

# Revision Session

Monday 26 January 2026

# Overview



COGNITIVE  
SCIENCE



ORGANISING  
REVISION



TOP TIPS –  
ACTIVE REVISION



ELY ADVICE

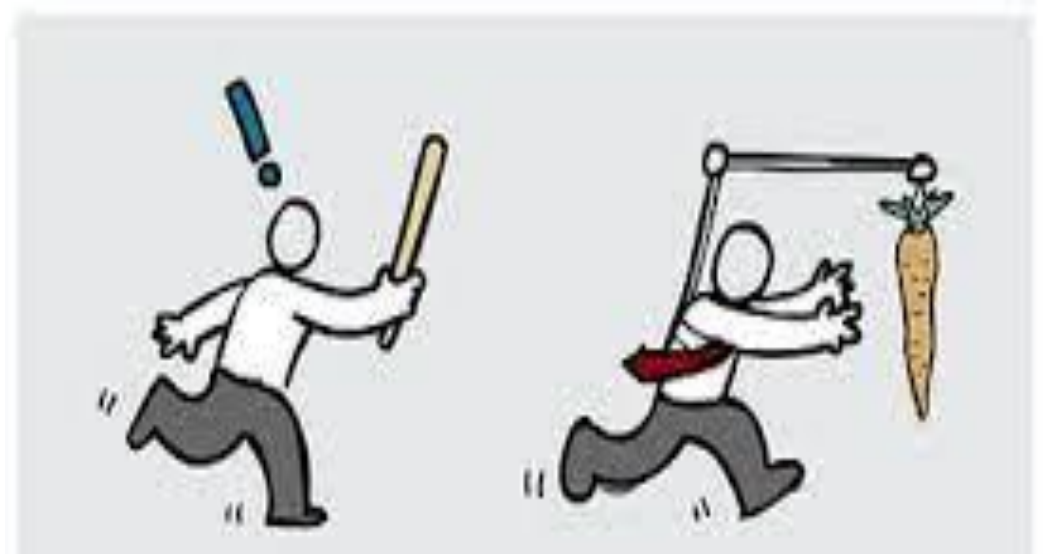


