



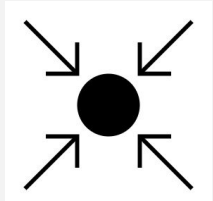
# FLAT Revision Skills

Focused, Long-term, Active & Transformed

Y10 PSHE, February 2022

# Is your revision FLAT?

Things we are going to learn about and do today



## FOCUSED

- Put your phone away
- Turn the music off
- Avoid distractions
- Be in the right physical place to revise
- Be in the right frame of mind to revise



## LONG-TERM

- Start early to cut down on stress later in the year
- Make a revision timetable and commit to it
- Plan for 90 minutes to 2 hours study
- Interleave different topics



## ACTIVE

- Engage your brain by actively creating revision resources
- Test yourself, get others to test you
- Practise exam technique by writing or planning answers
- Revise what you struggle with



## TRANSFORMED

- Transform the knowledge you want to learn into a different format
- Make flashcards
- Produce a timeline
- Record a podcast
- Invent a mnemonic
- Create a mindmap
- Design a flowchart
- Make a powerpoint
- Teach it

# Plan



In this section we are going to explore  
why revision is important to you;  
what, where and when to revise.

We are going to make a personal  
revision timetable to help us:  
**space out our revision; and**  
**interleave topics**

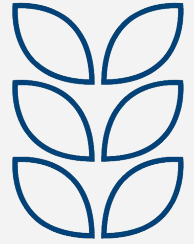


# Why learn to revise?

Revision is important to strengthen memories.

Whichever stage of education or employment you are at you will be learning new skills and knowledge which you will need to remember and demonstrate.

Effective revision is something that you can learn.



# Where are you in your journey?

Age		
10	KEY STAGE 2	National Tests
11	KEY STAGE 3	GL Tests in the Hall Subject Tests in Lessons
12		GL Tests in the Hall Subject Tests in Lessons
13		End of Year 9 Tests
14	KEY STAGE 4	Jan Y10 Exams, March, Y10 Tests June Y10 Exams, End of Y10 Tests
15		November, Y11 Mocks Jan Y11 Exams, Summer GCSEs
16	SIXTH FORM, COLLEGE OR APPRENTICESHIP	Vocational Exams
17		Vocational & A Level Exams
18	UNIVERSITY OR EMPLOYMENT	Learning, demonstrating, exams

You have learned a lot of useful information at primary school, in years 7 to 9, and in Year 10.

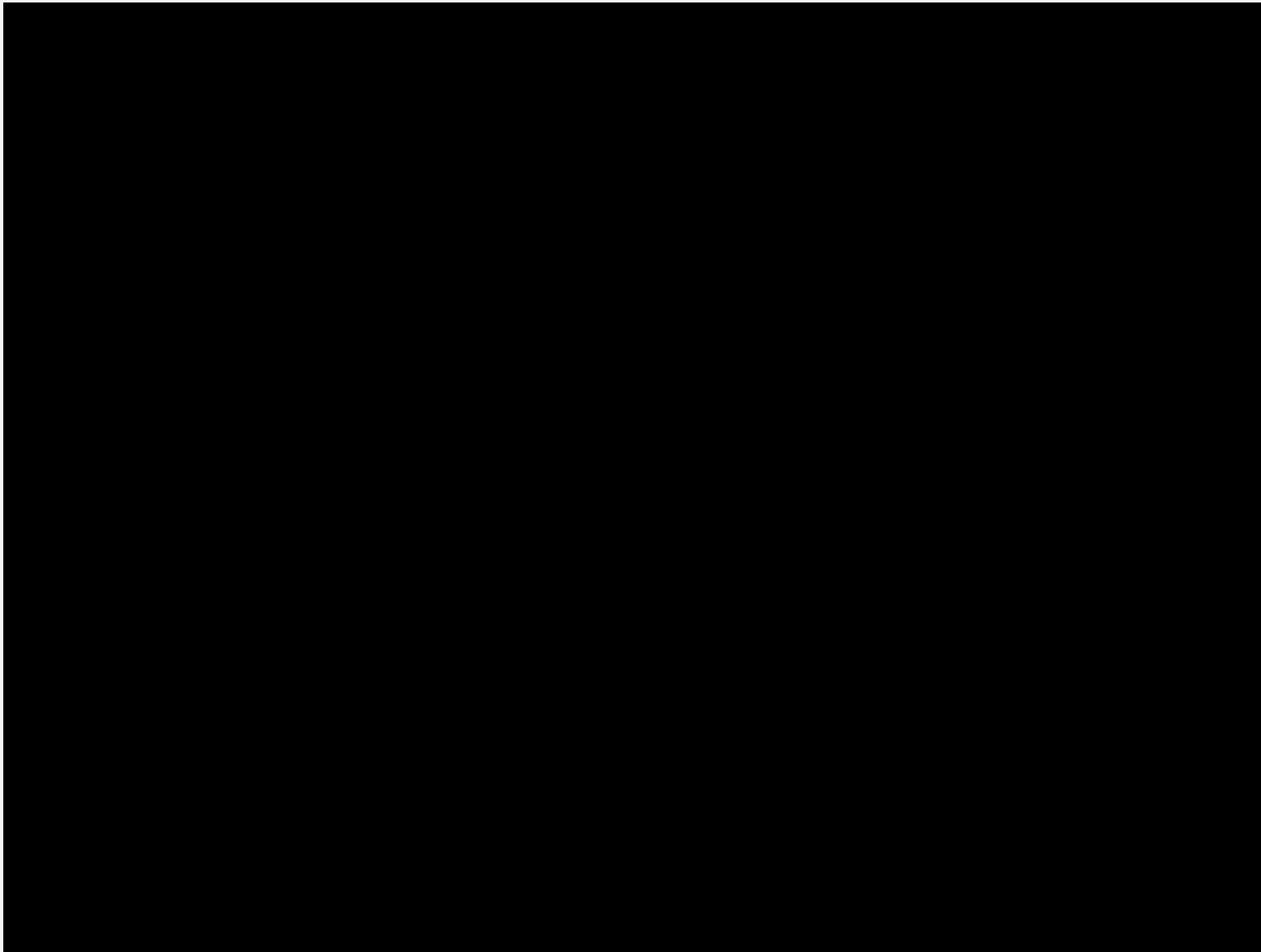
The connections you make between existing knowledge and new knowledge are important.

These connections can be strengthened by regular practise at retrieving information.

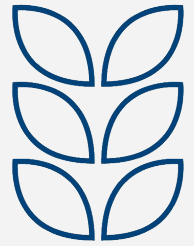
This skill is vital throughout your time in education and employment.



# Why revise: consider your motivation



This video helps  
connect our  
revision tasks to  
our goals



# Some common reasons for revising

For my family

Because I want to do well

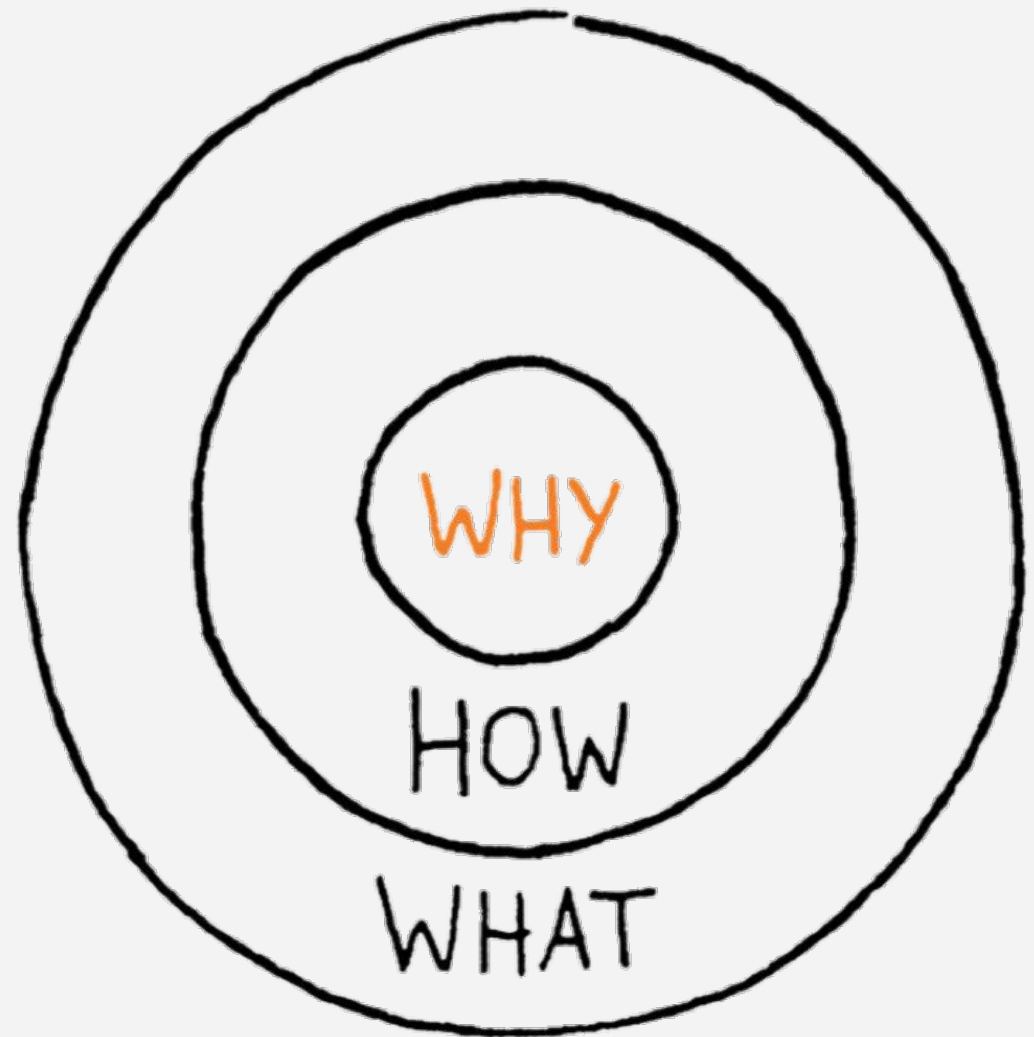
To help me in future study

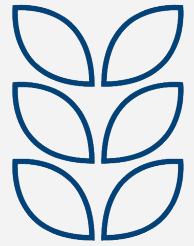
To help me get the job or apprenticeship that I want

