

THE ONLY LIMITATIONS
THAT EXIST ARE THE
ONES WE PLACE ON
OURSELVES.

Making the Mocks Matter



Aim of today's session:

This afternoon, we will:

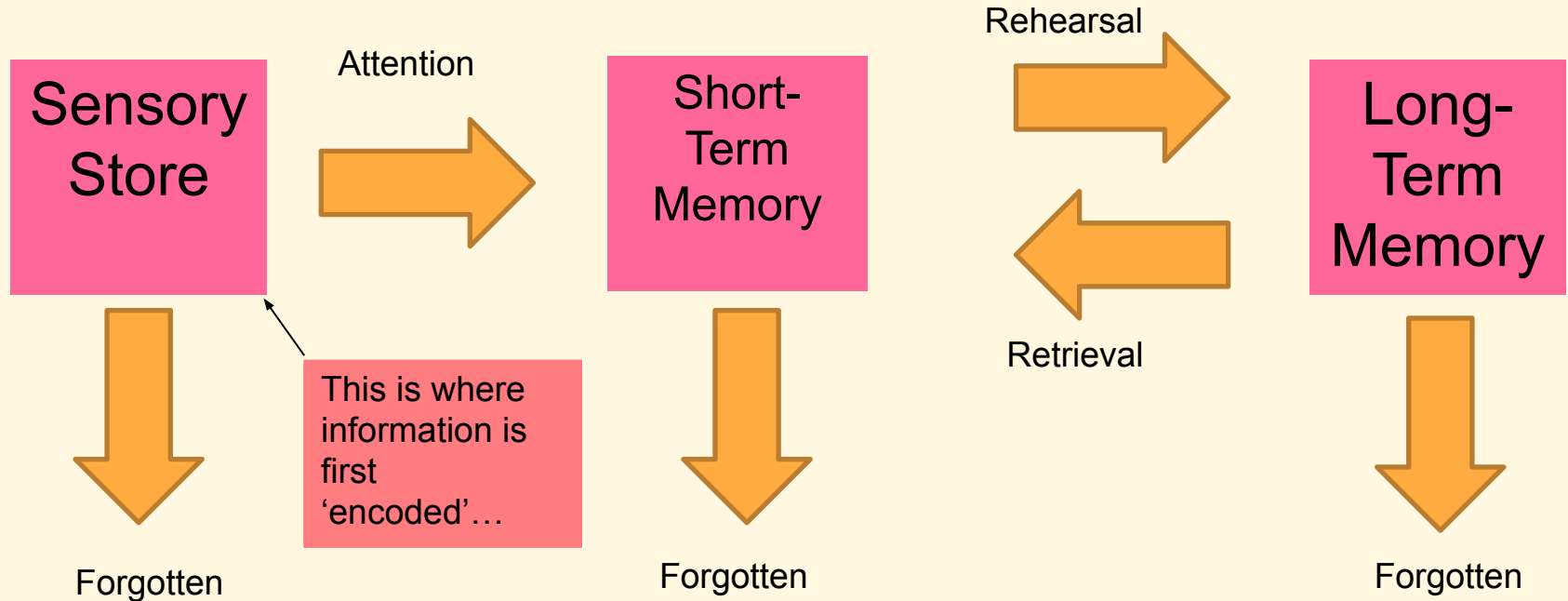
- ❑ **Reflect** on their start to the year.
- ❑ Explore the process of **memory** to understand how learning works so that we consider how to **improve** as a learner.
- ❑ Investigate different **revision methods** in order to improve the strategies that you use to prepare for exams.



AIM: Explore the process of **memory** to understand how learning works so that we consider how to **improve** as a learner.



How do we learn and remember information?



Note taking	Highlighting notes or work completed	Post-it notes of key facts	Mnemonics
Re-reading of old notes	Summarising key points	Creating visual representations of knowledge	Testing yourself with short quizzes
Completion of practice papers	Flashcards	'Bulk revision' - revising one subject for a long period	Revision timetable

KEY STRATEGY: Flashcards

- ▶ <https://www.youtube.com/watch?v=C20EvKtdJwQ>

Flashcards! Let's have a look at the Leitner system...

There are websites that have flashcards made for you or you can use to make flashcards!

