

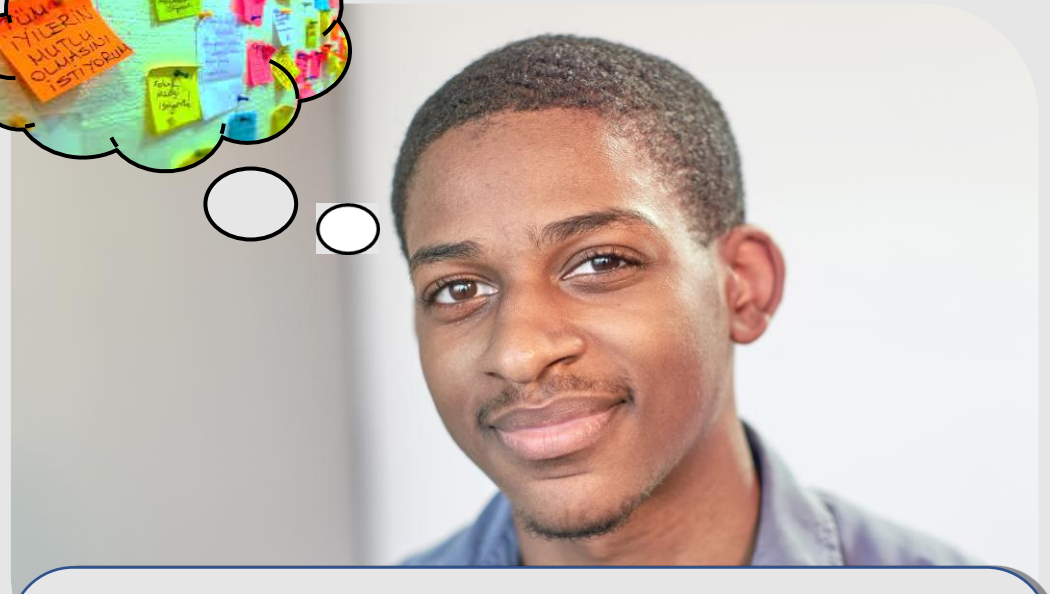
Do Now

How can I successfully revise and prepare for my exams?

Damon thinks he's nailed this revision lark. He's stuck up loads of Post-Its around the house, with key words on.

Damon's dad emerged from the downstairs loo with a Post-It stuck to his jumper. 'Are you sure this is going to work? I mean, I haven't seen you do any other kind of revision yet.' He said.

Discuss: Has Damon nailed it? Or is he really just making himself *think* he's revising?



How do you currently revise for exams?

Write down three ways you usually revise. ***Finished?*** Now write down how you can be sure these methods work.

How can I successfully revise and prepare for my exams?



Learning outcomes:

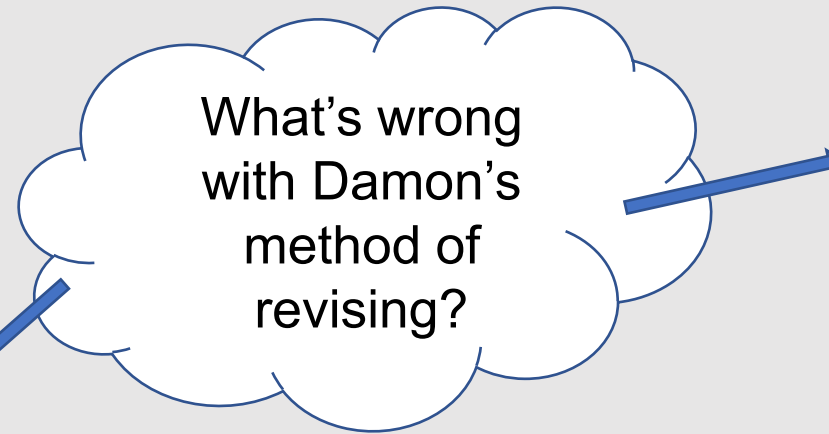
Correctly identify ways we can successfully revise and prepare for our exams and explain why the preparation techniques work and how we can successfully apply them to our lives.

Create examples using the techniques, applying our learning in a variety of subjects.

Consolidation – when your brain takes the information you have learned and makes a medium-term imprint when you are doing something else. This makes you able to recall the information.

Application – when you apply the info you have learned. This is the only way you can help your brain with consolidation through revision. We will look at practical ways to apply learning today.

It sounds like Damon has the best of intentions here, but there are a fair few reasons why he is going wrong. How many can you think of, in pairs? You can use the images as clues if you wish.



One possible reason why Damon is going wrong with his revision is...



It sounds like Damon has the best of intentions here, but there are a fair few reasons why he is going wrong. How many can you think of, in pairs?

There is no form of self-assessment here. How does Damon know he's even remembering anything?

How do we know he's even reading the Post-Its he's made? After a while, to his brain, these could just fade in to the background surroundings.

What's wrong with Damon's method of revising?

How much time does Damon even spend indoors to read them?

