



Y11 & Y13 Revision Evening

Welcome to Prince William School

Lead Practitioners:
Helen Melrose
Cheryl Abbiss

The Evening

Cheryl Abbiss – Exams – Revision tips
and tricks

Helen Melrose – Mind Matters

Revision Tips and Tricks

Prince William School Website:
Parents/ Revision Tips

Home / Students and Parents / Revision Tips - How to support your child

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Students and Parents

- Admissions
- Careers, Advice, and Guidance →
- Catering →
- Curriculum →
- Exams
- Extra Curricular Activities

Revision Tips - How to support your child

At Prince William School we understand the importance of revision for the successful completion of exams. Revision is a vital part of preparation for school GCSE and A-level exams.

To help our students revise we have made available some general tips.

EXAM ADVICE - TIPS FOR STUDENTS DURING THE EXAM

- Remember that nervousness is normal and will give your brain extra adrenalin which will help you make that final effort.
- If your mind goes blank at any stage, do not panic! Turn the paper over and take a couple of deep breaths. There will be some of

PRINCE WILLIAM SCHOOL

YEAR 11 REVISION GUIDANCE

The secret to getting ahead is getting started

PUSH YOURSELF BECAUSE, NO ONE ELSE IS GOING TO DO IT FOR YOU.

IF IT IS IMPORTANT TO YOU, YOU WILL FIND A WAY. IF NOT, YOU WILL FIND AN EXCUSE.

You've got 2 choices:
1: Do it now
2: Regret it later

January
study schedule

Good Luck

Work Hard Dream Big Stay Positive

Imagine Believe Achieve

SPE 2018

Learning Styles to help your child revise



Is your child always on their phone?

Download useful revision apps!

CHEGG flashcards

- Free from Apple store
- Makes revision engaging
- Flashcards on the go



@Moder_Boat: "I swear the @Chegg flash card app does wonders for me. Easiest way to study"

Get Revising!

- Downloadable personalised revision timetables created online
- Colour coded subjects and classes
- Use this for homework too

Home > Study Planner > 5th - 11th March

Study Planner

Get started

Click here to add your exams to your planner and we'll automatically schedule your revision for you

Printable PDF

Study leave

Add exams and deadlines

Erase and start again

Help

Commitment

Edit subjects

Add a new deadline

Edit classes

Add a new holiday

This week

5th - 11th March

See earlier

	Mon 5th	Tue 6th	Wed 7th	Thu 8th	Fri 9th	Sat 10th	Sun 11th
08:00 - 09:00						add activity	add activity
09:00 - 10:00							add activity
10:00 - 11:00							add activity
11:00 - 12:00	School	School	School	School	School	Football	add activity
12:00 - 13:00							add activity

Find homework and exam help for your study level

GCSE | A Level & IB | University

Create your study plan

Take the stress out of homework and exams. Tell us what you're studying and get a personalised study plan in under 5 minutes.

Create a study plan

Practise past papers

Practising past papers is the best way to tell if you're ready for exams. Our smart tool can find past papers for all levels and subjects.

