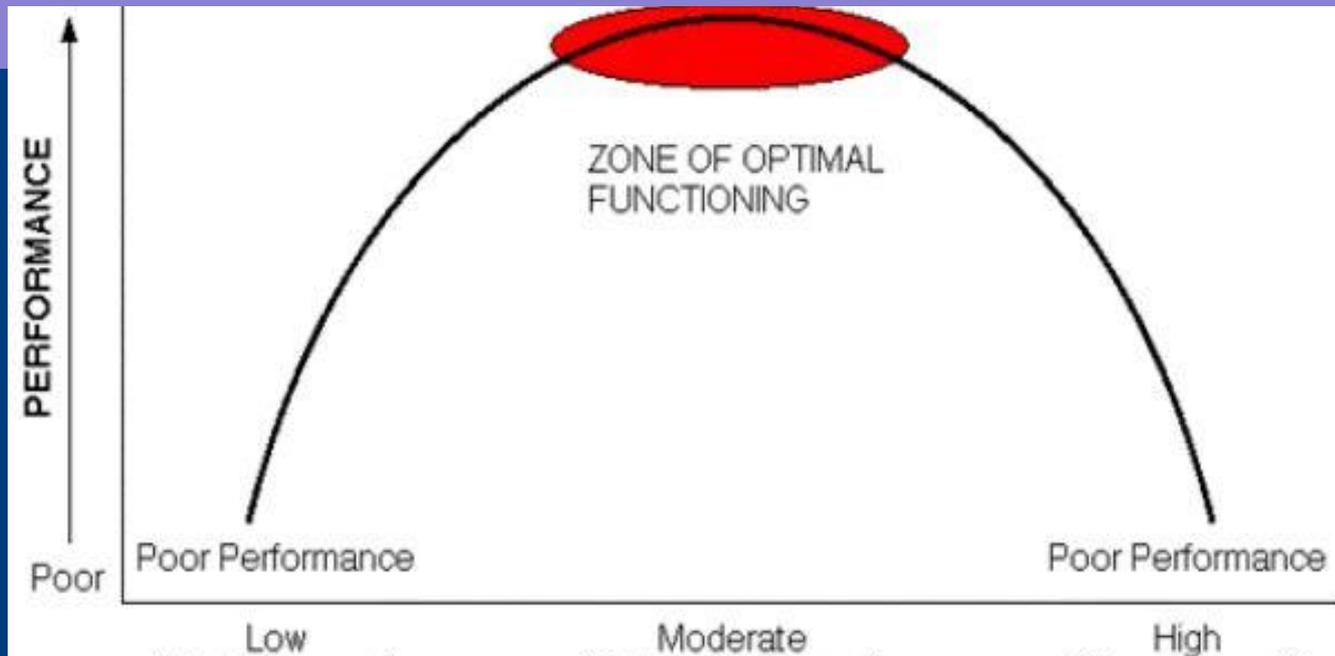
F₄ A₁ I₁ L₁ U₁ R₁ E₁



I knew the
answer, but my
mind went blank.



A little bit of anxiety is a good thing

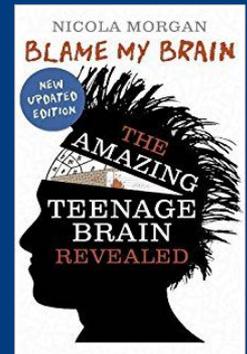
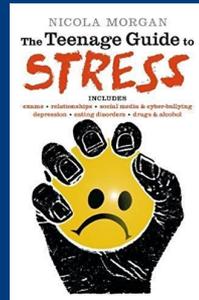


- Helps us to perform at our best
- The problems occur when that anxiety goes to far



What support is available for you

- Bedford Open Door (every Monday and Thursday drop in at lunchtime)
- CAMHS (every week B Friday by appointment only)
- School Nurse (every Wednesday lunchtime)
- Mind mentoring (every Tuesday drop in at lunchtime)
- Aquarius (by appointment)
- Brook Tuesday once a month (in next week 15/10)
- Sanctuary support and clubs
- Sixth form mentor (ask your tutor to refer you)
- Tutor time sessions and ELS
- Read - there is a wellbeing section in the Library



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Top tips for students to succeed with revision



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1. Use rewards

Give yourself a treats, rewards and downtime when revising.

Chocolate, use of phone, a film

Remember your main reward is good results!



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2. Start now!

Don't wait to start revising. Start this evening!

Waiting until the month before is too late to do good quality revision.



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3. Have a plan!

Cover all your subjects, not just your favourite ones.

Use the timetable to plan when you will revise and when.

Give yourself time to go over all areas in sufficient depth.



4. Use past exam papers

All subjects will have past papers and the answers. Use them to improve your exam technique.

Item C

The importance of parenting in society

Many longitudinal studies conducted in Britain investigate the roles that parents play in the development of children. The National Child Development Survey is an example of a longitudinal study. It began in 1958, and continues to follow the same representative sample of individuals born in one particular week of that year. The aim of the study is to improve understanding of the factors affecting human development.

After the first survey, there were a further eight surveys between 1965 and 2009 to obtain information concerning educational and social development. The National Child Development Survey has become a major resource for investigating social mobility and the impact of childhood conditions on later life.

0 1 From **Item A**, what percentage of young people said they had a very happy relationship with their family? *(1 mark)*

0 2 From **Item B**, identify the research method used by Nicola Ross. *(1 mark)*

0 3 Give **one** advantage and **one** disadvantage of using Nicola Ross's research method, as referred to in **Item B**. *(2 marks)*

0 4 Study **Item C**. Describe how a longitudinal study might be useful for research into the influence of parents on a child's development. *(4 marks)*



5. Get the family involved!

Revising alone can be hard and dull.