Damon is only using ONE method of revising. He would be more successful if he used a variety of methods.

The key words Damon is writing don't seem to have any context to them. Seeing the word 'algebra' will not help you remember how to do algebra.

One possible reason why Damon is going wrong with his revision is...

So what are the best ways to study? Watch the clip and answer the questions below. We'll go through the answers together afterwards.

<https://www.youtube.com/watch?v=VJbKXmujl00>



What is NOT the way to study smart?

Why does exercise help us revise?

What's the problem with cramming?

What have studies shown about repeated re-reading?

Why should you get as much sleep as you can?

What else might help?



Revision Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	School	School	School	School	School		
9:00	School	School	School	School	School		
10:00	School	School	School	School	School	Physics	
11:00	School	School	School	School	School	Biology	
12:00	School	School	School	School	School	Chemistry	
13:00	School	School	School	School	School		
14:00	School	School	School	School	School		
15:00	School	School	School	School	School		
16:00	School	School	School	School	School		
17:00	School	School	School	School	School		RS
18:00	Workout	Workout	HW	Workout	HW	History	Spanish
19:00	Brownies	Rangers/hw	Dance	HW	HW	English	German
20:00	RS	Rangers/hw	Dance	HW	HW	English	Physics
21:00	Biology	German	Dance	History	RS		
22:00	History	Physics	Dance	English	Chemistry	Workout	Workout
23:00		English	Spanish	English	Chemistry		

Lets go through the answers together now and add in any answers we missed.

<https://www.youtube.com/watch?v=VJbKXmujl00>



What is NOT the way to study smart?

Pulling long nights in the library or at home on the lead up to the exam.

Why does exercise help us revise?

It increases performance, maximises our attention span, helps us with information processing and problem solving and helps us absorb nutrients.

What's the problem with cramming?

The information doesn't enter your long-term memory. You need repeated exposure for this.

What have studies shown about repeated re-reading?

Repeated testing (self-assessment) is far more productive as you can see where the gaps in your knowledge are.

Why should you get as much sleep as you can?

The alpha brain waves your brain produces helps with studying and allows you to consolidate the information you've learned.

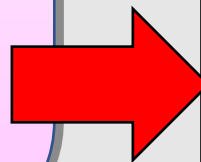
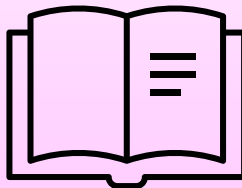
What else might help?

Good light, snacks, power poses and music without lyrics (it all adds up).

The image shows a 'Revision Timetable' grid. The columns represent the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. The rows represent time slots from 8:00 to 23:00. The grid is color-coded by subject or activity. For example, 'School' is in blue, 'Workout' is in green, 'Dance' is in orange, 'HW' (homework) is in yellow, 'Rangers/hw' is in red, 'Spanish' is in purple, 'German' is in pink, 'Physics' is in light blue, 'Chemistry' is in light green, 'History' is in light orange, 'English' is in light purple, and 'RS' (revision) is in light yellow. The timetable shows a typical school day from 8:00 to 17:00, followed by various activities and homework in the evenings, and some revision sessions on weekends.

How can I successfully revise and prepare for my exams?

Read each of the case studies in your pairs, then work your way through tasks A-B for each study technique.



Revision Technique or exam prep strategy:	Task A: Give an example of where you can apply this to your life or a subject you are studying.	Task B: Why does this help? Explain in terms of your how it helps your brain prepare.	Task C: Apply the revision technique now by creating an example below, or explain the changes you can make to your life to accommodate the preparation.
<p>EC</p> <p>Taking the first letters of a string of information you want to remember and then using them to create a more memorable phrase that you find easier to recall than the original information. This is called Mnemonics. An example would be instead of remembering NEED for the compass points, remembering the rhyme "never eat shredded vegetables".</p>			
<p>EC</p> <p>Making up a rhyme or a rap about something you need to remember a lot of information about can really help your brain store and recall it. It can also be fun and something you create with a friend... "Let me tell you 'bout JFK, a democrat boss, who was shot one day." Setting the rap or rhyme to music can help consolidation even more.</p>			
<p>EC</p> <p>Emotionally engage in what you are studying - obviously, this is easier in certain subjects than others though. If you're studying a piece of music in A-level music, try to play it on an instrument if you can, or if you're studying war poetry, for example, try visiting a war museum - this will help you have a deeper connection and consolidation of what you are studying.</p> <p>Don't just rely on a good night's sleep the night before. You need a pattern of good sleeping while you are revising. When you're sleeping that your brain performs the vital task of converting facts from short-term memory into long-term memory. Eight hours is the recommended amount. Also, it goes without saying that on the day of your exam your brain cannot function to the full without a good healthy breakfast.</p>			

Revision Technique or exam prep strategy:

Task A:
Give an example of where you can apply this to your life or a subject you are studying.

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Why does this help? Explain in terms of your how it helps your brain prepare.

Task C:
Apply the revision technique now by creating an example below, or explain the changes you can make to your life to accommodate the preparation.