Find a past paper

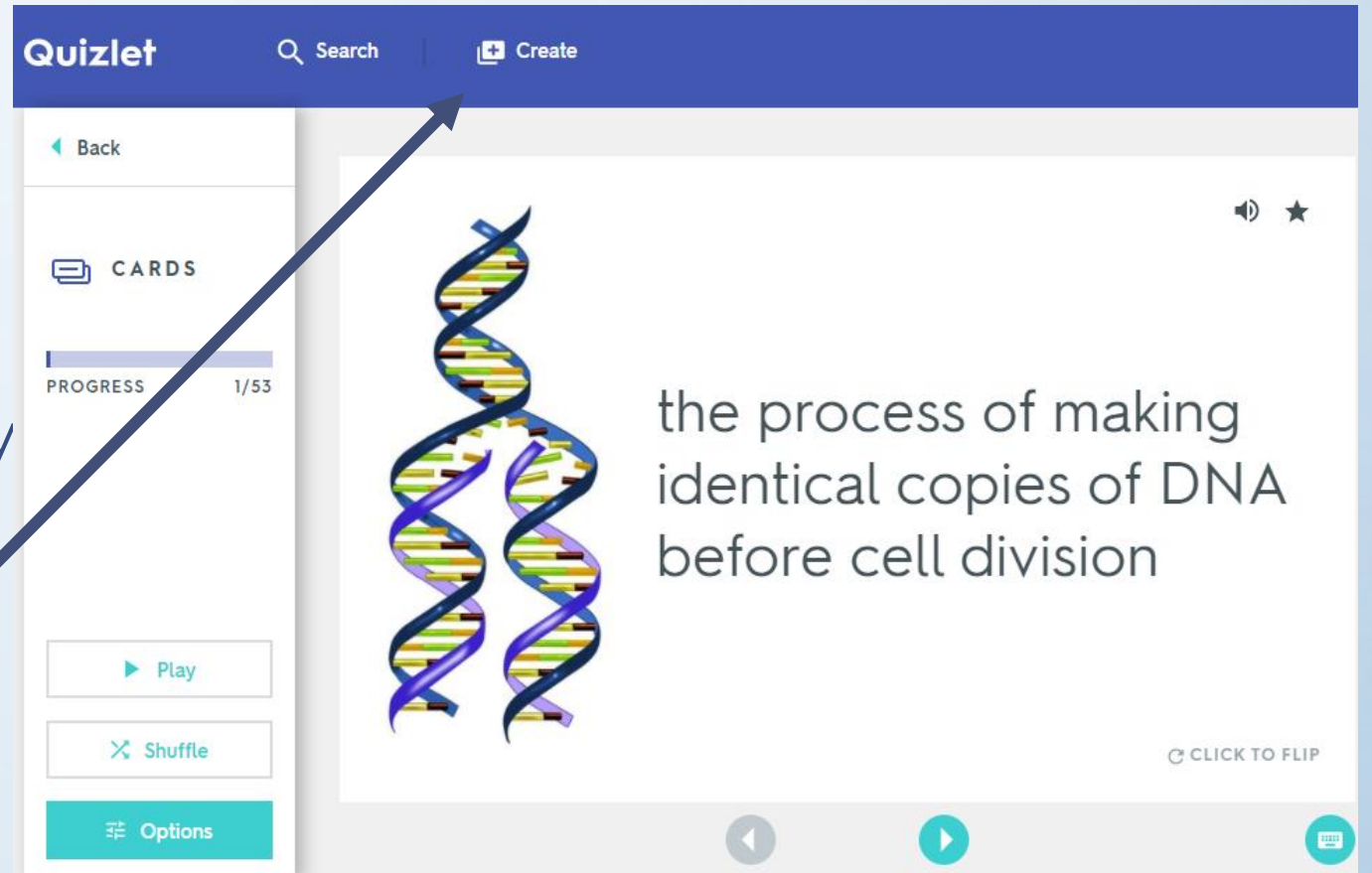
Get creative

Create your own study resources with our easy to use tools. Create a mindmap to plan an essay or turn your revision notes into flashcards.

Create one now

Quizlet

- Free from Apple store
- Makes revision engaging
- Cards for subjects already made up
- Can create a quiz too



Quizlet

Podcasts



- Free from the App store
- Makes revision engaging (auditory learners)
- Great for subjects like History and Business Studies

 <p>GLOBAL NEWS PODCAST BBC WORLD SERVICE</p>	 <p>FIT & FEARLESS BBC RADIO 5 live</p>	 <p>BBC RADIO 4 Today in Parliament</p>	 <p>BBC WORLD SERVICE World Business Report</p>
<p>Global News Podcast - Major gains for Syrian government forces in Eastern Ghouta. The day's top stories from BBC News compiled twice daily in the week, once at weekends.</p>	<p>Fit & Fearless - Pre and post-natal fitness Join #GritGains' Tally, Zanna & Vic as they talk all things fitness and body confidence.</p>	<p>Today in Parliament - 06/03/2018 News, views and features on today's stories in Parliament.</p>	<p>World Business Report - Update: North Korea is Willing to Talk The latest business and finance news from around the world from the BBC.</p>

The Revision App

revision

- Made by teachers
- Catered to GCSE/ A Level students
- Parental help with UCAS

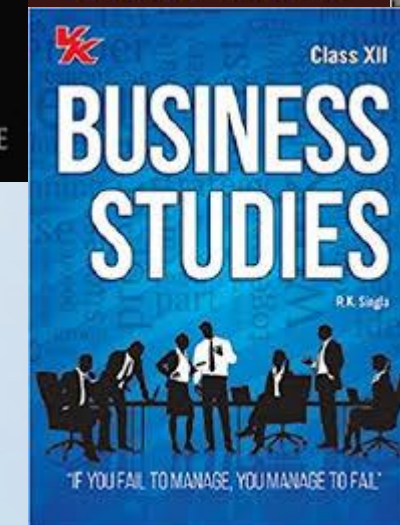
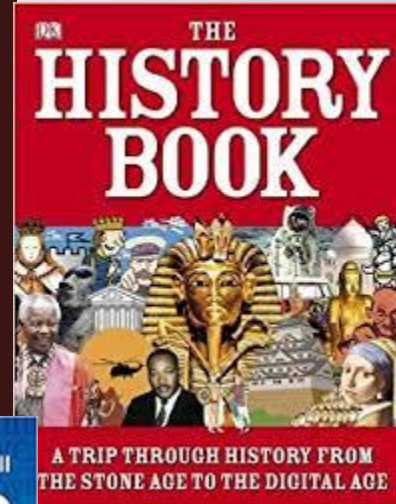
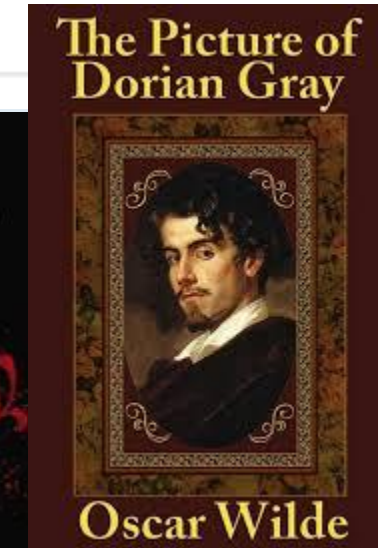
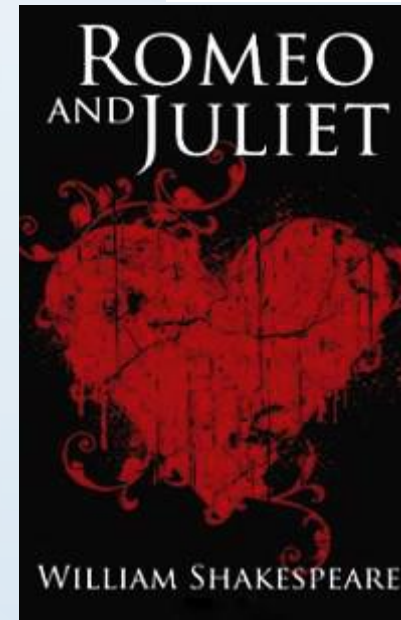
Quote from **revision**

