

Revision Skills

Parents: How to support your child
Student: Finding what works for you...

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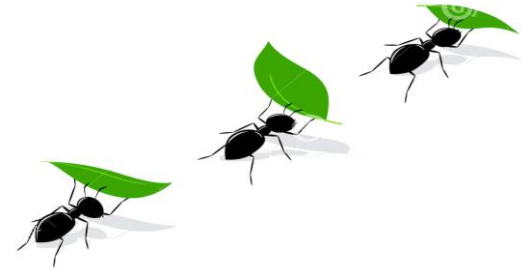
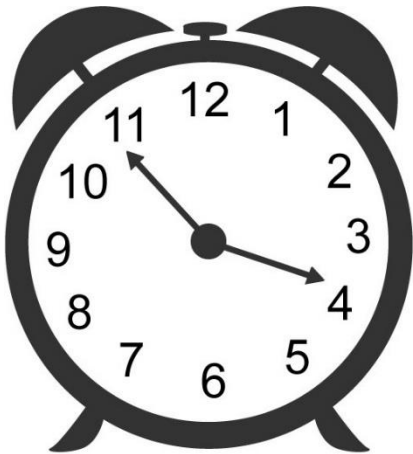


Let's warm up...



You will be shown a set of images
for thirty seconds, try to
remember as much information
as you can...





Lemon
Journalist
Wombat
Plug Socket
Flamingo
Jam Jar

Let's see what you can remember...

What colour is the balloon?

Red

How many birds are there?

8

What number is on the van?

14

What time is the clock showing?

3.55

Name the four fruits in the bowl

Watermelon, pear,
apple, orange



Let's see what you can remember...

What was the first word on the list?

Lemon

How many of the ants are carrying leaves?

3

What colour is the car?

Yellow

How many windows did the red rocket have?

4

Name an animal on the list of words?

Wombat/
Flamingo



A quick quiz or memory test can help your brain to 'warm up', aid retention and focus your mind



What is this for?

- Revision Support
- Identify the challenges of revision and possible ways to overcome them
- Stay motivated
- Explore new ways to revise and boost retention
- Find out what works for you
- Help you get to where you want to go



Why is revision tricky?

- You don't know exactly what you'll be asked
- You will sit multiple exams and so need to retain lots of information
- You need to understand the question
- You can't recall everything you have covered – be selective
- Everyone stores information differently



Motivation and Revision



Workload

Subject Preference

Motivation Distractions
Challenges

Overwhelmed?

Balancing Subjects



Distraction

Distraction:	Solution:



Distraction/Solution

Distraction:	Solution:
Phone	Put it away, in another room, in a draw, give it to someone else, 'Do not disturb', use it as a reward
Friends	Agree social times so no one misses out, move away from them in class if necessary
Pets/Siblings	Discuss your revision needs with the people you live with and agree some ground rules
Food	Make sure you are fed and hydrated before study
Boredom	20 minutes on/10 minutes off , change method



How do you revise?

It's different for everyone



Hints and Tips

- **Make a list.** Include how many exams you have, what are they about and when will they take place.
- The revision period is an opportunity to **reinforce** the knowledge and skills you already have, not the time to try and learn lots of new information.
- Fill in a **timetable** for every week that you will be revising and use it to organise your time.
- Find a study-space, at home or in the library. A calm, quiet space **without distractions** is essential.



- Put your **phone** away
- Use **practice papers**
- Understand the **question**. Using the past papers to help you, make sure you're comfortable with the kinds of questions you will be asked and how to structure your answers.
- Keep your knowledge topped up. It's tempting to revise for exams one-by-one (focusing on the nearest one first), but taking a **little-and-often** approach to every subject will help you to retain information more effectively



- Take a **break**. Revising for 20 minutes then taking a break for 10 will allow you to revise for 40 minutes out of each hour without feeling overloaded
- **Bribe** yourself. Reward good revision behaviour with something you like to do, e.g. another hour and I can call a friend, make a snack or watch a favourite tv programme



Healthy Body, Healthy Mind



- **Exercise.** Try doing at least 20 minutes of light exercise a day whilst revising.
- Keep **hydrated.** Drinking plenty of water (rather than sugary or caffeinated drinks) can increase your ability to retain and apply knowledge.
- Get enough **sleep.** Make sure you stop revising at least one hour before you go to bed as this may improve the quality of your sleep.
- Keep **calm** – meditation, yoga, ‘Head Space’ style apps can all aid retention



Parents: How can you help?

Learning environment - make home life as calm and pleasant as possible. Make other members of the household aware that your child may be under pressure and that allowances should be made for this.



