

# Revision Session for Parents

Monday 29 January 2024

# Overview



COGNITIVE  
SCIENCE



ORGANISING  
REVISION



TOP TIPS –  
ACTIVE REVISION



ELY ADVICE



ONLINE REVISION



WELLBEING

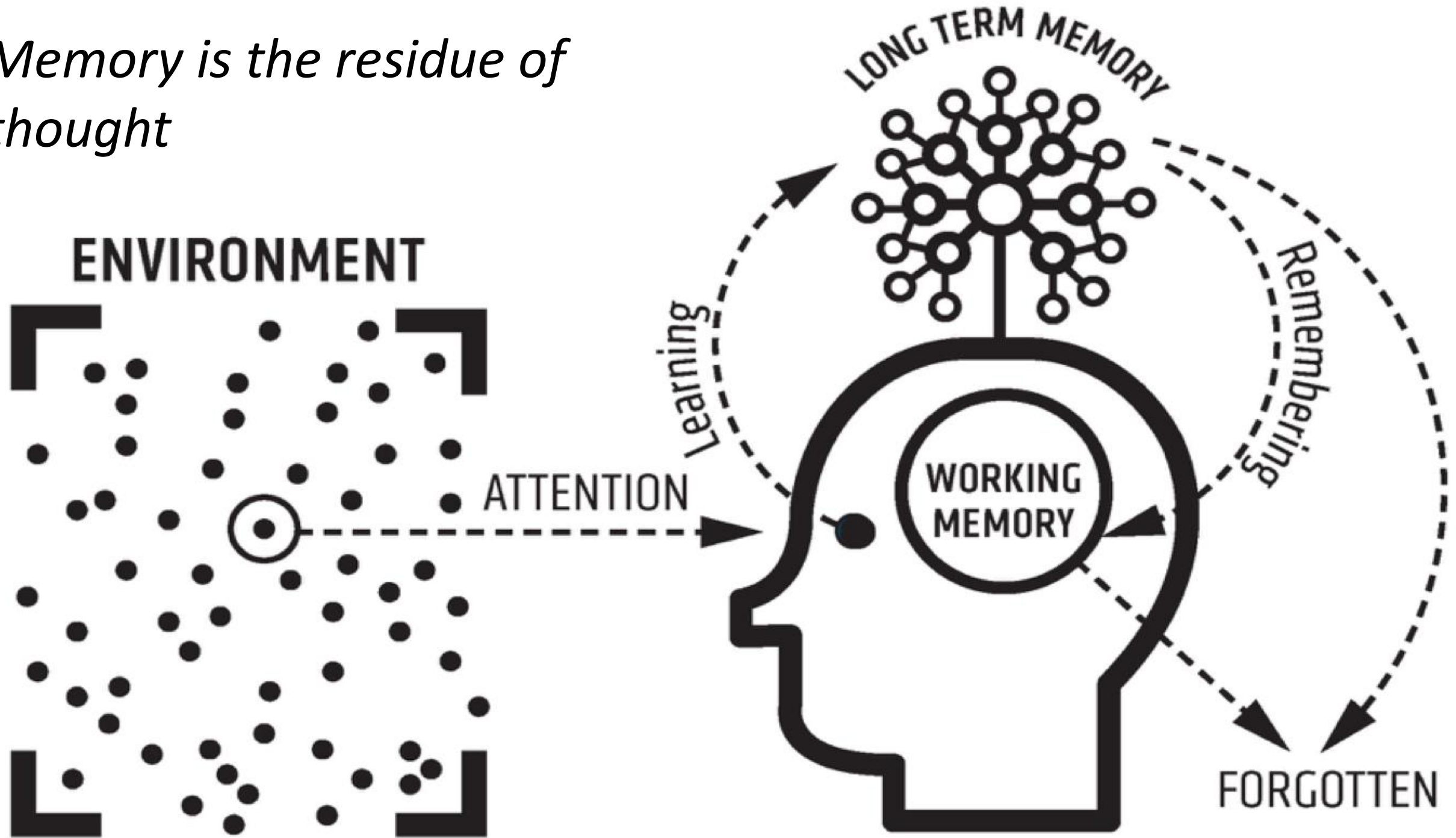
# Cognitive Science



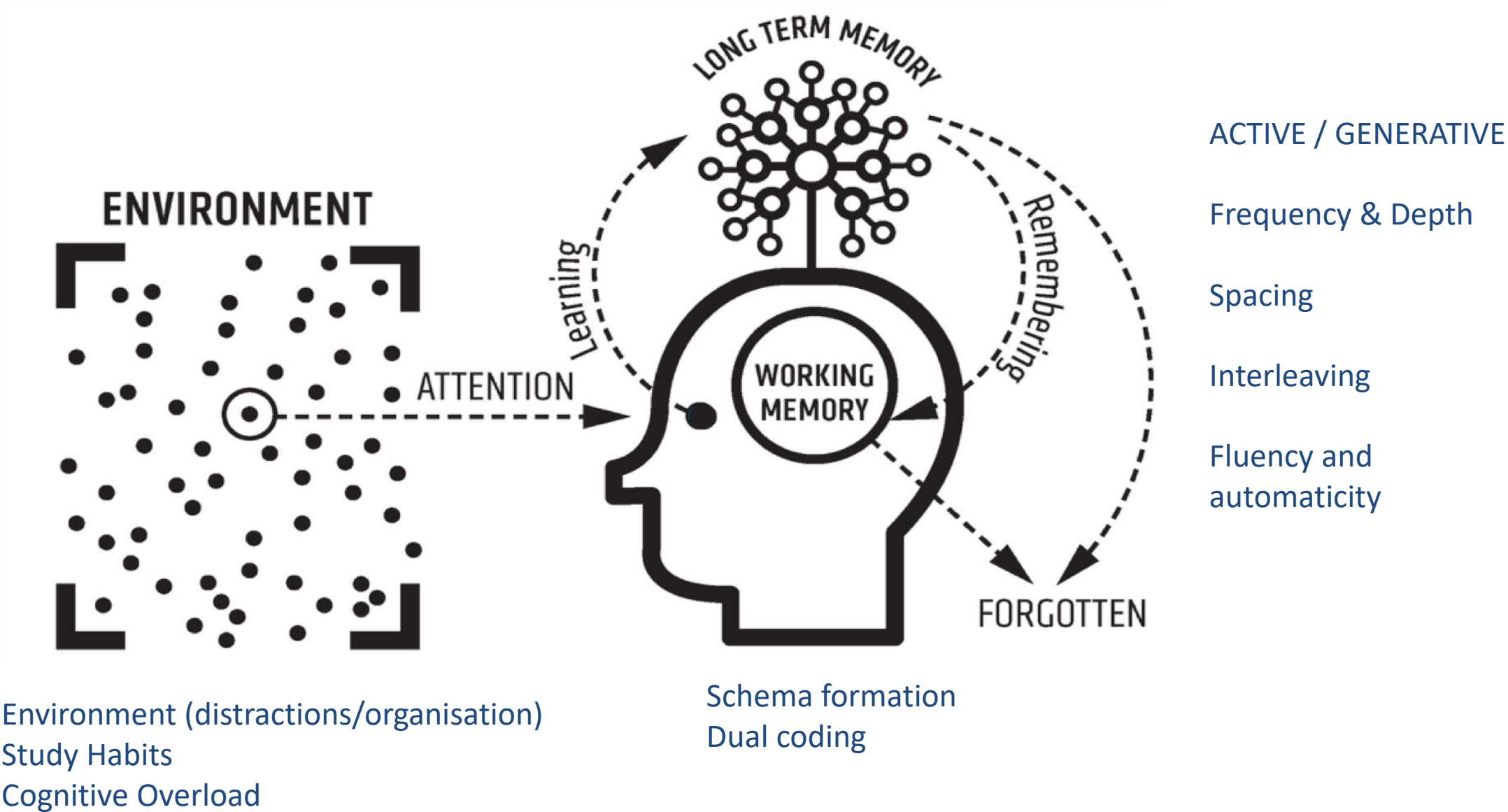
# Learning theories

- Right brain vs left brain
- Multi-tasking – working along to music
- Learning is harder the older you get
- 10% of what you hear, 20% of what you read, 90% of what you do (Dale's Cone)
- Forgetting curve (Ebbinghaus)
- Visual, Auditory and Kinesthetic Learners

