

Revision:

Helpful Advice for Parents

Shiplake College – 2014



Common myths

- ▶ Everyone else is better at exams



- ▶ No one else is doing any revision yet

Making a start – being organised

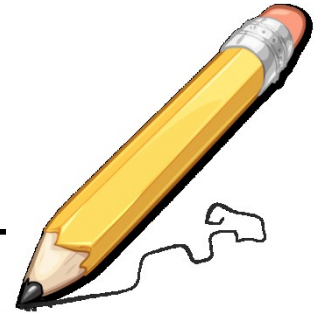
- ▶ Allow plenty of time
- ▶ Draw up your own revision timetable
- ▶ Organise your files and folders & stationery



My Revision Timetable						
Week	1	2	3	4	5	6
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						



Your revision timetable

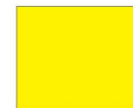


- Use colour
- Adapt but not too much
- How much time for each subject?
When?
- Short bursts of study – 25–35mins is optimum then 5–10 min break
- Do something you like before you sit down to revise

My Revision Timetable						
Week	1	2	3	4	5	6
Mon						
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Sun						



Brilliant Red



Brilliant Yellow



Brilliant Blue



White



Black

Top Ten Tips



1. Good revision space
2. Revision timetable
3. Make notes/record notes
4. Use Prompts/sticky notes
5. Use Revision guides/websites & past papers
6. Questions and Answers
7. Ask for help
8. Get plenty of sleep and exercise and eat well
9. Leave time for yourself
10. Be positive!



Resources

- ▶ BBC Bitesize
Revision & Skills –
<http://www.bbc.co.uk/schools/studentlife/revisionandskills/>
Revision Planners –
http://www.bbc.co.uk/schools/studentlife/revisionandskills/revision/revision_planners.shtml
- ▶ ExamPAL App – download from www.exampal.co.uk/
tool for students and parents with all current exam dates
£1.99

The Psychology of Revision

Mr Richard Ebbage

The Revision Cycle

Dunlosky et al. (2013)



- ▶ Highlighting everything, just summaries, rereading = Low effectiveness
- ▶ Spaced Learning & Practice Testing = Highest Effectiveness

Day 1

- Review Topic 'A' (20 mins)
- Transformation Task 'A' (15 mins) – Mindmap, comic, song, interpretive dance


Day 2

- Practice Test 'A' (10 mins)
- Exam Question 'A' (15 mins)
- Review Topic 'B' (20 mins)
- Transformation Task 'B' (15 mins) – Mindmap, comic, song, interpretive dance

Day 3

- Practice Test 'B' (10 mins)
- Exam Question 'B' (15 mins)
- Review Topic 'C' (20 mins)
- Transformation Task 'C' (15 mins) – Mindmap, comic, song, interpretive dance

- ▶ Read this extract and watch this film at the same time: “A Dutch prisoner described by his lawyer as a giant has gone to court over the size of his single cell, arguing that it is inhumanely small. The prisoner, 2.07m tall (6ft 9in) and 230kg (36st), says he cannot properly sleep or use the toilet. Prison officials have tried to relieve his discomfort by adding a 2.15m plank and an extra mattress to his bed.

- ▶ What colour t-shirts were the skaters wearing?
 - ▶ What nationality was the prisoner?
 - ▶ What make of car was in the video?
 - ▶ How much did the prisoner weigh?
- 

- ▶ Now read this extract and repeat the word “The, the, the”