+20% Grade Improvement

We have incorporated learning science & memory improvement techniques into our learning software to help your child improve their grades by up to 20%. This is the difference between an A/B grade and in some cases exam success & failure

iBooks

- Download from the App store
- Great for subjects like: English language/ English Literature/ Science/ Business Studies/ History/ Geography
- You can browse, download and enjoy your books that you've been studying and authors whenever and wherever you want.

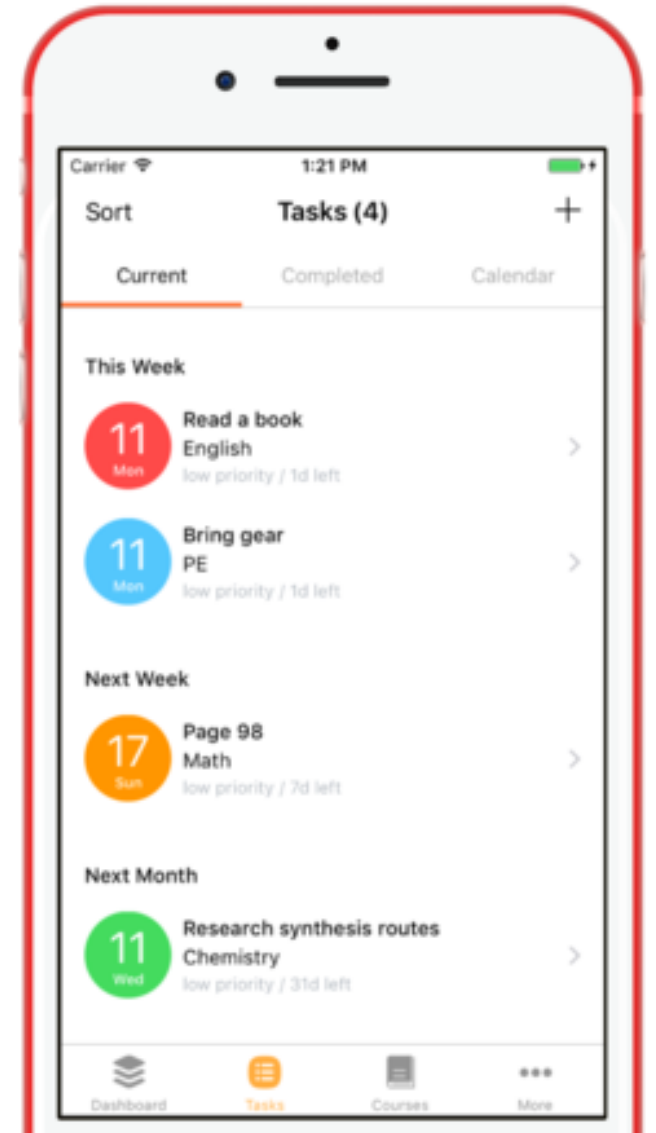


The Homework App

- Download from the App store
- Create a timetable
- Deadline schedule
- Tick off assignments when completed
- Keeps you organised



