

Nottingham Girls' Academy



PARENT REVISION SUPPORT GUIDE

Introduction



As our students enter KS4 and build up to their final path to their GCSEs, as a school we strive to support them to build healthy educational habits. Students that are most successful, create a good balance of being organized with their independent studies and have plenty of exercise and rest. This at first may be a challenge but with the correct encouragement at home and at school, your child will not only have a positive path towards their GCSEs but will build vital life skills.

DID YOU KNOW?
Research shows a student remembers 50% more when they test themselves after learning something

Getting started with revision can sometimes be a challenge for our students. A regular comment will be 'I don't know where to start' or 'I feel a bit overwhelmed there's so much to do' this guide gives you some of the information we teach our students to help them reduce the stress of getting started.

Outlined below are a number of tasks that can be used to support your child with developing their organisation for revision:

- When revising, find a quiet space where your child won't be interrupted. It is hard to concentrate when there are distractions nearby.
- Ideally encourage your child to turn off their phone and all other devices, or leave them in a different place to where they are revising. However, some online resource are also helpful, therefore encourage your child to mute social media or other the distracting apps whilst revising.
- Have positive conversations about organising their resources, whether that be flash cards, mind maps, study guides or past papers. Decide what works best for them, and use this strategy to aid their learning
- Ensure your child has a timetable which outlines what they will revise and when this will take place. Ensure your child is realistic with their revision timetable and encourage them to cross off the revision session once they have completed it. Homework is also classed as revision.
- As you'll see throughout this guide we encourage students to revise in chunks 'little and often' as studies show this consistence is a key for success. Encourage your child to build regular breaks in for food/drink/fresh air/exercise to support their wellbeing. It is important that the brain has time to rest during periods of revision

When revising:

Do:

- Get into a routine of revising at a particular point every day.
- Revise when you are well-rested or at a time when you are used to working.
- Take regular small breaks.



Don't:

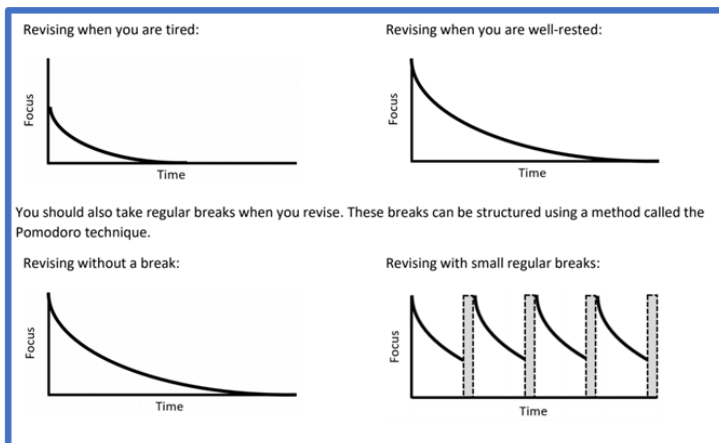
- Depend on when you want to revise.
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.



When should I revise?

When should I revise?






In order to revise effectively, you have to think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time when find it easiest to focus. This should be a time when you are well-rested and when you are used to working.



Here is one piece advice we give to our students about revision and best time to revise. You will see from this information it is key that the students plan effect revision. Students show that the brain will work more effectively when fully focussed.

Managing your time when revising

Pomodoro technique is **highly effective** as it helps you effectively manage your time and work on a task without distractions. It is also beneficial as it helps you become more disciplined and think about your work. This technique is designed to combat multitasking and improve concentration.

- STEP 1**  Pick a task
- STEP 2**  Set a 25-minute timer
- STEP 3**  Work on your task until the time is up
- STEP 4**  Take a 5 minute break
- STEP 5**  Every 4 pomodoros, take a longer 15-30 minute break

TOP TIPS

Quiz master: Using revision cards to test knowledge. Reading and highlighting is not enough.

Turning into a Teacher: if your child teaches it to someone they are more likely to remember and understand

Becoming an artist: Making mind maps, pictures, rhymes and mnemonics will help to remember key information

On devices: Using teams to get specific key subject knowledge. Our departments are keen to help and will upload everything your child needs to know in their class subject area.