ONLINE REVISION



WELLBEING

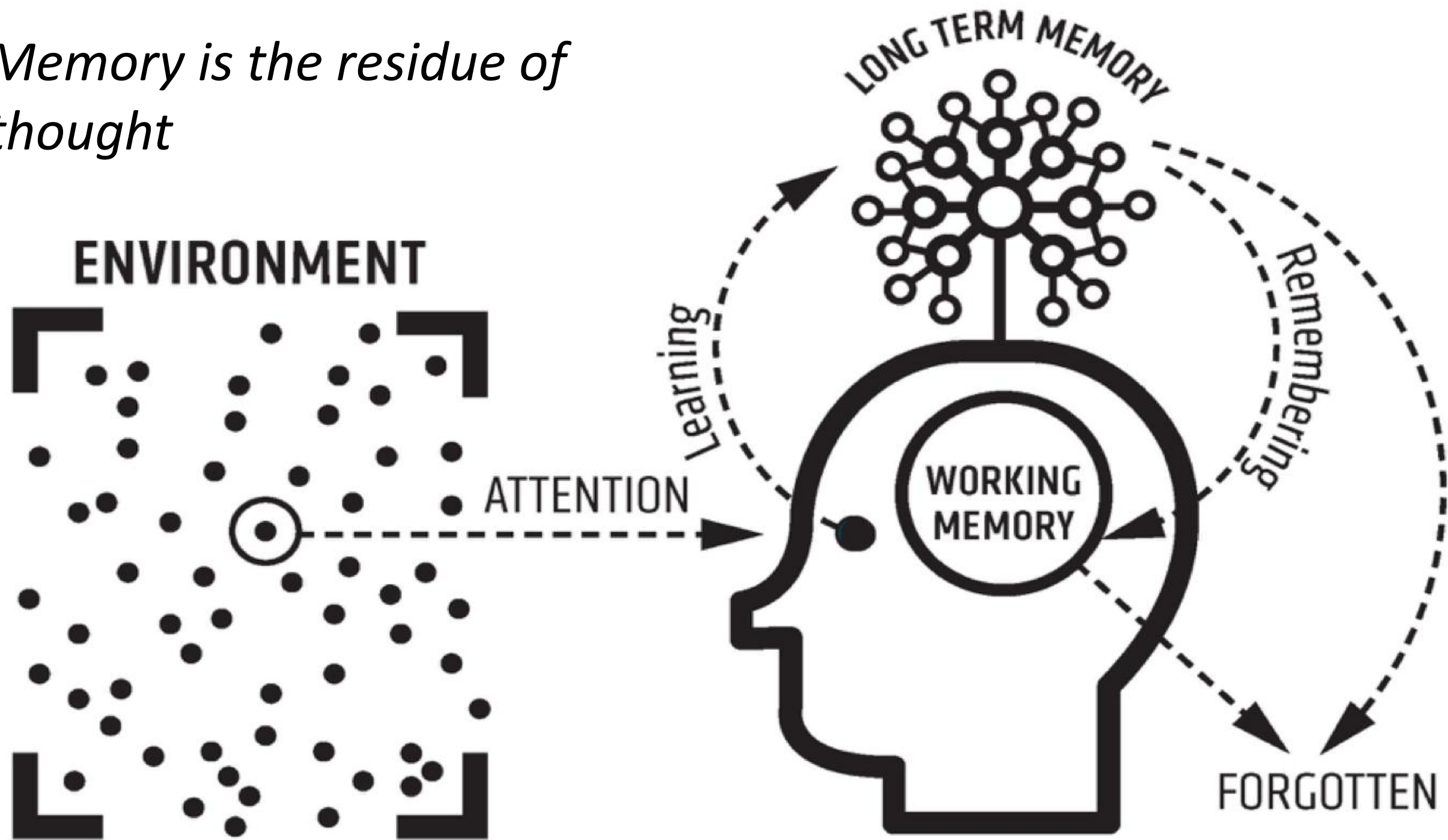
# Cognitive Science



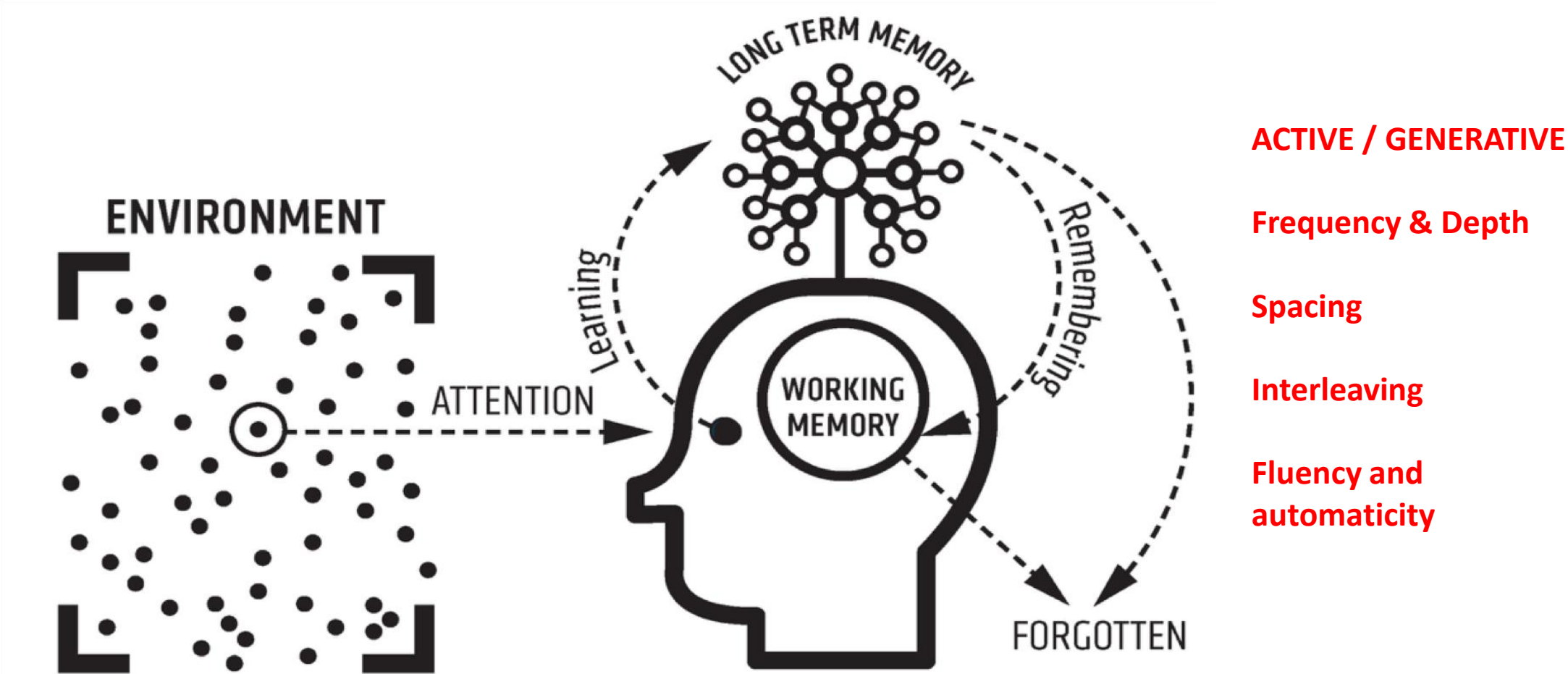
# Learning theories

- 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