Helping over 1 million students to go from 0 to 100

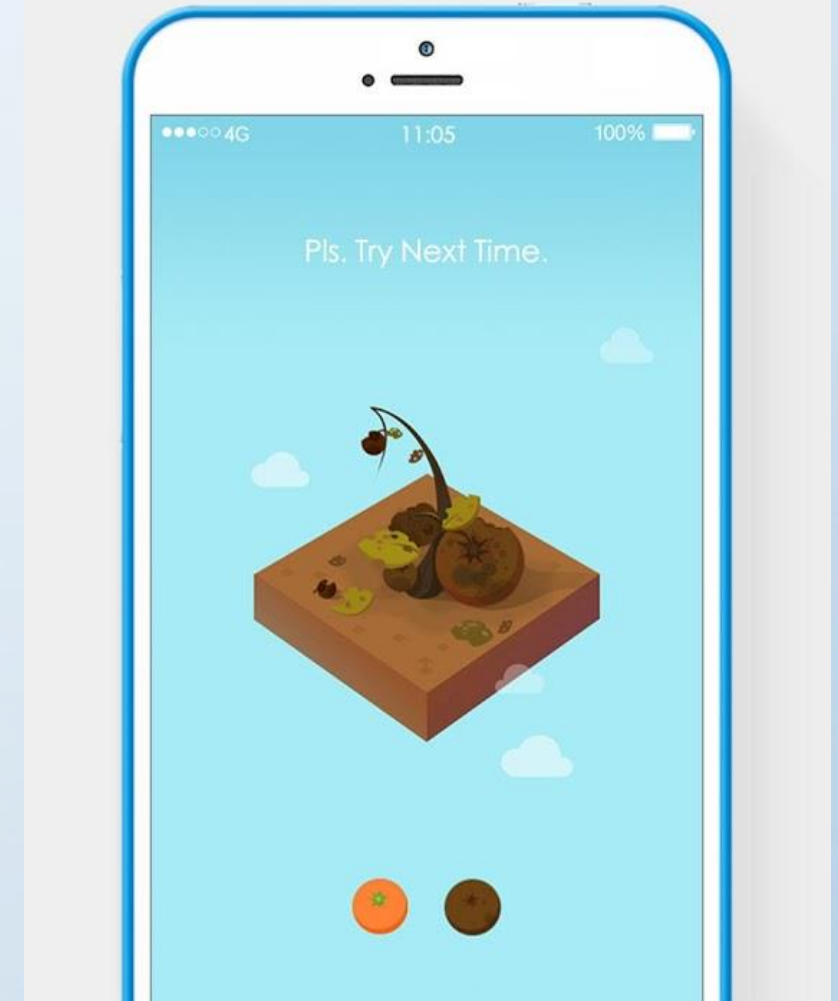


Focus Now



- Not a revision app, but if your child struggles to concentrate, it's a great way to keep them focused on revising.
- They have to revise for long enough to ensure that their tomato plant grows... otherwise it dies 😞

But if you are distracted by playing smartphone, tree will be killed.



Ideas for revising alone

- Dictate your notes into a recording device and listen to them
- Write notes and diagrams on post-its and have them on something you see everyday
- Mind map your topic
- Memory challenge - look at the labelled version of a drawing or a piece of text for 30 seconds. Cover it up and try and draw or write what you saw. Compare the two pictures or notes. Whatever you didn't include is what you need to revise more
- Cheat Cards- Put the key points of a topic on a piece of paper you can hide in your pencil case. Limited space means you can only write the most important things (Don't use this in the real exam!)
- Concept Map – Write key words onto A3 paper, link them with arrows, write over the arrows how the two words are linked
- Invent a Mnemonic or Acrostic for remembering difficult concepts
- Read the revision guide/your notes – small chunks
- Make bullet points from revision guide/ notes
- Create an exam paper include questions and a mark scheme. If working with others, swap and answer. Then swap back and mark.
- Draw diagrams/pictures from your notes
- Write descriptions of diagrams
- Answer questions from the revision guide

Ideas for revising with others

- Put key words and definitions on to separate cards, turn them all over and mix them up. Then try to find the pairs by turning them over, if you get a pair you get another go. The person with the most pairs wins. Play a few times and keep adding more key words and definitions
- Get pieces of A4 paper with key topics written on the top. Each person writes something about that topic on the paper and pass it to another. Keep passing the paper until it is full. Afterwards, check you understand everything on the paper, what you don't know you need to revise further.
- Talk-Listen-repeat - Face a partner and talk on a subject for 30 seconds (they might want to write it down first). Now swap. Repeat trying to get more key words into the 30 seconds without looking at their notes.
- Using the criteria, give an answer to a question that will give you an 4. Next person moves this up to a 5 and so on... can you work as a team to push to the higher grades
- Each person writes a list of 10 questions on the topics you find the hardest (include the answers) then ask you questions to each other and score each other.
- Pictionary / speed Pictionary – draw pictures which represent key words, team members or partners guess what they are
- Paper in a bucket – Write topic key words on scraps of paper, put them all in a bucket, each person picks one out and has to describe the key word without saying the word. Person with the most wins that round. Then put them all back. Round 2 – same thing but only say one or two words. Round 3 – same thing but act out the word