So I can earn more money

So I don't need to study Maths or English any more

Because I have to



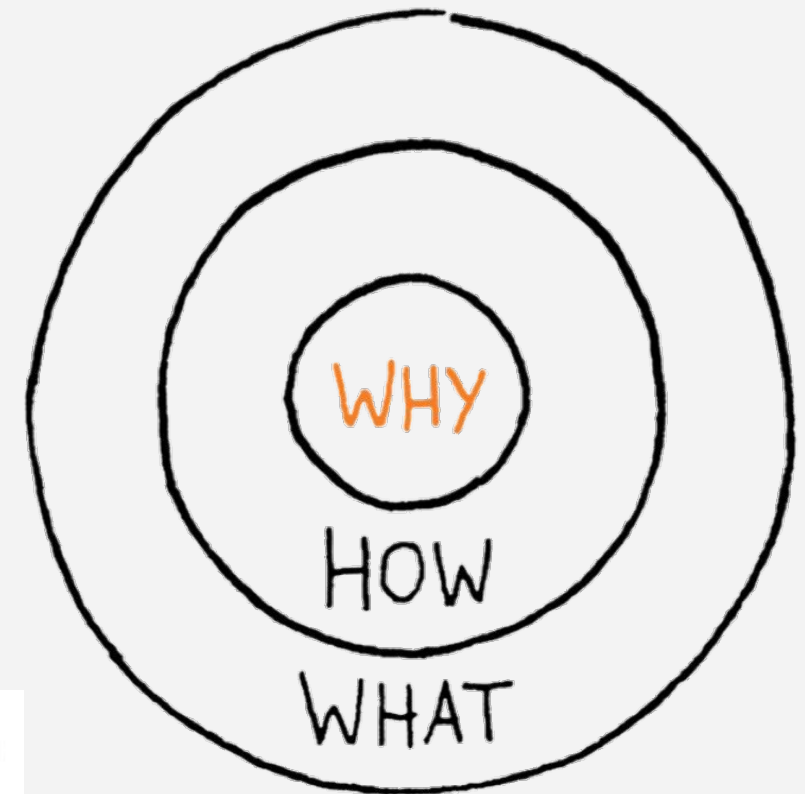


# Start with why: what is your motivation to revise?

There can be lots of different reasons that people choose to revise.

**What are your top 3 reasons?**

Write them down on your  
**My Revision page**, ready to share.



2021-03 Y10 Mock Exams &amp; Revision Planning

My Revision

Start with WHY	Write your motivating why(s):		
Subject	What will I revise?	How will I revise?	How is it going?
English			

Teacher leads discussion on motivations, including how to establish a goal by talking to others and visiting the careers hub and it is okay to not have a single definite ambition yet.



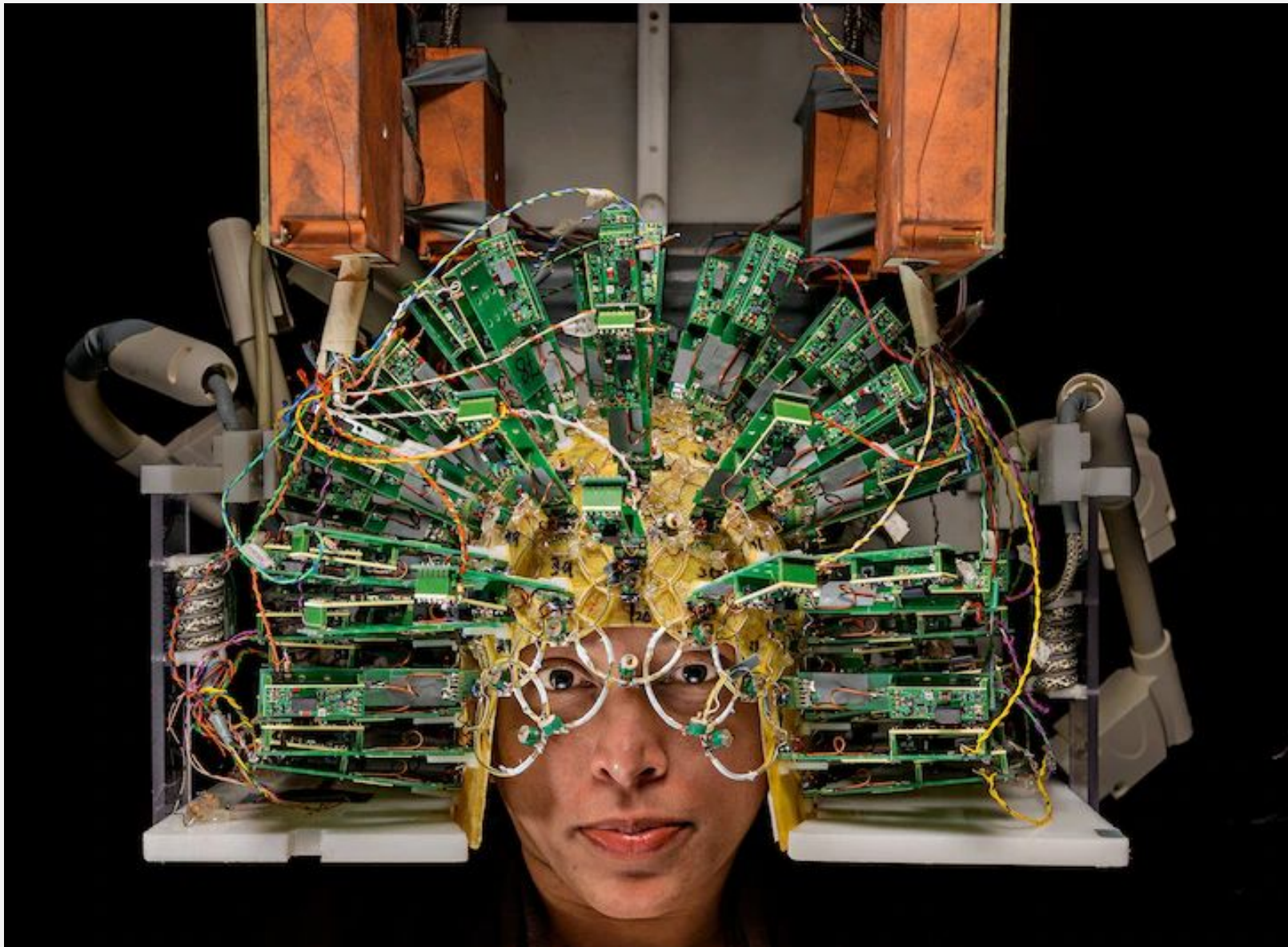
# Our physical brains and our minds are incredible



For example, some images create an emotional response which can help us remember them for longer and more clearly.

This cross-section of a human brain reveals the many areas that need to cooperate to form & recall memories.  
PHOTOGRAPH BY  
ROBERT CLARK

We now have tools to help discover how our minds work,  
this teaches us how to best create and retrieve information



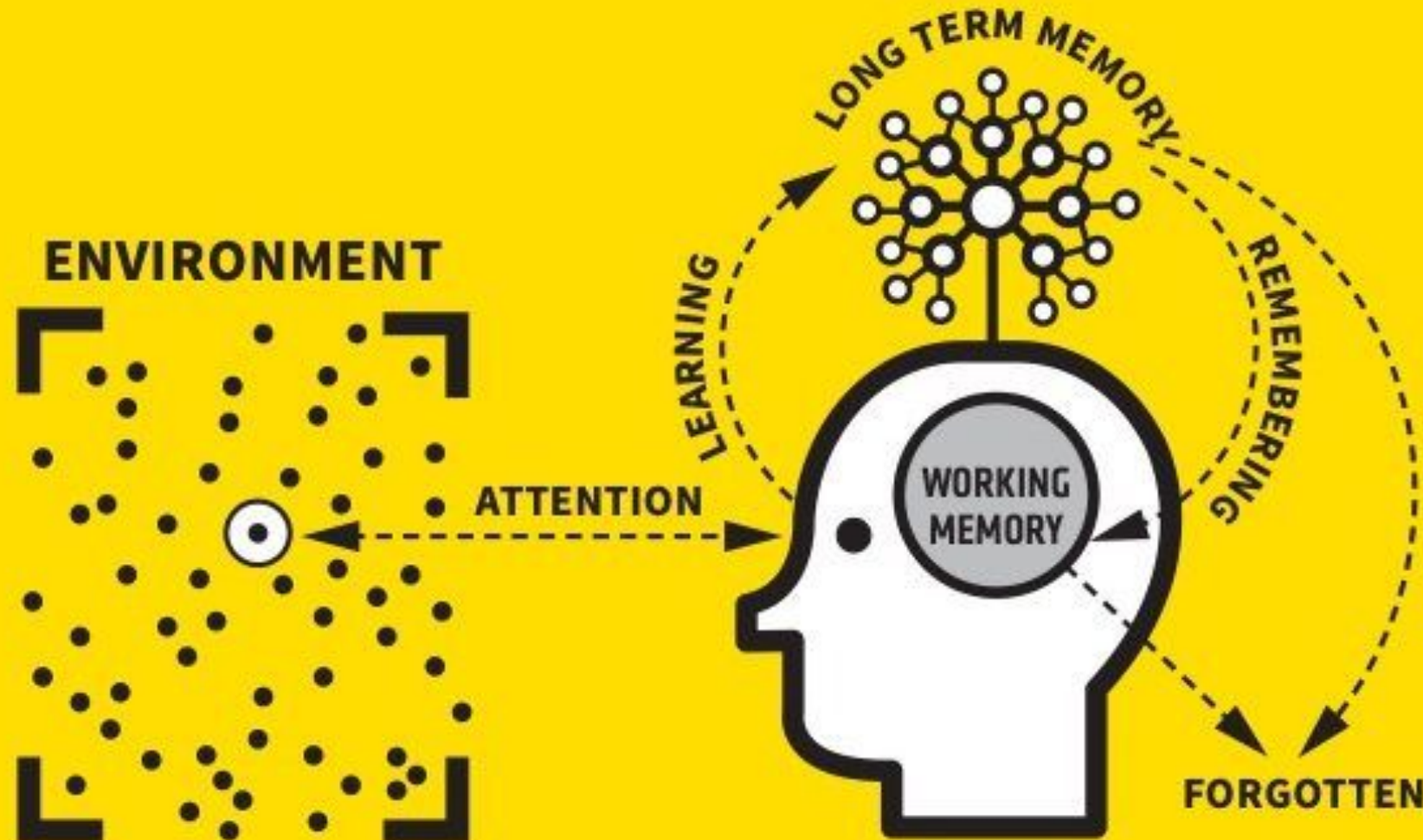
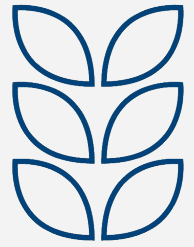
An engineer wears  
a helmet of  
sensors, part of a  
brain scanner, at  
the Martinos  
Center for  
Biomedical  
Imaging at  
Massachusetts  
General Hospital.  
PHOTOGRAPH BY  
ROBERT CLARK



# What do we know about how we learn?

Remember this model of the mind from assembly?