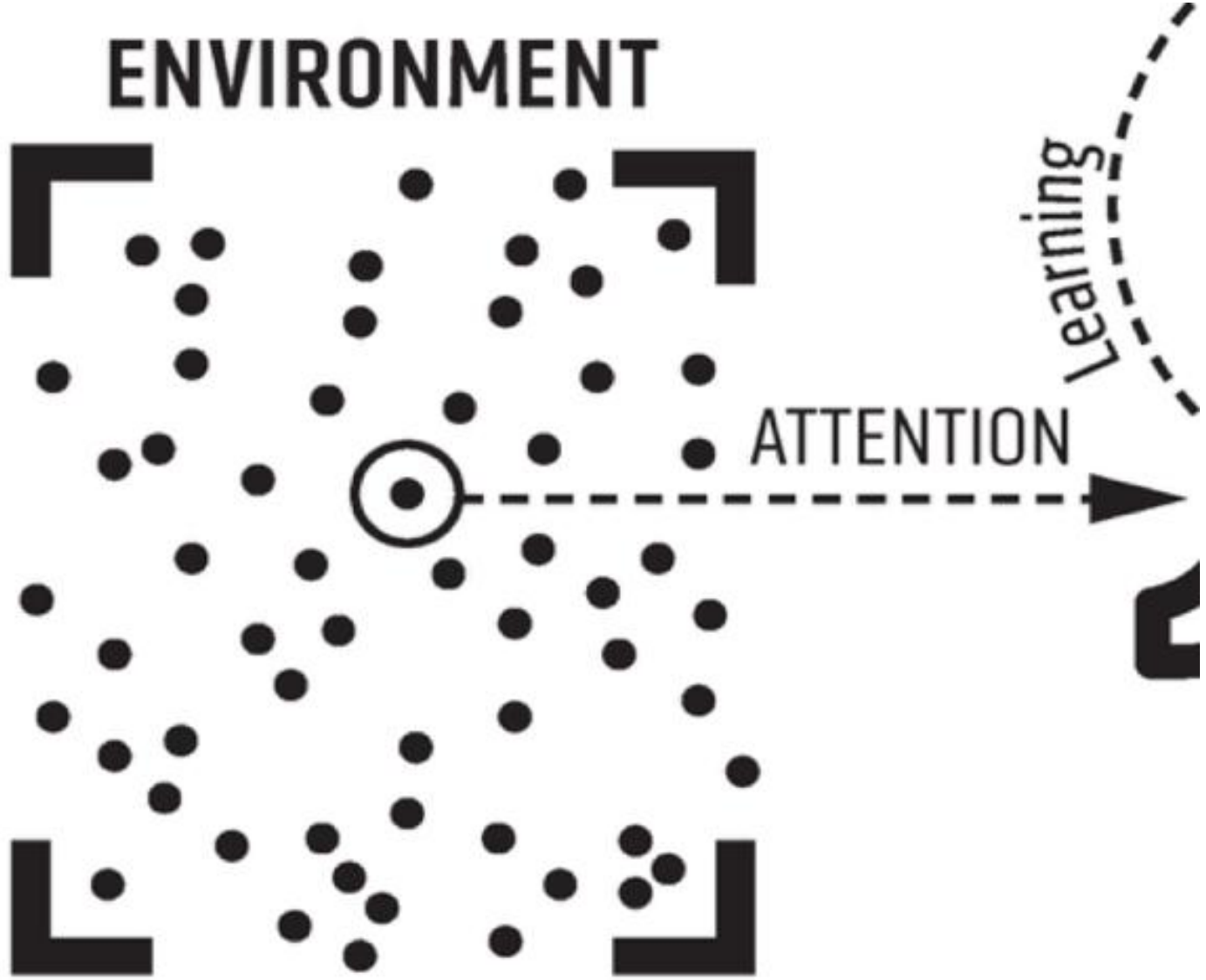
Schema formation  
Dual coding

ACTIVE / GENERATIVE  
Frequency & Depth  
Spacing  
Interleaving  
Fluency and automaticity

