

REVISION INFORMATION

Preparing for Exams 2023



This presentation:

1. How do I revise effectively?
2. Resources to support you - school
3. Resources to support you - home
4. Well-being
5. FAQs
6. Communication



Champion

Flourish
individually and
collectively

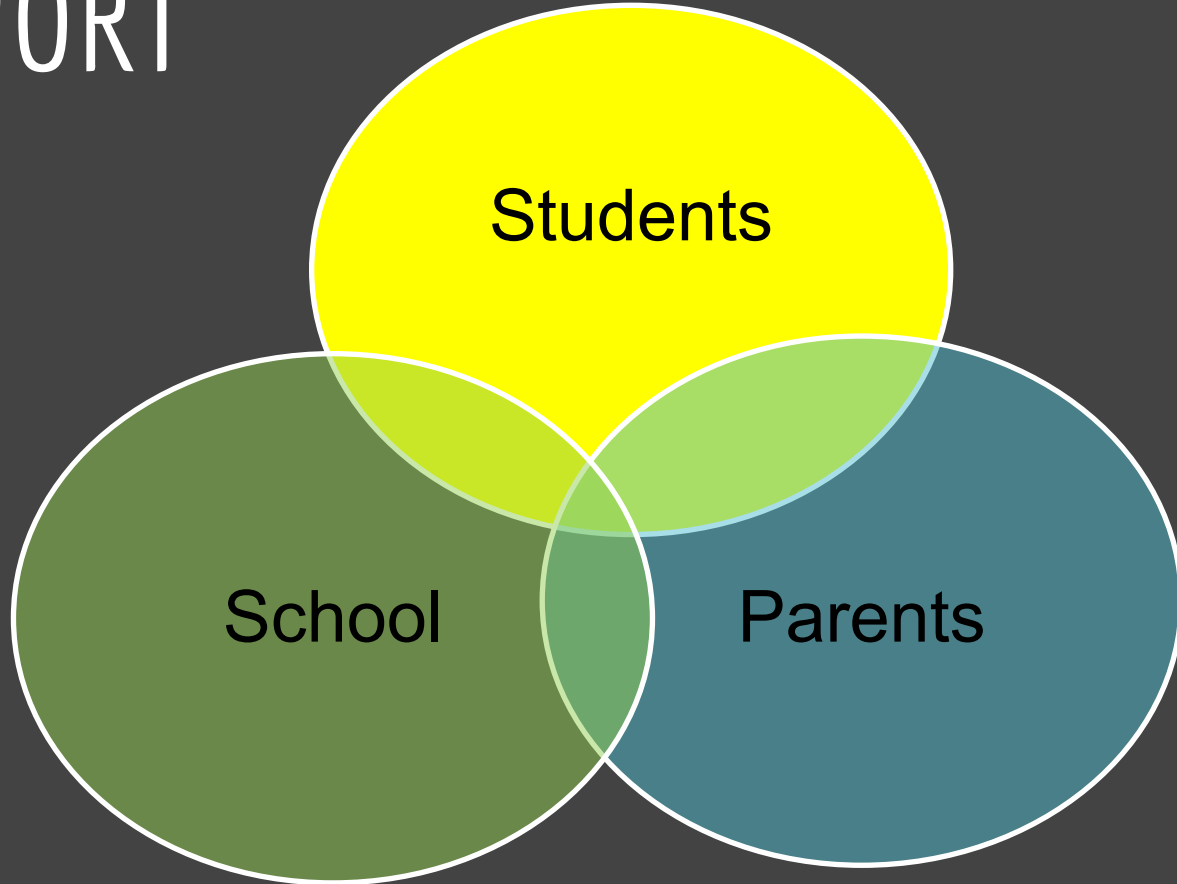
Greyfriars Catholic School - Knowledge. Care. Ambition.



**Individual Success
+
Working for Community**



SUPPORT



How do I revise effectively?



How do I revise effectively?