*Memory is the residue of thought*



Home/Social Contexts  
Curriculum and School experience  
Prior knowledge / habits / self determination



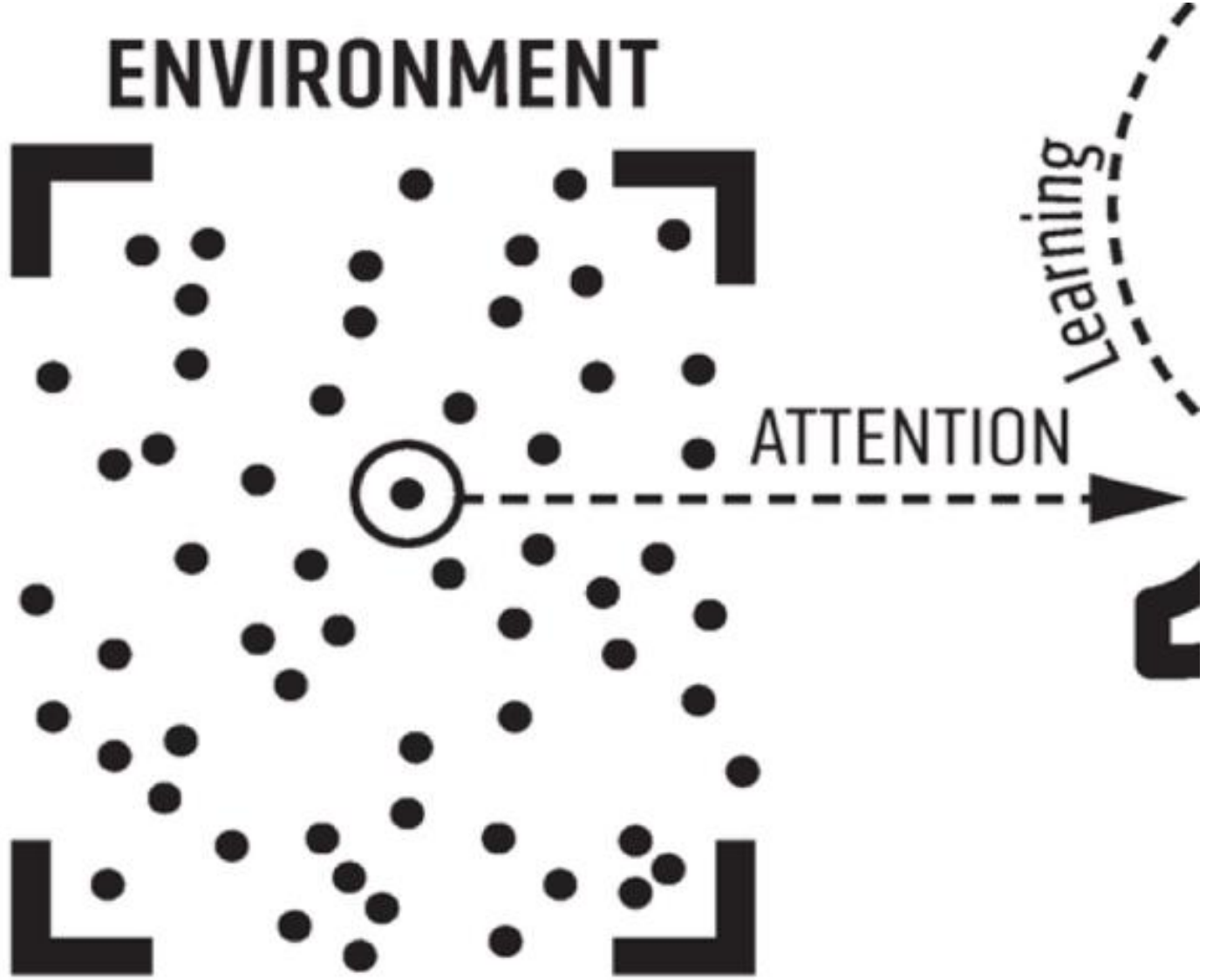
If memory is the residue of  
thought – how to boost  
memory and  
understanding???