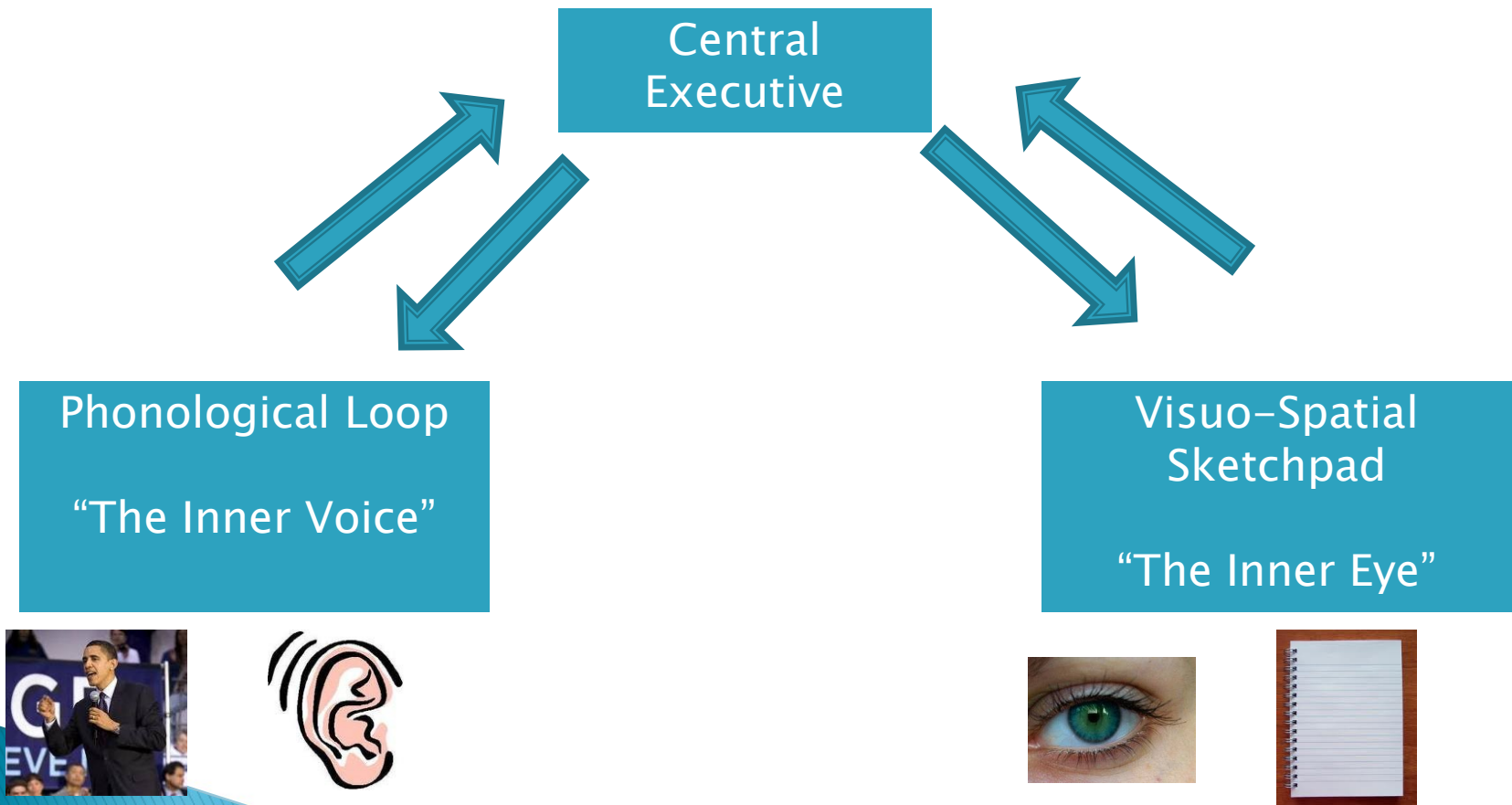
“... Named by his lawyer as Angelo MacD., he is asking to complete his two-year sentence for fraud under house arrest. His lawyer, Bas Martens, told a court in The Hague that his client's conditions of detention violated the European Convention on Human Rights.

He insisted that MacD. was not trying to get out of serving his time. "My client just wants to serve a comparable sentence without pain," Mr Martens told Radio Netherlands.”

- ▶ What was the lawyer's name?
- ▶ Which country was the radio station in?

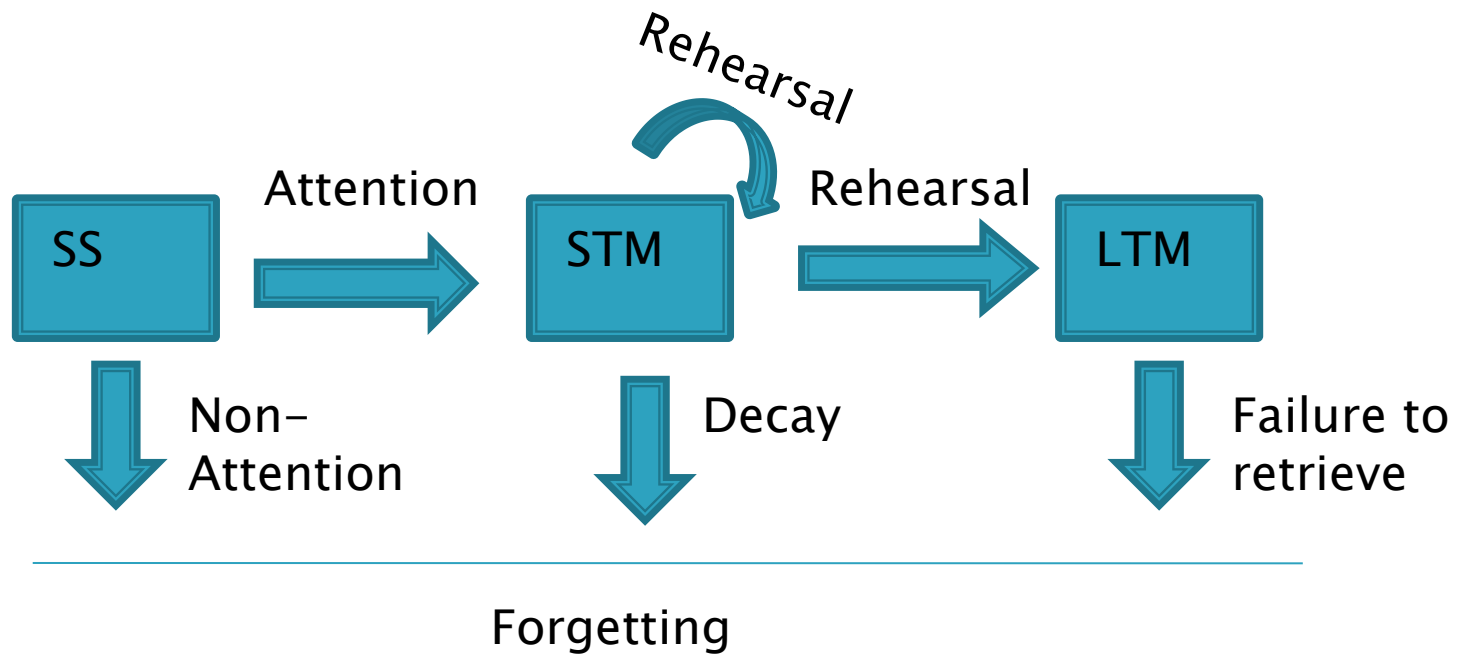
The Working Memory Model (WMM)

