

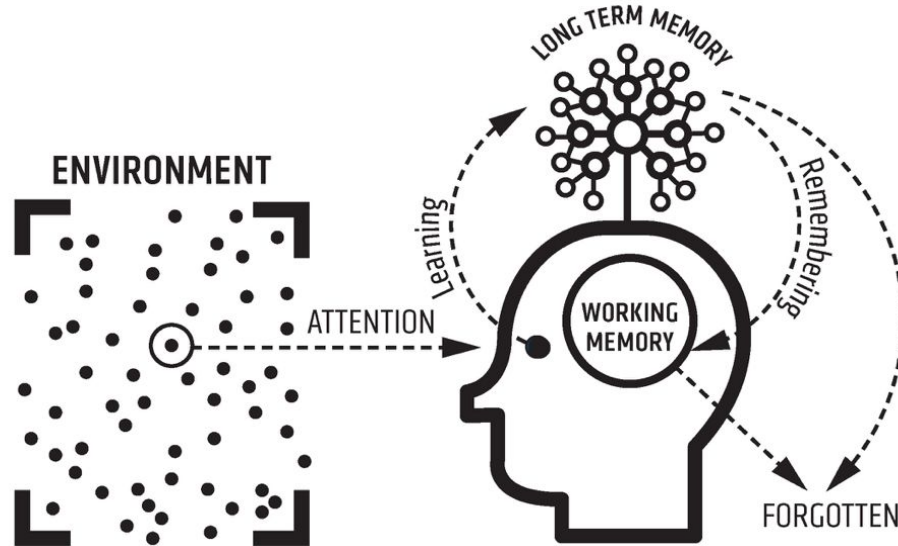


Y13 Exam Prep Evening

'All learners will achieve their maximum potential and enjoy the process'

Memory - Practice and Retrieval

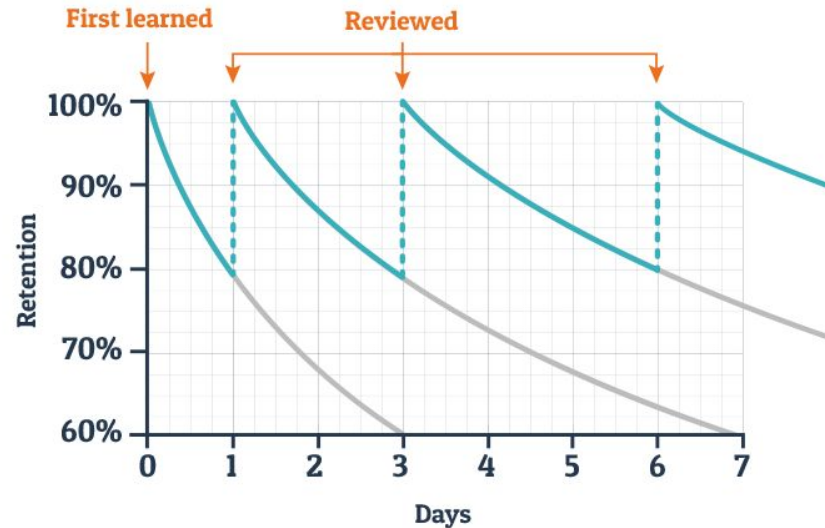
1. If students undertake enough **retrieval practice (they do this every lesson)**, generating the information in our long-term memory, it increases a level of fluency within the subject. Practice makes perfect!
2. **Learning is therefore a change in your long-term memory.** Whatever you think about, that's what you remember. Therefore, revision activities must require you to think hard.