# Tips for Improving memory and understanding

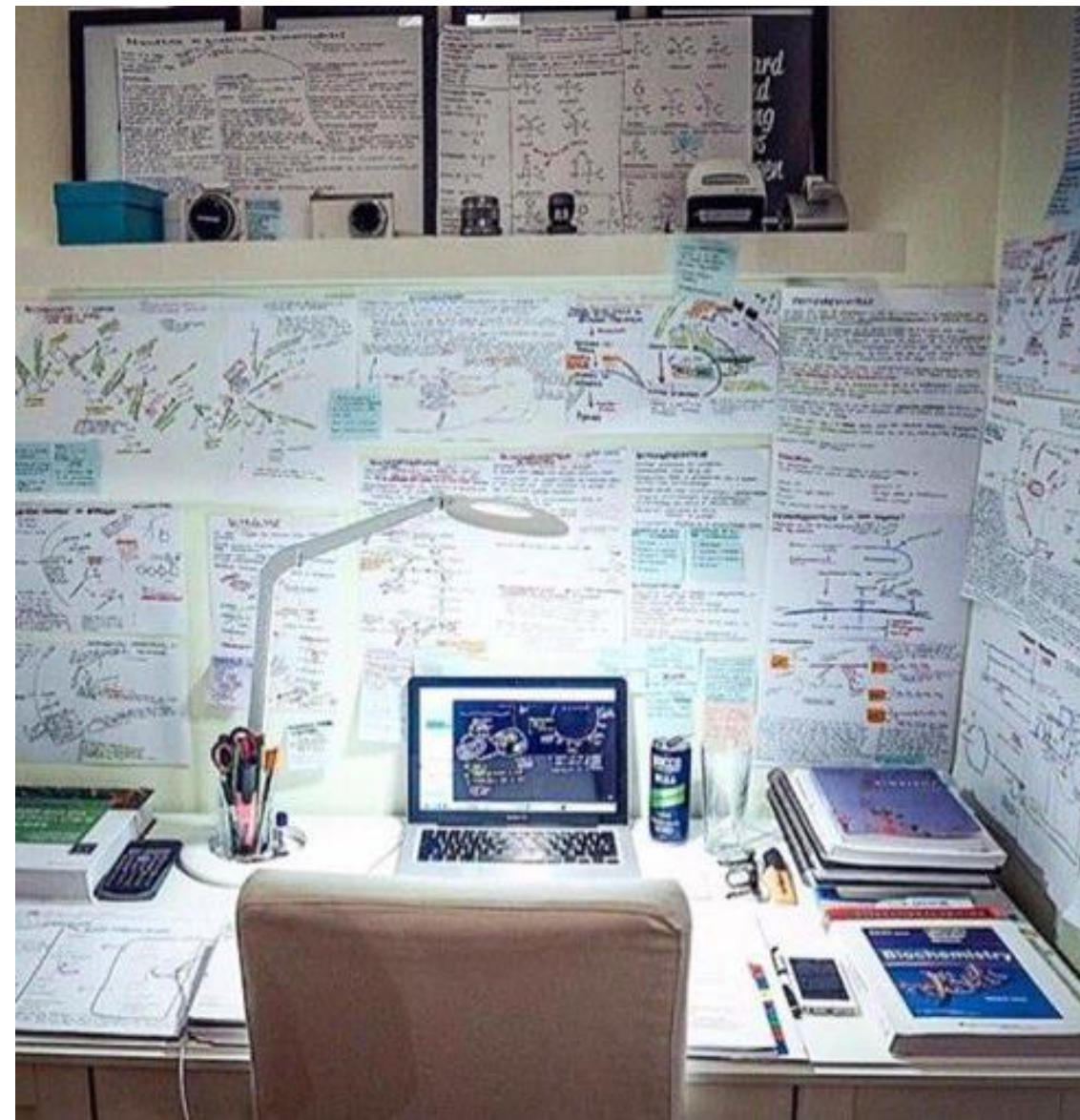
- Minimise distractions
- Retrieval practice
- Spaced learning
- Interleaving
- Dual Coding
- Thinking about it – not just reading it