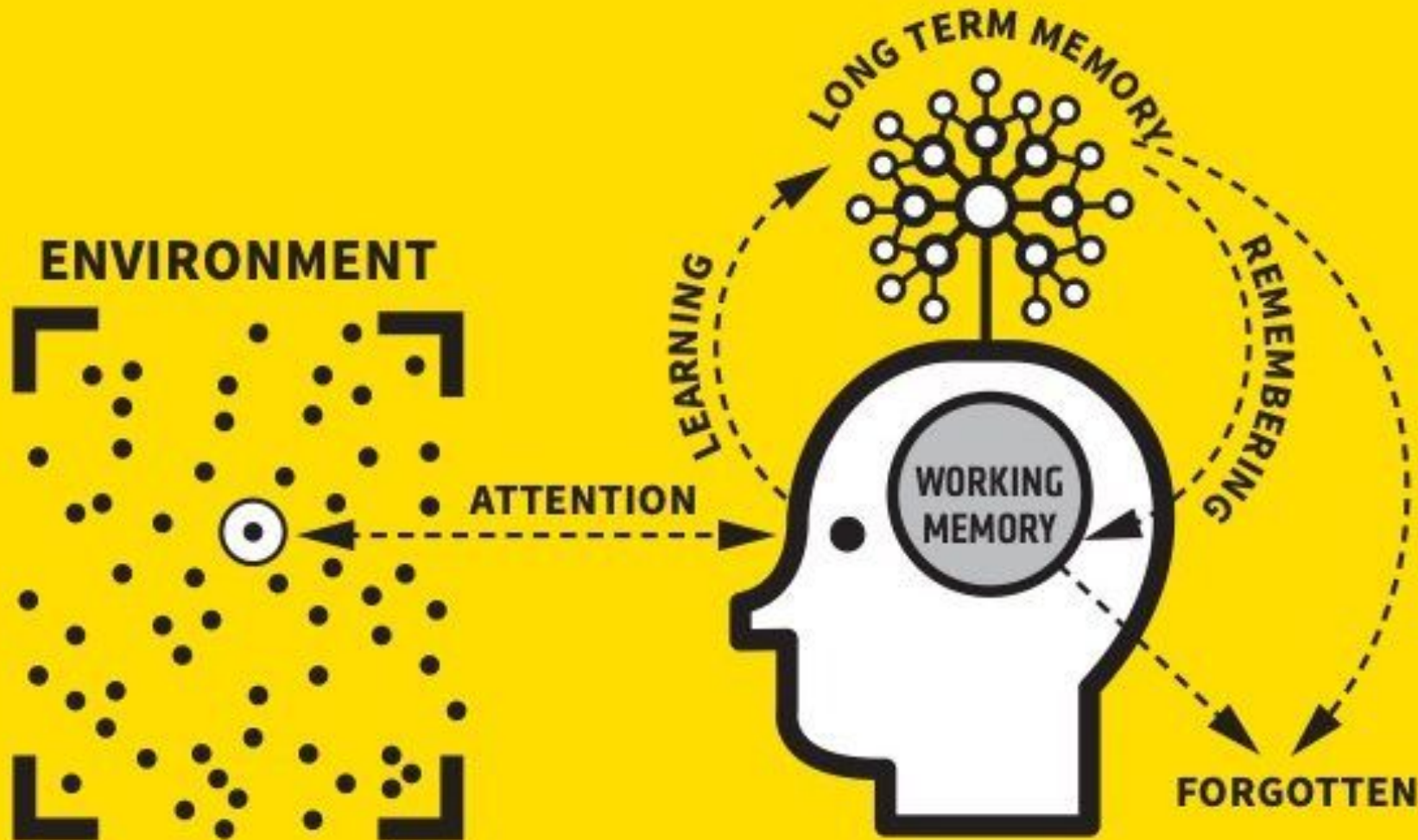
It helps us understand how to effectively revise.





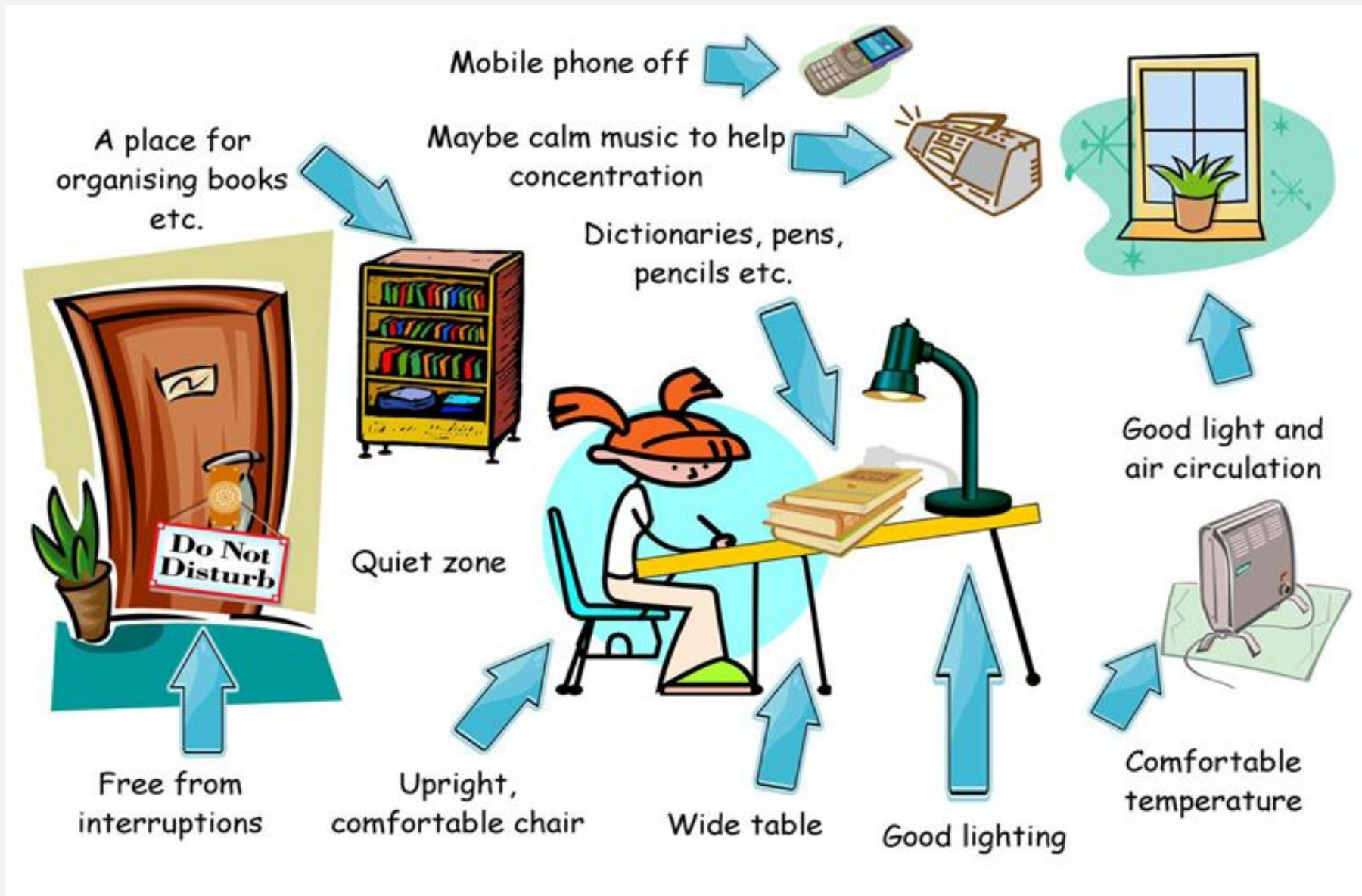
# 1. Environment matters

Remove distractions such as phones, music, siblings!



# Consider where to revise

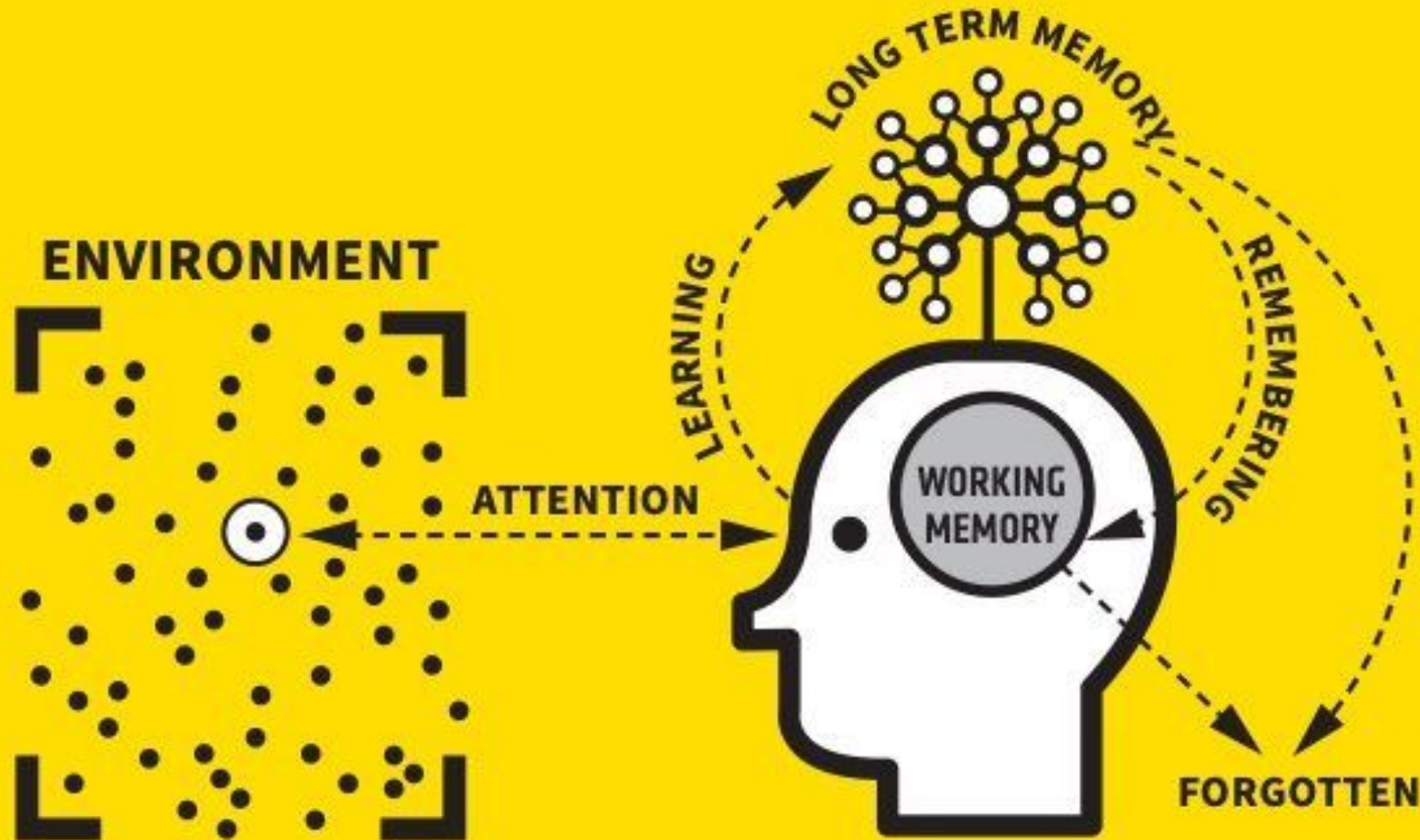
What will be your best places for you to revise?