- Organisation
- Strategies to avoid
- Thinking hard
- Forgetting curve - spacing, repetition
- Phone
- Music
- Sleep



Thinking about thinking

Working Memory



Thinking about thinking

Working Memory

7 x 7 =





**NEURAL
PATHWAY.**



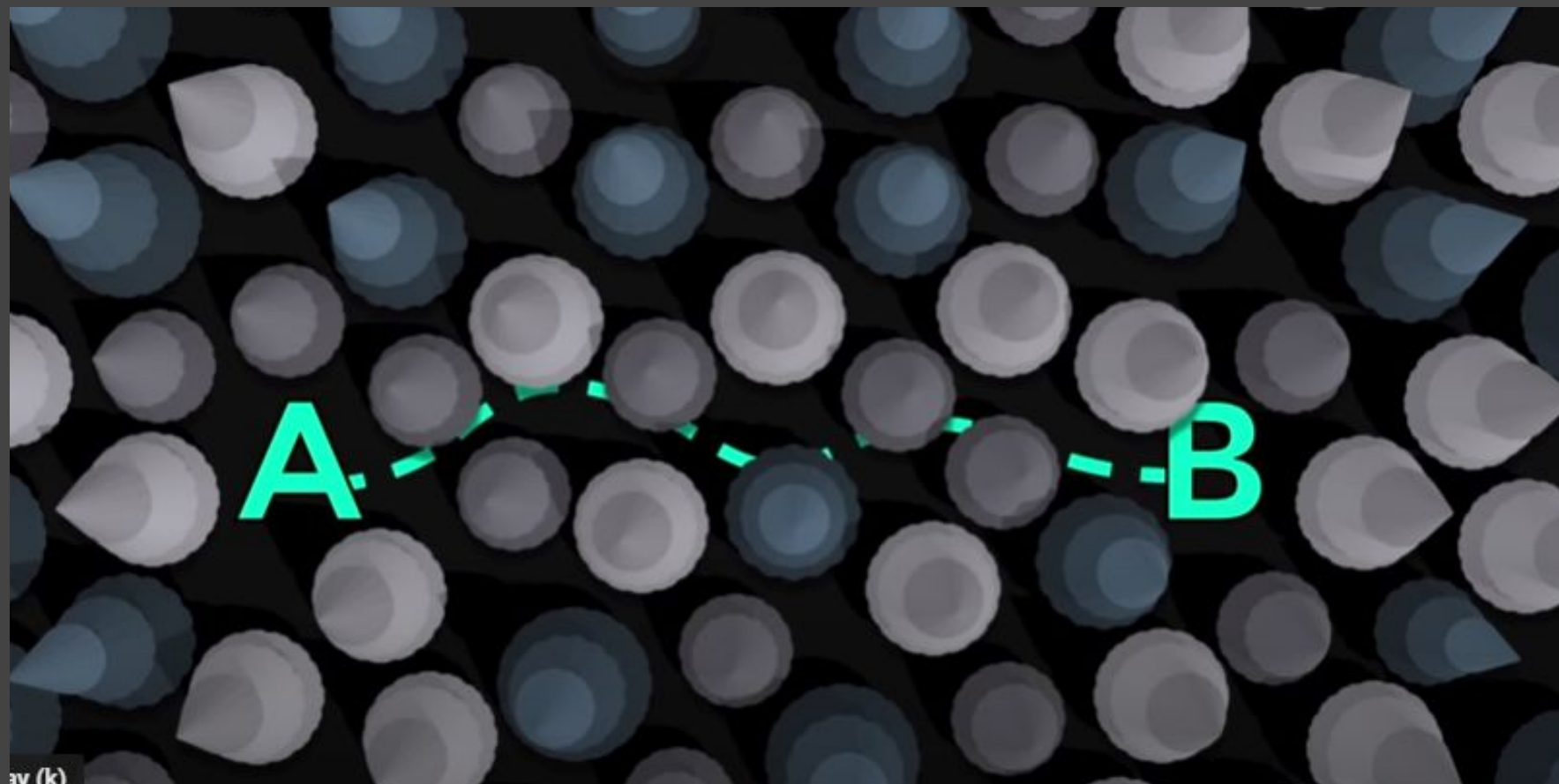
**NEURAL
PATHWAY.**



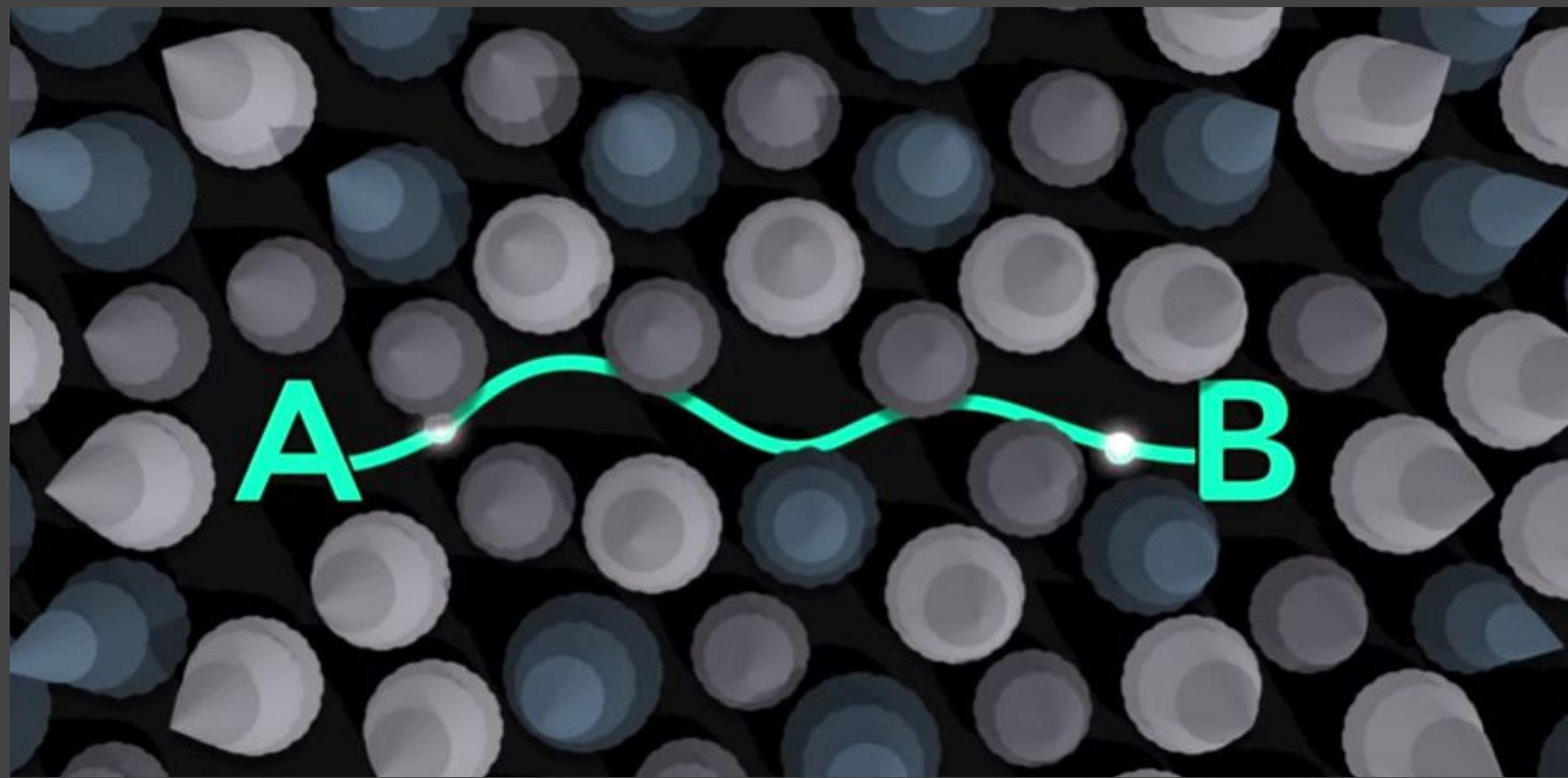


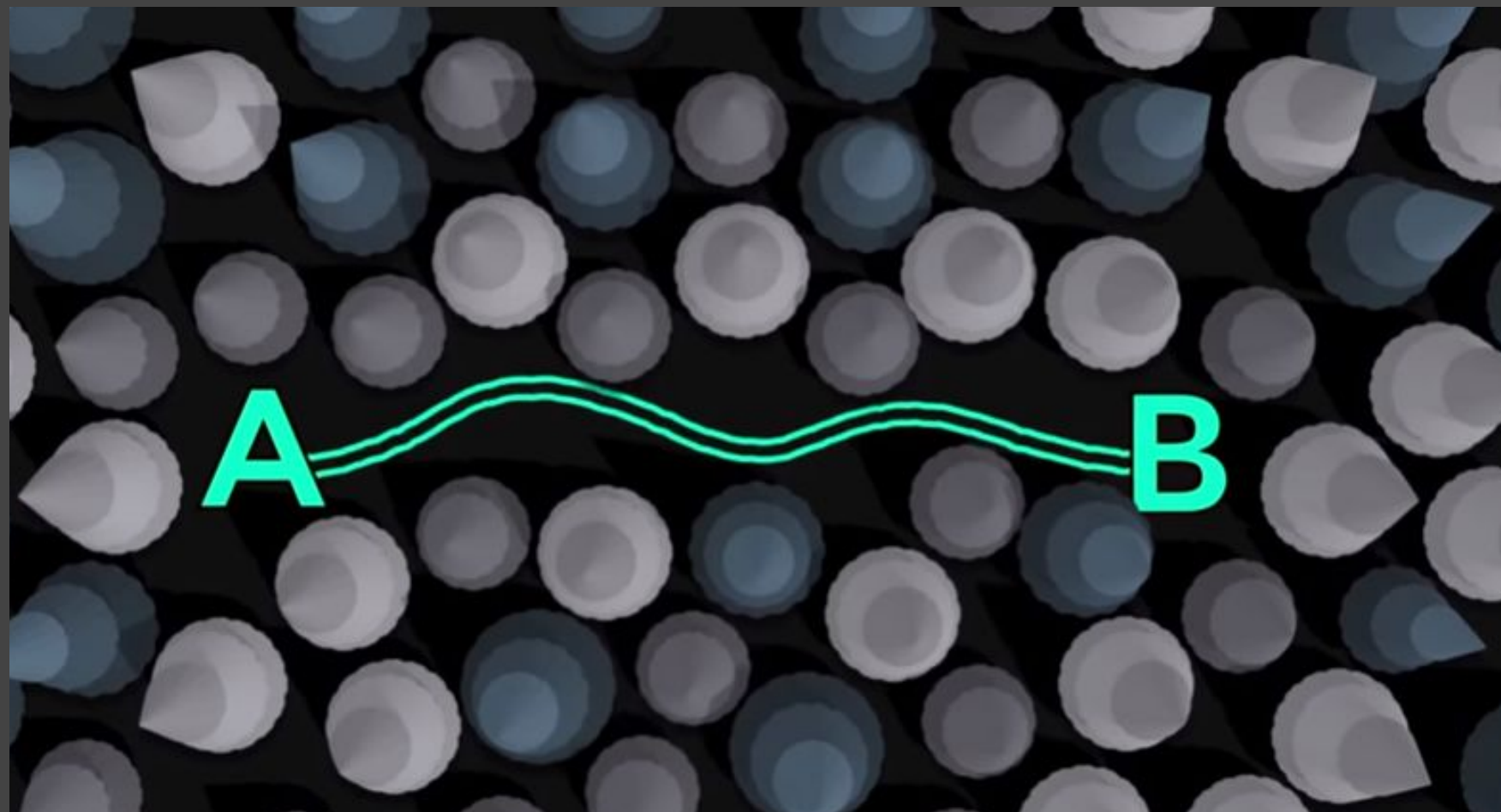


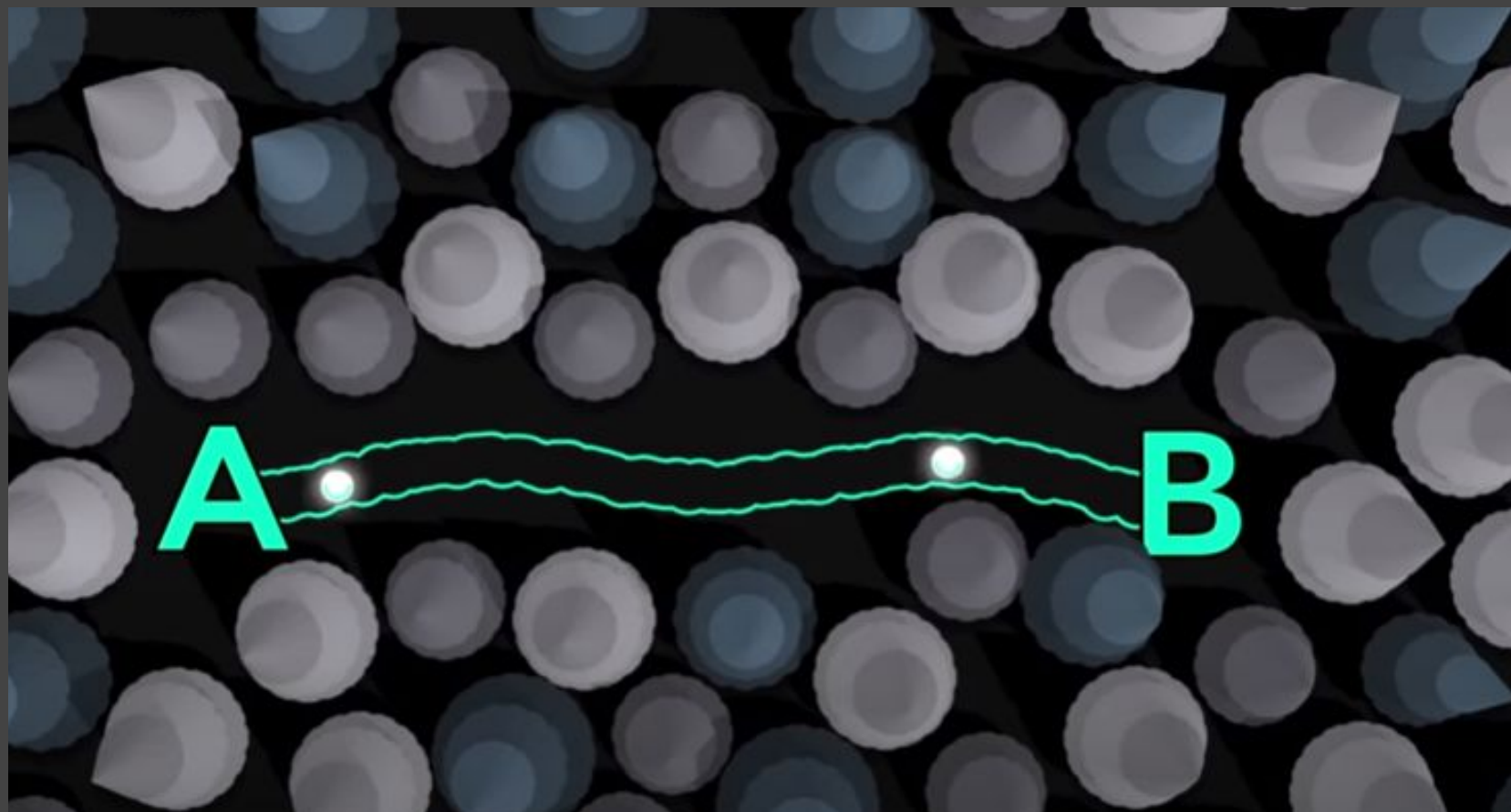




av (k)









NEURAL
PATHWAY

Thinking about thinking

Working Memory

$$7 \times 7 = 49$$



Thinking about thinking

Fluency of Recall

$$7 \times 7 = 49$$



Thinking about thinking

Why is it important that you know this?

