

Revision Session

Monday 27 January 2025

Overview



COGNITIVE
SCIENCE



ORGANISING
REVISION



TOP TIPS –
ACTIVE REVISION



ELY ADVICE



ONLINE REVISION



WELLBEING

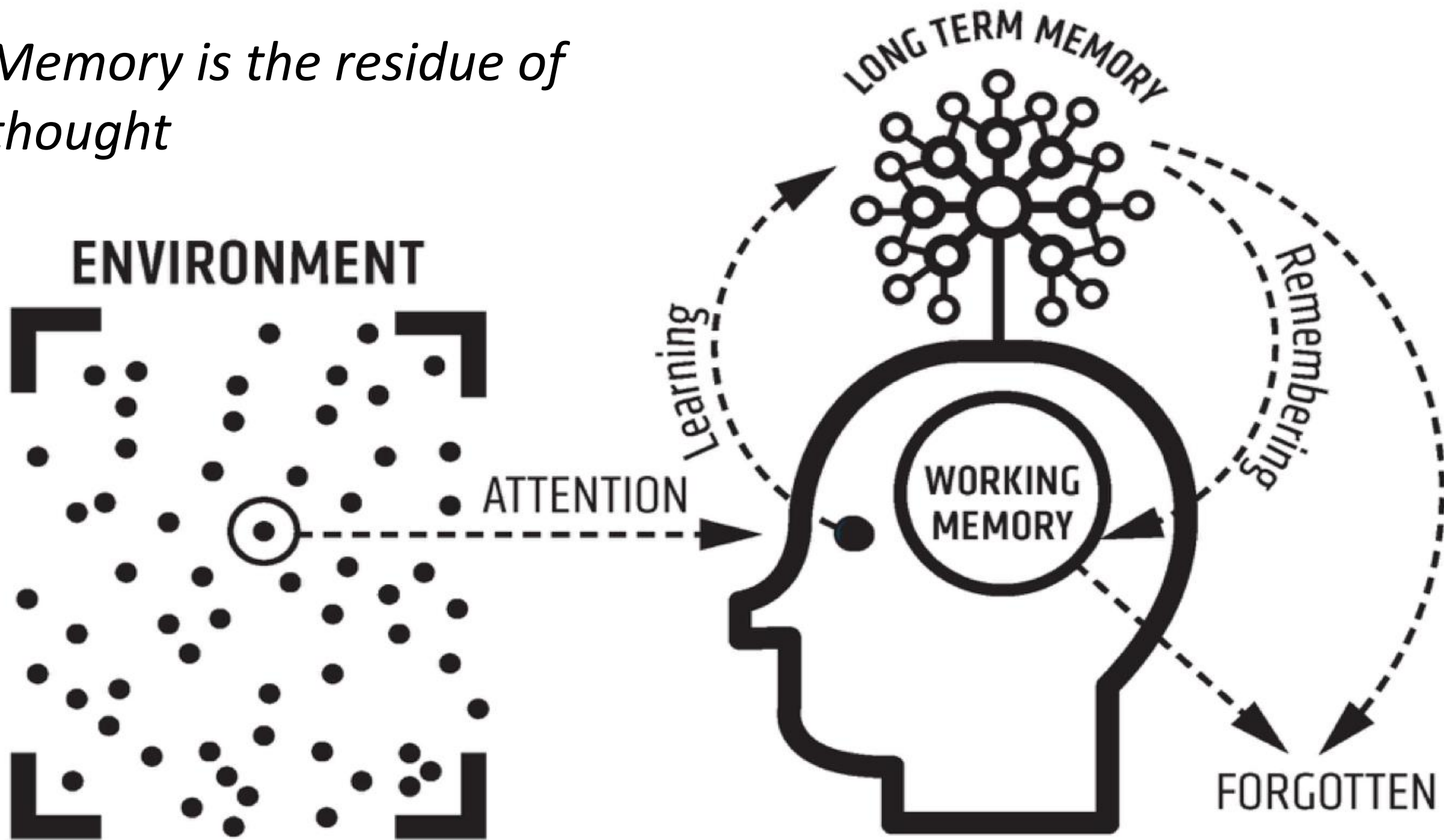
Cognitive Science



