



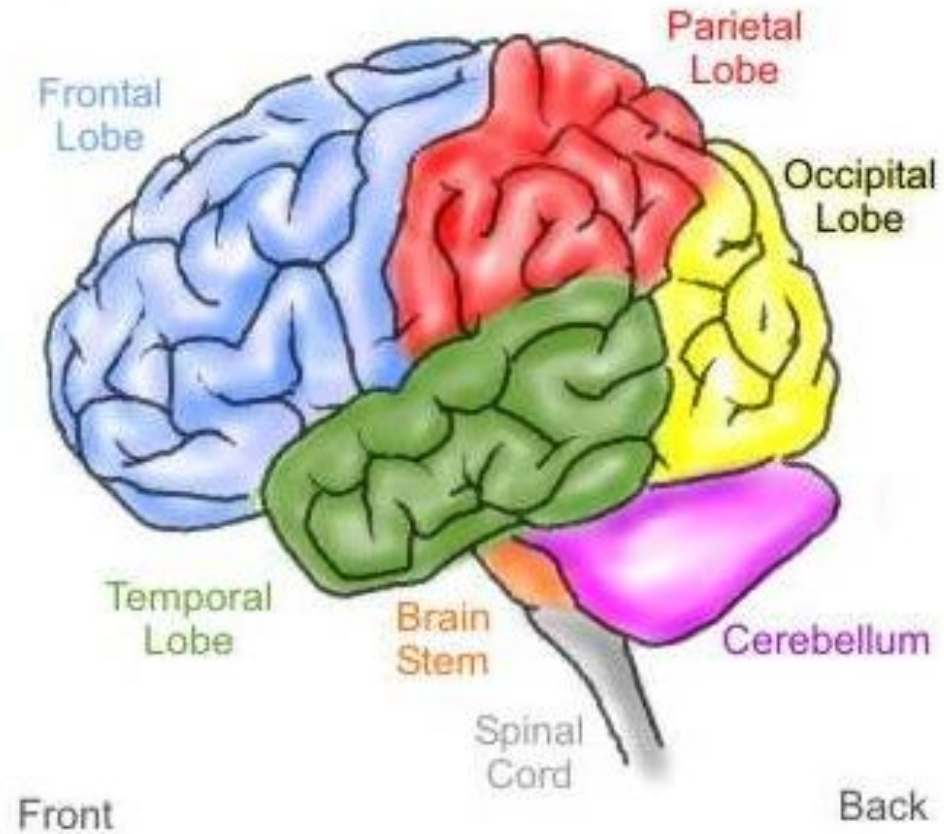
The Teenage Brain & Revision

Miss Hirani (RHI)

Aspire Commit Succeed



Who are we working with?



Aspire Commit Succeed



What are **we** working with?

1) Pruning remodels the brain

- Pruning takes place when we interact with new materials and experiences

2) Myelin formation

- Brain forms links to connect to pre-existing information.
- Creates shortcuts between blocks of knowledge that transfers information faster

3) Neuroplasticity

- The brain is constantly growing, changing and evolving in response to experiences



Aspire Commit Succeed



REVISION: Where?

- Comfortable desk space,
- Well-lit desk,
- Remove distractions/noise,
- Key resources within reach:
 - School books,
 - Stationary,
 - PC/Laptop,





REVISION: When?

EVERY day
counts

- From the start of the academic year,
- At least 2 hours per evening,
- Increase time over the weekend,
- Build up to EofU Tests,
- PPE's,
- External GCSE Examinations,

**SMALL
STEPS
EVERY
DAY**

Aspire Commit Succeed



Thank You



Your views are always taken into account and valued.

Let's do this.

We are a team.

We take action.

We are focused.

Aspire Commit Succeed