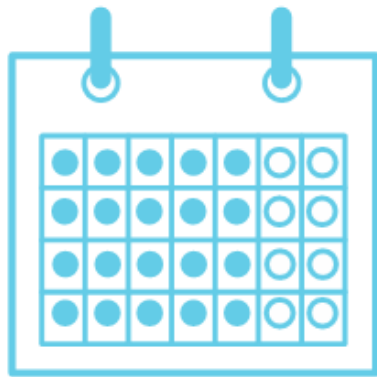




# Retrieval Practice



Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



# Quizlet

# Kahoot!



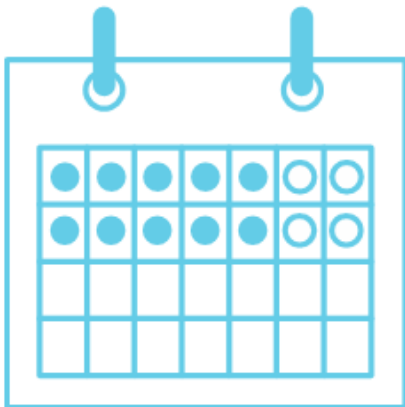
**Sparx Maths**



# Spaced practice



Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.





# Interleaving

Switch between ideas during a study session. Don't study one idea for too long.

TOPIC  
A



TOPIC  
B



TOPIC  
C



# Interleaving

Go back over the ideas again in different orders to strengthen your understanding.