- ▶ Baddeley & Hitch (1974)





The Multi-Store Model



Atkinson & Shiffrin (1989)

- ▶ Paris
- ▶ Rugby
- ▶ Fiona
- ▶ Duck
- ▶ Hong Kong
- ▶ Mouse
- ▶ Tennis
- ▶ Kate
- ▶ Tripoli
- ▶ Charlotte
- ▶ Canberra
- ▶ Netball
- ▶ Dog



- | | | | |
|------------|------------|----------|-----------|
| ▶ London | ○ Football | ○ Cat | ○ Rachel |
| ▶ New York | ○ Hockey | ○ Gerbil | ○ Melanie |
| ▶ Tokyo | ○ Baseball | ○ Rat | ○ Jessica |



Memory Improvement

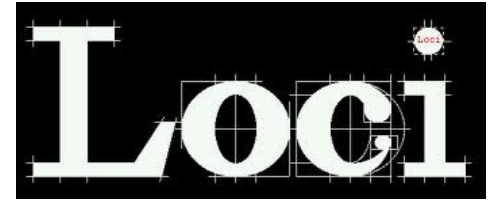


- ▶ Organisation – The key to memory
- ▶ We use our pre existing knowledge to classify new information
- ▶ Shuell (1969) – Words are remembered better when they are placed into categories
 - P's recalled words category by category (categorical clustering)
 - Random words they would try to categorically cluster
 - Those who categorically clustered remembered more words
- ▶ Our memory is based on our ability to organise words
- ▶ But does organisation occur at the time of storage or recall?

Visual Image Mnemonic– Method of Loci

- ▶ Loci – Placing ‘to-be-remembered’ information at points along a known route e.g. plan of house, way to shops, etc.
- ▶ Bower (1973) – gave P’s a 20 word list to remember
 - 72% memory Loci method
 - 28% memory non-Loci
- ▶ Ross & Lawrence (1968) – 95%+ accuracy every time on a 40–50 word list using the loci method

Loci



- ▶ A way of organising random material in a way that makes use of pre-existing knowledge about a sequence of locations
- ▶ Recall is easier because you are given a cue (the location)

Visual Image Mnemonic– Pegword Method



- ▶ Use your pre-existing knowledge to learn new information
- ▶ 1 = bun, 2 = shoe, 3 = tree, 4 = door, 5 = hive, 6 = sticks, 7 = heaven, 8 = gate, 9 = wine & 10 = hen
- ▶ Then link the ‘to-be-remembered’ words (battleship, pig, chair, sheep, castle, rug, grass, beach, milkmaid, binoculars)
- ▶ Imagine a *battleship* floating into a giant *bun*, imagine a large *shoe* with a *pig* inside it etc...

Pegwords



- ▶ Imagining the ‘to-be-remembered’ information (the words) with existing knowledge (numbers).
- ▶ Morris & Reid (1970) – found twice as many words remembered when pegword method used vs. when not used.
- ▶ The method works as visual images are powerful retrieval cues from LTM
- ▶ Allows for organisation of material

Verbal Mnemonic – The story method




- ▶ Again organise & recall unrelated words in the correct order
- ▶ Create a story around the words. This imposes meaning on the words.
- ▶ *In the kitchen of the **BATTLESHIP**, there was a **PIG** that sat in a **CHAIR**. There was also a **SHEEP** that had previously lived in a **CASTLE**. In port, the sailors took a **RUG** and sat on the **GRASS** close to the **BEACH**. While there, they saw a **MILKMAID** watching them through her **BINOCULARS**.*
- ▶ Bower & Clark (1969) – 93% vs. 13% correct word list with story vs. control method
 - 7X more effective.