Practise and repeat: Completing past papers & questions each week

Understand how I learn

UNDERSTANDING HOW I LEARN SAAD

8

Summary: SAAD

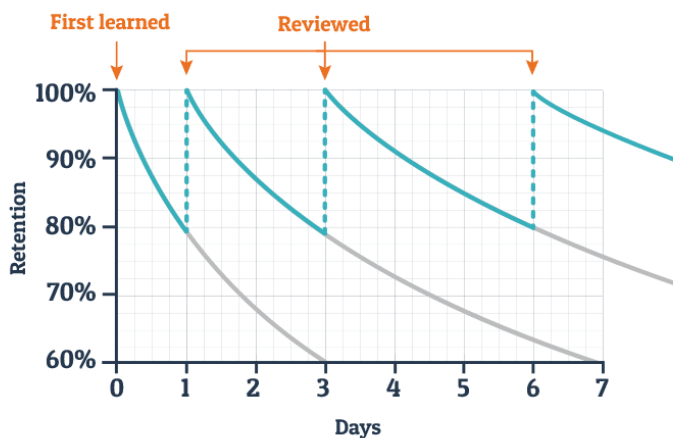
SAAD : Each letter stands for a way to make learning more successful based on science. This process is a mental checklist to make sure what you are doing fulfils these requirements needed for revision.

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|--|--|--|--|
| <p>1 S- Spaced repetition:
The Idea is that you review information again, multiple times, at set intervals from first learning. Every time you review you'll reset your memory. The idea is to catch your memory just as you're about to forget the learning.</p> | <p>2 S A- Active recall- Mini quizzes, questions, or prompts to fill in gaps to make the brain work. Getting you to 'think it through'. Say or write the answers down before checking answers. Active recall goes against human nature. Remember the harder the revision feels the more the brains working.</p> | <p>3 SA A – Associations
– A powerful principle of revision techniques is connecting what you're learning to existing knowledge. Making associations and using them.</p> | <p>4 SAA D-Desirable difficulty – is about realising when something is hard and choosing to do it anyway. Picking the subject your weaker at and revising them. Invite yourself to seek the challenge. Getting better is not about repeating what you confidently know.</p> |
|--|--|--|--|

Applying SAAD into your revision, ask the following questions?

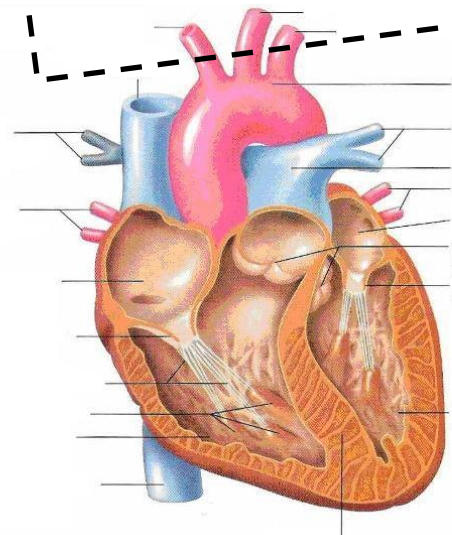
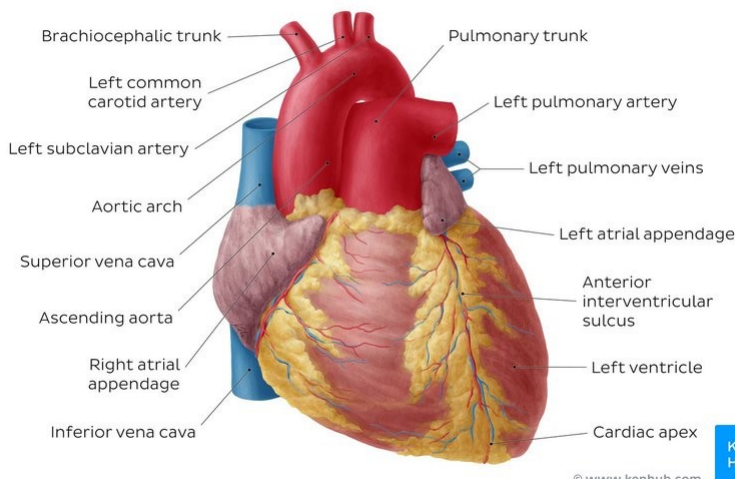
- Step 1: S- Are you repeating this revision activity at spaced intervals? Or is this a one off?
 Step 2: A- Are you revising actively? Are you thinking? Or are you just reading?
 Step 3: A- Are you associating this new information to knowledge you already have? How can you make links?
 Step 4: Is this activity desirably difficult? Can you make it more challenging, if necessary?