- Food - Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while.
- Exercise - Encourage your child to take regular exercise. A brisk walk around the block can help clear the mind before the next revision session.
- Sleep - It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. Make sure he or she eats a good breakfast on the morning of the exam.



Taking an interest

- Help to create a clear revision plan/timetable and method of studying that will make them feel in control of their work
- Go through school notes with your child or listen while they revise a topic. Q & A
- Time your child's attempts at practice papers



Range of resources

- Make sure your child has all the essential books and materials
- Stationery, note cards, post it notes, highlighters and pens can make revision more interesting/support new revision methods



- Good results are themselves the best reward for hard work and will make your child proud of his or her achievements. Make sure your child knows you're interested in their work and that you'll be proud if they do work hard and do their best.
- The end of exams could be celebrated with a treat that everyone can look forward to, such as a meal out or a trip to the cinema, movie of their choice, etc



How to Revise

Aiding retention and recall



- **Retention** – the ability to ‘keep hold’ of key information
- **Recall** – the ability to access that information when needed



Change your subject, change your method



Be prepared to try a different revision technique for each subject

Treat different kinds of information
in different ways, and present it in
ways your brain will like



What kind of learner are you?

- People like to learn in different ways
 - Most people fit into one of 3 groups
 - Listen carefully to the question and write down the letter of your answer each time
-
- For example;
 - 1. A
 - 2. B
 - 3. A



1. What kind of book would you like to read for fun?

- A) A book with lots of pictures in it
- B) A book with lots of words in it
- C) A book with word searches or crossword puzzles



2. When you are not sure how to spell a word, what are you most likely to do?

- A) Write it down to see if it looks right
- B) Spell it out loud to see if it sounds right
- C) Trace the letters in the air (finger spelling)



3. You're out shopping for clothes, and you're waiting in a queue to pay. What are you most likely to do while you are waiting?

- A) Look around at other clothes on the racks
- B) Talk to the person next to you in line
- C) Fidget or move about



4. When you see the word "cat," what do you do first?

- A) Picture a cat in your mind
- B) Say the word "cat" to yourself
- C) Think about a real cat, perhaps one you know, patting it, hearing it purr



5. What's the best way for you to study for a test?

- A) Read the book or your notes and look at pictures or diagrams
- B) Have someone ask you questions that you can answer out loud
- c) Use flashcards



6. If you needed to learn how to play a computer game, what would be the best way to learn?

- A) Get someone to show you
- B) Read about it or listen to someone explain it
- C) Figure it out on your own



7. If you went to a school disco, what would you be most likely to remember the next day?

A) The faces of the people who were there

B) The music that was played

C) The dance moves you did and the food you ate



8. What do you find most distracting when you are trying to study?

- A) People walking past you
- B) Loud noises
- C) An uncomfortable chair



9. When you are angry, what are you most likely to do?

- A) Put on your “angry” face
- B) Yell and scream
- C) Slam doors



10. When you are happy, what are you most likely to do?

- A) Smile from ear to ear
- B) Talk a lot
- C) Move a lot, fidget



What kind of learner are you?

- **Mostly A: you are a Visual Learner.** You need to see things to understand them, and should use pictures when possible to help you learn. You tend to visualize information, try linking important facts/concepts to images or colours, use diagrams, highlight and underline notes
- **Mostly B: you are an Audio learner.** You learn best by talking, writing and listening. Writing things down and saying them out-loud will help you to remember them. Attend classes, discussions, help sessions, tutorials, explain new ideas and concepts to others, use a tape/voice recorders, read answers/essays/texts out loud.
- **Mostly C: You are a Physical learner.** You may prefer practical subjects and moving around whilst learning helps you to remember things e.g. pacing or throwing/catching a ball can be useful. You will remember the “real” things that happened. Put plenty of examples in your notes and summaries, use case studies.

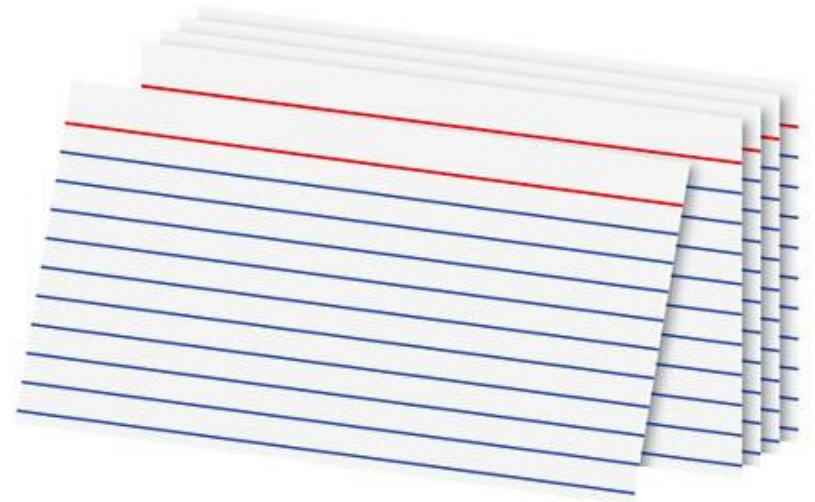


Let's consider some techniques...