Acronyms

- ▶ BODMAS
- ▶ Richard Of York Gave Battle In Vain/ Roy G. Biv
- ▶ Mr Ebbage Is The Best Ever Teacher – MEITBET

Tips!

- ▶ One thing at a time
 - ▶ Pay attention! (no distractions)
 - ▶ Organise
 - ▶ Mnemonics (Loci, Pegwords, Story)
 - ▶ Acronyms
 - ▶ Mindmaps
- 

Conclusions

- ▶ Individual differences
- ▶ No one method alone
- ▶ None of it works without the understanding

Study Skills

Shiplake Collge 2014

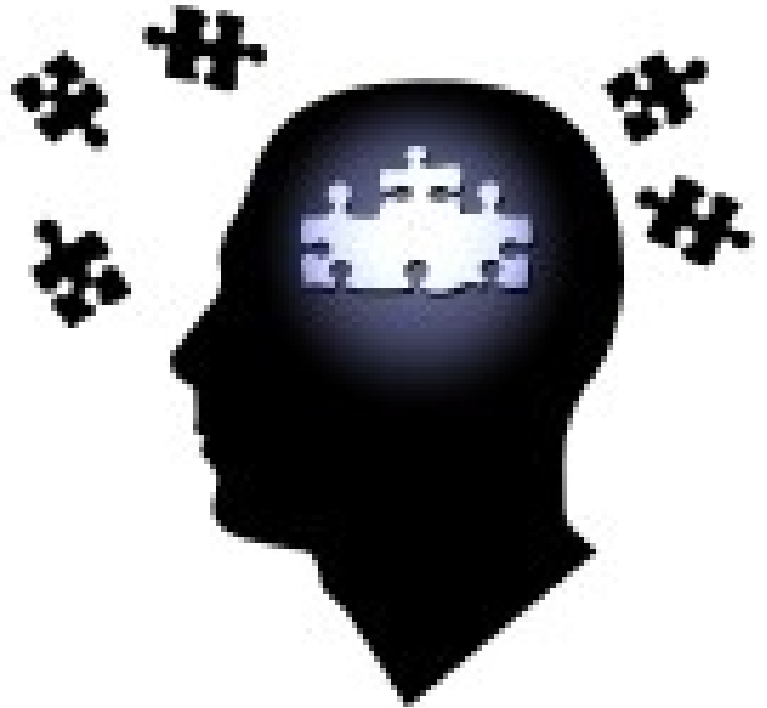


Mind Mapping
Memory Techniques



Trust your Brain!

When you have learned something and you understand it, the brain only needs to see a small amount to remember everything.



Mind Mapping



The Human Heart

The human heart is roughly the size of a fist and it weighs approximately 300 grams. It is divided into two sides, the left-hand side and the right-hand side.

The purpose of the right-hand side of the heart is to pick up the de-oxygenated blood and pump it into the lungs so that gas exchange can take place (releasing of carbon dioxide and the collection of oxygen).

The purpose of the left-hand side of the heart is to collect the oxygenated blood and pump it out to the rest of the body.

Blood is prevented from flowing backwards by a series of valves.

In order to keep the heart healthy, regular exercise, a balanced diet and emotional well-being all are very important factors.