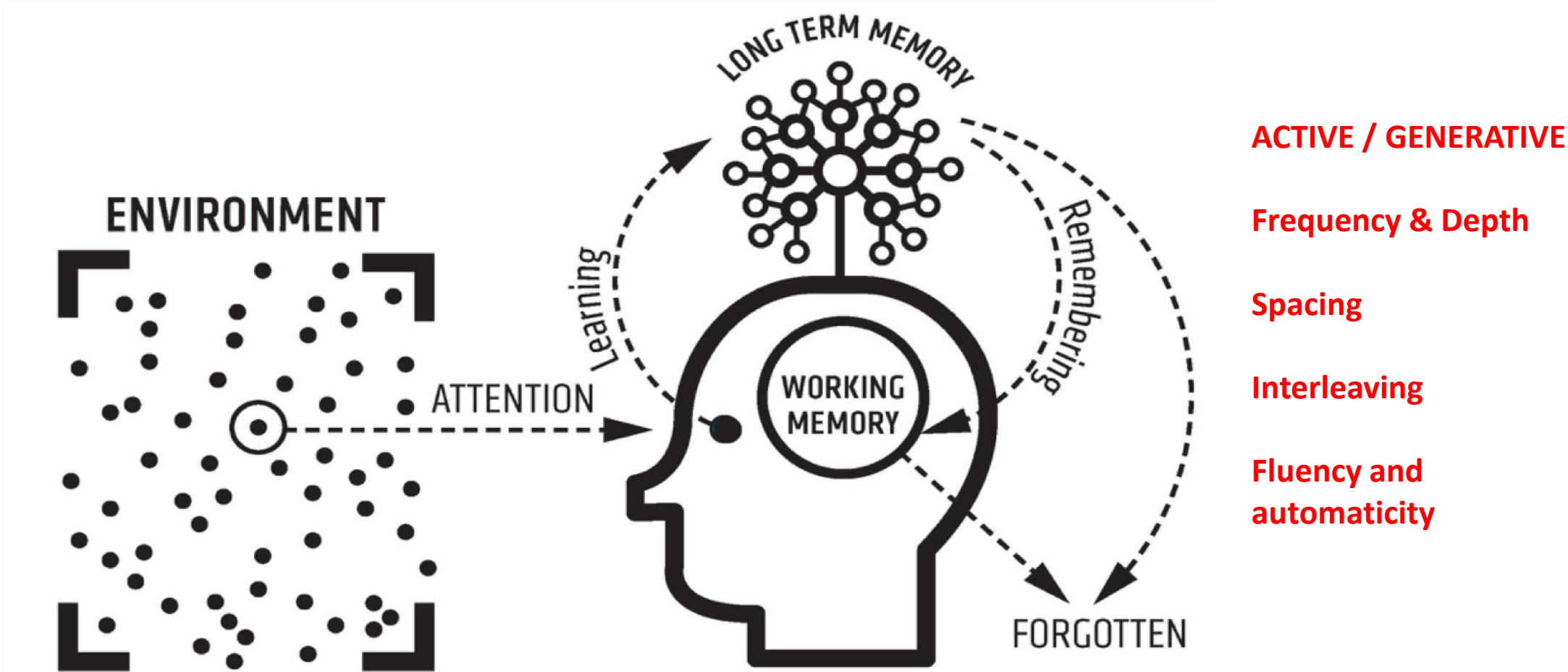
Learning theories

- 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 – cultural capital and comprehension
Curriculum and School experience
Prior knowledge / habits / self determination