## 2. Focus attention

Our brains are not able to multitask - they just switch quickly  
Avoid music, use colour to hold your attention



# Answer the plan questions on your sheet



**Where is the best place to revise?**

**What can you do to help focus your attention  
and reduce distractions?**

**When are the best times for you to revise?**

On the other hand out Use the exam calendar and your timetable to fill in your revision plan.

Write in when you have lessons, which exams you will have and other activities that you enjoy. For example any sport, volunteering or clubs you take part in.

# Answer the plan questions on your sheet



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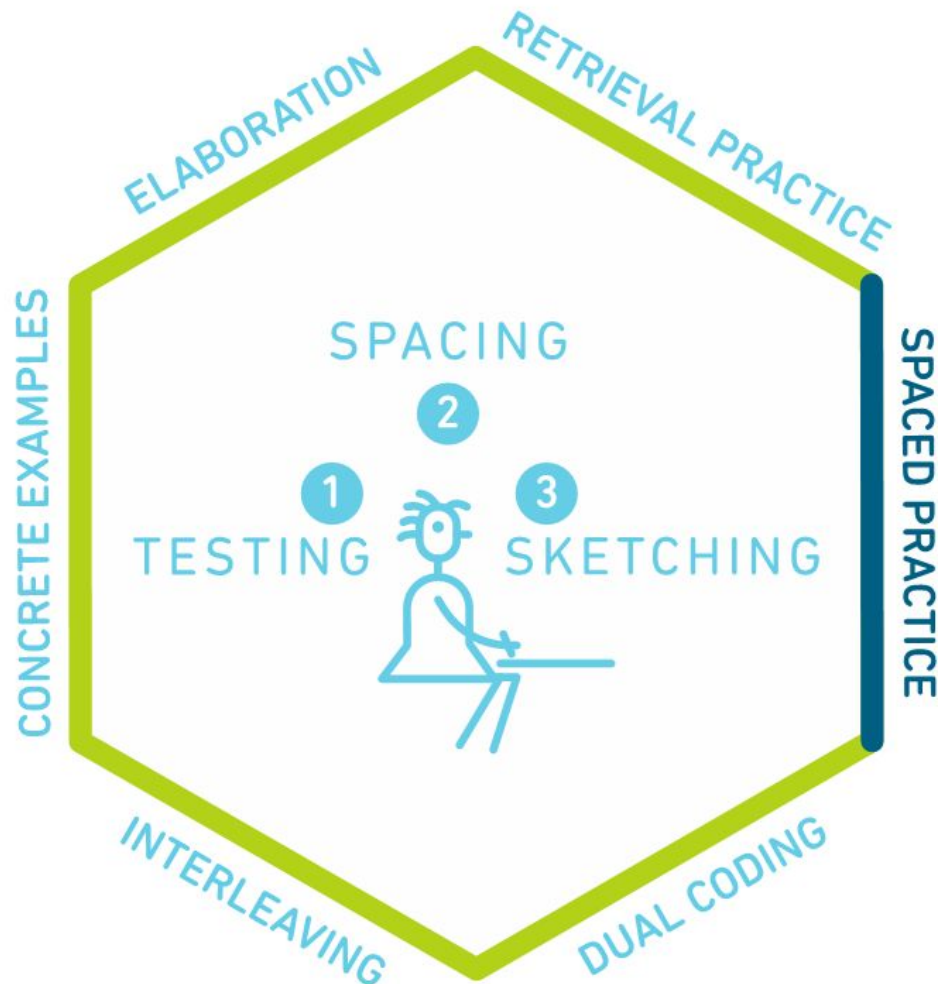
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# How to Revise



We are going to learn about six ways to improve our revision. Each of these is supported by recent research and has been tested by universities across the world.

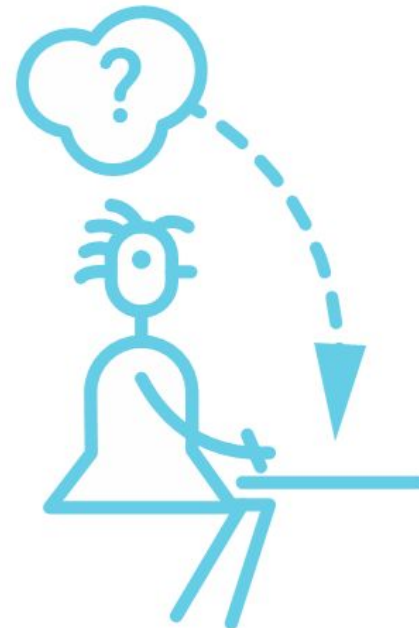
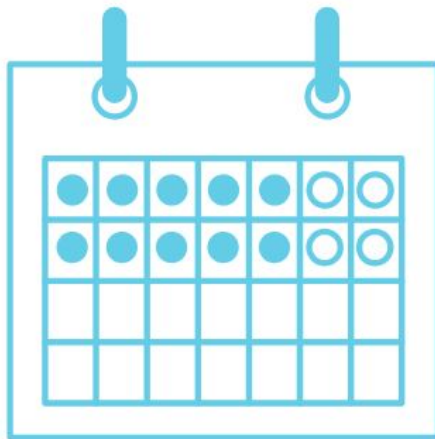
You can find out more at [www.learningscientists.org](http://www.learningscientists.org)

# 1. Spaced Practice

## HOW TO DO IT

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.

M T W Th F Sa Su M T W Th F Sa Su

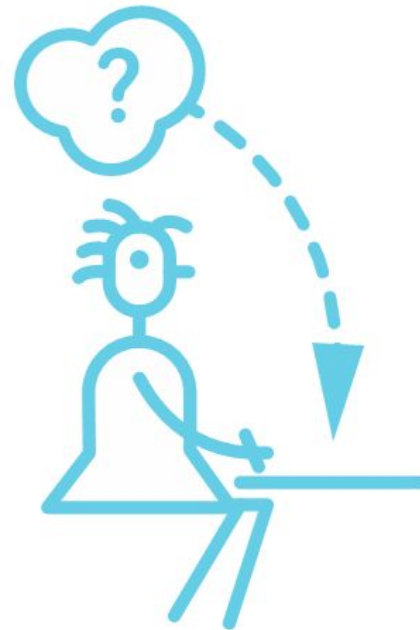
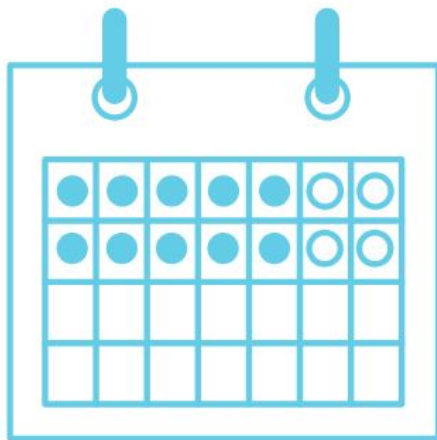


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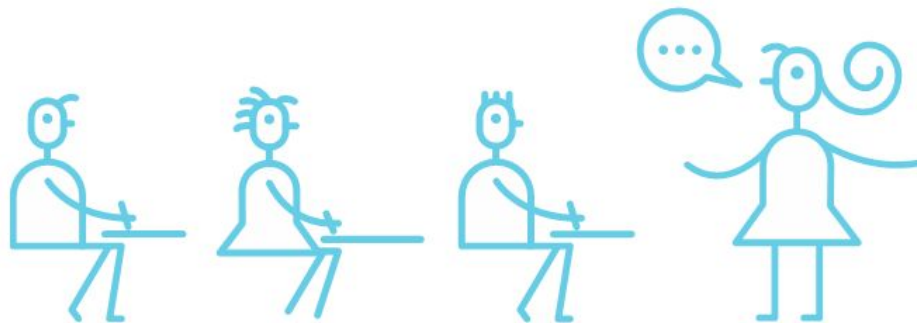


# 1. Spaced Practice

## HOW TO DO IT

Review information from each class, but not immediately after class.