Memory Matters

Helen Melrose



The new qualifications have more content and are more challenging

Students are overloaded with information but remember very little of it

Students are expected to remember it all at the end of two years

Episodic

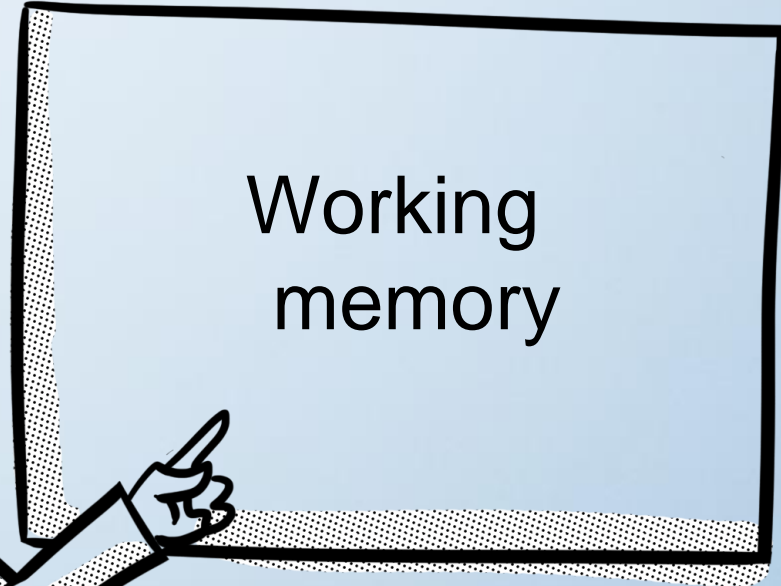
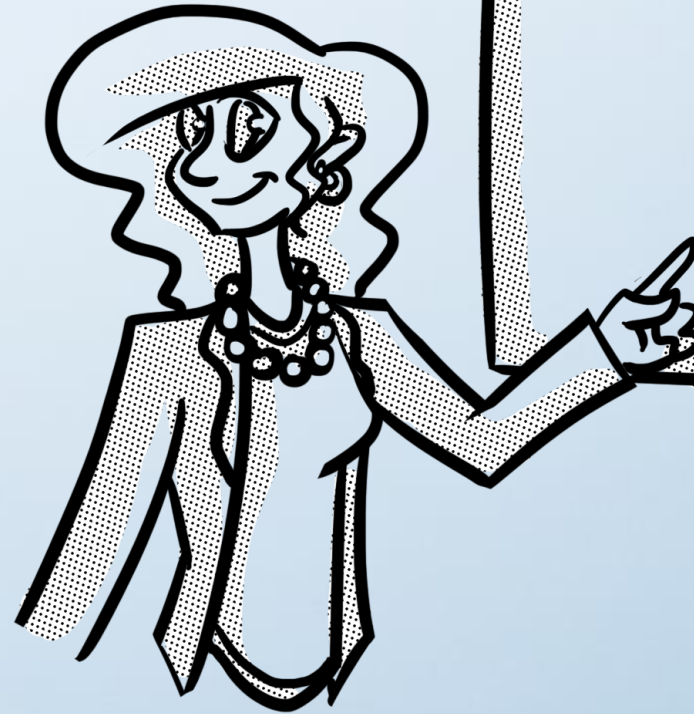
“I can remember that someone tripped up in the middle of the classroom but cannot remember what the lesson was actually about”.

Remembering the events/episodes in our lives

Semantic

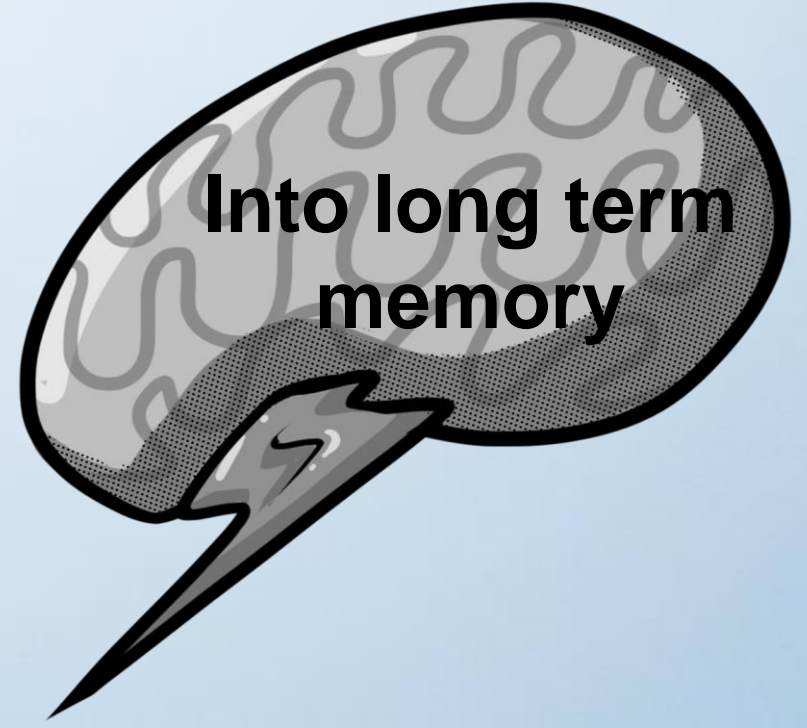
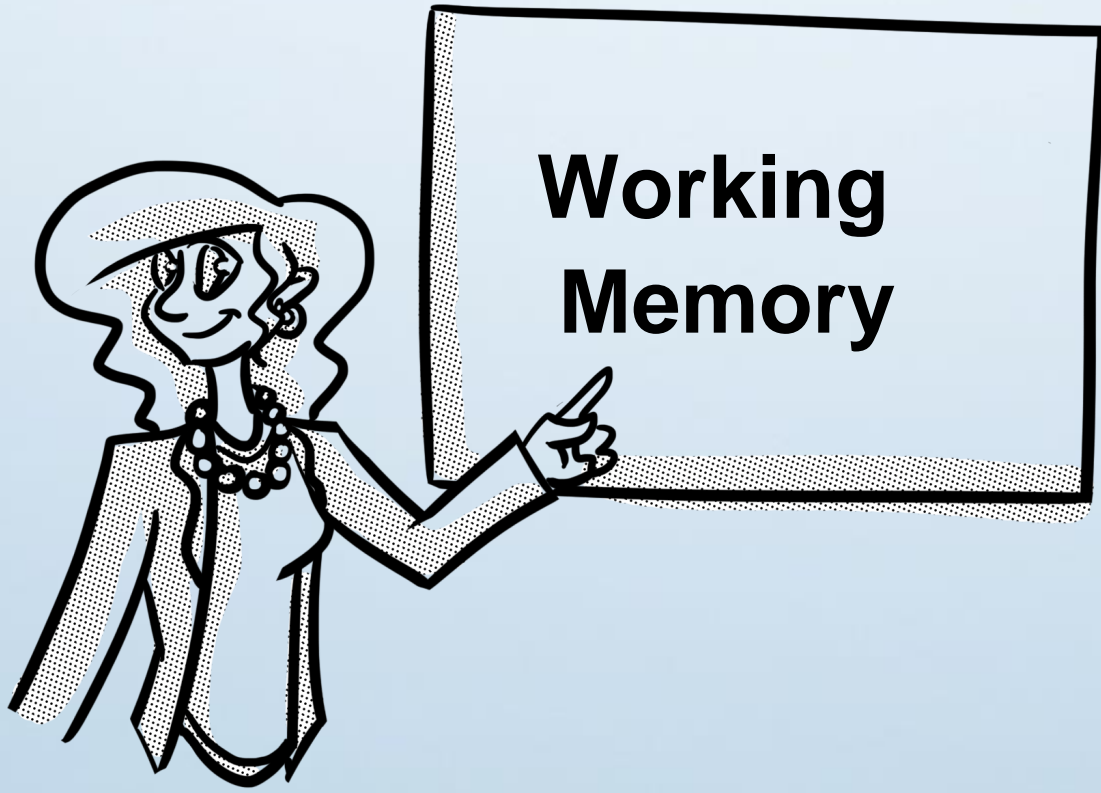
Information, facts and concepts.
Takes effort to learn them
Not dependent on context