Being asked about longshore drift by a family member while eating breakfast is.....

Can family members ask you questions?



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6. Teach others

Try teaching others your knowledge. If they learn it from you, it shows you know it.



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7. Revision guides

Fairly cheap, simple to use and condensed.

Available (at cost) from school reception. Pupil premium funding available to assist with purchasing required revision guides.



8. Quality and quantity

Revising for four hours straight is not useful.

Revising for 45 minutes followed by a 15 minute break is!

Take rest breaks, have 'down time' and don't stay up all night.



9. Diet and sleep

Avoid all energy drinks.

Eat a balanced diet - your brain needs food.

Get a good period of sleep without distractions.



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10. Get your exam technique right, now!

Highlight key terms or words on your exam paper.

Answer every question

Match the number of points you make to the number of marks available.

Develop out your points and reasons.



**What can I do as a parent
to support my child's
revision?**



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How can you help your child and prepare them to perform?

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

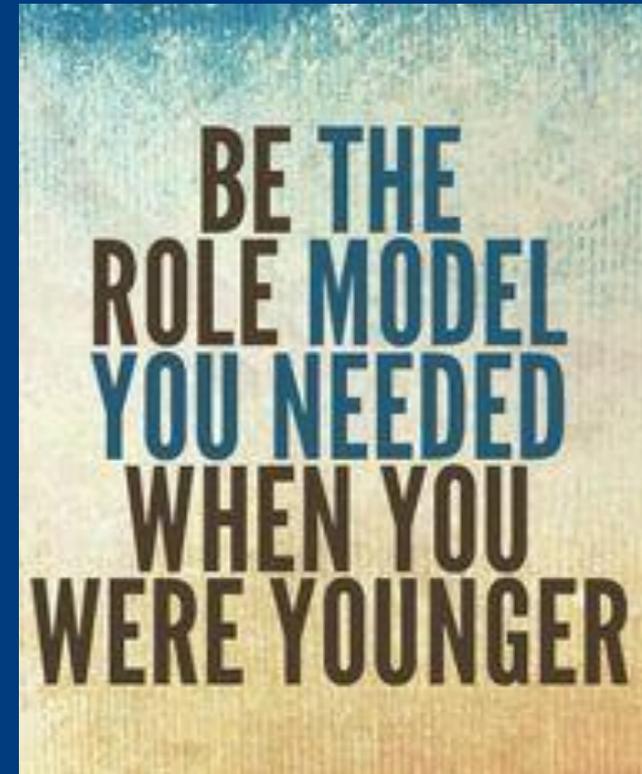
Each day you can support your child to make choices which can impact how they perform during the exam period



1. Being a role model

Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily
- Keeping hydrated
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting

- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards



4. Healthy Eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or ‘treat’ meals / or a meal out as a reward
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study.

For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Doing a hobby
- Going shopping
- Going to the cinema

TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN



6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



7. Unplugging

- Encourage them to unplug from technology everyday
- Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- Help them learn to have the control to not be obsessed with their phone
- Choose some time each day/week to switch off and unplug from technology with them



8. Staying Cool & Calm

- Set a good example by staying calm yourself and create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables



9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



10. Be Supportive

- Be approachable and a good listener
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice



www.biddenham.beds.sch.uk/revision-support

The screenshot shows a web browser window with the URL www.biddenham.beds.sch.uk/revision-support/. The page features a navigation menu with links to Home, Curriculum, Subjects, School Information, Parents, News, Prospectus, and Contact Us. A large blue banner with the text "Revision Support" is prominently displayed. Below the banner, the page provides information about GCSE courses, assessment, and support resources. A list of links includes "Complete Revision Booklet", "Revision Evening Notes - Year 11", "Exam Survival - Tips for students", "Growth mindset - what is it?", and "Year 11 - Revision timetable (2019-2020)". There are also sections for "Core GCSE Subjects" and "Parents/Carers Examination Support".

Select Language

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SEARCH

Home Curriculum Subjects School Information Parents News Prospectus Contact Us

Revision Support

At Biddenham students will start their GCSE courses after October half term of year 9 and complete them May/June of year 11.

Students will be assessed regularly during this period in order to ensure they are progressing well and achieving to the best of their ability.

Students and Parents/Carers need support during this time of education, examinations can seem very daunting and preparation is the key to success.

We have put these pages together to support Students, Parents and Carers during this period of time. We also have a twitter feed, which 'tweets' regularly with new tips for exam success.

[Complete Revision Booklet](#)

[Revision Evening Notes - Year 11](#)

[Exam Survival - Tips for students](#)

[Growth mindset - what is it?](#)

[Year 11 - Revision timetable \(2019-2020\)](#)

Core GCSE Subjects

- [English Language/English Literature](#)
- [Maths](#)
- [Combined Science and Separate Science](#)
- [Religious Studies](#)

GCSE Subjects

Parents/Carers Examination Support

During Key Stage 4, it is not just the students who need support, Parents/Carers have a large role to play during this time of your child's school career.

We have put together a number of resources to support you during this school phase.

Other revision strategies

Visual

www.goanimate.com

www.glogster.com

www.taxedo.com

www.popplet.com

www.storybird.com

www.wallwisher.com

www.toonlet.com

www.wordle.com

www.mypeexam.org

Auditory

www.youtube.com

www.lyricstraining.com

www.vocaroo.com

www.fotobabble.com

www.voki.com

www.masher.com

www.goanimate.com

www.vokabel.com

Kinaesthetic

www.ietherpad.com

www.twiddla.com

www.cueprompter.com

www.classtools.net

www.quizlet.com

www.zondle.com

www.fodey.com