Environment
(distractions/organisation)
Study Habits
Cognitive Overload

Schema formation
Dual coding

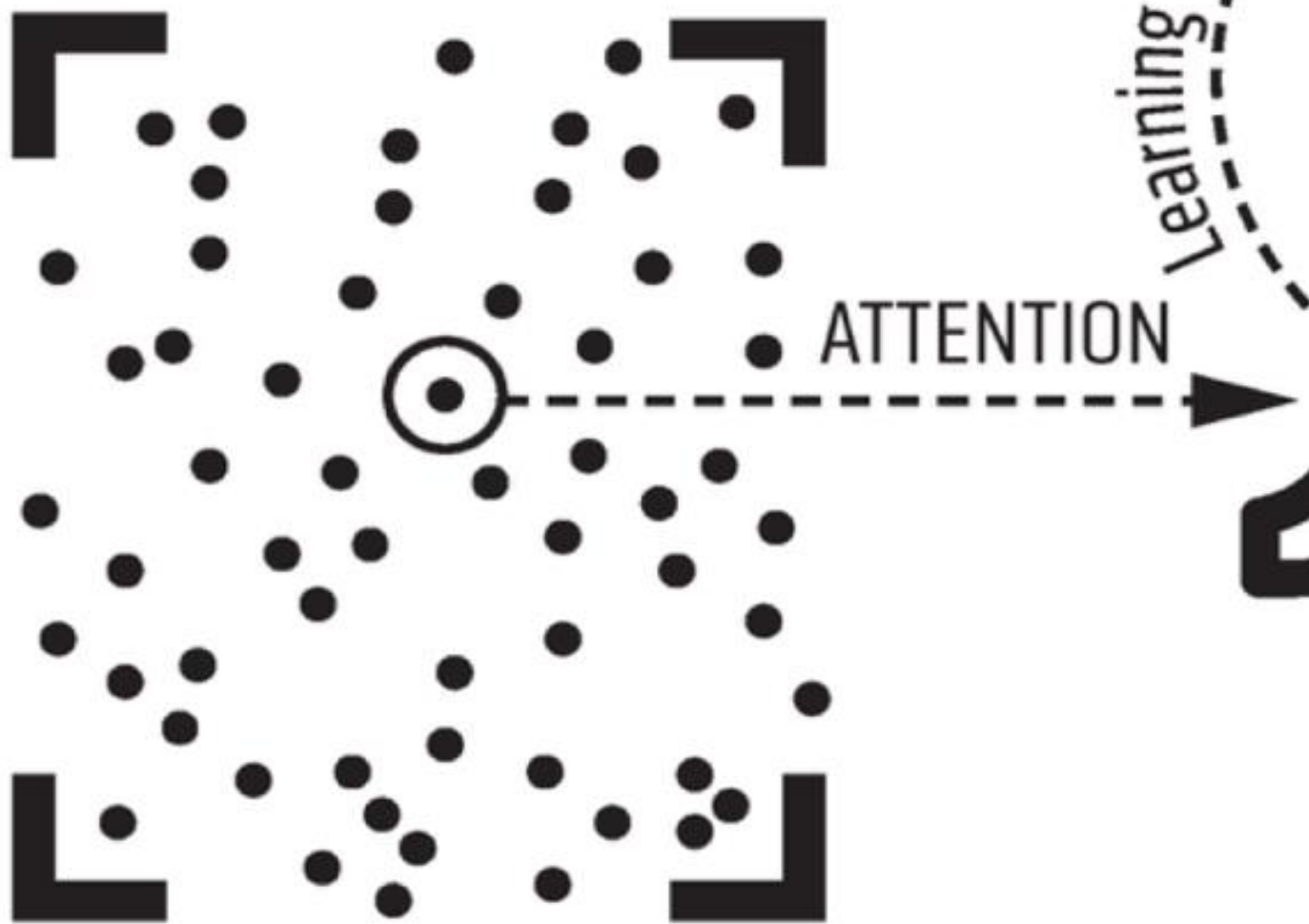
ACTIVE / GENERATIVE
Frequency & Depth
Spacing
Interleaving
Fluency and automaticity