Remember the lesson where you learned about squares?!



Mostly forgotten
within 1-2hours

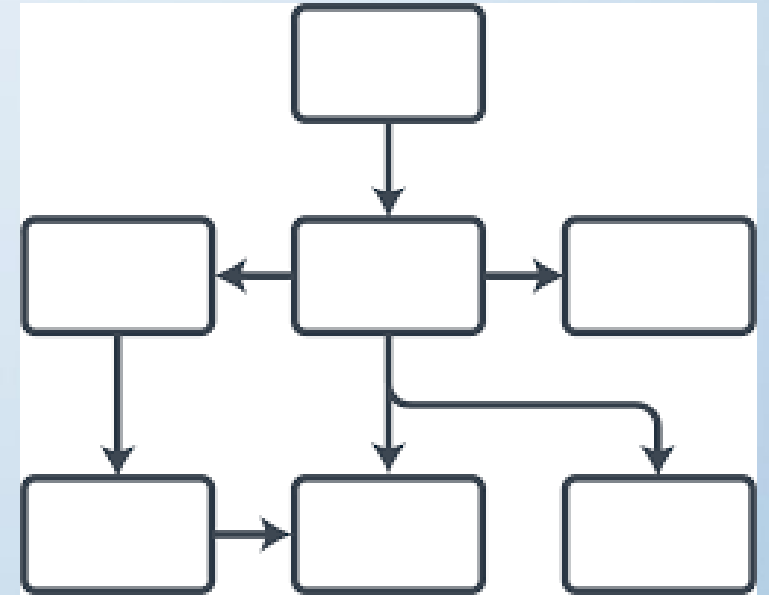
HOW?



1. Elaborative rehearsal

Elaboration is making associations between the new information and what you already know

- Creating a mental image of the new information
- Recoding information (notes, 'Thinking Hard' reading approach)
- Concept maps – links between existing knowledge



2. Don't overload the working memory

When the working memory is overloaded, information leaks out.

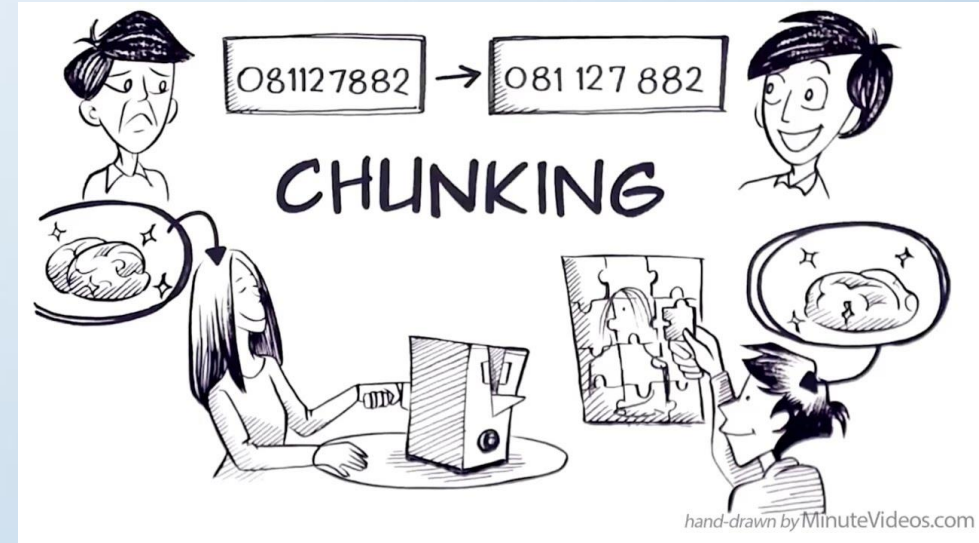
- Step by step approach – layered learning
- 4 new things, no more
- Be absolutely clear WHAT we are learning today