Index Cards:

- White or coloured cards with space for heading and information
- Advantages?
- Disadvantages?
- Ideal Subjects?



1. Index Cards

Advantages?

- Keep information in short, manageable 'chunks'
- Information can be organised under headings
- Kinetic/Visual activity; moving through the cards aids retention

Disadvantages?

- Might get them mixed up; consider different colours for different subjects

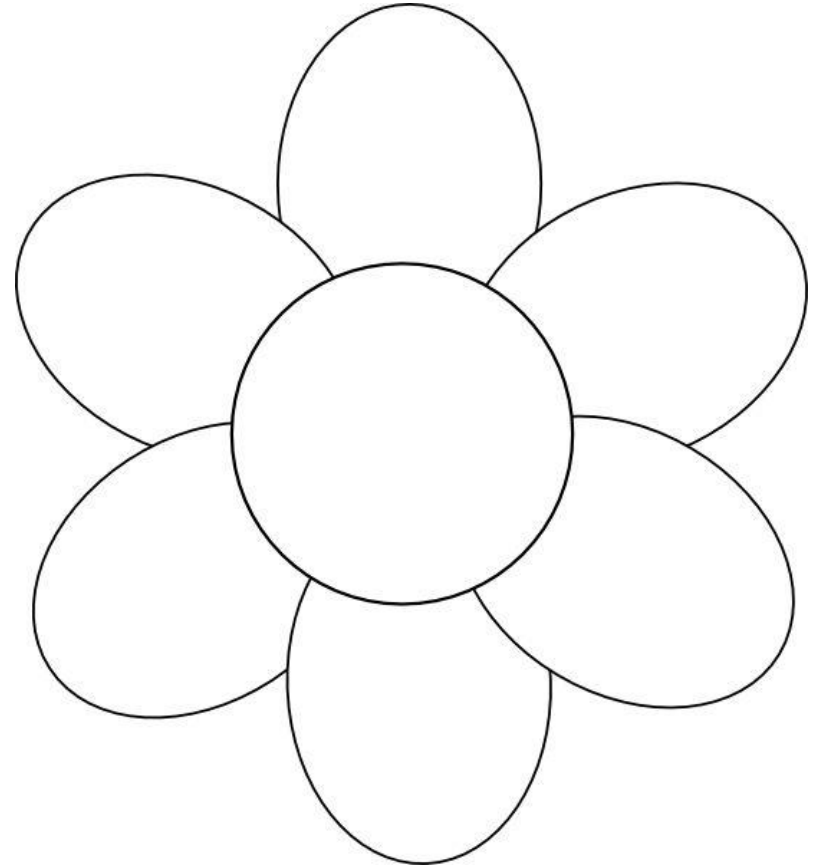
Suitable Subjects:

- Sciences; good for processes
- Humanities; good for dates, quotes
- Languages; good for verbs, examples etc



Flower Petals:

- Visual Recording
- Colours could be used
- Cut out or written down
- Advantages?
- Disadvantages?
- Ideal Subjects?



2. Flower Petals

Advantages?

- Arrange information around a key point/topic
- Visual
- Allows you to summarise complex/lengthy information

Disadvantages?