You are more successful learner if you know how you learn



How do we make ourselves think and remember?

How do I revise effectively?

- Organisation
- Make sure you think about **how to start**, not just **how to finish**

Organisation and Planning

Some things are best when you dive straight in — revision is not one of those things. Making a plan means you can spend more time revising and less time worrying you've forgotten something.

Planning Will Make You Feel in Control

Spend time on a solid revision plan, but don't spend so long that you don't have time to revise.

Reasons to Plan

- You know you have time to cover everything
- You won't forget any topics
- You can prioritise early exams or tricky subjects
- It reduces stress
- It's more efficient

What Happens Without a Plan

- You'll waste time deciding what to revise each session
- You might not allow enough time to revise everything
- You can't easily check what you've already revised
- You may forget some topics

Timetables Can Help You Plan Your Revision




A revision timetable and topic planner will help you schedule your revision and see how you're progressing. You can find handy versions ready to fill in at the back of this book on pages 53-85.

Being Organised Will Save Time

- 1) Organise your notes and books for each subject to make it easier to find information.
- 2) Write a to-do list, then prioritise which tasks need to be done first.
- 3) Make sure you have all the stationery you need (lots of paper, pens, a calculator etc.) so you can crack on with your revision without a fuss.

To-Do List

- 1 • Buy pens and a new protractor
- 2 • Tidy desk
- 3 • Organise Physics notes folder
- 4 • Clean books for rugby practice
- 5 • Write the most tedious, side-splitting joke to read off the 'Organisation and Planning' page.



Resources here

→ Thinking hard

Championing every student at Greyfriars

LEARNING IN Y11 COURSE CONTENT OVERVIEW



Resources

→ Thinking hard

Sparx Maths



What doesn't work well?