3. Chunking

Be efficient with the space in your working memory

- Chunking comes from prior knowledge
- If you know more, then you can chunk more
- If you chunk more you can keep more in your working memory
- You have more space for more knowledge
- You can build on that to create understanding



4-7-1-1-3-2-4

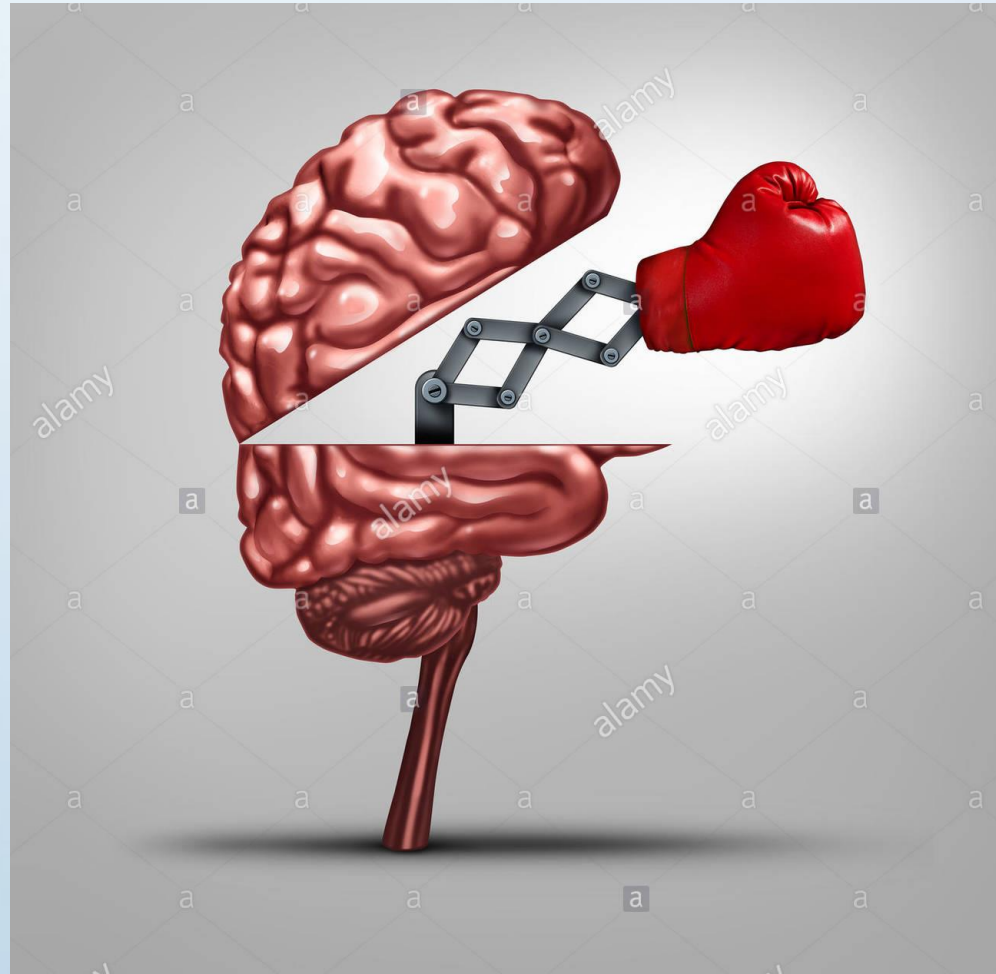
4. Testing is 'retrieval'

All the research says it is the ACT of trying to remember that strengthens memory

- **Allow** yourself to struggle to remember
- Ask yourself to retrieve first THEN re-teach
- You are conditioning your brain
- Allow time to forget (1 day, 1 week, 1 month etc.)