Taking the first letters of a string of information you want to remember and then using them to create a more memorable phrase that you find easier to recall than the original information. This is called **Mnemonics**. An example would be instead of remembering NESW for the compass points, remembering the rhyme 'never eat shredded wheat'.

Making up a **rhyme or a rap** about something you need to remember a lot of information about can really help your brain store and recall it. It can also be fun and something you create with a friend....'Let me tell you 'bout JFK, a democrat prez who was shot one day...'
Setting the rap or rhyme to music can help consolidation even more.

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Why does this help? Explain in terms of your how it helps your brain prepare.

Task C:

Apply the revision technique now by creating an example below, or explain the changes you can make to your life to accommodate the preparation.

Emotionally engage in what you are studying – obviously, this is easier in certain subjects than others though. If you're studying a piece of music in A-level music, try to play it on an instrument if you can, or if you're studying war poetry, for example, try visiting a war museum – this will help you have a deeper connection and consolidation of what you are studying.

Don't just rely on a good night's sleep the night before. You need **a pattern of good sleeping** while you are revising. When you're sleeping that your brain performs the vital task of converting facts from short-term memory into long-term memory. Eight hours is the recommended amount. Also, it goes without saying that on the day of your exam your brain cannot function to the full without a good, **healthy breakfast**.

Need more helpful hints and tips? Watch the clip and answer the questions below. We'll go through the answers together afterwards. This is quick, so you may want to watch the clip twice.
https://www.youtube.com/watch?v=WDKQxi0_Ogc

- 1. Why is last minute cramming a bad technique?**
- 2. Which is better for recall, revision in the day and early night or an all-nighter?**
- 3. What else is a waste of time? Why?**
- 4. How can you 'do something' with the information. Why do you need to do this?**
- 5. Why is taking appropriately lengthened breaks so important?**
- 6. How is excellent revision like playing a computer game?**
- 7. How can your brain 'trick' you into thinking last minute cramming has**
- 8. What is 'consolidation' and when does this happen?**



Now let's go through the answers together.

Why is last minute cramming a bad technique?

It's pointless – you may have tricked yourself you have remembered but you haven't really. You can recognise, but not recall.

Which is better for recall, revision in the day and early night or an all-nighter?

Revision in the day, regularly.

What else is a waste of time? Why?

Listening to notes whilst you sleep.

How can you 'do something' with the information. Why do you need to do this?

You could make spider diagrams, songs, bullet points and more to consolidate.

Why is taking appropriately lengthened breaks so important?

After taking in information, your brain needs time to make it stick.

How is excellent revision like playing a computer game?

To get better, you have to keep on doing it again and again.

How can your brain 'trick' you into thinking last minute cramming has worked?

You can recognise, but not recall.

What is 'consolidation' and when does this happen?

This happens when you take a break – it's when your brain makes things stick.

Revision strategies – embrace or avoid?

Draw out the table in your books.

Complete the second line and then add four more of your favourite **avoid** and **embrace** revision strategies and techniques from today

Embrace	Avoid
<i>Consolidation – your brain needs time to imprint and retain learning.</i>	<i>Gimmicks – listening to notes while you sleep is not supported by science</i>
<i>Application because.....</i>	<i>Cramming because.....</i>

How can I successfully revise and prepare for my exams?

Applying our new strategies...

You may have already made a revision timetable – if not, that’s the first thing you’ll need to do now.

Now, add to your revision table the actual types of strategies and techniques which you will use during your revision session.

Around the borders, write in some of the top tips from today, e.g. ‘Remember to switch my phone off.’

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22:00	History	English		Biology			
23:00							



Year 11 Summer 1 – Living in the Wider World Knowledge Check

1. On a scale of 1 to 5, how confident do you feel that you can understand the differences between full-time, part-time, temporary, freelance, and zero-hour contracts?
2. On a scale of 1 to 5, how confident do you feel that you can explain how different forms of employment might suit different people and lifestyles?
3. On a scale of 1 to 5, how confident do you feel that you can identify the key components of an effective CV and explain why they are important?
4. On a scale of 1 to 5, how confident do you feel that you can write a strong personal statement for a CV tailored to a specific job or industry?
5. On a scale of 1 to 5, how confident do you feel that you can recognise common interview questions and prepare clear, confident responses?
6. On a scale of 1 to 5, how confident do you feel that you can describe strategies to manage interview anxiety and perform confidently in a job interview?
7. On a scale of 1 to 5, how confident do you feel that you can understand the importance of revision planning and how to apply effective study techniques?
8. On a scale of 1 to 5, how confident do you feel that you can explain how sleep, breaks, and regular testing support exam revision and memory retention?
9. On a scale of 1 to 5, how confident do you feel that you can identify and avoid common revision pitfalls like cramming and passive re-reading?
10. On a scale of 1 to 5, how confident do you feel that you can apply revision strategies that match your learning style and subject needs?

Summer 1 - Yr11 Living in the
Wider World Knowledge Check



Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>