The Human Heart

Size

- Fist
- 300g

Right Side

- Deoxygenated blood
- To Lungs
- Gas Exchange

Left Side

- Oxygenated blood
- To body

Valves

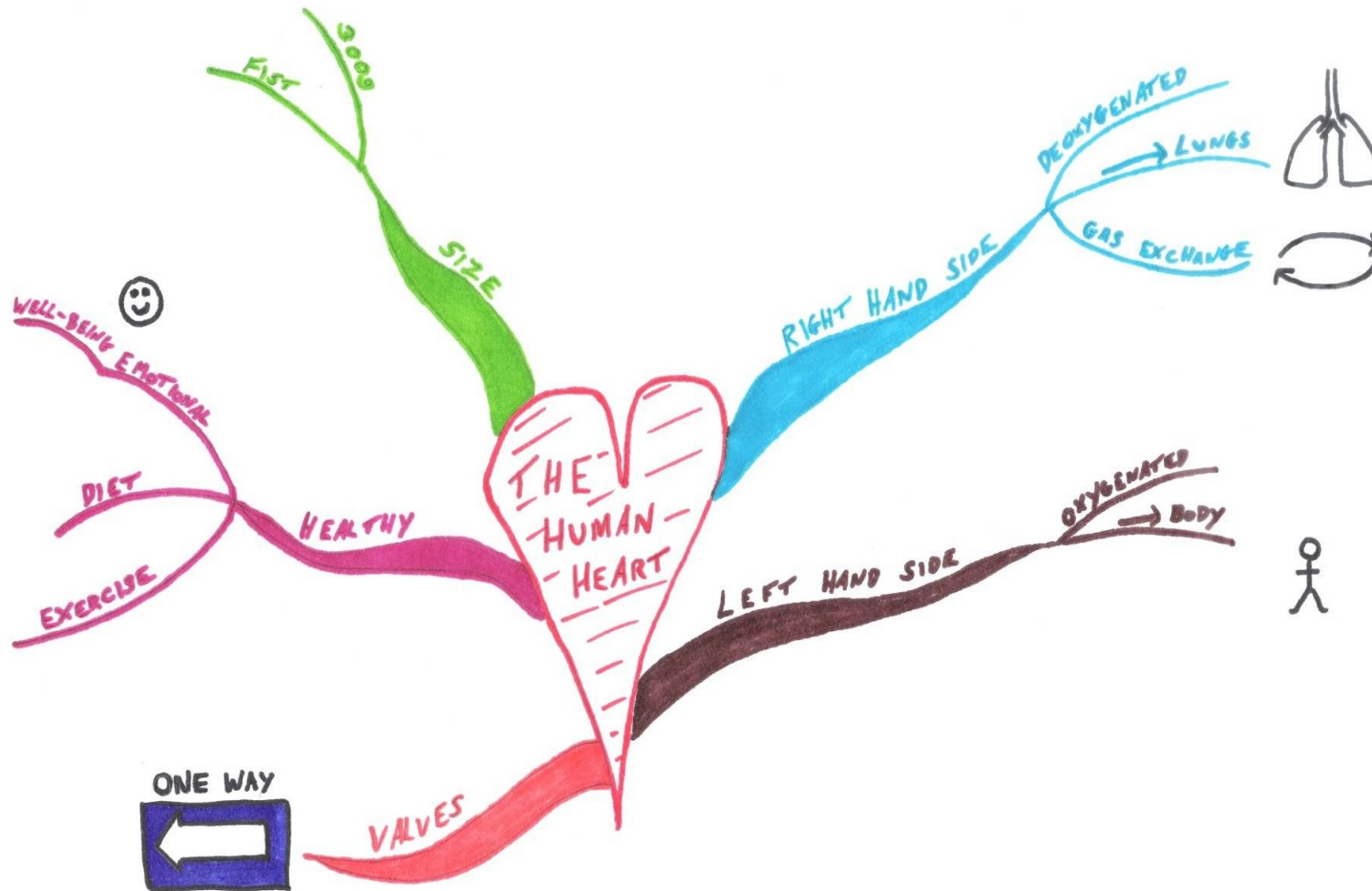
- One Way

Healthy

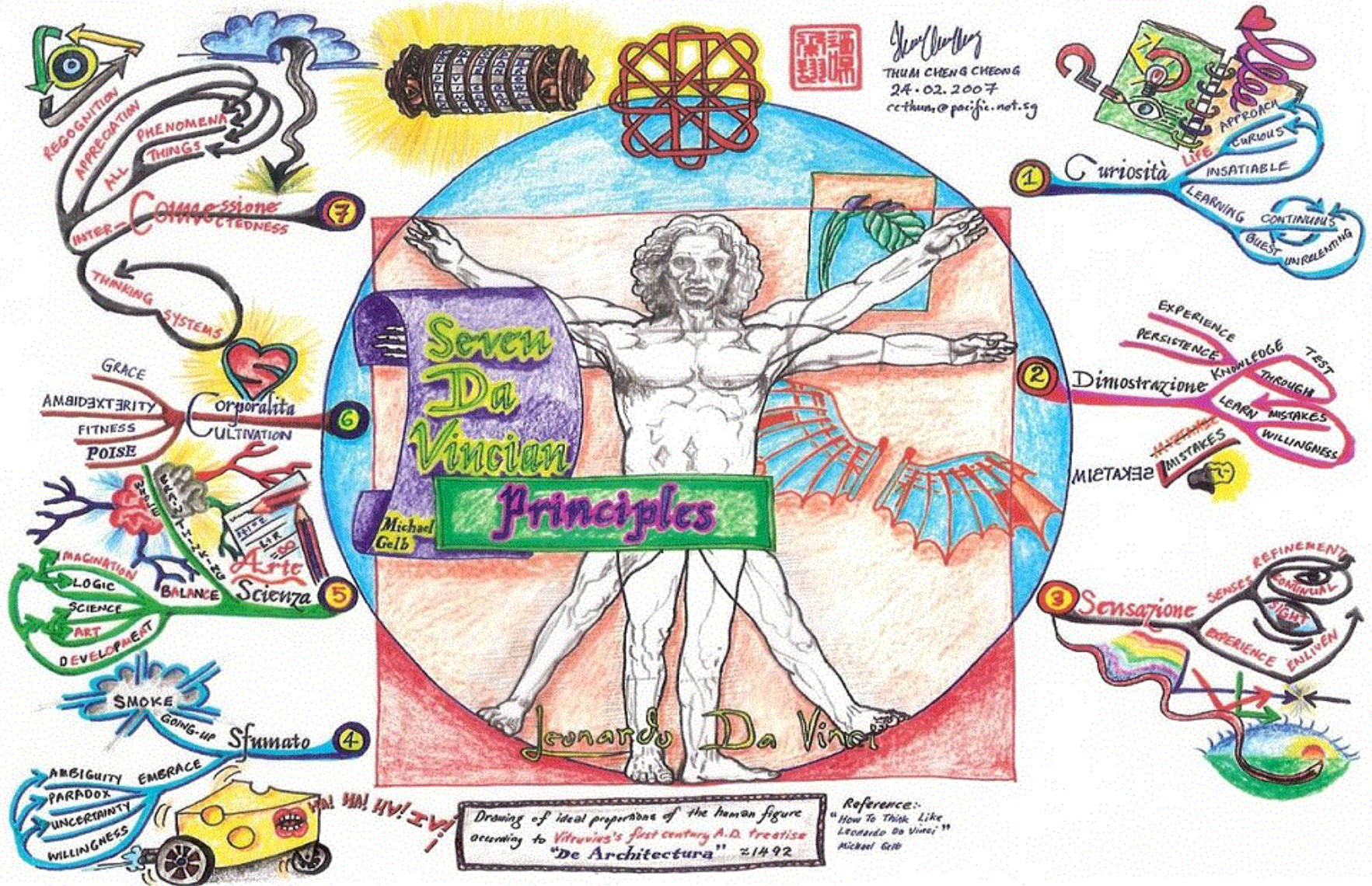
- Exercise
- Diet
- Emotional Well-Being