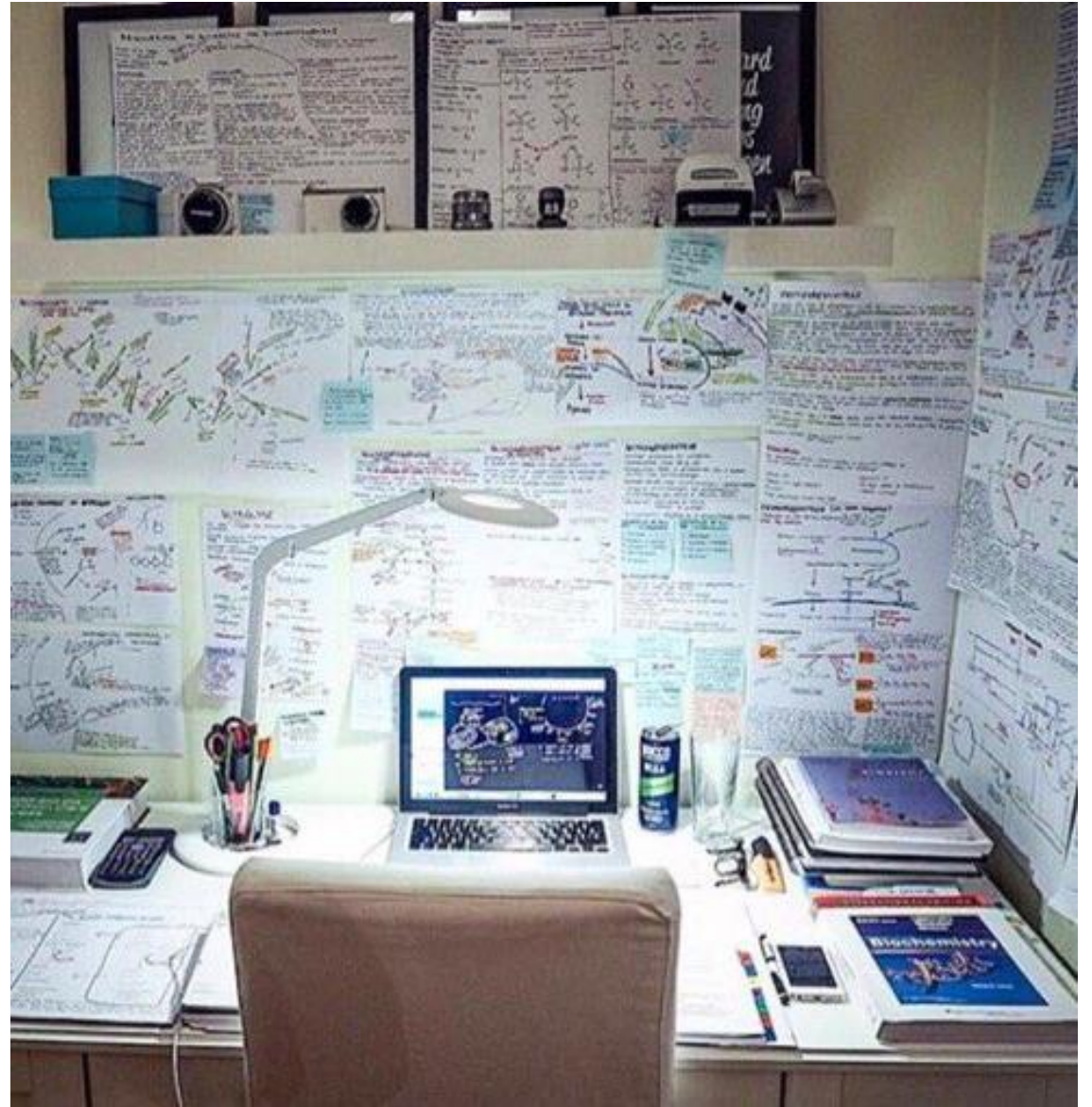
If memory is the residue of  
thought – how to boost  
memory and aid  
understanding???