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

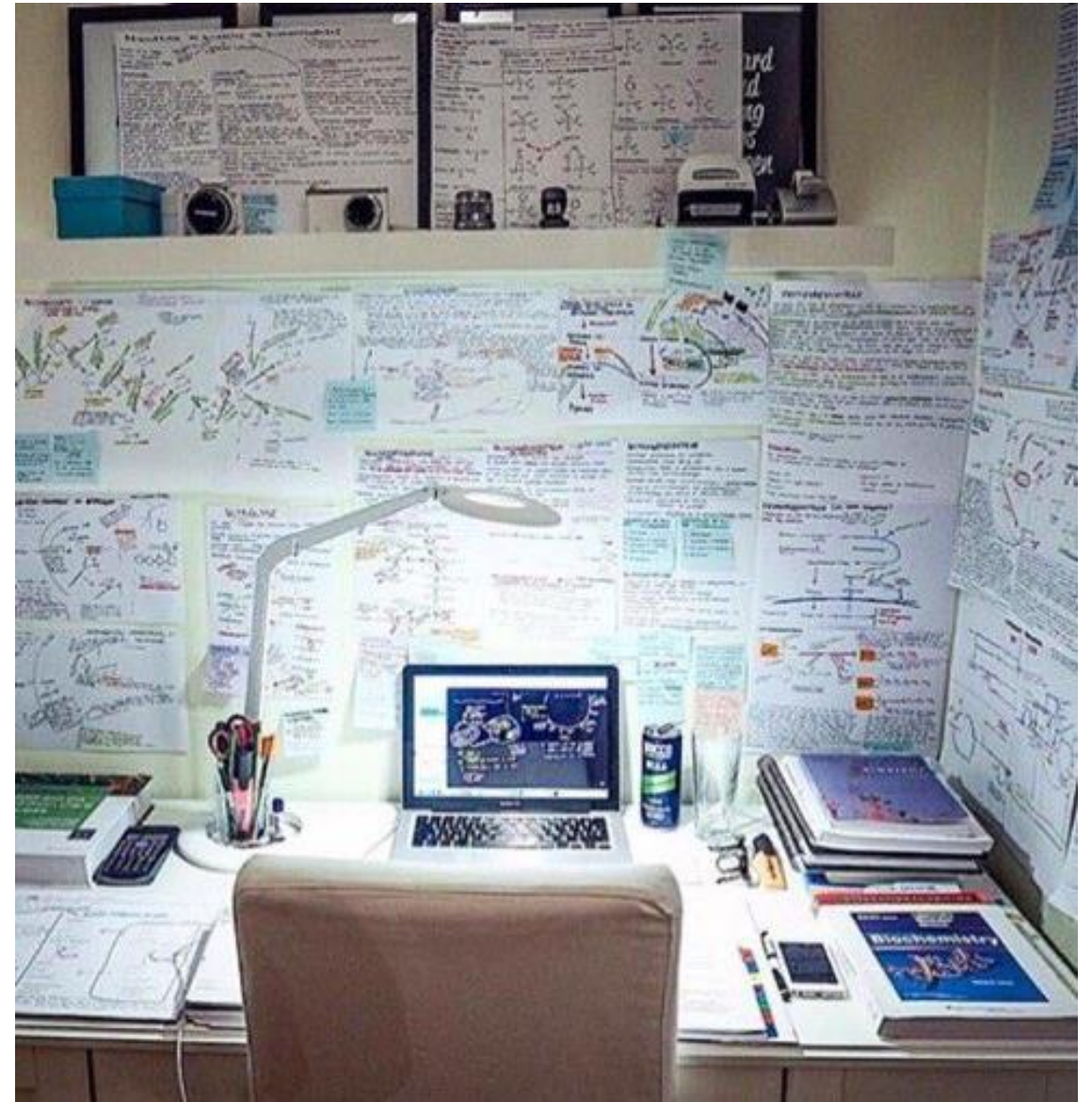
Tips for Improving memory and understanding

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

ENVIRONMENT









How to do your first Pomodoro:

Take a longer break
(30 minutes). **8**

Repeat 3 times. **7**

Take a 5-minute
break. **6**

STOP when the
timer ends. **5**

1 Get into an optimal
work space without
distractions.

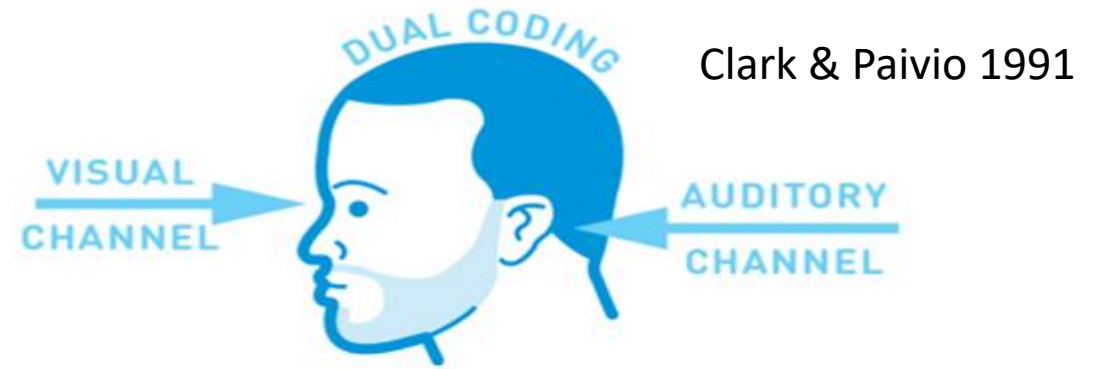
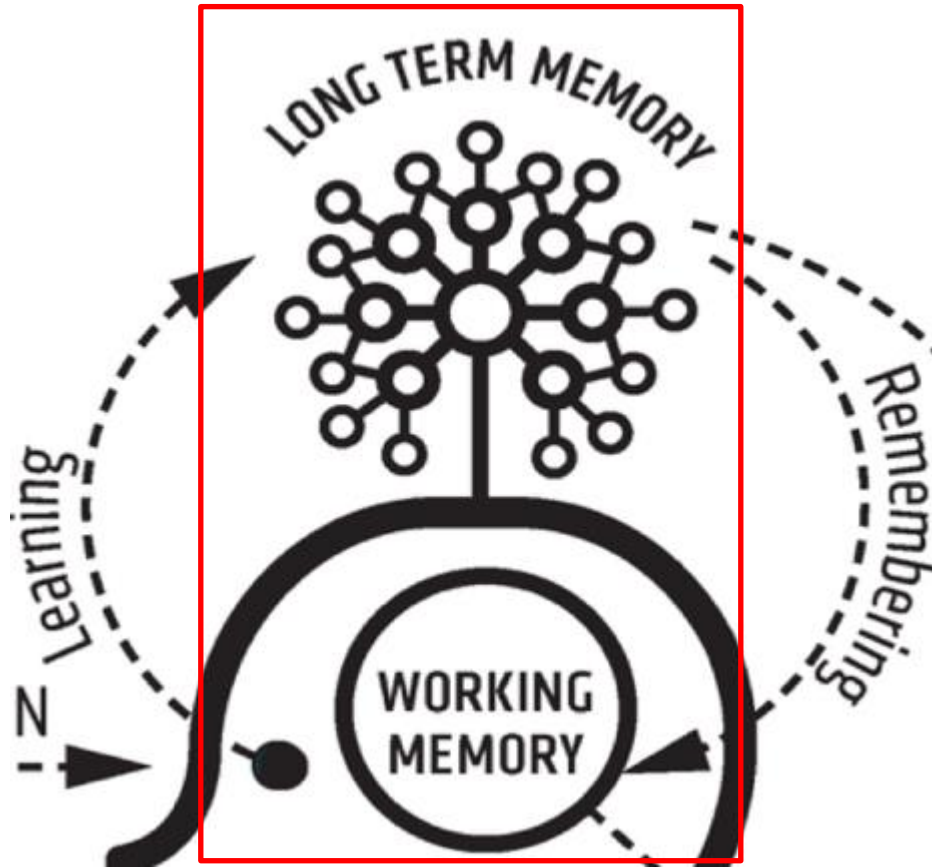
2 Choose **ONE**
task to focus on.