Mind-Maps

A Mind-Map is a logical pattern and it is also creative



Does not have to look like this!



The Location Method



Oscar Winners – Best Picture

- 2001 – A Beautiful Mind
- 2002 – Chicago
- 2003 – The Lord of the Rings: The Return of the King
- 2004 – Million Dollar Baby
- 2005 – Crash
- 2006 – The Departed
- 2007 – No Country for Old Men
- 2008 – Slumdog Millionaire
- 2009 – The Hurt Locker
- 2010 – The King's Speech
- 2011 – The Artist
- 2012 – Argo

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Locations you can use

- **Your Home**
- **Other People's Homes**
- **Shiplake**
- **Your Old School/Primary School**

WARNING !

THIS IS NOT A SHORTCUT TO SUCCESS



Effective Revision:

Coping with exam stress

Mr Ben Stephenson





Sitting in a 3.8-metre sea
kayak and watching
a four-metre great
white approach you is
a fairly tense experience

MOTIVATION

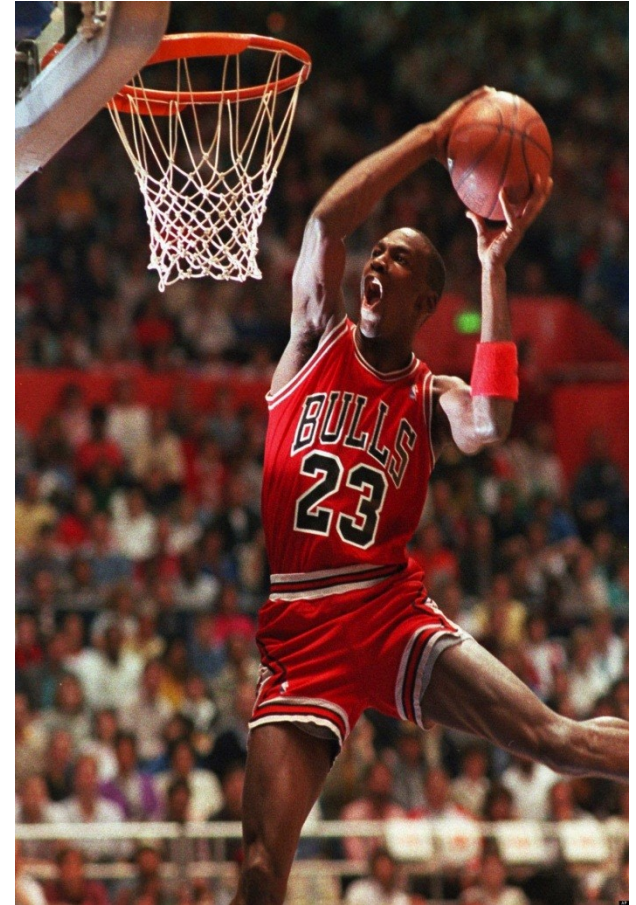
If there is a better reason to paddle, I don't know what it is.