# Tips for Improving memory and understanding

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









# 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.

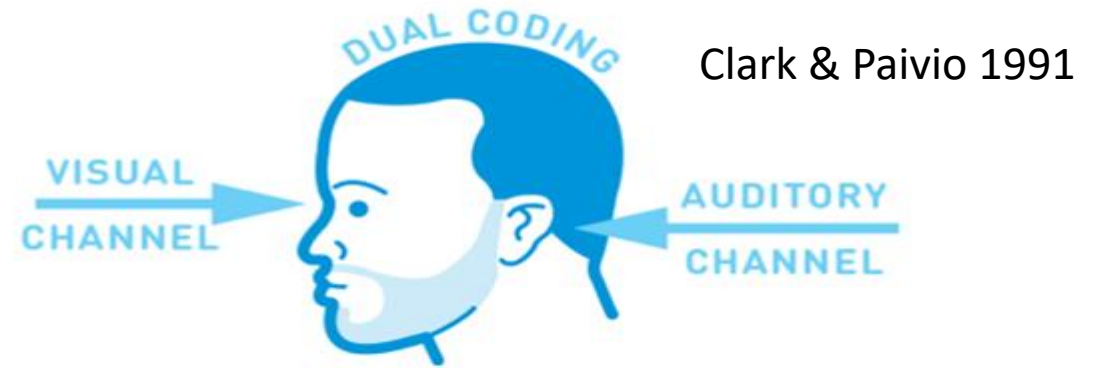
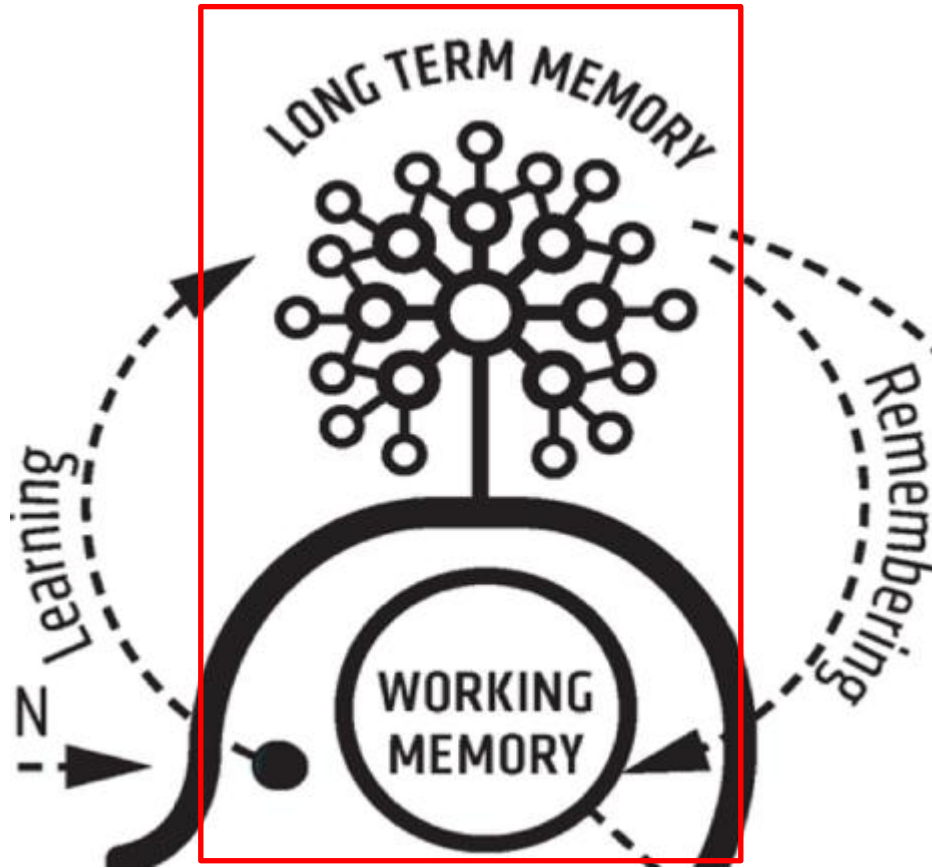
**2** Choose **ONE**  
task to focus on.