Typical Forgetting Curve for Newly Learned Information



Here is another page out of the students revision organiser. You can see the students are taught how they learn to gain a greater understanding of why revision is important and understanding what best works for them.

The SAAD theory came from the book 'the only study guide you'll ever need' This book was written by a Jade Bowler who when studying for her own GCSEs, found it hard to find information to support her. She also found teaching revision techniques to others on youtube the best way to learn.



REVISION STRATEGIES

There are lots of different ways to revise and this alone can overwhelm a student that doesn't know where to start, the key message we like to teach our students is work on the strategies that works best for them. This might be one or a range of strategies and should be what works, not just what they enjoy.

This may be a strategy that they have tried before and seen progress in the subject therefore will revert to, or it may be a strategy that they are yet to learn.

Outlined on the next two pages are a number of different revision strategies that can be used to embed knowledge into your child's long-term memory.

POST IT

Using post it notes to place key information on it, this could be dates, facts, equations or quotations. The post it notes are then placed around your child's bedroom, or parts of the house. Students are encouraged to read the post it notes out loud regularly.

LISTEN TO REVISION PODCASTS

Not all revision needs to be sat at a desk, actively listening to a podcast is a great way to revise. There are lots of podcasts online which can support your child's revision. Top tip: make sure the content is from the exam board your child is sitting.

LISTEN TO NOTES

Another way is for your child to make voice notes for themselves to listen back to or share with friends. Repeating quotes and key dates over again will help retain the knowledge. This also mean they can listen back to note made whilst on the move, either on the way to school or back. To embed this properly, they should test themselves on this knowledge.

CHANTS/RAPS & Making Mnemonics

Getting your child to repeat words will help the knowledge to be retained in the long term memory. This is just like when remembering a song in the car. Having something catchy or linking to a rhythm helps to maintain the information.

Understand EXAM Style questions

Encourage your child to look at and complete past papers and exam style questions to identify what the exam boards are looking for. This will help understand frequent key words and command words used in exams and see content how content is tested.

REVISION STRATEGIES

Brain Dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try fill the gaps without the notes. Check your notes a third time and add the missing information.

Flash cards

Write flash cards for each topic, in all subjects, then mix them up for the most effective revision. Check out the Leitner System for effective spacing and interleaving. Keep your flash cards simple – one question, one answer per card.

Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if you plan meets the criteria. DO this for a number of questions, then choose one and write the full response.

Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in the exam conditions, then check your answers and identify the gaps in your knowledge, so you can target your revision.

Quizzes

Write a set of questions and answers and ask someone to test you. Its important to either write or say your answers loud. Reading through quizzes in your head can give you a false sense of security.

Thinking hard: Reduce

Read a section of your notes then put them aside and reduce what you need into 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.

Practice Introductions

For essay subjects, tale a past exam question and practice writing effective introductions and conclusion. Look back at your notes and remind yourself of the important things to remember. Practice for different topics, texts and papers.

Thinking hard: Connect

For each subject, consider the exam paper and group together questions that require the same technique to answer. Write down the requirements for each type. Find a previous example you have completed and identify where you've met the criteria.

Thinking hard: Transform

Read a paragraph from your notes or a text book, and transform it into a diagram, chart or sketch – no words allowed. OR Look a diagram in science, for example, and transform it into a paragraph of explanation.

Key vocabulary

For a particular topic, make a list of key vocabulary, then do the following: define each word; use each term in a sentence; create a question where the key word is the answer; identify other words which connect to each of the words in your list.

Strategies to Revise

Teaching and learning in school has a big focus on retrieval practice. Through the act of retrieval, or frequently recalling information, our memory of that information is strengthened and we are less likely to forget it. Retrieval practice is a powerful tool for improving learning and should form a major part of your child's revision.

Research has shown the benefits of retrieval and it is an immensely powerful strategy to help learners make progress. Your child will know more and remember more. It is also effective in identifying where there are gaps in knowledge. Regular retrieval practice will also boost confidence and motivation.

To use retrieval effectively you should:

- Encourage your child to use their class notes, textbooks and knowledge organisers to make a list of the important information and content that they need to know across different subjects.
- Test themselves frequently in short bursts. There are lots of revision techniques to help them do this such as: create quizzes, use flashcards, verbal recall, write everything you remember from memory and so on.
- Use Teams channels to check over subject knowledge and revision tips and quizzes posted by subject teachers.
- Retrieve as much information as they can before they check their answers. It's important for them to know what they know and what they don't know ... yet!
- Use the retrieval tasks to identify gaps in knowledge to inform the next stage of their revision. Focus on the areas that they struggled to recall from memory.