Yolo

- ▶ Definition– a modern exclamation of enthusiasm. Unfortunately this term is often used to explain the indefensible or unexplainable.
- ▶ Verb– yoloing. “I didn’t revise– I spent the day yoloing instead (photoshopping and posting on Facebook.”
- ▶ You used to only get ONE shot at exams– but must have a C or above in GCSE Maths and English if you want to stay in further education.

Michael Jordan

- ▶ I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

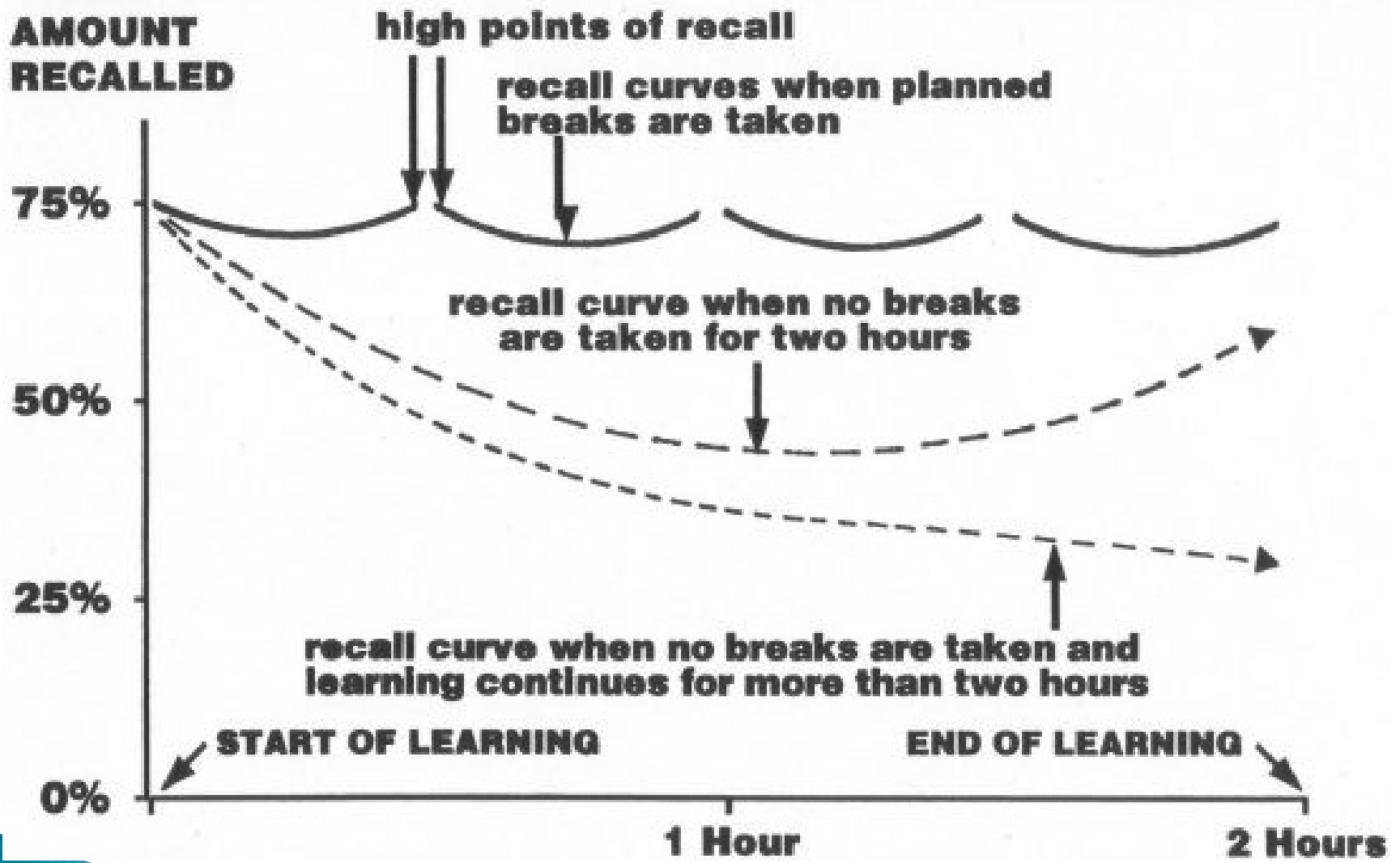




Practise, practise, practise

- Practise doing exams in the same conditions you are going to be taking them.
- In silence, no phone, no internet, no notes, same time conditions.
- Make sure you know exactly where your exam is and visualise yourself doing an exam in there