1. Highlighting texts
2. JUST reading notes / revision guide
3. Aimless web-surfing

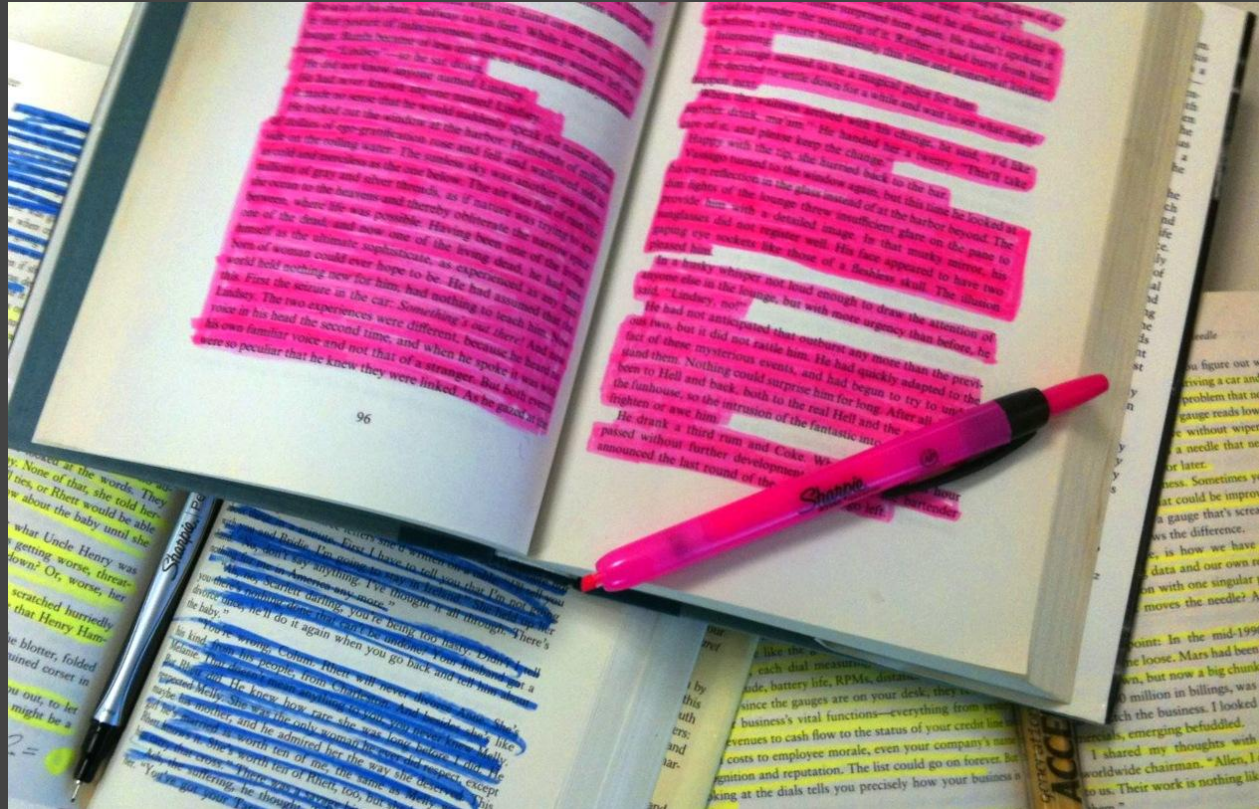
Cognitive demands of these activities can be low
– they don't demand deep thinking



What doesn't work well?



What doesn't work well?





FLASHCARDS / REVISION CARDS

How do I use flashcards effectively?

1. Say your answer **out loud**
2. Practise from both sides of the card
3. Get help from friends – test each other
4. Create 'secure', 'vague' and 'wrong' piles
5. Return to the cards regularly



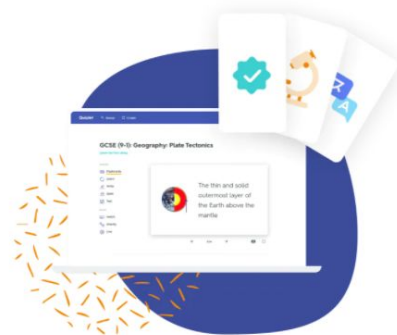
How do I use flashcards effectively?

Quizlet

RESOURCE CENTRE
FREE revision resources for everything
you'll cover this year

Introducing Quizlet's new GCSE Resource Centre! These FREE resources are based on exam board specifications and created by vetted experts. Discover ready-made flashcards, quizzes and games by subject below.

