

# Welcome to the Year 11 Revision Planning Evening



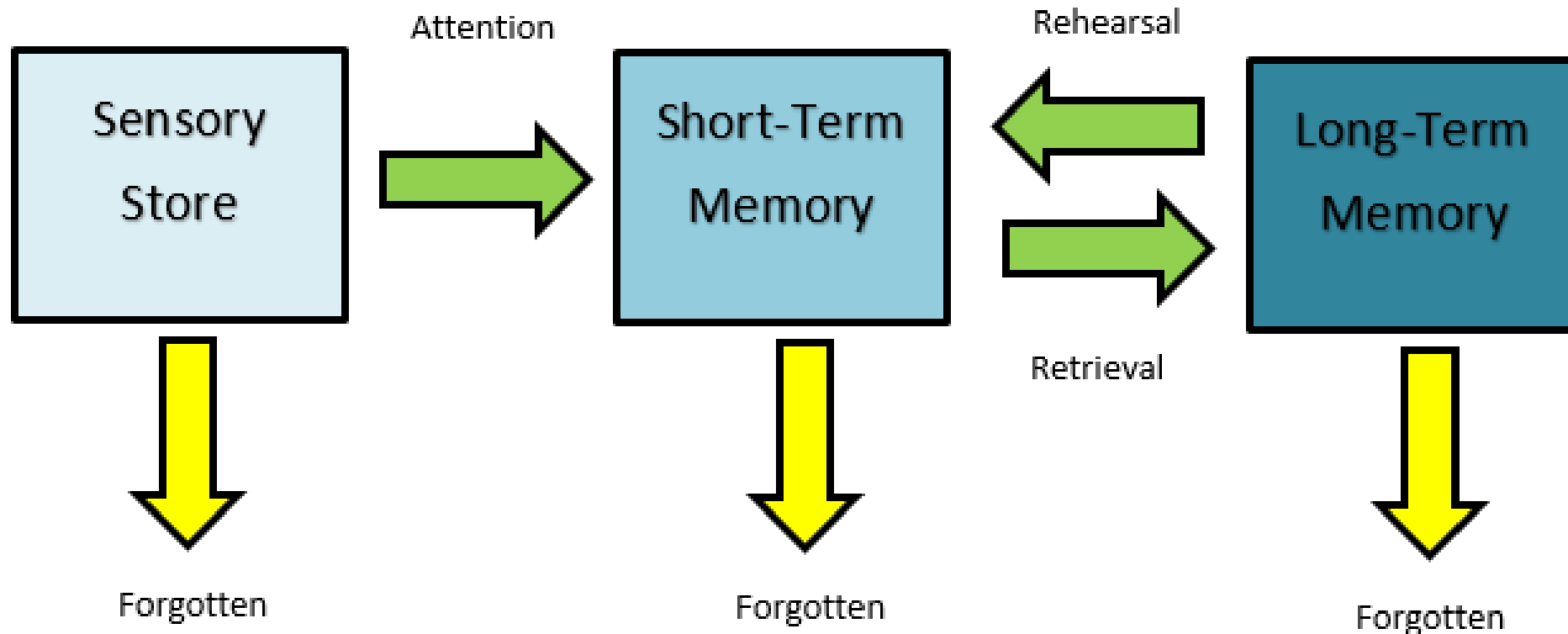
Thursday 26<sup>th</sup> January



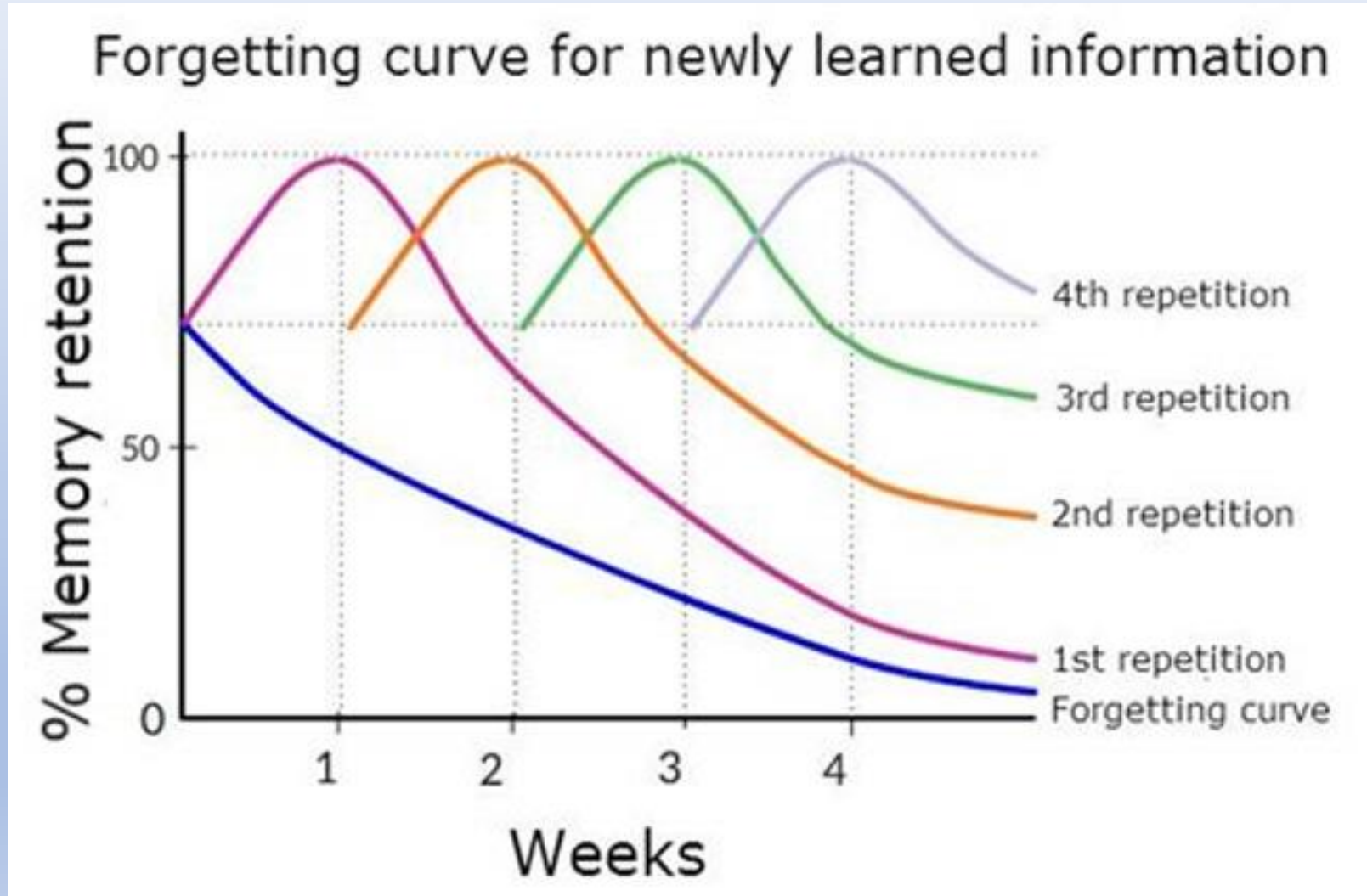
# Learning is defined as a change in long term memory:

“If nothing has changed,  
nothing has been learned”

*(Kirschner, Sweller & Clark, 2006)*



# Memory




(Ebbinghaus, 1885)



often, often, often  
is best.”





A woman with dark hair, wearing a red long-sleeved shirt and blue jeans, is lying on her back on a beige carpeted floor. She has her eyes closed and her hands are pressed against her temples, suggesting stress or exhaustion. Surrounding her are various items: an open red book, a closed dark blue book, a closed purple book, a silver laptop, several loose sheets of paper, a white smartphone, a white tablet, and an open book with colorful illustrations. A thought bubble with a red outline and three small circles leading to her head is positioned to the left of her head.