- Brief
- Might have to create lots of sheets

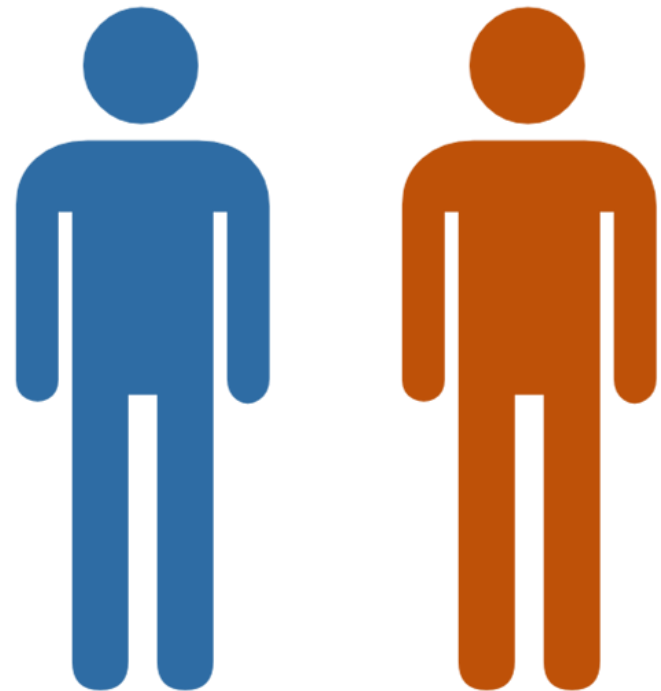
Suitable Subjects:

- Humanities; good for complex subject/quotes
- Social Sciences; concepts and theories



Discussion/Q&A:

- Conversation Based
- Collaborative
- Creative
- Advantages?
- Disadvantages?
- Ideal Subjects?



3. Discussion/Q&A:

Advantages?

- Group Based; explanation, share ideas
- Kinetic; active

Disadvantages?

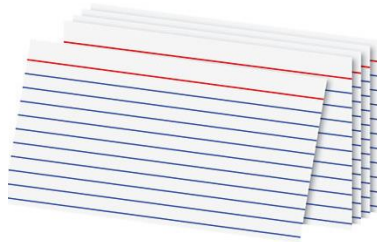
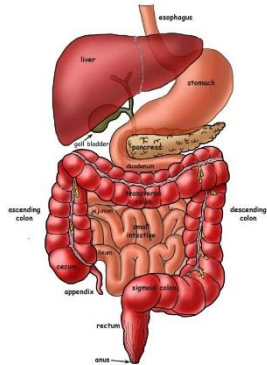
- Group Based
- Might need to record it in written form too

Suitable Subjects:

- Humanities; good for bias/arguments
- Social Sciences; concepts and theories

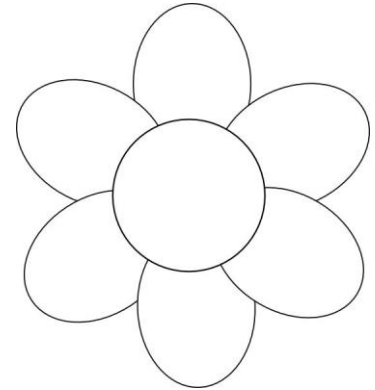
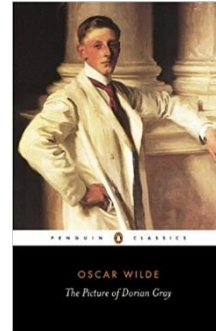


Suggestions:



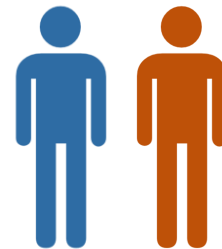
1.

Biology & Index Cards



2.

English Literature & Flower Petals



3.

History & Constructing an Argument



Choose techniques that suit you and the subject

...and change them regularly to stop yourself from
getting bored



Visual...

- Add colour to your notes using pens/highlighters
- Put key information on post-its organised by colour and stick them to a suitable wall
- Use images and diagrams wherever possible
- All of these techniques have proven retention boosting value



So....

- Be open to changing revision technique for each subject (or when you need to freshen things up)
- Use practice papers/familiarise yourself with the kinds of questions you will encounter
- Keep hydrated, active and get some sleep
- Put your phone away
- Avoid distractions
- Give yourself the time and space to revise
- Remember why you are doing this
- Use a timetable each week



The Timetable

- Organise your time
- Keep yourself calm
- Avoid focusing entirely on one subject – keep your knowledge and skills ‘ticking over’
- Weekly
- Plan your spare time
- Healthy approach to revision



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00-10.00							
10.00-11.00							
11.00-12.00							
12.00-13.00							
13.00-14.00							
14.00-15.00							
15.00-16.00							
16.00-17.00							
17.00-18.00							
18.00-19.00							
19.00-20.00							

Exam Dates:

6. Subject: _____ Date: _____
7. Subject: _____ Date: _____
8. Subject: _____ Date: _____
9. Subject: _____ Date: _____
10. Subject: _____ Date: _____

Exam Dates:

1. Subject: _____ Date: _____
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3. Subject: _____ Date: _____
4. Subject: _____ Date: _____
5. Subject: _____ Date: _____



Any Questions?