**3** Set your timer  
for 25 minutes.

**4** Do your work.

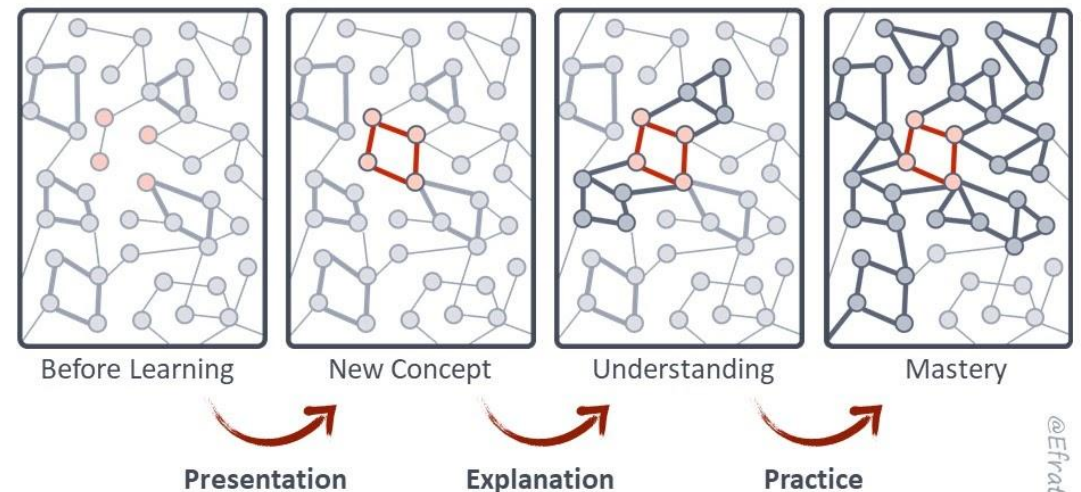


# Once you have attention and focus – encoding....



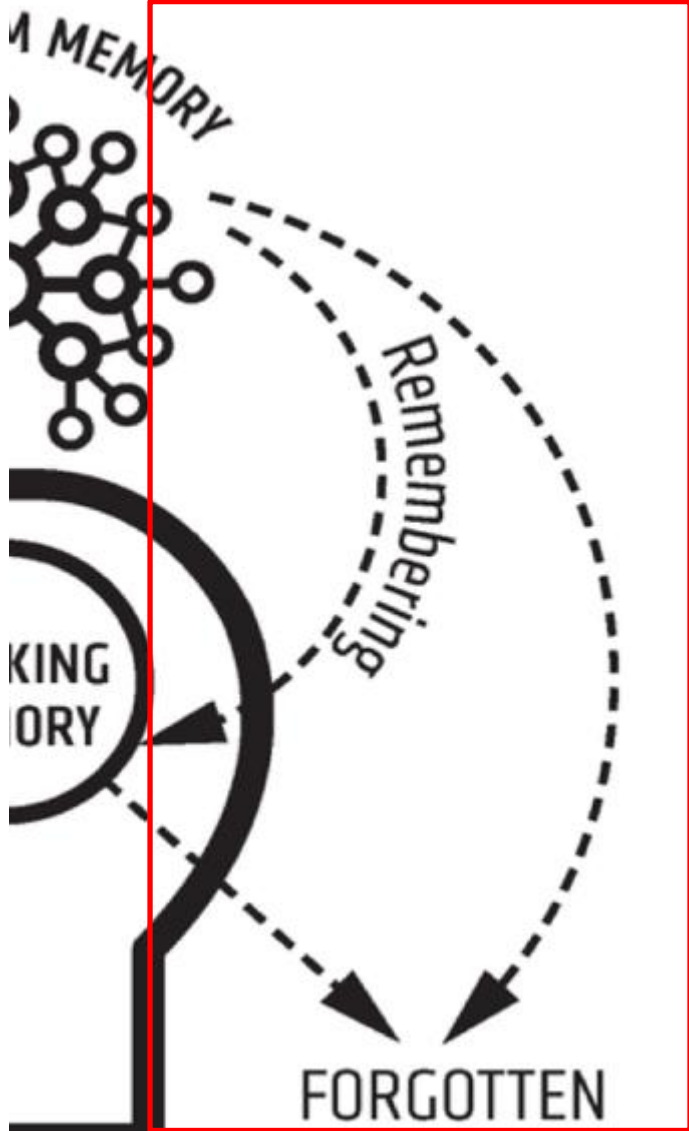
Clark & Paivio 1991

Model of memory representation in long-term memory store



@EfratFurst

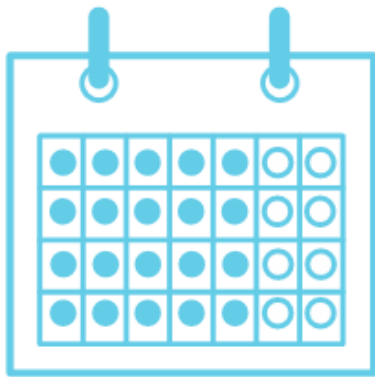
Use it....or lose it



# Retrieval Practice



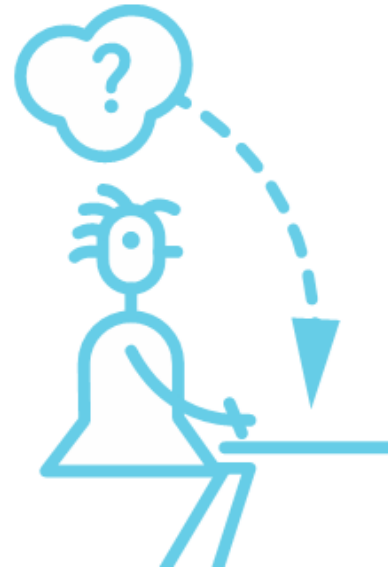
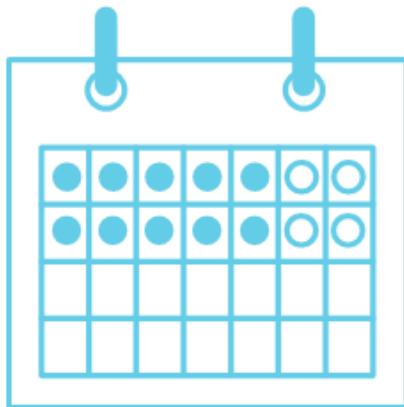
Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