I can't  
revise!

# Effective strategies

- Self-quizzing
- Spaced practice
- Interleaving practice
- Dual coding
- Practice Questions

1. Spend the time on the right things
2. Check you are learning and not just DOING work
3. Develop helpful habits around re-visiting



# Everyone can revise. Everyone can have a good memory

- Dual coding



2. Check you are learning and not just DOING work







# Revision instructions

1. Put the title of exactly what part of the slave trade you are reading about on your flashcard
2. Read your work or the help sheet
3. Highlight a point or sentence if it seems important and you understand it
4. Write it as briefly as possible onto your flashcard
5. When you have got 3 – 5 facts on your flashcard add a picture or symbol that will help you remember
6. Read each fact 3 times and picture the info in your head
7. Test yourself – how many of the facts from your flashcard can you say or write down
8. Check your answers and highlight the points on the flashcard that you weren't able to remember
9. Go back and redo points 6, 7 and 8 for the highlighted points



# Getting the balance right



- The other important thing for you is to make sure you have a good balance between work, rest & relaxation and sleep.
- Having fun things to do alongside working hard are key.



# Mental Health and Wellbeing

## Self care

Our children can often feel that when exam season is approaching, they need to be consumed by school work and revision, but this is not the case and we need to encourage pupils to take care of themselves and getting ahead of the stress!

### Things to consider:

- Eat well
- Drink lots of water
- Get enough sleep
- Find activities to help relax
- Schedule time to work and schedule time to unwind and socialise
- Break down work/revision into manageable chunks – have a plan





# Learning to 'switch off'

- Switching off before trying to go to sleep is also key.
- An athlete will always warm down, stretch and refuel after a competition.
- Just like them, your body needs time to warm down, relax and switch off after studying.