TOPICS  
A B C



STUDY  
SESSION  
1

TOPICS  
C B A



STUDY  
SESSION  
2


TOPICS  
A C B



STUDY  
SESSION  
3

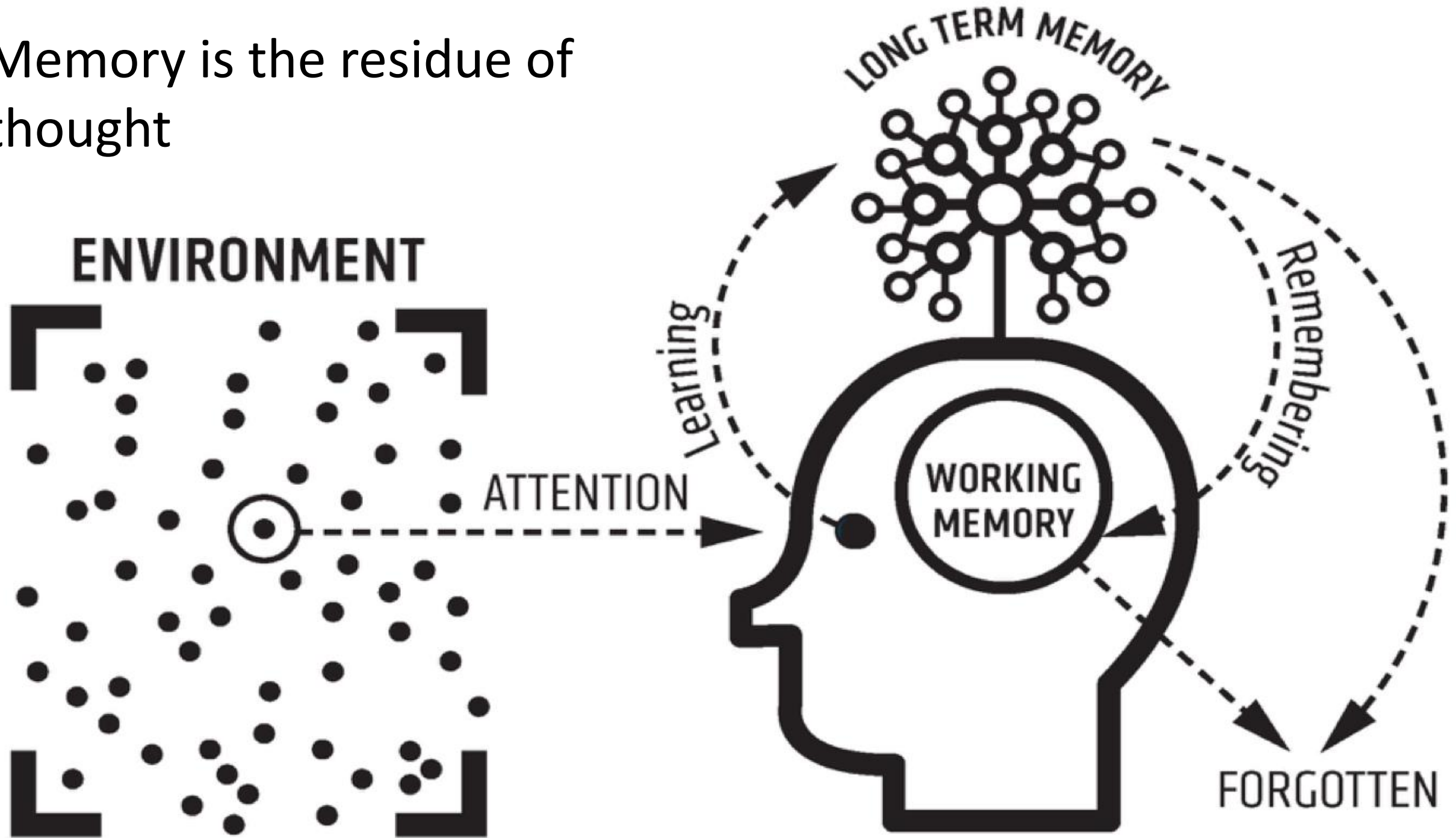


# How to do your first Pomodoro:

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- 1 Get into an optimal work space without distractions.
  - 2 Choose ONE task to focus on.
  - 3 Set your timer for 25 minutes.
  - 4 Do your work.
  - 5 STOP when the timer ends.
  - 6 Take a 5-minute break.
  - 7 Repeat 3 times.
  - 8 Take a longer break (30 minutes).