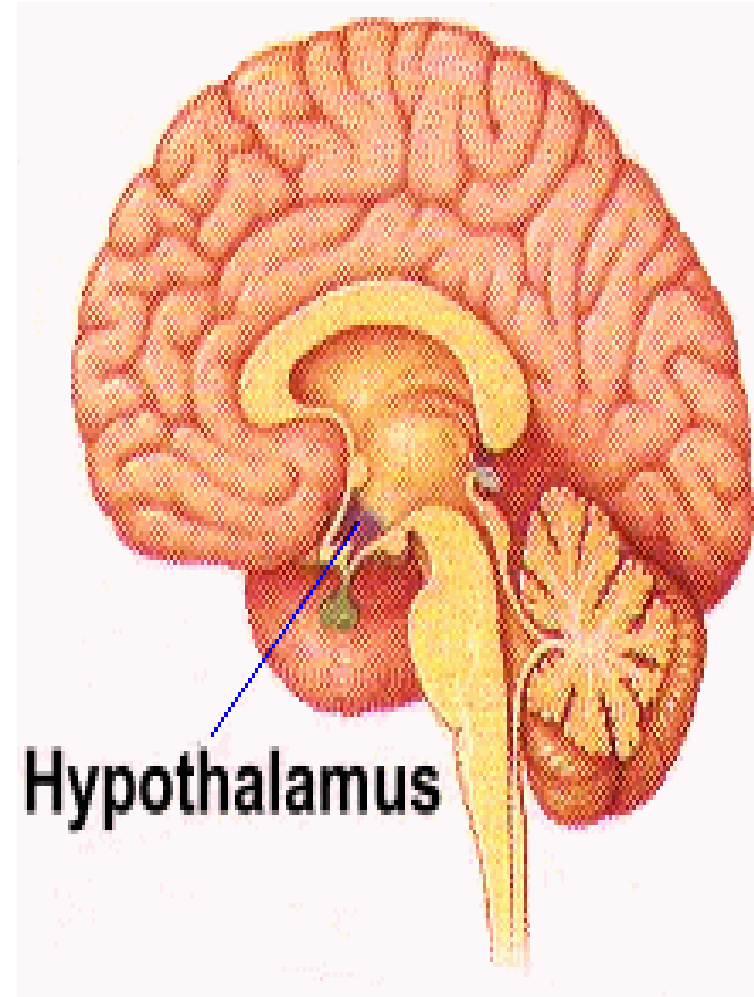
Relaxation



- Give yourself time to relax or you risk burnout. Sleep is vital!
- Sport and exercise is an excellent way to relax and the old cliché “healthy body healthy mind” is true. There are links to being active and having a healthy psychological well being.
- Muscular relaxation, deep breathing, conditioning can all help.

Before the Exam

- It's normal to get anxious and nervous.
- You only get nervous about the things that you've put effort into.
- Fight or flight; feeling sick, needing the toilet etc is your body's way of getting you prepared for a big event.

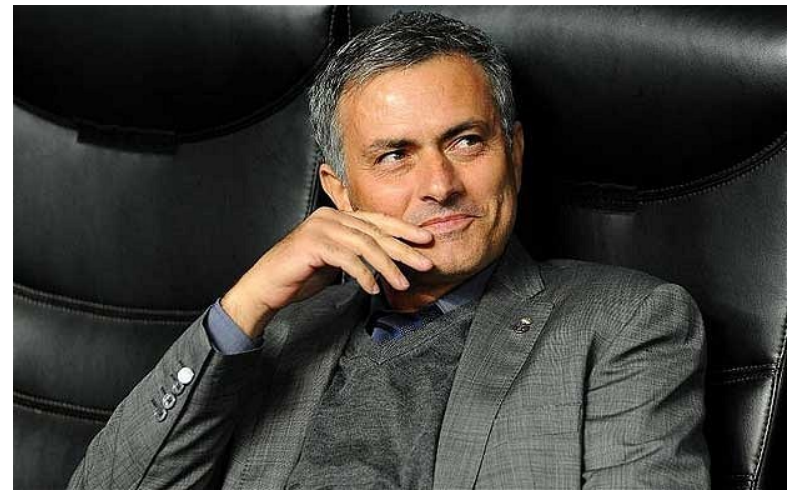


On the day

- Don't try and learn anything new (ideally try not to do anything the day before either).
- Consolidate the knowledge that you already know and being confident in what you have done.
- Stock up on lemons. Cut it open and sniff half in the morning and half before your exam.



ACT AS IF



- Every is great!
- Easiest thing to control is what you say.
- Avoid the type of people who are going to put you off by worrying/ask last minute questions.
- Parents- you need to do this too! Also avoid talking too much about the exams as muscle memory can lead to fatigue.

After the Exam

- Give yourself time to relax and unwind before refocusing on the next exam.
- Don't worry about what you did, it's out of your control. What you can control is your preparation for the next one.
- Plan something to look forward to when all the exams are over.



Take home messages.

- Revise as effectively as possible.
 - Find people who will help.
 - Take time to relax.
 - Act as if everything will be fine.
 - Buy some lemons
- 