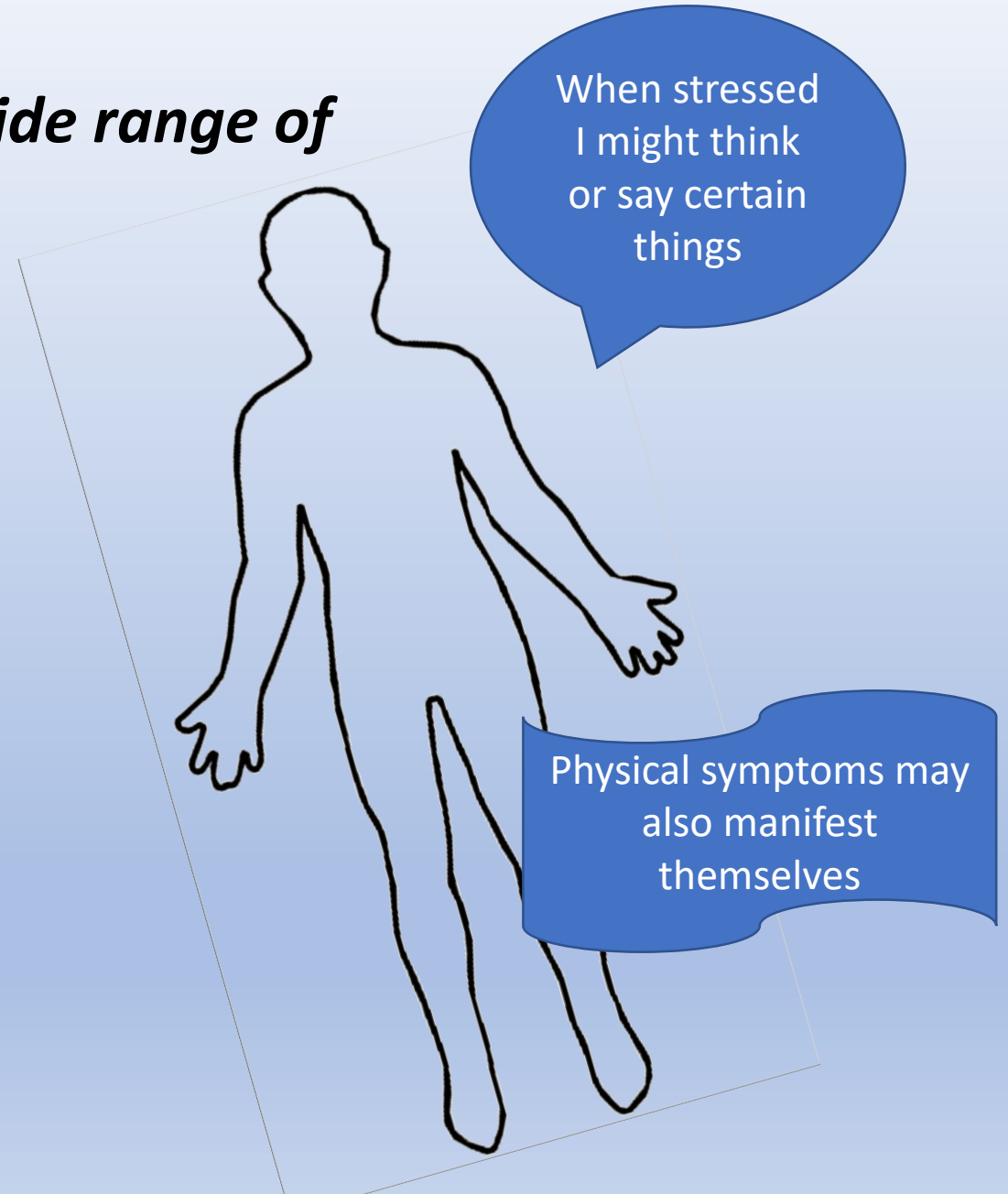


# Anxiety due to exam stress

***Anxiety is a very broad term, covering a wide range of different symptoms.***

Anxiety at this time can be displayed through:

- Fatigue
- Inability to relax
- Fear of making mistakes
- Disturbed sleep
- Excessive worrying/panic
- Emotional/mood swings

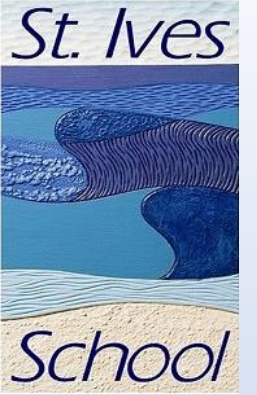




## Exam advice for parents

Assessments, of any kind, can cause anxiety and stress for students. There are many things that you can do to support their revision and the assessment period itself. Please speak to us at school if you are concerned or need advice; below are some suggestions that can help.

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and to find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP and please do liaise with our pastoral team via [enquiries@hayleacademy.net](mailto:enquiries@hayleacademy.net).



# Exam advice for students...

- **Break your revision down into small chunks, and form a plan.**
- **Think about when and where you work best.**
- **Don't set yourself ridiculous goals.** Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.
- **Schedule in plenty of free time to unwind, and protect this time.** Nobody can work all day every day.
- **Don't panic if you go slightly off schedule** - tomorrow is another day.
- **Find activities that help you relax.**
- **Don't cut out all the enjoyment from your life.**
- **Don't be put off by peers saying they're doing huge amounts of revision.** If you're feeling really worried or anxious, chat to a good friend, family member, or teacher.
- **Remember that we are all rooting for you!**

# Study Support Sessions

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Priority 1	Science	English	Maths	Option X: DT, Art, Film	
Priority 2	Option A/B Fr, Ge, Hi	Option X: Sports Science	Option X/Y: Mu, Gr	Option Y: CS, Fd, Dr, Ph, DT	
Week B	Monday	Tuesday	Wednesday	Thursday	Friday
Priority 1	Option A/B Fr, Ge, Hi	Option X: Sports Science	Option X/Y: Mu, Gr	Option Y: CS, Fd, Dr, Ph, DT	
Priority 2	Science	English	Maths	Option X: DT, Art, Film	

# Get help now...

## Samaritans




Whatever you're going through, you can contact the Samaritans for support.