### LESSON



### BREAK



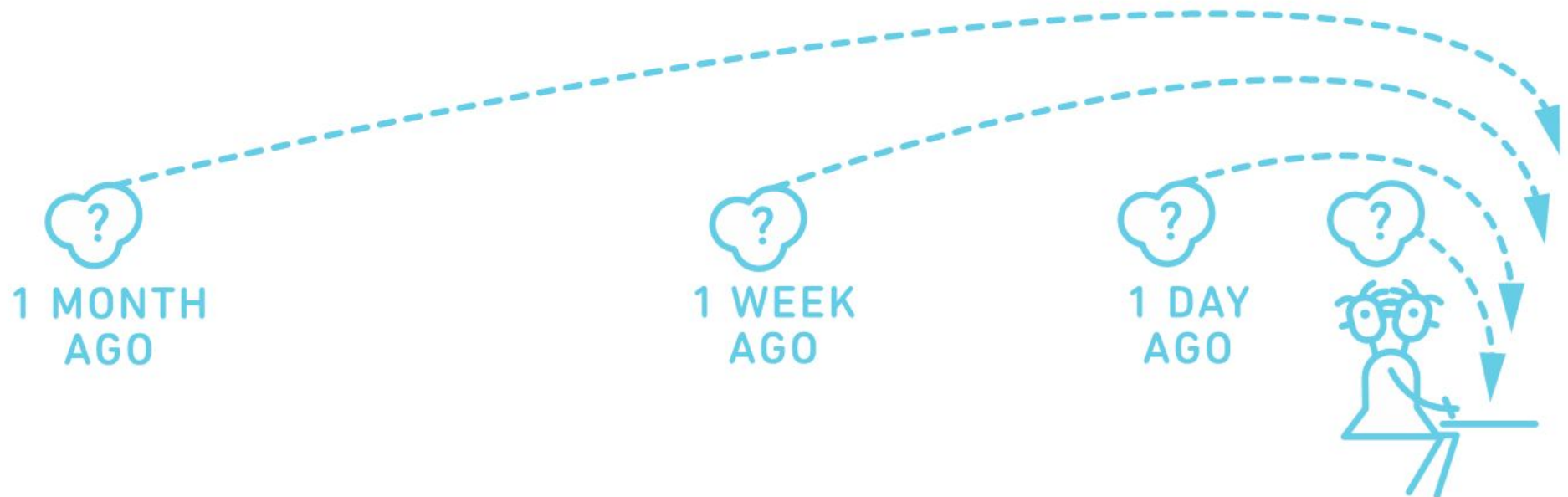
### REVIEW



# 1. Spaced Practice

## HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.

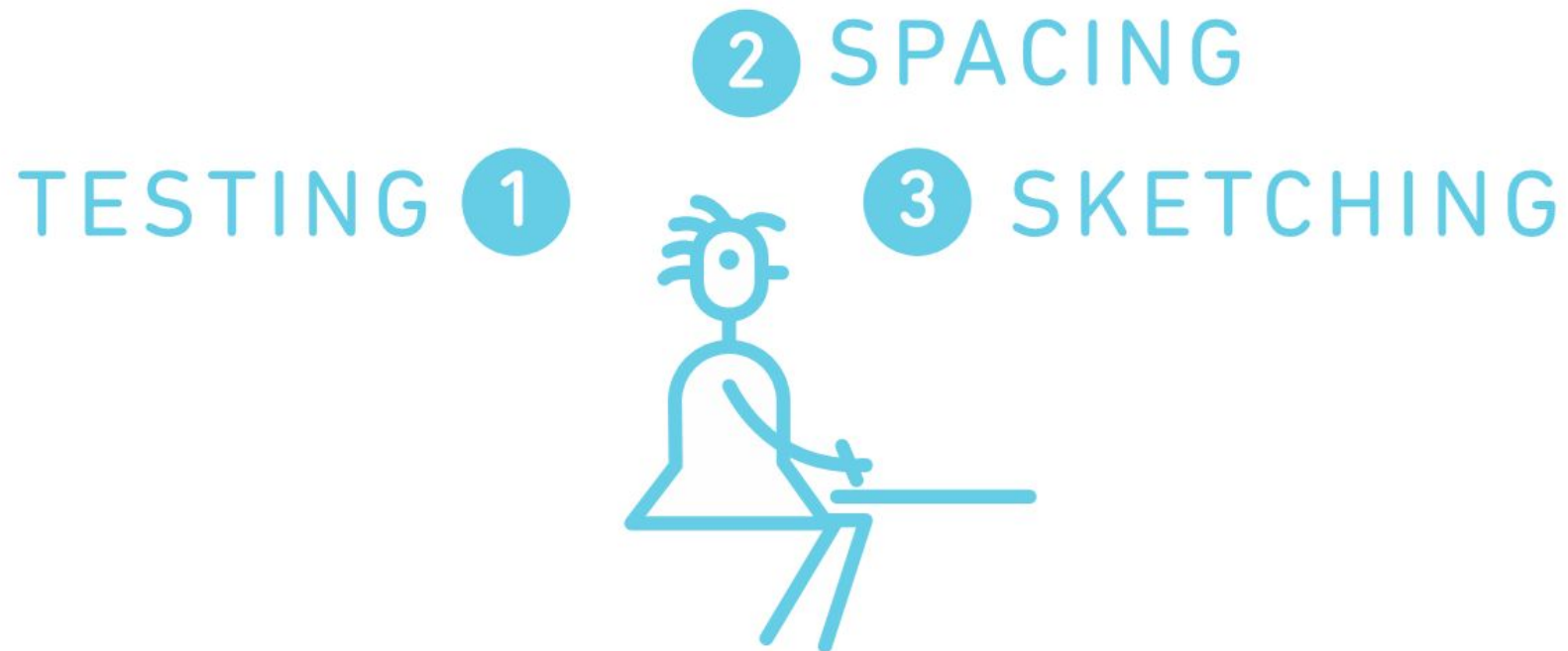




# 1. Spaced Practice

HOLD ON

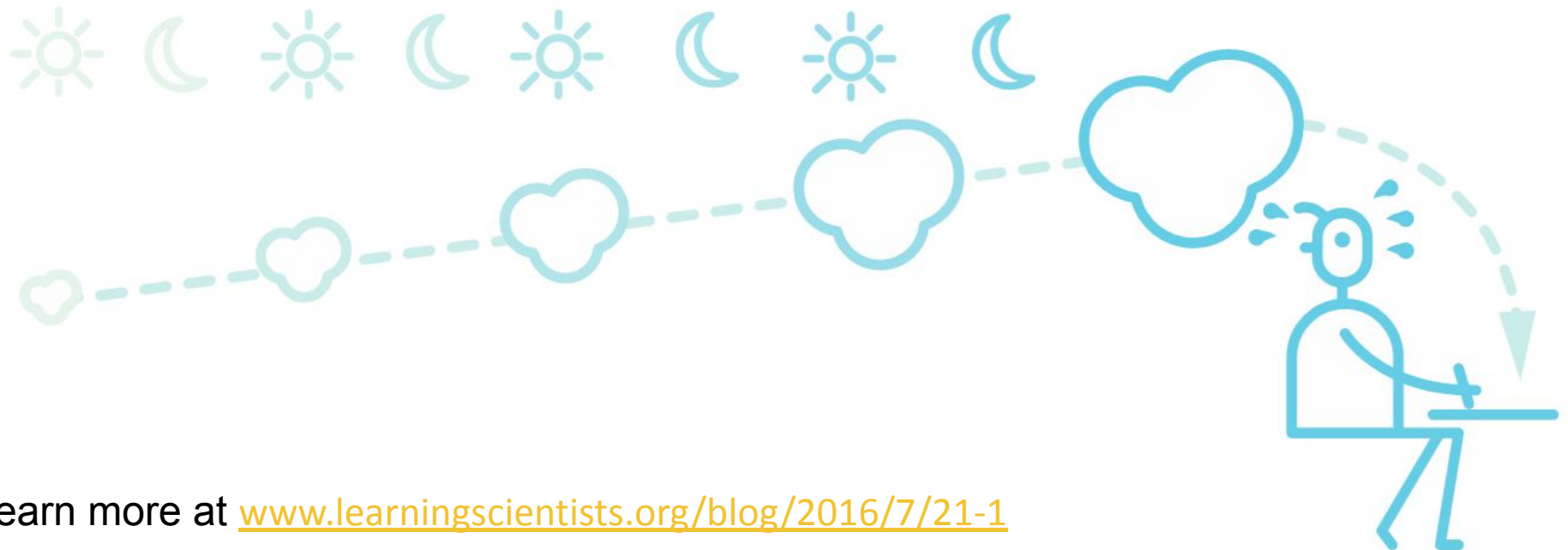
When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.



# 1. Spaced Practice

HOLD ON

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory.



Learn more at [www.learningscientists.org/blog/2016/7/21-1](http://www.learningscientists.org/blog/2016/7/21-1)

## 2. Interleaving - switch between ideas





## 2. Interleaving

### HOW TO DO IT

Switch between ideas during a study session. Don't study one idea for too long.

TOPIC  
A



TOPIC  
B



TOPIC  
C



## 2. Interleaving

### HOW TO DO IT

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



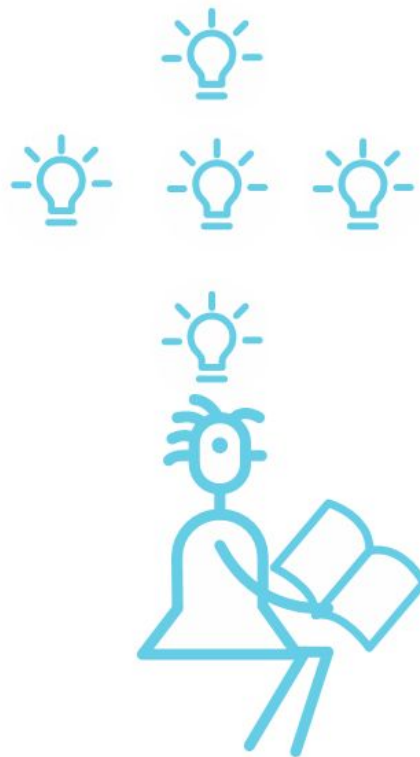
STUDY  
SESSION

3

## 2. Interleaving

### HOW TO DO IT

Make links between different ideas as you switch between them.



## 2. Interleaving

HOLD ON!

While it's good to switch between ideas, don't switch too often, or spend too little time on any one idea; you need to make sure you understand them.



## 2. Interleaving helps you think hard

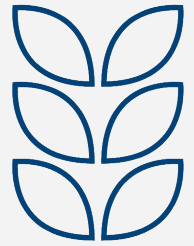
HOLD ON!

Interleaving will feel harder than studying the same thing for a long time. But don't worry - this is actually helpful to your learning!



Learn more at <https://www.learningscientists.org/blog/2016/8/11-1>

# How to make a revision plan



Revision plans help you balance the time you spend preparing for exams and can help with motivation as you tick off completed activities. It also allows family to help you by providing time, space and resources.