- ▶ <https://quizlet.com/gb/281708898/gcse-science-key-words-flash-cards/>

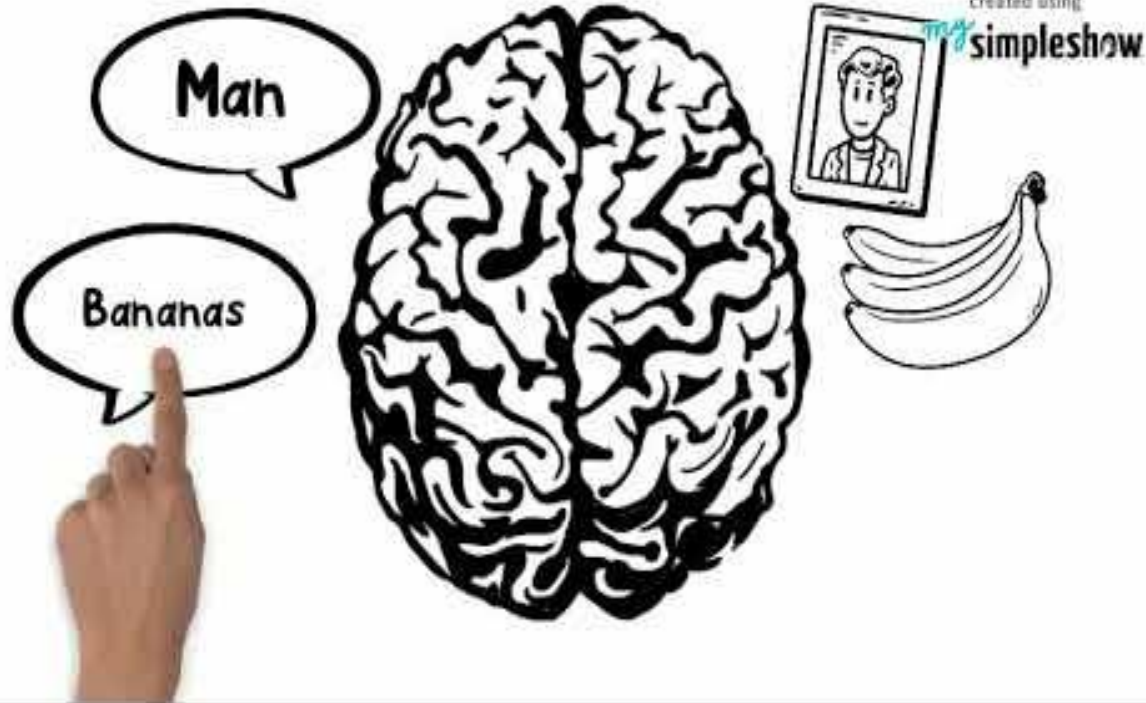
KEY STRATEGY: Dual Coding



Dual coding

*“The process of combining **verbal materials** with **visual materials**. There are many ways to visually represent material, such as with infographics, timelines, cartoon strips, diagrams, and graphic organisers. When you have the same information in two formats – words and visuals – it gives you two ways of remembering the information later on. **Combining these visuals with words is an effective way to study.**”*





What implications does the 'dual coding' theory have for us, as learners, and for the revision strategies we use?



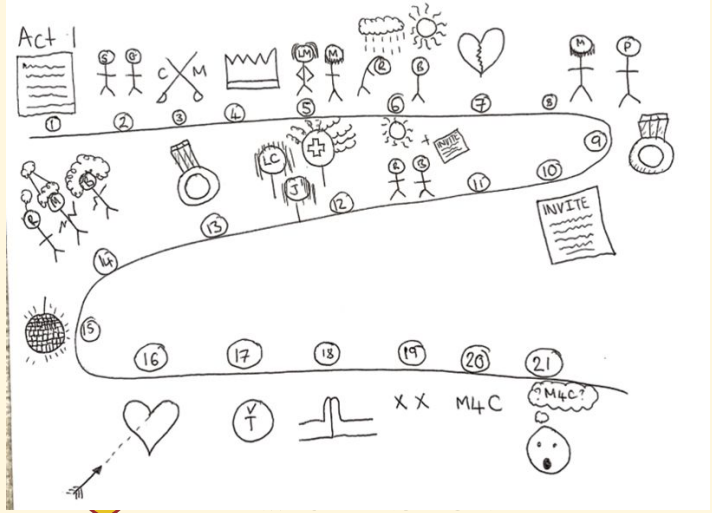
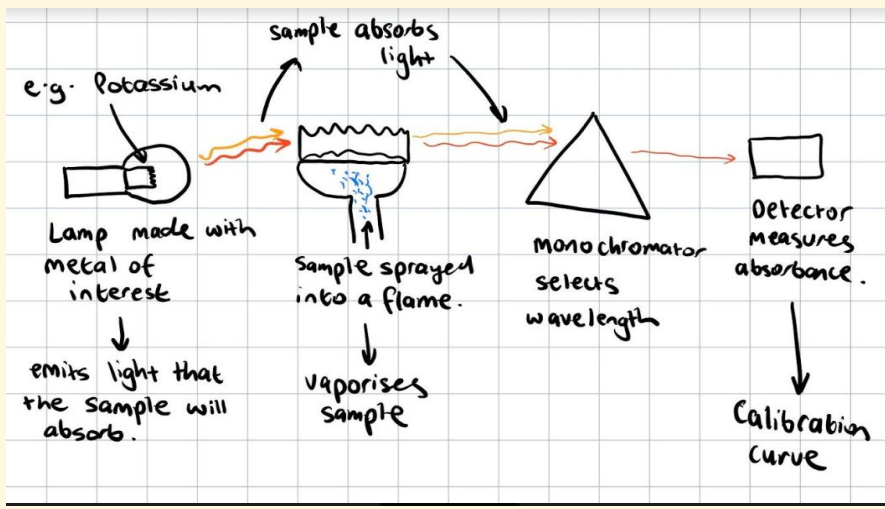
Dual coding:



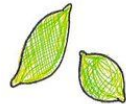

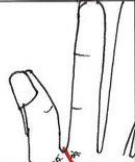

X is not about drawing pretty pictures or being good at Art

X is not about using different coloured pens

X is not just about revision strategies for pupils





MOTHER SHIPTON 	Soothsayer, notorious for prophesying events
JOHN SNOW 	1854: Plotted cholera cases during epidemic. Removal of handle @ Broad St. pump.
LIND 	1753: Identified cause of scurvy. Insisted sailors given lime juice daily.
GORDON 	1795: Advocated washing hands + clothes in chlorine to prevent child-bed fever.
LADY MARY MONTAGU 	1721: Introduced inoculation to England. (Smallpox)
JENNER 	1798: Published works on vaccination after testing on 9 year old Phipps + his 10 month old son (smallpox)

KEY STRATEGY: Cornell notes




How To Take Cornell Notes



The technique...

1. **Revision Notes Area:** Record notes from information given BUT keep as short but as meaningful as possible.
2. **Key Question Column:** When taking notes, keep question column empty. Soon after completing the revision notes, think of questions that the revision notes are the answers for.
3. **Summaries:** Sum up each page of notes in a sentence or two or by recording a summary of key terms.

Subject:	Topic:
Key Questions	Revision Notes
2: For each "note" think of a question that could be asked	1: Read text and write "shorthand notes" of key points
	4: Cover the "notes" and use the questions to test yourself.
Summary	
3: Now write a summary of 5-10 key terms	



So what makes you
the best learner and
how can parents
help?

BBC
THE:MIND:SET
 WEEKLY PLANNER

TIMES	8.00am - - 4.00pm	4.00pm - - 6.00pm	6.00 - - 6.45pm	6.45pm - - 7.45pm	7.45pm - - 8.00pm	8.00pm - - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - - 10.00am	10.00am - - 11.00am	11.00am - - 1.00pm	1.00pm - - 3.00pm	3.00pm - - 5.00pm	5.00pm - - 6.00pm
SATURDAY	breakfast/ shower etc.	Hour of power revision!	See friends / Lunch	Revision	Watching / playing sport / gaming	Revision
SUNDAY	breakfast/ shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / Dinner



REVISION

* = revise if possible
 // = no revision/break

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	//
5:00-5:30	english	chemistry	media	maths	english	maths*	//
5:30-6:00	//	//	maths	english	media	//	//
6:00-6:30	english	english	//	//	//	//	//
6:30-7:00	maths	english	//	//	chemistry	//	//
7:00-7:30	//	//	english	chemistry	//	*	biology
7:30-8:00	//	//	physics	chemistry	//	*	media
8:00-8:30	maths	biology	//	//	chemistry	english	//
8:30-9:00	maths	maths	maths	biology	physics	english	//
9:00-9:30	//	//	//	//	//	//	//
9:30-10:00	biology	maths	biology	biology	phys*	//	//
10:00-10:30	media	physics	biology	media	phys*	//	//



STU

History Revision

Medicine

- ▶ Medieval
- ▶ Renaissance
- ▶ 18th and 19th centuries
- ▶ Modern
- ▶ Case Studies
- ▶ Key people
- ▶ Western Front: Trenches
- ▶ Western Front: Illness
- ▶ Western Front : Treatments



What really works...

Struggle: The harder it is to learn or remember something, the better the learning.



What really works...

Getting things wrong: if you get something wrong or find it hard your brain is more likely to remember it for next time...



What really works...

Recall/quizzes: doing small, low stakes tests regularly will help you remember more content. It doesn't matter how well you do, these are quizzes to help you learn, not to test you...



What really works...

**Doing things FROM MEMORY,
not using your notes...**

Using your memory alone is the best way to transfer things to your LTM. Remember, the harder it is, the better the learning!

What really works...

REPETITION: Studies suggest that you have to learn something **THREE – SIX** times before you will have it in your LTM. Repeating the same activities at spaced intervals will help you to learn better.



Home Survival Pack!

- Revision environment (make sure you have somewhere to revise that isn't cluttered).
- Interruptions – keep these to a minimum (agree with people in your house that they need to give you space)
- Leave your mobile phone in another room so that you're not tempted to use it
- Keep home life as calm as possible
- Look after yourself – **eat well and sleep well.**
- Make sure you have the right resources (post-its, coloured pens, revision clocks, large paper, flashcards etc.)



Exam Survival Pack!

- Punctuality
- Attendance
- Attitude



A yellow sticky note is pinned to a corkboard with a single red pushpin. The words "Thank you" are written in red ink in a cursive, handwritten style. The corkboard has a natural, textured brown color.

Thank you