3 Set your timer
for 25 minutes.

4 Do your work.

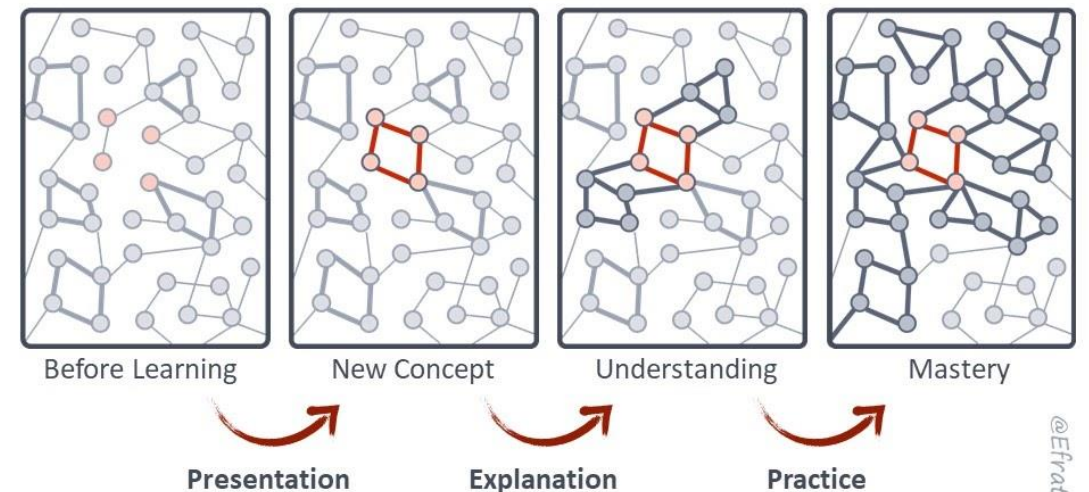


Once you have attention and focus – encoding....