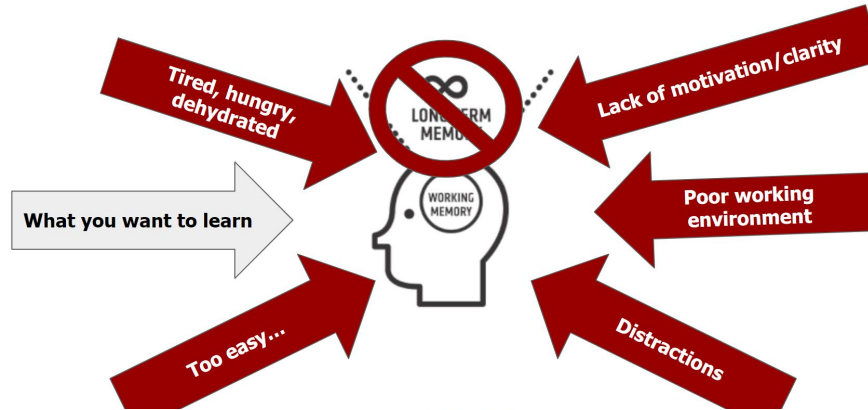
Repetition to Remember

- Memory retention is 100% at the time of learning any particular piece of information (in the moment). However, this drops to 60% after three days.
- **Practice and retrieval help to break this ‘forgetting curve’ as it strengthens the long-term memory and stops information from fading.**

Typical Forgetting Curve for Newly Learned Information



Establishing good habits (Revision timetable & environment)



Find a quiet, tidy room with minimal distractions – your bedroom, library or classroom.

Put your revision timetable, exam timetable and other documents visible on your wall

Make sure you have a drink and snack with you, staying hydrated and full is important



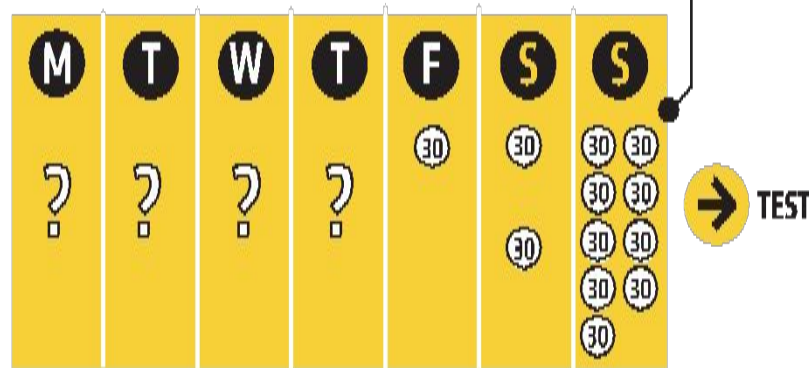
Put your phone in another room, it is too much of a distraction -

Loud music is a distraction, if you must listen, it needs to be low tempo, without lyrics

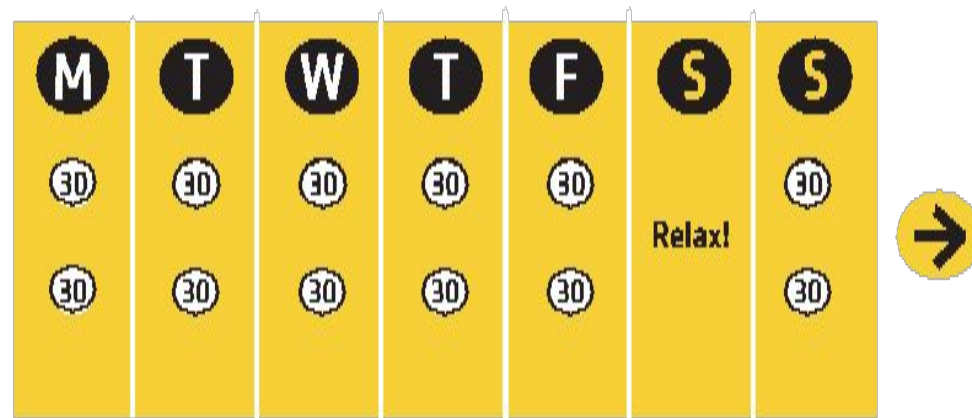
Have all your revision materials and stationary on your desk ready to go - make it obvious

Spacing and interleaving

Let's say you have a test one week and you have 5 hours to prepare for it broken down into 30 minute chunks. Very often that process looks like this.



Instead of mass practice, a much more effective way of revising is to space out your revision like this:



By breaking up your revision into 30 minute chunks and spacing out the time between revision, you will consolidate what you have learned and retain the material much more effectively.

Some Revision Techniques

Elaboration

“The term elaboration can be used to mean a lot of different things. However, when we are talking about studying using elaboration, it involves explaining and describing ideas with many details. Elaboration also involves making connections among ideas you are trying to learn.”