Opening times: 24/7

[116123](tel:116123)

[jo@samaritans.org](mailto:jo@samaritans.org)

 Samaritans

## Childline



If you're under 19 you can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.

[Can provide a BSL interpreter](#) if you are deaf or hearing-impaired.

Hosts [online message boards](#) where you can share your experiences, have fun and get support from other young people in similar situations.

Opening times: 24/7

[0800 11 11](tel:08001111)

 Childline

## The Mix



Offers support to anyone under 25 about anything that's troubling them.

Email support available via their [online contact form](#).

Free [1-2-1 webchat service](#) available.

Free short-term [counselling service](#) available.

Opening times: 3pm - 12am, seven days a week

[0808 808 4994](tel:08088084994)

 The Mix



# Know the Law. Is it worth it?

You get your whole life to work but only one shot at your GCSEs.

## **Children and young people aged 15 and 16**

- can only work for 2 hours on a school day, either 1 hour after 7am and before the commencement of school and 1 hour after the end of school and before 7pm, or 2 hours after the end of school and before 7pm
- Saturdays and school holidays (excluding Sundays) they can work for up to 8 hours per day, to a maximum of 35 hours per week. No earlier than 7am or later than 7pm.
- They can only work for 2 hours on any Sunday. No earlier than 7am or later than 7pm

From all the staff at St Ives School...





# Let's get the planning underway!

## Stage 1: Planning your commitments

- Review the planning calendar. Each week go through and identify any times when you definitely won't be available (e.g. clubs, family events etc).
- Add in notes for any other flexible items (other than revision) than you need to find time for on specific days / weeks.
- Using the exam timetable, write down the exams that are taking place on the correct days. Note down when the final exam for each subject takes place.



## Stage 2: Committing to revision

- Agree how much time you want to commit to revision – we've made suggestions on each page
- Note: Homework will continue up to Easter, from Easter your homework will be your revision
- Decide how much per day - week days and weekends – in term time.
  - *We recommend your revision slots should be in 30 minute chunks with at least one night off a week*
  - *We recommend the weekends should include a 5 minute review slot for each of the 30 minute slots covered that week (no new content covered) – so you need a 30-40 minute slot for reviewing*
- Decide how much per day across February half term, Easter and May half term. This should include attending the revision schools.



# Stage 3: Plan your time per subject

- Count up the total number of revision slots you have available (not including review slots). This is 'A'
- Work out how many subjects you are revising for. This is 'B'. Note that English is 2 subjects and Science is 2/3.
- Calculate the number of slots per subject:  $A \div B$
- *If you have followed our guidance you will have about 250 revision slots.*
  - *For 6 subjects, that's 40 slots each*
  - *For 7 subjects, 35 slots each*
  - *For 8 subjects, 31 slots each*
  - *For 9 subjects, 27 slots each*
  - *For 10 subjects, 25 slots each*
- Consider the relative difficulty and importance of each subject, and the weighting of the exams (some are 100% examined, others you may have completed controlled assessment for).
- Consider if you want to trade slots between subjects e.g do 5 less for subject X and 5 more for subject Y

# Stage 4: ~Put the subject sessions onto your plan

- Every subject has divided their curriculum into 20 revision slots

- *You may want to do this bit in pencil!*

Start putting the slots onto your plan. Work back from the final exam for each subject. If the content links to specific papers, take this into account! Label the slots with the subject name and 1, 2, 3, 4 etc.

- All the details of the content of each slot is on our website
- [www.st-ives.cornwall.sch.uk/year-11-study-support/](http://www.st-ives.cornwall.sch.uk/year-11-study-support/)

# And finally:



- This is a working document, designed to help you stay organised and in control
- If you miss a slot, don't panic!
- Just reorganise your plan, add an extra slot in the next few days.
- Don't let it snowball! Talk to us, parents, carers.
- Organise yourself a tidy working area with the resources you need. Put your phone to one side or leave with your parents. Turn notifications off!