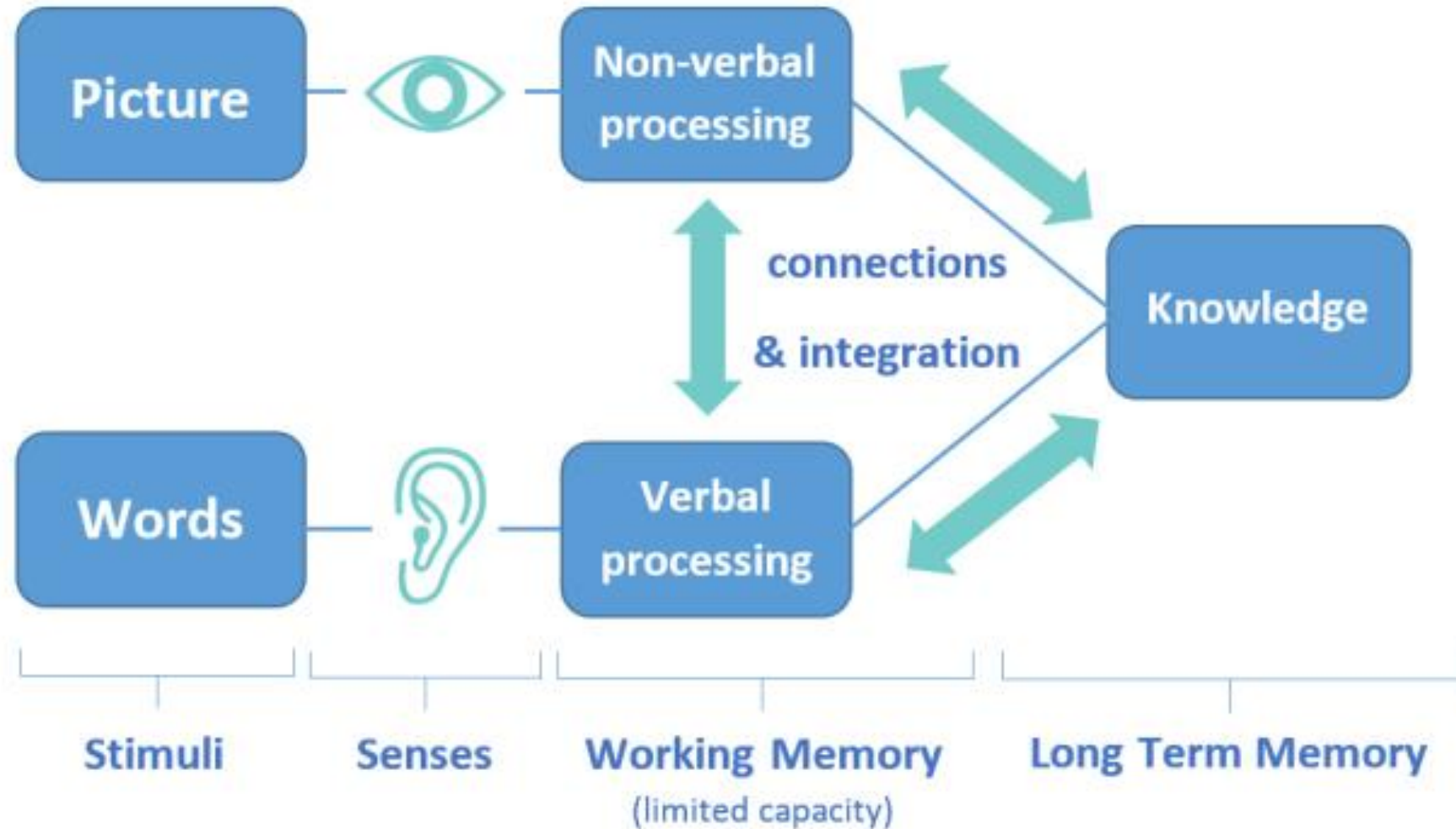


Memory is the residue of thought



# Dual Coding

## Allan Paivio's Dual-Coding Theory



# Dual Coding

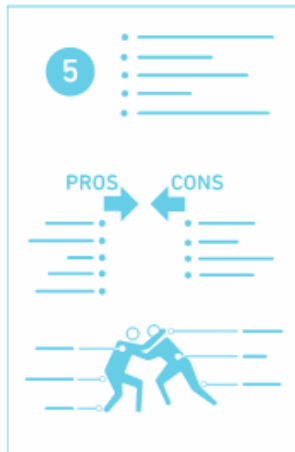


HOLD ON!

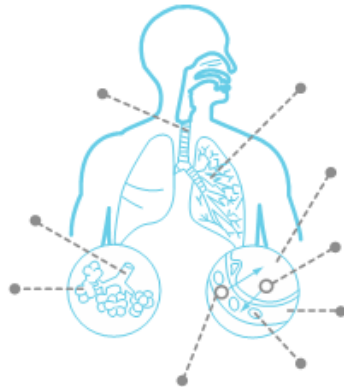
Try to come up with different ways to represent the information visually, for example an infographic, a timeline, a cartoon strip, or a diagram of parts that work together.



INFOGRAPHIC



DIAGRAM



CARTOON STRIP



GRAPHIC ORGANIZER



TIMELINE





# Organising Revision

- When are you going to revise?
- What needs revising?
- How much do you need to do?
- How are you going to review progress?
- Where are you going to revise?
- Who is going to help you?



# Top Tips

- Benefits of different types of revision
- Past papers
- Getting someone to test you
- Flash cards
- Online quizzes

# Ely Advice

- Summary sheets ahead of exams
- Year 9, Year 10 and 2 X Year 11 mocks
- You Tube Videos
- Class Teams pages
- Revision Leaflet
- PSHE lessons
- Fortnightly Assemblies
- Supporting Your Child Evening

Year 11 Matters



 ELY COLLEGE

# 7 top tips to boost your GCSE revision



**Take regular breaks to give your mind a rest!**



**Set boundaries for yourself**



**Make a timetable to track your progress**



**Be patient, revision takes time and practice**



**Find your unique revision language**



**Don't let revision take over your life**



**Remember, it's okay not to be okay**

**SEREN**  
SYLFAEN • FOUNDATION

## Wellbeing



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Little and often

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Sleep

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Physical Exercise

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Breathing exercises

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Managing exam anxiety

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