

Effective Revision

Spending hours re-reading notes has proven to be ineffective in supporting the recall and learning of information.

The Memory Clock: How a block of revision time should be most effectively spent



This way of organising time spent on revision tasks, can be applied to any length of time.

10 minutes – Review 20 minutes – Practise 10 minutes - Check

Review:

Using flashcards to embed knowledge

Students should create their own sets of flashcards to actively engage with the information they are trying to learn. The flashcards should have a single question on the front and the answer on the back. Pictures or images on the cards may also help the facts to be remembered. These cards can then be used to self-quiz, or quiz with a partner.

For an even more effective quizzing routine, students may use the Leitner system to organise which cards they quiz on each day. This system helps students to focus more of their quizzing on the facts they struggle to recall.

To remind you of the system, please watch the video via this link: www.youtube.com/watch?v=C20EvKtdJwQ

Self and Peer Quizzing to actively recall information

In each subject, for each topic, our students have been given a Knowledge Organiser. These single sheets contain the most important knowledge which students have to know in order to succeed and become a very useful quizzing tool.

When quizzing alone, students can 'Look, Cover, Write, Check': reading a section of the Organiser, covering it up, trying to re-call and re-write it without looking, then checking which parts they have missed out. Repeating this process, will help embed the knowledge.

From the Knowledge Organiser, pupils can also create their own sets of recall questions which they can either answer themselves or quiz with you or a partner. This active recalling of information is much more effective than purely re-reading and highlighting.

'Tactics' of Learning

Not all tactics for remembering information will work for everyone. However, these three techniques are a good starting point for aiding memory.

1. Rather than trying to memorise complex definitions of terms, use concrete examples of what it is and what it is not instead. This not only aids memory, but helps to develop understanding of concepts.
2. Using mnemonics helps to recall large amounts of information by learning single words to help trigger larger bodies of knowledge. Students can even make mnemonics from model answers.
3. Creating a mind palace can be effective to help remember facts. The idea is that you attach pieces of information to objects in a familiar room, that way, when you imagine the room, and mentally journey around it, the information is recalled. Students can create a physical mind palace at home by using post-its around their bedroom.

Practise:

Purposeful Practice

During exams, students don't get marks for just recalling facts. They get marks for answering questions within very limited amounts of time. This means that students must practise actually answering full exam questions in order to gradually keep getting more proficient at answering and doing so quickly – even automatically.

Our students will be provided with both example questions and model answers. When practising answering, students should begin with the model answer and breaking down the steps which they should take in order to be able to do it themselves. They can then practise in timed conditions, compare what they produce to the model answer and identify the gaps.

Advice for coping with exam stress

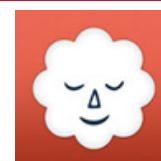
Do	Do Not
<ul style="list-style-type: none">• Make a realistic plan and have an organised space• Eat well and exercise• Stay hydrated - Dehydration affects both brain function and physical performance• Get plenty of sleep• Focus on achievement - Think about what you have already achieved• See it as a time bound project• Seek support	<ul style="list-style-type: none">• Avoid - Putting off work or ignoring the fact you have a difficult and important exam season ahead will only make stress worse.• Work tirelessly without breaks• Use overly negative self talk: "I can't do it", "I'm going to fail".• Stop treating yourself from time to time• Drink too much caffeine• Keep your worries to yourself

Helpful APPs

1. **MindShift (anxiety Canada)** – This has an anxiety tracker as well as helpful guidance tailored to your particular worries



2. **Stop, Breath & Think** – This has excellent tools to support like meditation techniques.



Key websites where support for exam pressures is available:

www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/

www.nspcc.org.uk/what-we-do/news-opinion/exam-stress-overwhelming-for-thousands-of-children/