Sign up – it's free



VERIFIED CONTENT
Accurate resources save you time



CURRICULUM-ALIGNED
Exactly what you need for your exam board

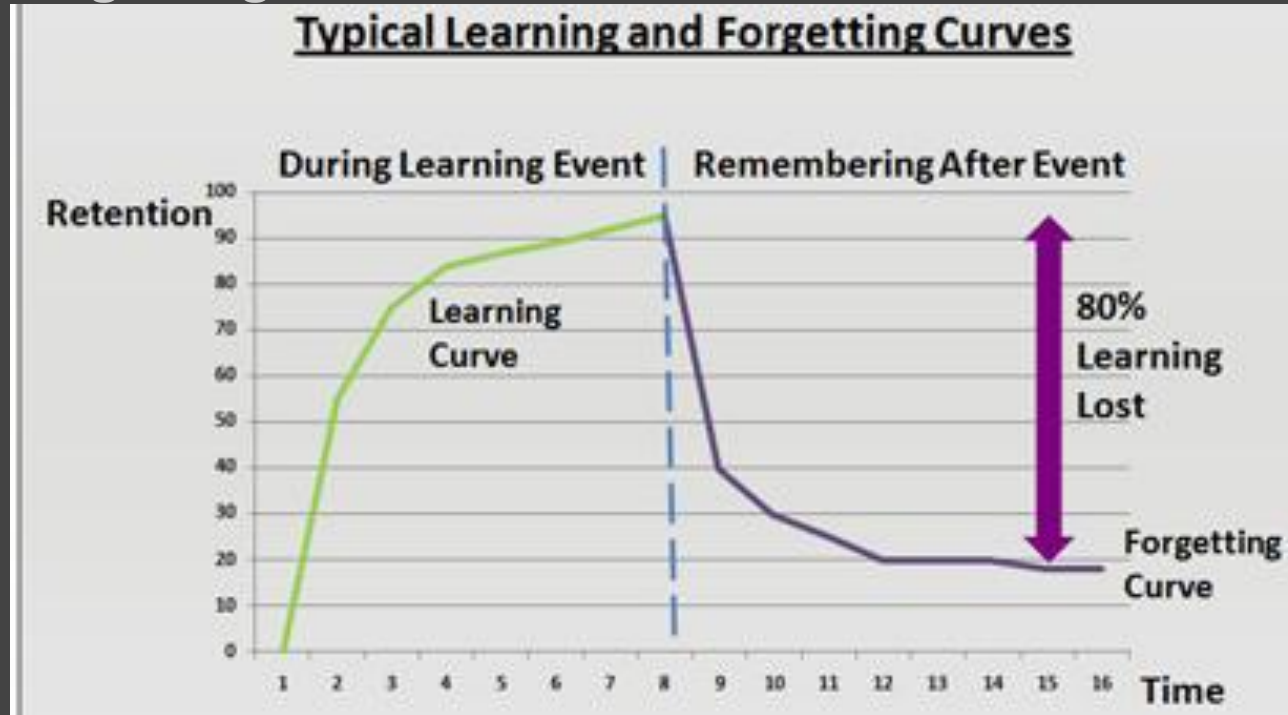


INDIVIDUALISED LEARNING
A study mode that works for every student



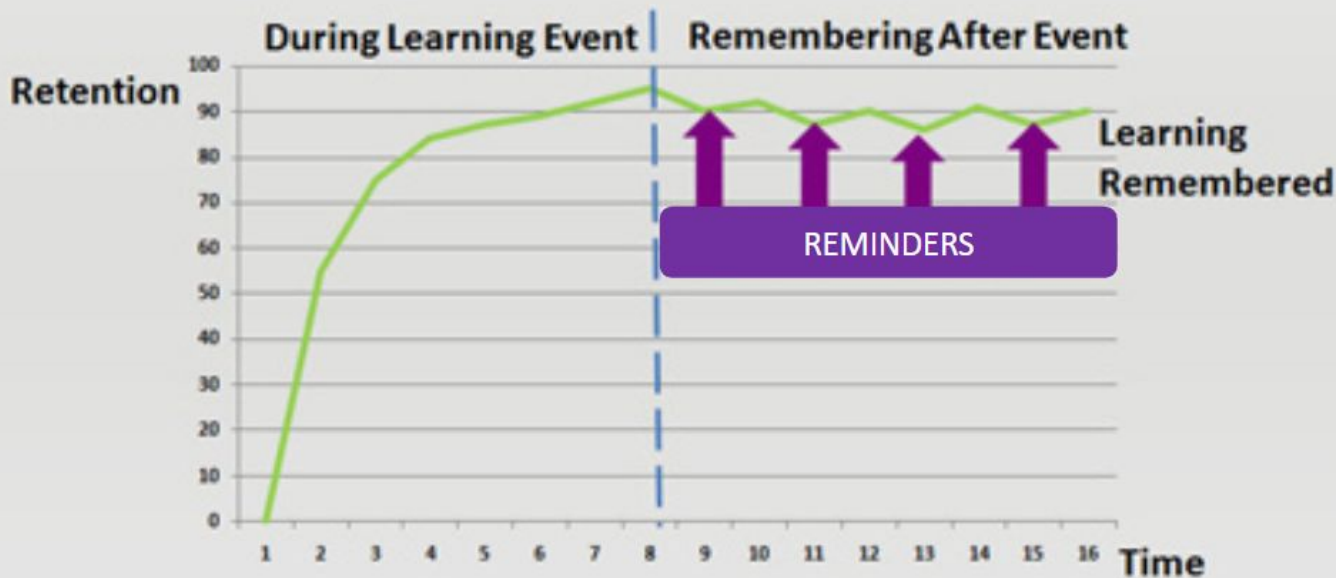
How do I revise effectively?