Elaboration involves asking further questions & making links to help you connect new information with what you already know.

Ask yourself questions about a topic to delve deeper. The more information you have about a specific topic the stronger your grasp & ability to recall.

When you learn about the causes of WW1 you could ask which causes are linked together? Which causes are short or long term? What was the major cause?

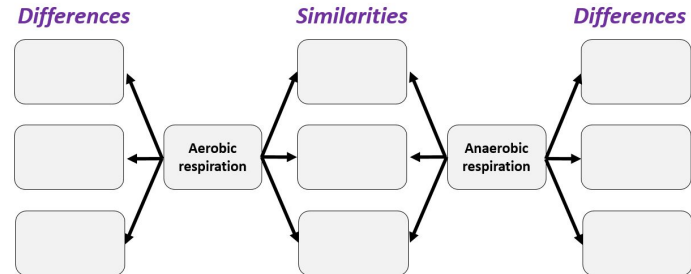
Another way to elaborate is to take two ideas or concepts & think about the various ways they are similar & how they are different.



ELABORATION

Explain how the central ideas are similar and how they are different. You may draw diagrams if you wish.

RETRIEVAL PRACTICE –
NO NOTES ALLOWED!



Circle Mapping

Use circles radiating from an idea or diagram at the centre. Each 'ring' moving outwards needs to have a more detailed/difficult skill. Can be applied across all subjects and topics. As many circles as you like.

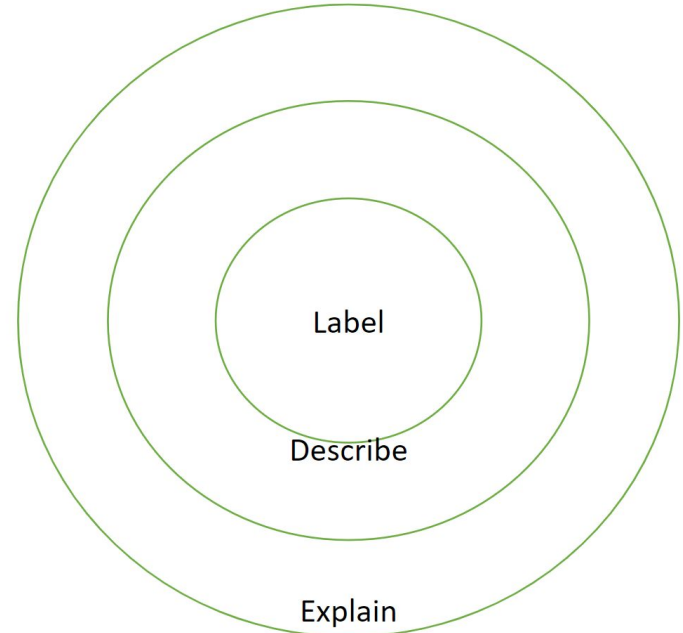
English- Macbeth

Quote: "Oh full of scorpions is my mind"

Label: Metaphor

Analyse: His own thoughts have become painful to him. Stinging him. Confused. Losing sight of reality. Scorpions are poisonous, as are his thoughts. Impact of Lady Macbeth's "gall"

Link: Link to other scenes? Link to context?
(Warning to other traitors- link to gunpowder plot)



FINALLY...

Exam questions are pivotal to success

Students should be using these a lot during their revision. This is the main way to improve exam technique specific to the subject they are studying. It also helps build timing accuracy.

It's important to make sure you have the right exam board and the correct papers. These can be found online, or using revision guides. **THE BEST WAY TO PREPARE IS TO KEEP RESPONDING TO EXAM QUESTIONS.**

Think Like the Teacher

Teachers will spend a lot of time this year modelling how to approach questions and what methods to use for each type. Make sure you speak to your teacher if you come across any questions/command words you are unsure of. Use modelled responses that they have created. Ask them if you are unsure of anything, or how best to prepare.

Look after yourself - eat well, sleep well, use your time wisely (e.g. IStudy time and lesson time).

Let teachers know if you are struggling, or unsure.

Build in treats and time where you can relax doing something you enjoy.