Step	
1	<b>Fill in your specific exams</b> on to your plan.
2	<b>Identify some regular time slots</b> that will work well for you. For example, could it be reviewing notes for 10 mins before leaving for school, listening to GCSE Podcasts as you travel, do you prefer to work straight after school, or in the evening. Consider how long you can concentrate for.
3	<b>Plan in time to relax and celebrate</b> at the end of the exam window.
4	<b>Add subject and possibly topics to the time slots</b> that you have identified. Interleave topics and don't plan to spend too long revising the day before an exam. Spacing out your revision is much more effective.
5	<b>Share your plan.</b> Could be a copy you give to someone at home, take a photo for your phone, make an electronic version. School will provide a template and more information at <a href="http://www.tgschool.net/revision">www.tgschool.net/revision</a>



# Wellbeing

It is important to protect your physical and mental health. As well as these tips remember to speak to the people round you for support when you need it: family, friends, tutor, Head of House, Learning Mentors, teachers, school nurses.

Plan in times for relaxation, rest and things you enjoy.

Plan a post exam celebration.

# HOW TO STAY MENTALLY HEALTHY IN THE LEAD UP TO EXAMS



**01**  
Take regularly breaks when revising



**02**  
Stay hydrated to remain focused



**03**  
Talk to someone if you worrying about your exam



**04**  
Challenge unhelpful thoughts and develop rational responses



**05**  
Make sure you are eating a well balanced diet



**06**  
Aim for between 7-9hrs of sleep a night



**07**  
Practise some deep breathing to stay calm



**08**  
Identify your strengths and work towards them



**09**  
Keep organised. Develop a timetable to help you stay on top of things



**10**  
Use some mindfulness to help you stay in the present moment



**11**  
Make sure you engage in activities that provide you with a sense of pleasure and fun



@BELIEVEPHQ



# Y10 March Exams

Write your exams and planned activities and Revision on to the revision plan

WHEN?		Add in your option exams, usual lessons & co-curricular. Plan in times to rest, relax and exercise.					
Time is precious		AM			PM		
		Before School	1	2	3	After School	
	Sat 5 Feb						
	Sun 6 Feb						
Week 2	Mon 7 Feb		opt W	opt X	d Sc e En		
	Tue 8 Feb		d Ma e En	opt Y	d En e Ma		
	Wed 9 Feb		d Ma e Sc	d En e PE	opt Z		
	Thu 10 Feb		d&e En	d&e Sc	opt Y		
	Fri 11 Feb		opt W	d Sc e Ma	d Ma e Sc		
	Sat 12 Feb						
	Sun 13 Feb						
Week 1	Mon 14 Feb		opt X	d Sc e Ma	d Ma e En		
	Tue 15 Feb		opt Y	opt W	d&e En		
	Wed 16 Feb		opt Z	d&e Sc	d En e Ma		
	Thu 17 Feb		d PE e En	d En e Sc	d Sc e Ma		
	Fri 18 Feb		opt Z	d Ma e Sc	opt X		



Exams are in the Sports Hall unless otherwise shown*					
		AM - Register first, arrive for 9:00		PM - arrive for 13:30	
		Subject	Length (mins)	Subject	Length (mins)
WEEK 1	Mon 7 Mar	SCIENCE	80	BUSINESS STUDIES	60
	Tue 8 Mar	ENGLISH	105	HISTORY	55
	Wed 9 Mar	GEOGRAPHY	90	GCSE PE	75
	Thu 10 Mar	FOOD & NUTRITION	105	RELIGION, PHILOSOPHY & ETHICS	75
	Fri 11 Mar	DESIGN & TECHNOLOGY	120		
WEEK 2	Mon 14 Mar	MATHEMATICS	90	LATIN	90
	Tue 15 Mar	DRAMA	60	STATISTICS	90





# Do

The most effective way to revise is to do something with the information.

Reduce and re-purpose your notes, answer questions, discuss with someone



# Mr Ryall's Assembly, last week...

“Memory is  
the   
of .

what remains  
after a process

psycho: Greek for mind  
-ology: branch of knowledge

, Dan Willingham

We are going to think hard and  
practise revision skills









“Memory is  
the residue  
of thought.”

Psychologist, Dan Willingham

# Is this a good way to revise?

Jot down your True or False answers on the back of your FLAT summary sheet



-  1. Just highlighting
-  2. Completing exam questions
-  3. Using flashcards
-  4. Quickly cramming as much as I can
-  5. Eating healthily
-  6. Having my phone near me
-  7. Explain a topic to someone
-  8. Space my revision out
-  9. Listening to music while revising
-  10. Staying up late to revise
-  11. Getting exercise
-  12. Drinking water

Once you have recorded your answers the teacher will click through to show the answers.

Which of these recommendations are hardest to put into practice?

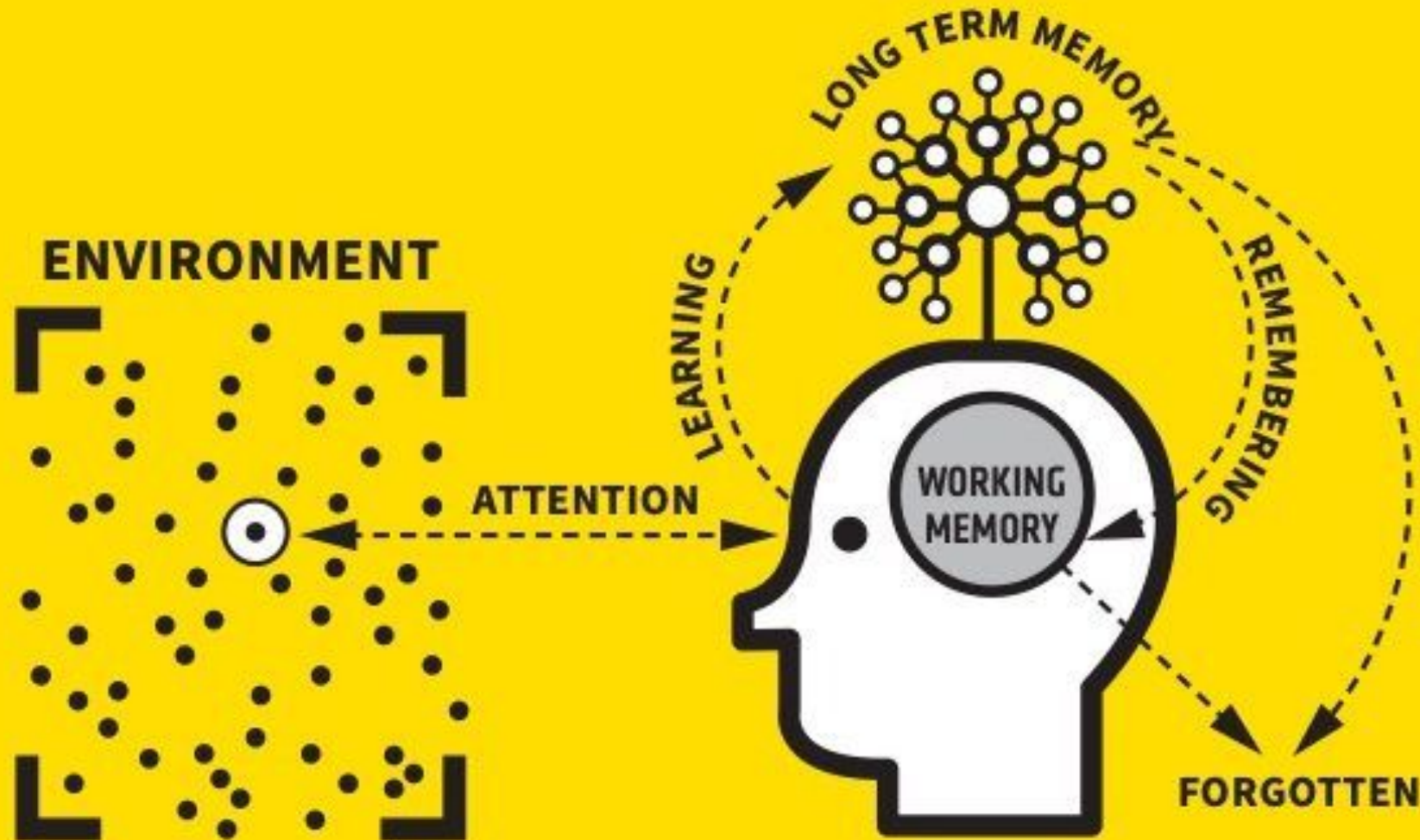
What could you change to make that habit easier?





