We aim to:

• Give you some clear strategies for effective revision

• Give advice about your health and well-being people during a stressful period
School days until internal examinations: 13
School weeks until GCSE examinations:

23
Do we know what we’re talking about?

• Wellsway students in recent years have been the most successful in the Bath and Bristol area, and amongst the best in the entire south west of England
Before starting to revise, what do you need to ask yourself?

Why?
When?
What?
Where?
Who with?
How?
Why do we revise?

Stimulus → Sensory Memory → Short-term memory → Long-term memory (long term store)

Rehearsal

Retrieval

new material

Questions in exams
What techniques do these represent? Which do you currently use? How? Do they work?
Which do you think were found to have higher – moderate – lower effectiveness?

Distributed practice
Elaborative interrogation
Self – explanation
Regular practice testing
Interleaved practice
Summarising
Highlighting
Mnemonics
Regular practice testing
Imagery to represent text
Re-reading

Dunlosky et al (2013) studied 10 strategies used by students to revise and prepare for examinations.
Effective revision strategies - what the research says

- Higher effectiveness
  - Regular practice testing
  - Distributed practice (short sessions)

- Moderate effectiveness
  - Elaborative interrogation (turning facts to be learned into why-questions and then answering them)
  - Self-explanation (explaining to yourself what you are doing and thinking)
  - Interleaved practice

- Lower effectiveness
  - Summarising
  - Highlighting
  - Mnemonics
  - Imagery to represent text
  - Re-reading

A blend of these techniques, tailored to how you like to learn is more effective than using one technique in isolation.

There is a strong scientific consensus that regular and distributed practice have the greatest impact and should be part of any revision strategy.
Memory performance over time

- After 10 minutes
- After 1 day
- After 2 days
- After 3 days

Percentage of material recalled

- What you can recall after repeated reviewing
- What you can recall without review

Time
What this could look like

3 months
Intensive preparation of English Literature: Poetry skills and ‘Romeo and Juliet’

2 months
Unseen poetry self assessment

1 month
Attend Saturday Literature workshop

1 week
Unseen ‘Romeo and Juliet’ practice question

Main characters – revision test

Poetry terms – self test

Key scenes review

Key words – final check

Exam
Where and how?

Bad Revision
Help or hindrance?

- A 2010 study (Perham and Vizard): music did **not** improve learning;
- In the study someone else talking, music enjoyed by students and music disliked by students all had a similarly distracting effect;
- The best condition for study and the learning of new information was silence.
Examinations and stress

• We need to distinguish between:
  • A – Eustress (positive and motivational)
  • B – Distress (damaging to health and relationships)
Recognising stress

• These are high stakes examinations and you might be feeling under pressure;
• This pressure might begin to grow between now and May;
• You can take control of this
• Your teachers have a plan – so trust them
• Remember, a bit of anxiety is positive and motivational
7 Simple Revision Strategies:

1. Display your exam timetable and revision timetable in a place where you, your family and visiting friends will see it regularly.

2. Use 40 – 10 revision technique. 40 minutes work, 10 minutes break.

3. Never rely on reading alone to revise. Make sure you are processing information by solving problems, producing concept maps or writing short notes.

4. Do keep up hobbies like sport or music. Maintain a social life but in moderation.

5. Get up early and eat a proper breakfast on revision and exam days. Choose foods carefully.

6. Vary the subjects you revise, saving your favourites for last.

7. Ask your teachers for advice on exam technique – they’re the experts.
During the examination

1. Read the entire question before answering, checking that you have also looked at any additional text, graphs, tables or other information.

2. Look for important command words like describe, explain, compare, analyse or evaluate in the questions. (Highlight these command words)

3. Look at the number of marks available for each question – this is a guide to how many separate written statements are needed, the required length of the answer, the amount of time to spend on the answer, or how many stages there are in a calculation.

4. Find any additional help sheets available to you (for example a formula or data sheet in science).

5. Always finish a question, even if you think you made a mistake at an early stage or had to make a guess. You will score marks despite this.

6. Show all of your working out in mathematical calculations.

7. Check carefully for errors at the end. If you used a calculator in any questions, check these questions first.

8. Check the whole paper (even the back page) to make sure that you have answered every question that you should have.
Revision Timetable
# Revision timetable

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Sixth Form Applications

- Please apply by November 11th where possible

- We then create the Options Grid according to your choices

- You can change your options at a later date

- 1-1 meetings will start at the end of November/beginning of December to discuss your choices/ambitions etc.