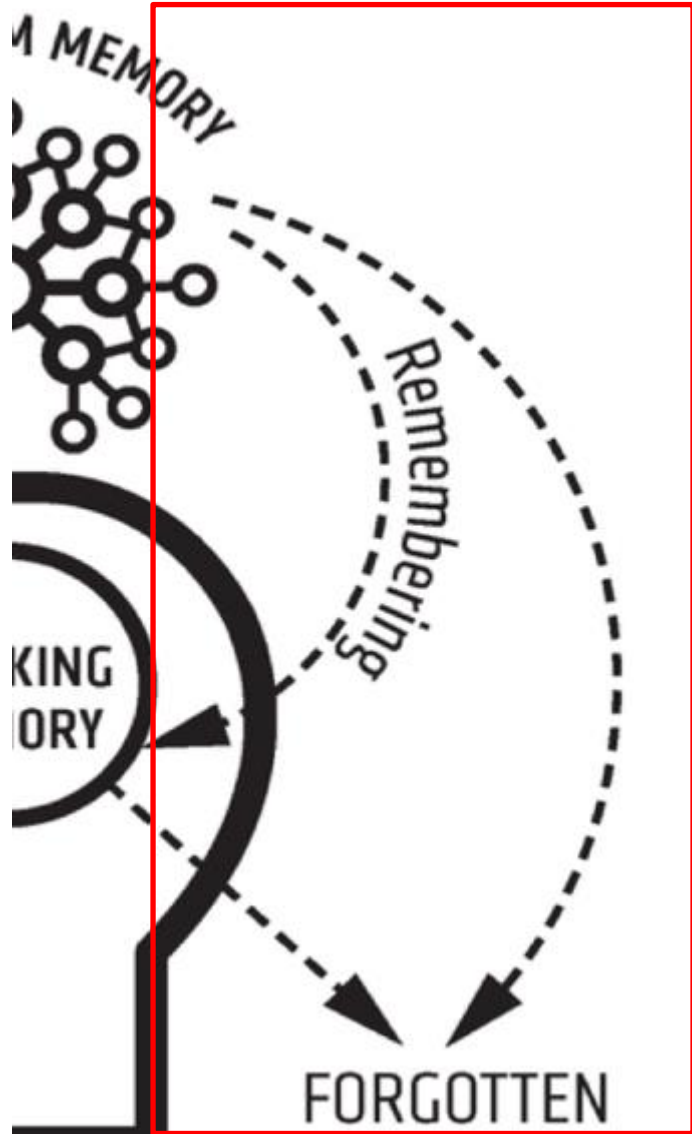
Clark & Paivio 1991

Model of memory representation in long-term memory store



@EfratFurst

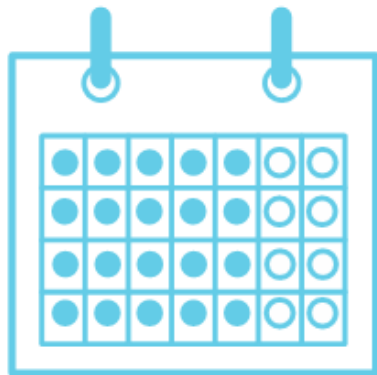
Use it....or lose it



Retrieval Practice



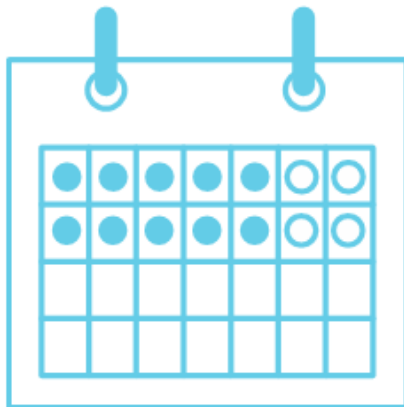
Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