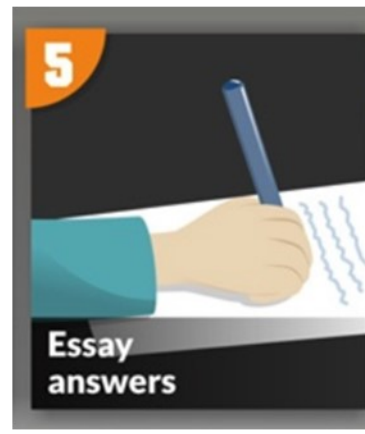
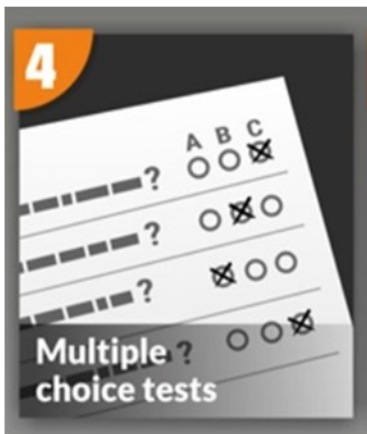
Timing of revision and spaced practice

Students are encouraged to plan revision sessions in advance and should be revising for 10 hours per week. Key stage 4 study lounge is available to all year 10 & 11 students until 4.30pm most days and 4.00pm on Thursdays. Getting into the habit of revising for an hour after school each day will get 5 out of their 10 hours done before they even get home! Spreading 5 hours of revision across the week is far more effective than the same five hours done in one or two big sessions. We also encourage students to study a further 2 or 3 hours each day over the weekend totalling 10 hours across 7 days.

To use spaced practice effectively, your child should:

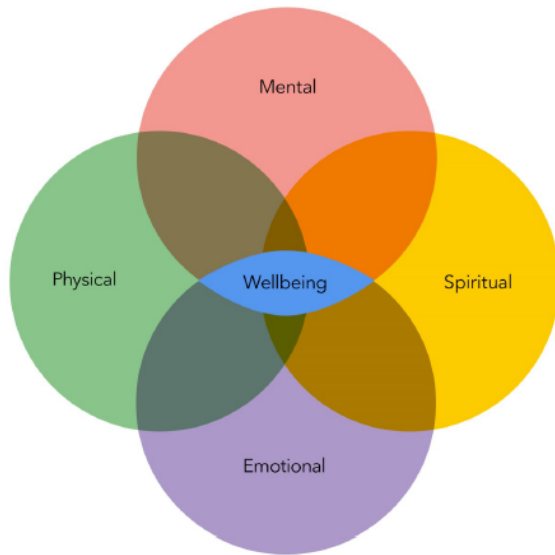
- Start studying early. Divide up their revision into short manageable chunks of time. When revising, encourage them to aim for 30 minutes per session with a short break before the next session.
- Remind them smaller sections will benefit them in the long term. The revision they do for mocks will stick for the final exams! Little and often is the key.

9 WAYS TO USE RETRIEVAL WHEN REVISING



Retrieval practice is one of the most effective ways to revise. By answering questions rather than merely reading or highlighting information, you're putting yourself in the best position possible to succeed and remember as much of your subjects as possible. Past papers, essays, multiple choice tests and flashcards are a great way of doing it.

Wellbeing



Exams can be a stressful time and the wellbeing of our students is important above all else. All our staff as work hard to ensure that the students are in the best frame of mind for study and exams.

The term wellbeing is often described as simply feeling good. It has also been referred to as a state of being healthy, happy and comfortable, both physically and psychologically. The NHS refer to wellbeing as feeling good and functioning well.

The image on the left has been created by educational researchers who looked at wellbeing in young people. The image conceptualises wellbeing as being split into four key

Here are some strategies which your child can use to develop their wellbeing:

Start Small

If your child sets unrealistic goals, they will feel worse than when they started if they don't meet them. Set achievable milestones with your child that they can tick off along the way, building up to bigger challenges over time, one step at a time.

Encourage Exercise

Find a time in the day for your child to exercise that works for them. Avoid any pressure to overperform, a 5km run might suit your child or they can take a 15-minute walk instead. The crucial thing is to do what works for them when they have the most natural energy. Walking to school could be a good option for your child.