# 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



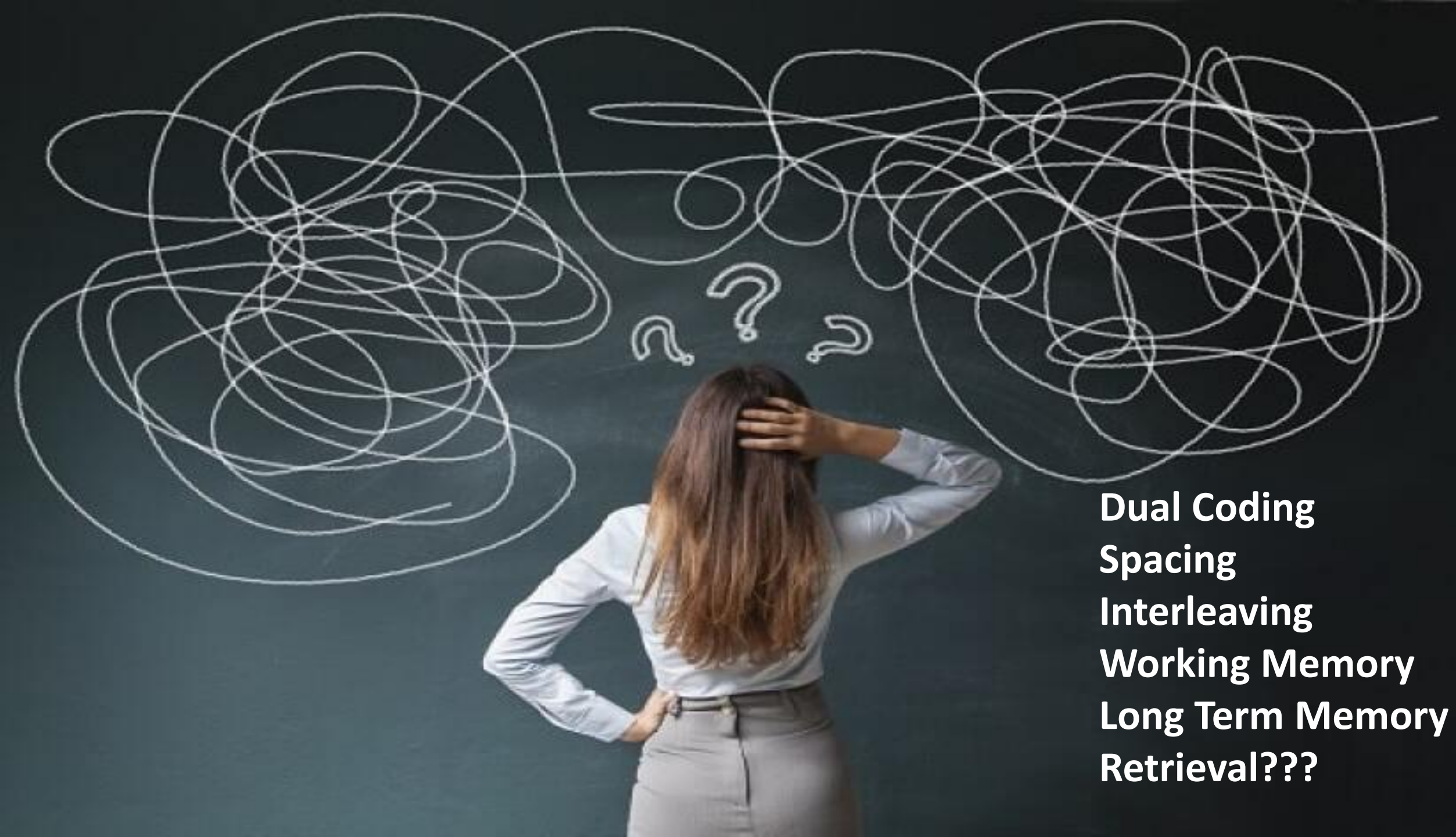
STUDY  
SESSION  
2

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

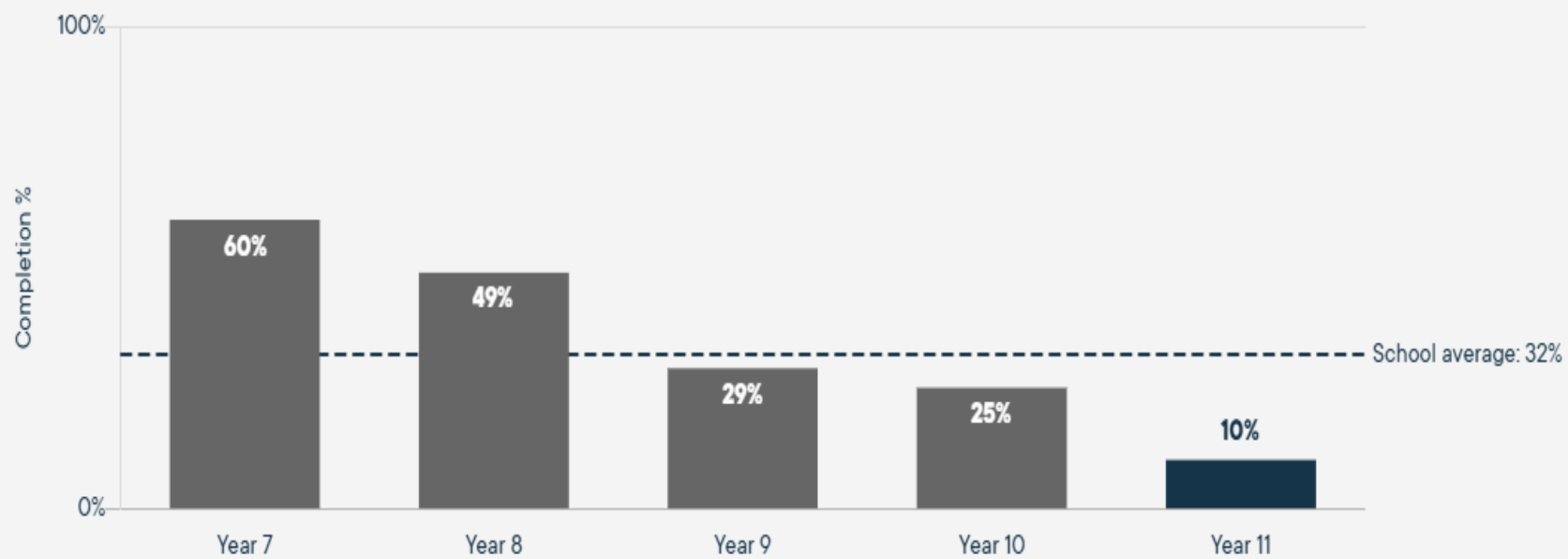
# Weekly Goal Completion by Year Group

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

- High attendance
- 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
- Weekly 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