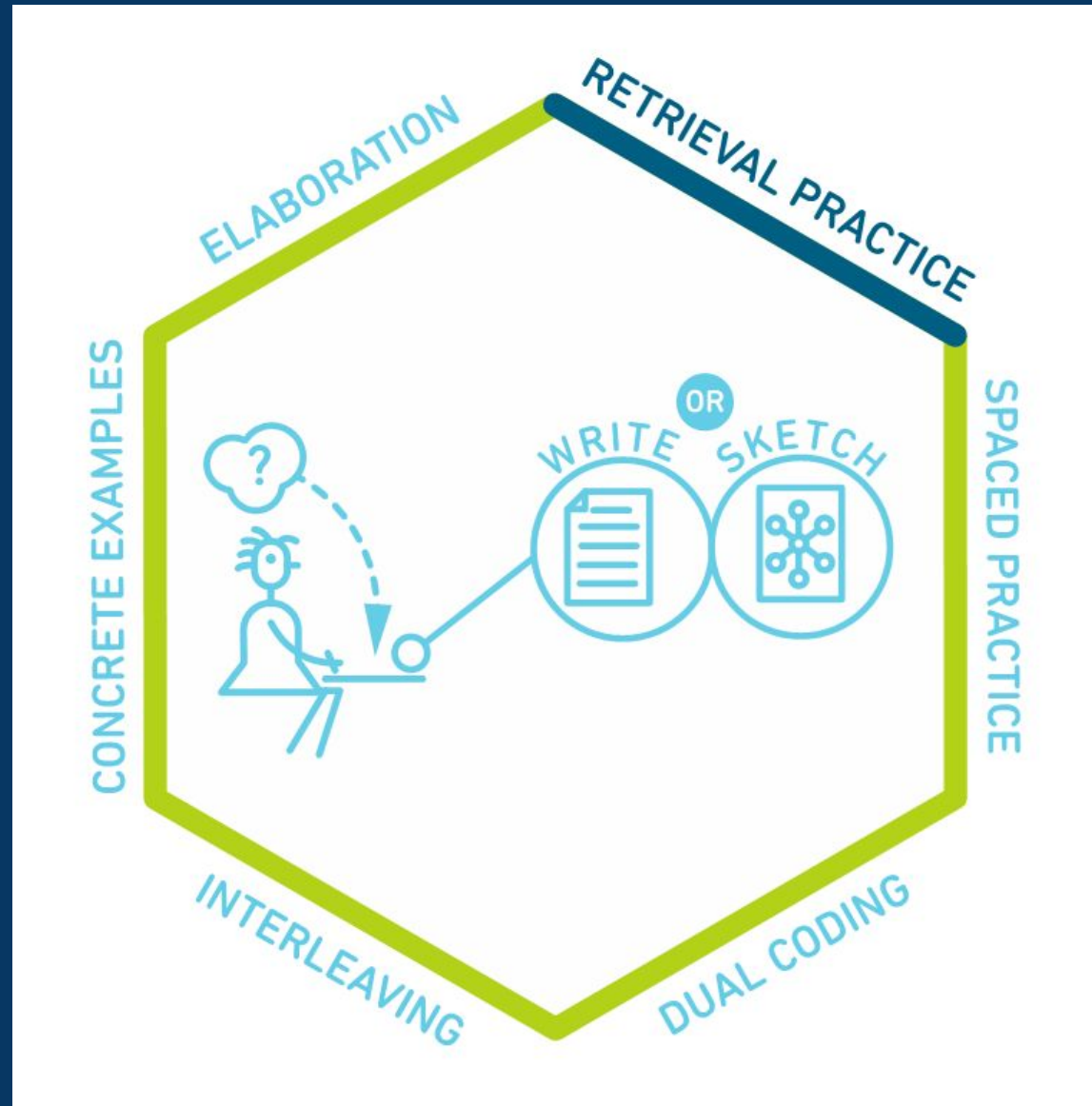
### 3. Practice remembering

Revision and regular retrieval practice, even just small quick tasks, are important to help us practice remembering





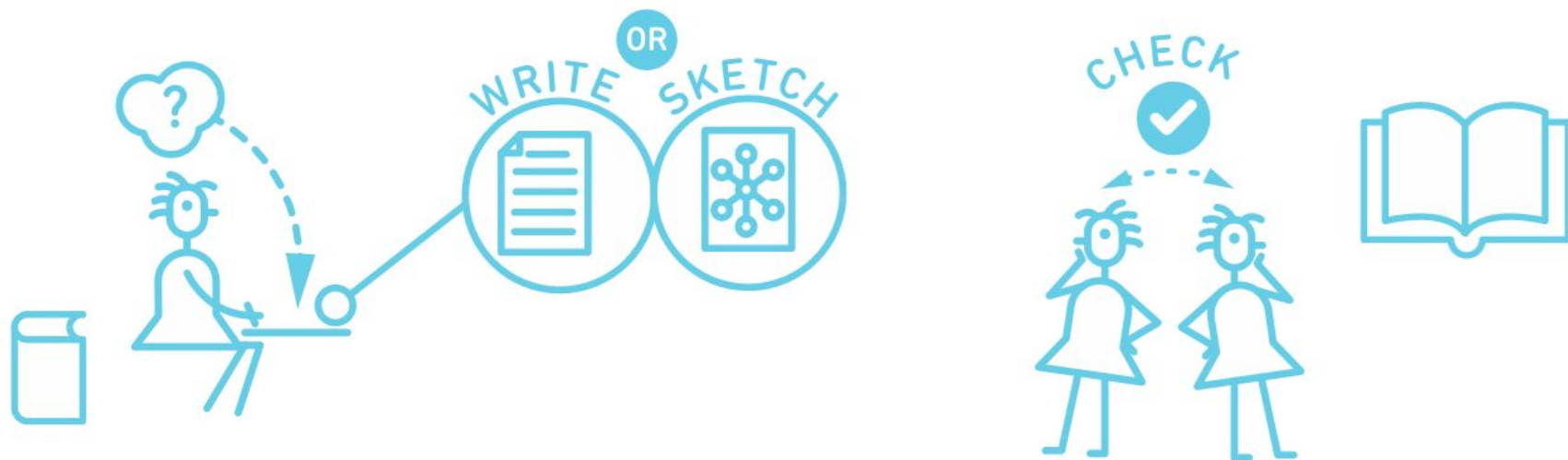
### 3. Retrieval Practice



# 3. Retrieval Practice

## HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.

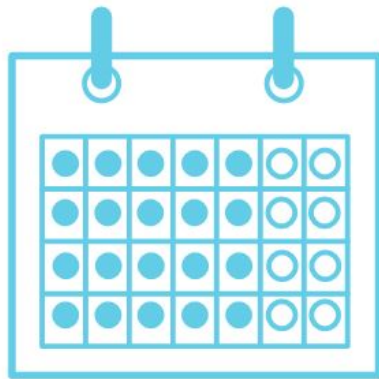




# 3. Retrieval Practice

## HOW TO DO IT

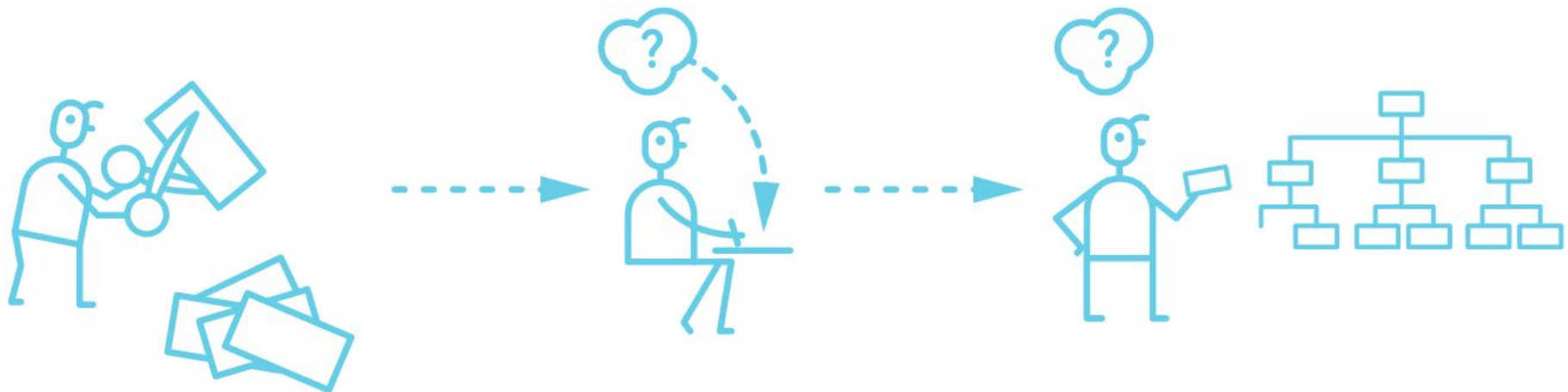
Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



# 3. Retrieval Practice

## HOW TO DO IT

You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.



# 3. Retrieval Practice

HOLD ON!

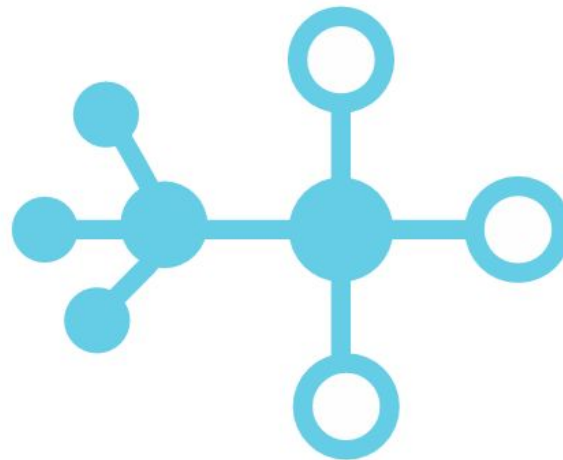
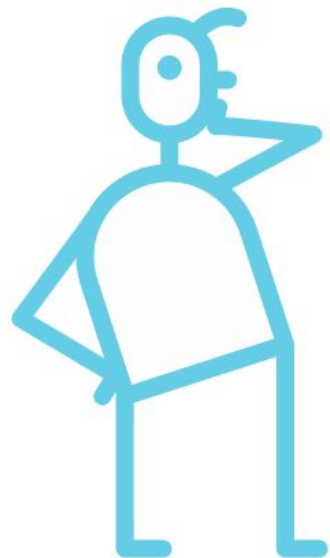
Retrieval practice works best when you go back to check your class materials for accuracy afterward.

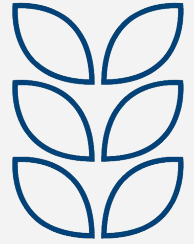


# 3. Retrieval Practice

HOLD ON!

Don't only recall words and definitions. Make sure to recall main ideas, how things are related or different from one another, and new examples.





# What does this mean for revision?

Self testing is the most effective way to revise. You can do this by:

- After reading something once, write down everything you can remember about the topic
- Complete exam questions
- Use the questions on tools like Mathswatch, Carousel, GCSEPod or Seneca
- Create revision cards to then test yourself