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



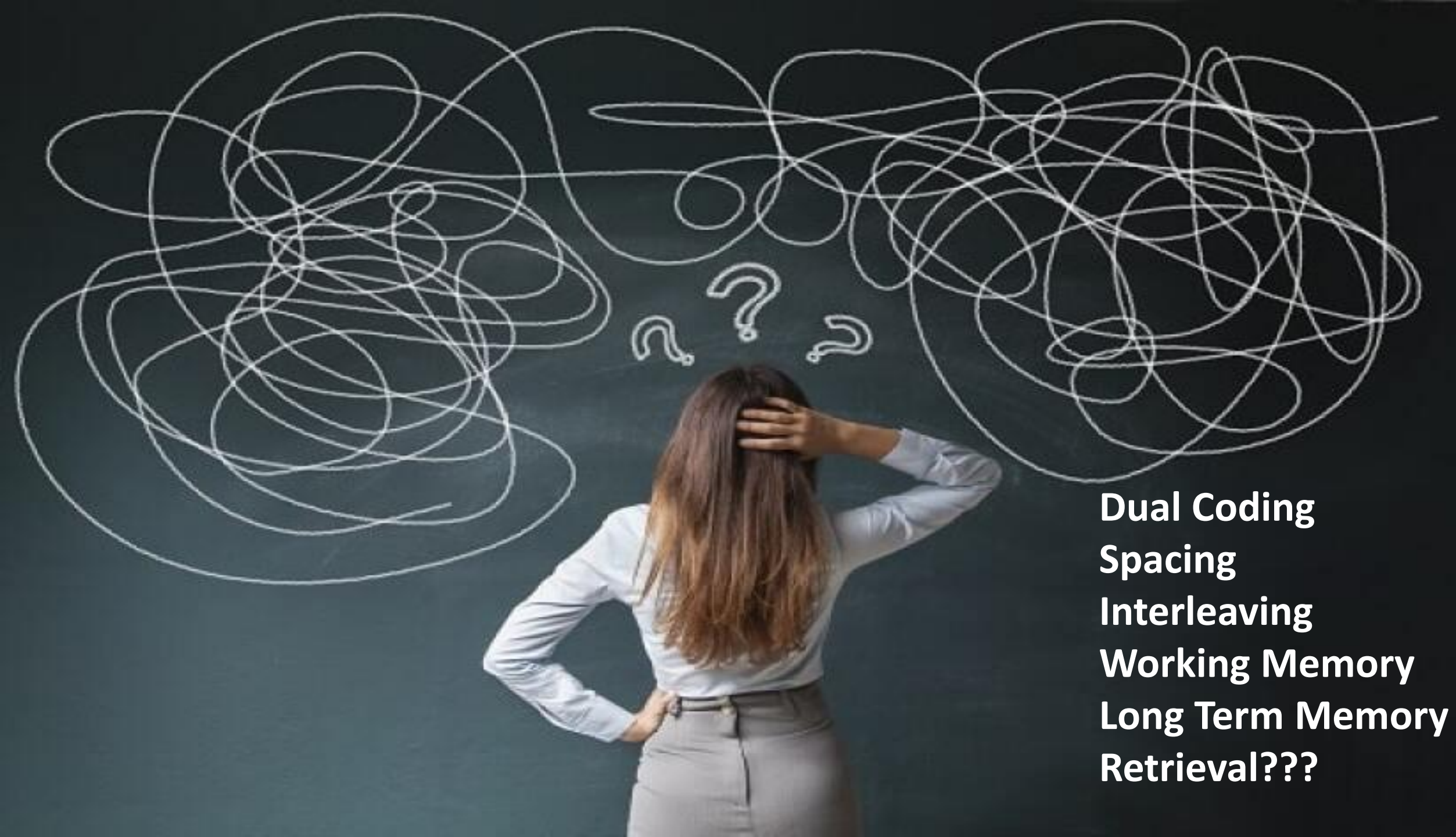
STUDY
SESSION
2

TOPICS
A C B



STUDY
SESSION
3





Dual Coding
Spacing
Interleaving
Working Memory
Long Term Memory
Retrieval???

Quizlet

Kahoot!



TASSOMAI
The Learning Program

Sparx Maths



 **gcsepod**
an  access company

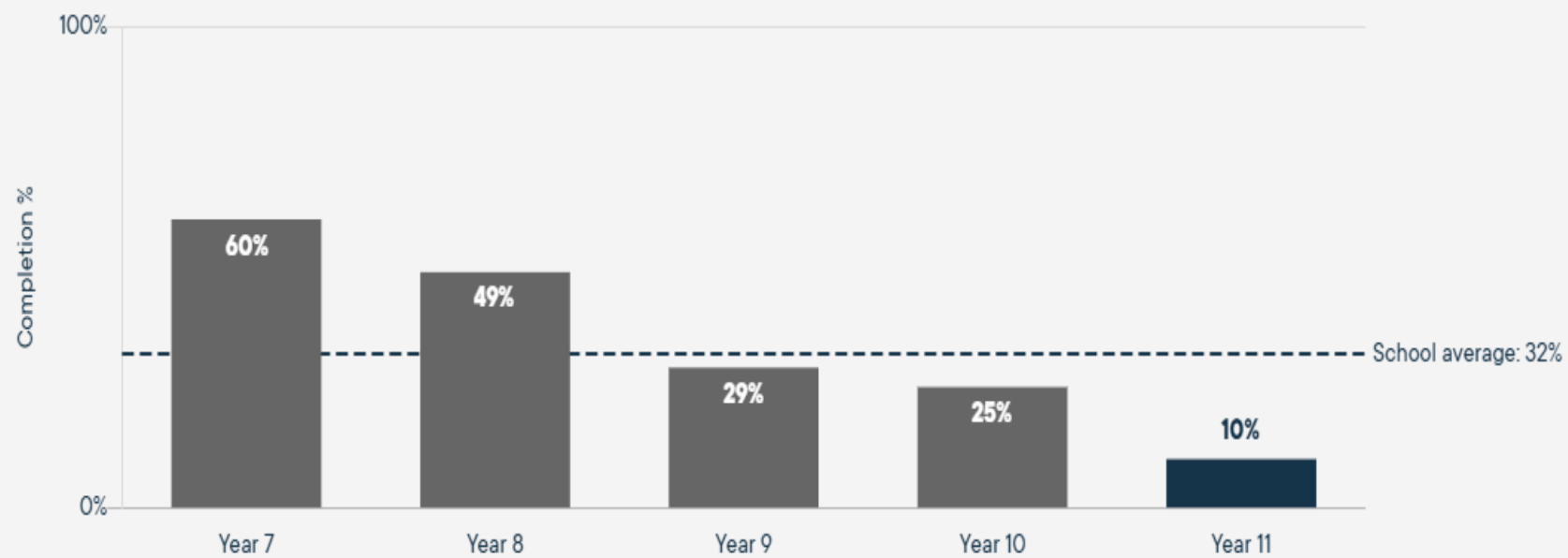
Weekly Goal Completion by Year Group

Ranking	Year Group	Percentage of year group completed weekly goal
1 st	7	80.1
2 nd	8	70.9
3 rd	9	64.2
4 th	10	58.9
5 th	11	52.1

Sparx Maths

Homework completion across year group

Type: **Compulsory** ▾



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

- Attendance over 96%
- Benefits of different types of revision
- Past papers
- Getting someone to test you
- Flash cards
- Online quizzes
- Encourage students to complete Tassomai and Sparx

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



Little and often

Sleep

Physical Exercise

Breathing exercises

Managing exam anxiety