5. Strengthen memory throughout the day

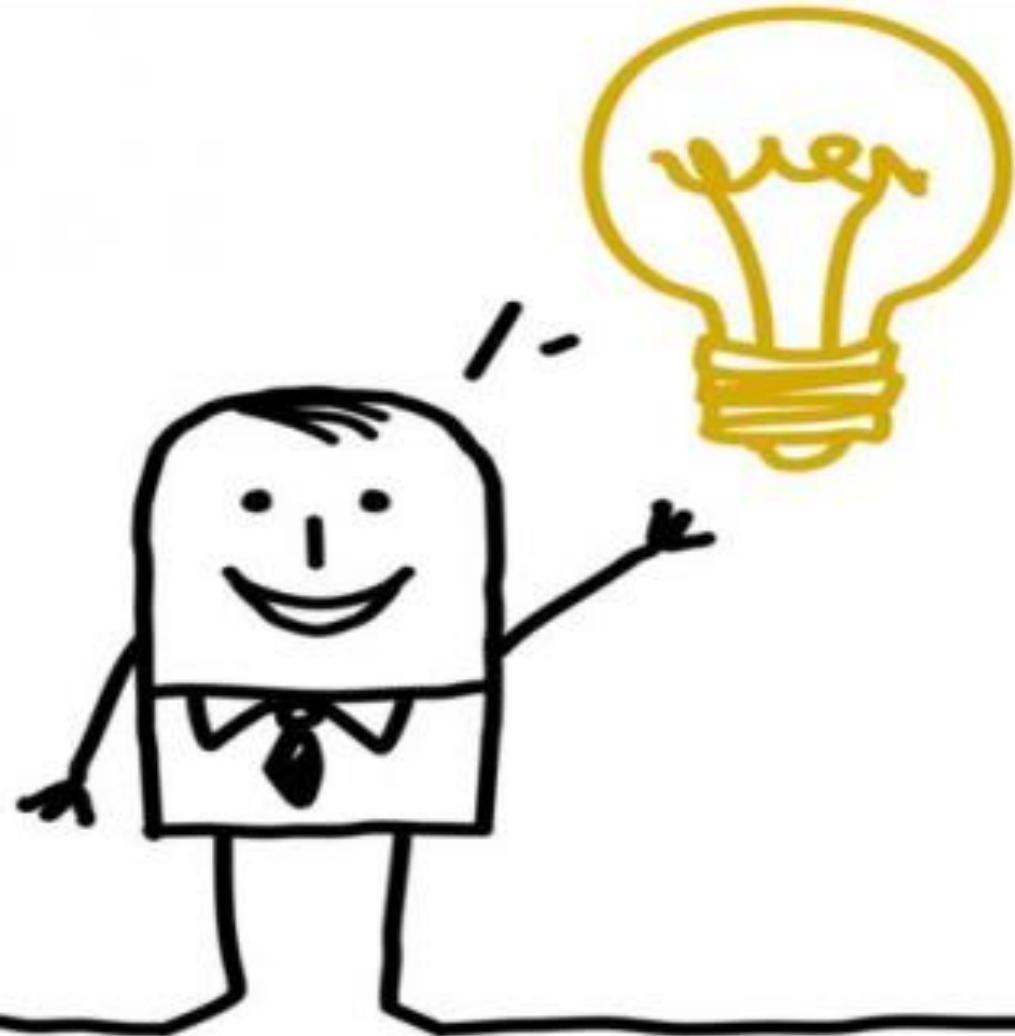
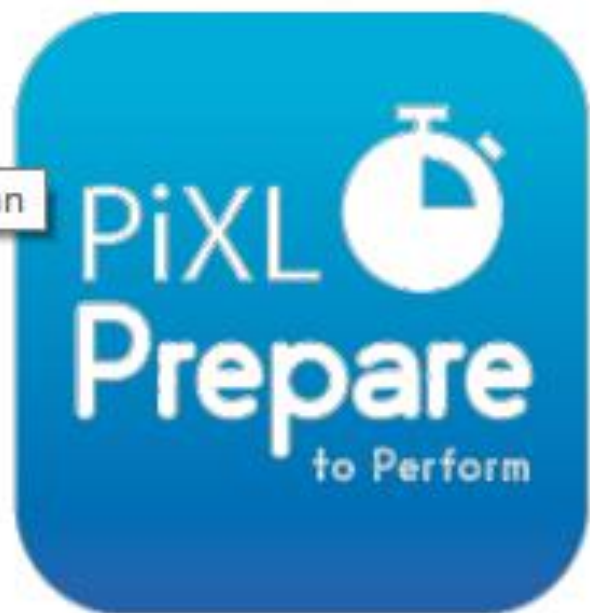


6. Retrieval books

- At the end of each session, write down 3-5 questions, with answers in the back of a revision book
- The start of the next session is spent answering your own questions
- After a few weeks, combine questions to create a retrieval quiz



legan



Top 10 tips to support your child through their exams

What is Prepare to Perform?



Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



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 and well
- Keeping hydrated
- Leading an active life
- 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

60
minutes
per day

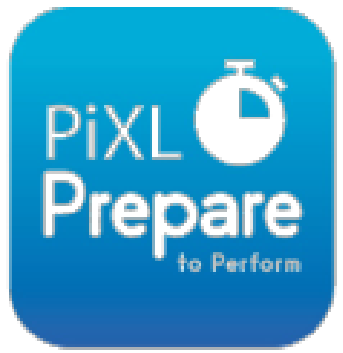


4. Healthy Eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or ‘treat’ meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

A BALANCING ACT

Keep your sugar levels under control.

Macro Cheat Sheet

Carbohydrates		Proteins		Fats
Breads Rice Couscous Cereals Bran Potatoes Pasta Oats Cream of Wheat Corn English Muffins Pancakes Whole Wheat/ Whole Grains Vegetables Squash Pumpkin Berries Fruits Sugars	Beans Sprouted Grains Quinoa Most Yogurts Skim Milk Peas	Chicken Turkey Egg Whites Fish Buffalo Bison Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt	Eggs Salmon Bacon Chia Seeds Cottage Cheese Whole Fat Milk Duck Whole-Fat Yogurt	Acocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

- Green vegetables
- Asparagus / Spinach
- Broccoli
- Yoghurt
- Chicken / Salmon
- Whole Grains / Brown rice
- Almonds / Pecans
- Eggs

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
- Reading a book
- 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
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ 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
- 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
- Promote a balance of their academic studies & other activities during the week

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

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

10. Be Supportive

- Be a good listener
- Be approachable
- 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
- Just be there for them!

DREAM
BELIEVE
ACHIEVE

PiXL Revision Resources



Students can ask their subject teachers about these resources

Thank you for listening



We're available for Learning & Teaching questions at the end.

Please take the revision guidance booklets home (also on website).