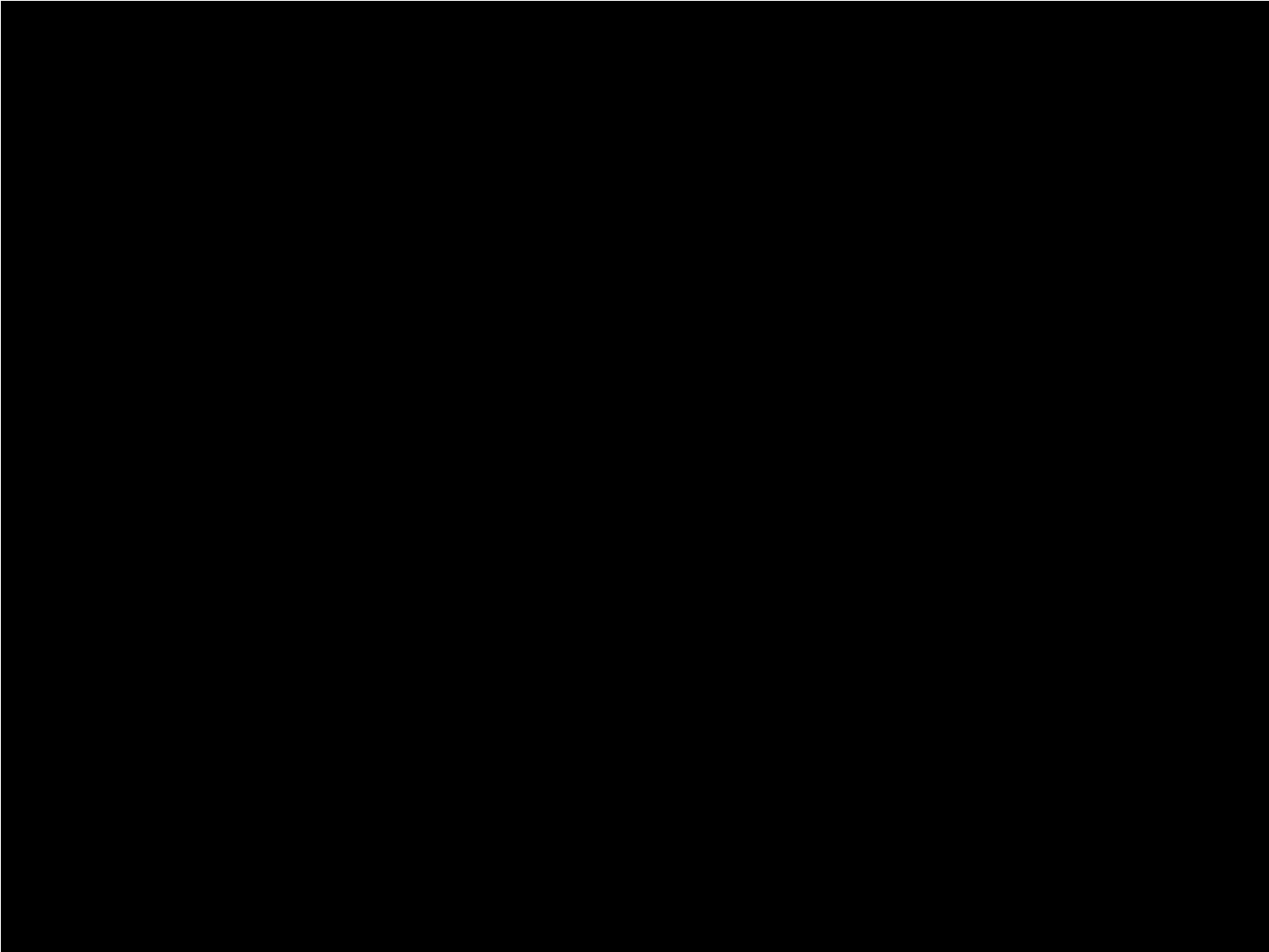
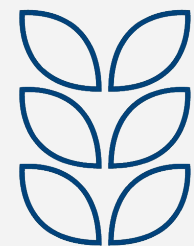


We are going to practise this by making some revision cards.





# How to use GCSE Pod, [www.gcsepod.com](http://www.gcsepod.com)





# Watch one of these GCSEPods together

**English: Audience & Purpose:**

<https://members.gcsepod.com/shared/podcasts/title/14257/85134>

**Science: Cells:**

<https://members.gcsepod.com/shared/podcasts/title/10775/66048>

**Maths: Quadrilaterals:**

<https://members.gcsepod.com/shared/podcasts/title/10203/63400>

1. Mix Pictures and Words
2. Use Mnemonic Devices to Create Mental Connections
3. Write Only One Question Per Card
4. Break Complex Concepts Into Multiple Questions
5. Say Your Answers Out Loud When Studying
6. Study Your Flash Cards in Both Directions

**Log in to GCSEPod with your usual school username & password.**

**First, after watching the GCSE Pod write or make a mind map of as much as you can remember.**

**Second as the teacher pauses the GCSE Pod make your revision cards.**

Use the card to quiz a partner.

This is retrieval practice.

**Third task, try a check & challenge quiz on GCSEPod**

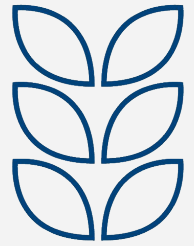


# Review

Practise remembering.

This is called retrieval and is the best way to strengthen and connect memories.

You can do it with flashcards and self-quizzing.



# Reading – How to learn: the experiment

It's 2006.

Two of the world's leading memory researchers, Henry Roediger and Jeff Karpicke, are in pickle.

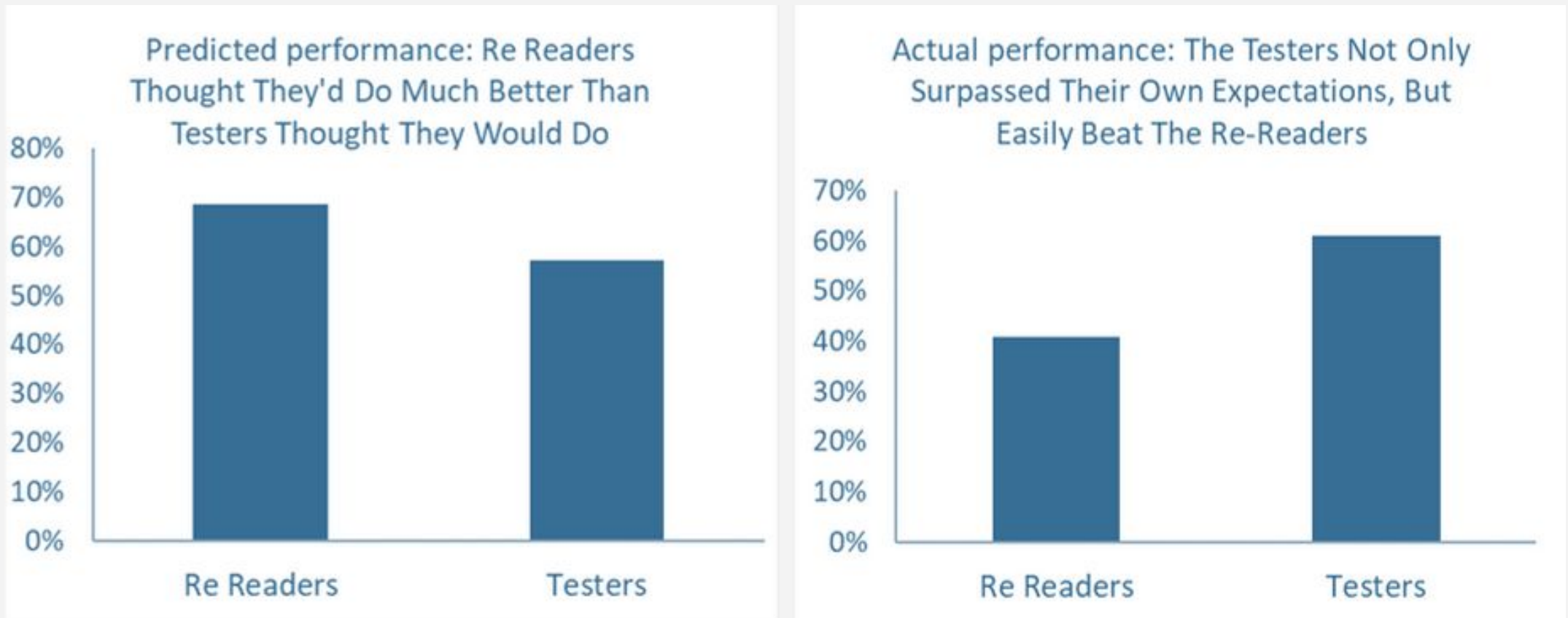
They know from previous research that practising remembering information – “practice testing” – is an incredibly powerful way to learn, leading to massive and long-lasting memory improvements vs just re-reading, highlighting, note-taking or summarising.

“Practice testing” just means any learning technique where you're trying to remember information: using flashcards, doing practice questions, or just writing down everything you can remember about a topic from memory on a blank sheet of paper. All really powerful ways to revise for exams.



# How to learn: the experiment

Here's what the data showed – note how well the Testers did in “Actual performance”, compared to the Re-Readers:



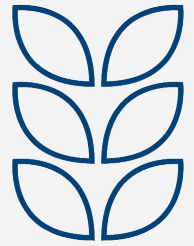
The graph shows how to learn better – a strategy of learning by practising remembering the information leads to better test performance



# TIPS FROM FELLOW STUDENTS



EXAM SUCCESS



We asked your fellow students what helps them to revise for their exams. Here's what they said.



①

## PACE YOURSELF

Try not to revise everything at once. Give your mind time to take in what it is you are revising.

③

## ORGANISE WORKLOADS

Organise your time properly by creating a timetable of subjects to revise. Don't forget to include suitable breaks.

⑤

## USE SUMMARY PODS

For short bursts of revision, the Summary Pods are a great way to help you remember the key pieces of information.

②

## SET GOALS

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

④

## NO LATE NIGHTS

Don't start revision late at night. Make sure you have a good sleep of between 7-9 hours every night, helping you to have a relaxed and well-rested mind and body.

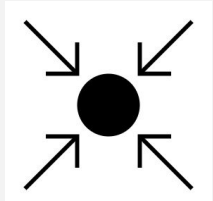
⑥

## DON'T LEAVE IT UNTIL THE LAST MINUTE

Leaving revision until the last minute will add unnecessary stress to your workload. Start sooner rather than later.

# Final Summary – is your revision FLAT?

Make good use of your new skills, they will lead to success, more support at [www.tgschool.net/revision](http://www.tgschool.net/revision)



## FOCUSED

- Put your phone away
- Turn the music off
- Avoid distractions
- Be in the right physical place to revise
- Be in the right frame of mind to revise



## LONG-TERM

- Start early to cut down on stress later in the year
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- Practise exam technique by writing or planning answers
- Revise what you struggle with

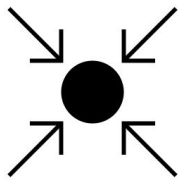


## TRANSFORMED

- Transform the knowledge you want to learn into a different format
- Make flashcards
- Produce a timeline
- Record a podcast
- Invent a mnemonic
- Create a mindmap
- Design a flowchart
- Make a powerpoint
- Teach it

# Make your revision FLAT

Make good use of your new skills, they will lead to success, more support at [www.tgschool.net/revision](http://www.tgschool.net/revision)



## FOCUSED

- Put your phone away
- Turn the music off
- Avoid distractions
- Be in the right physical place to revise
- Be in the right frame of mind to revise



## LONG-TERM

- Start early to cut down on stress later in the year
- Make a revision timetable and commit to it
- Plan for 90 minutes to 2 hours study
- Interleave different topics



## ACTIVE

- Engage your brain by actively creating revision resources
- Test yourself, get others to test you
- Practise exam technique by writing or planning answers
- Revise what you struggle with



## TRANSFORMED

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