Find What They Enjoy

Any movement is good movement. Find what your child enjoys and support them to stick to that. They are most likely to want to do something they love, rather than something that feels like a chore.

Celebrate Small Victories

If you do manage to get your child to exercise - no matter how long for - make sure you celebrate it. Acknowledge that they took the time to do it and reward them for this.

Think Positively

Not only will thinking positively about the outcome of your exams or study reduce stress and anxiety, but it will also go a long way in helping you feel relaxed on the day of the assessment. Go into each day with a positive mindset.

DEALING WITH REVISION STRESS

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work – revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular meal times



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection – it's a myth and doesn't exist

Before, during and after exams

TIPS FOR THE EXAMS

44

BEFORE

- Do final preparations the night before:
- Eat a balanced meal.
- Get everything you need for your exam ready and packed.
- Check your seating plan.
- Have a good night's sleep.
- Set an alarm to give you plenty of time.
- Give yourself time.
- Have a healthy breakfast.
- Look over key works, dates, formulas or quotes.
- Arrive at school in plenty of time.

DURING

- Organise your desk space, be clear you have all the equipment needed for exam and that it works.
- Listen to instructions from the invigilator and clearly fill in the correct information at the front of your exam paper.
- Remain focussed on what you are doing during the exam.
- Read everything clearly, underline key words to help break down the questions.
- Use the clock to help stay on track.

AFTER

- Do not worry about what's just happened. You can't change it. If it's a subject that has multiple papers, you can focus on preparing yourself for the next one.
- Take some time to relax after the exam before focusing on the next one.
- Tick off each exam you've done and have a mini celebration, as well as tracking how far you've come.
- Plan to do something that makes you happy for when you finish your exams.

Knowledge TRAIN

Which foods boost exam performance?

Top exam preparation tips

- Eat a light dinner, early the night before
- Stay hydrated during the exam
- Avoid caffeinated foods and drinks
- Bring brain fuelling snacks to the exam
- Don't forget to eat a filling breakfast
- Say no to energy drinks and fizzy pop

Don't forget to share these tips with your classmates. Good luck!

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EXAM COUNT DOWN

USE YOUR TIME WISELY

by @inner_drive | www.innerdrive.co.uk

- TWO WEEKS TO GO**
Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.
- ONE WEEK TO GO**
Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.
- THE NIGHT BEFORE**
Pack your bag for the next day. Do an equipment check. Get plenty of sleep.
- THE MORNING OF**
Eat breakfast to fuel you for the day.
- AN HOUR BEFORE**
Get to school early and spend time with relaxing people.
- 1 MINUTE BEFORE**
Take a deep breath and gather your thoughts.
- AN HOUR AFTER**
Once you have reflected on the exam, don't dwell on it. Move on.

10 Tips for Exam Day Success

by HomeworkForYou.com

- wake up **early** to have an ample time for getting ready
- check the **venue and time** of the exam
- have a **balanced** breakfast
- read all the questions **carefully** before starting so that you can **plan your time**
- avoid** classmates who tend to panic or worry
- before leaving home, make sure you took **ID, stationary, map to the exam venue, etc.**
- begin answering the questions that you feel most **confident** about
- if you **freeze up**, just start writing anything. It will help to recollect more details soon
- don't be afraid to **ask the examiner** if you are not clear on a question
- save time at the end and **review** your answers

brought to you by : **HomeworkForYou**

15 TIPS FOR THE NIGHT BEFORE & MORNING OF AN EXAM

BelievePerform.com

THE EVENING

- AIM FOR AT LEAST 7-9 HOURS OF SLEEP
- EAT WELL AND STAY HYDRATED
- REFLECT ON YOUR STRENGTHS AND STAY POSITIVE
- RELAX YOURSELF. PRACTICE SOME DEEP BREATHING

THE MORNING

- WAKE UP EARLY SO THAT YOU ARE FULLY PREPARED
- EAT A GOOD HEALTHY BREAKFAST
- PREPARE YOUR BRAIN, WAKE IT UP
- REVIEW YOUR FLASHCARDS
- UNPLUG FROM YOUR PHONE AND SOCIAL MEDIA
- CHECK THAT YOU HAVE EVERYTHING THAT YOU NEED
- APPROACH THE EXAM WITH PLENTY OF TIME

APPS and online support

- Quizlet
- Flora to create good habits.
- Seneca
- Sparx
- Physics and maths tutor
- Evernote
- Time tree—online calendar
- Forest—help stay calm