→ Forgetting Curve



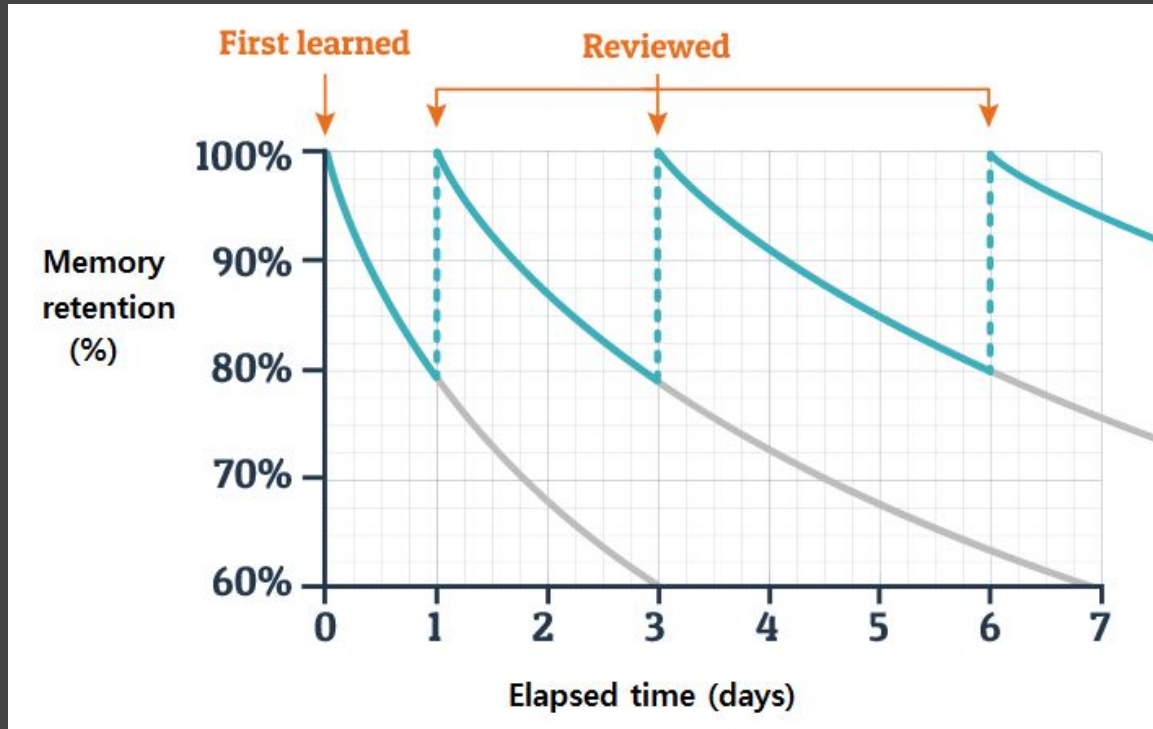
How do I revise effectively?

Spaced Learning Reminders Improve Retention



How do I revise effectively?

→ Forgetting Curve



What supports success at school?



What supports success at school?

- Attendance!
- Understanding the content and learning
- Using assessment in school - silent starters, questioning, silent solo tasks
- Teachers
- Revision Sessions
- Homework



What supports success at home?



What supports success at home?

- Your study area - set the right conditions
- Resources
- Massolit
- Sparx
- Cognito
- Educake
- Google Classroom
- Talking



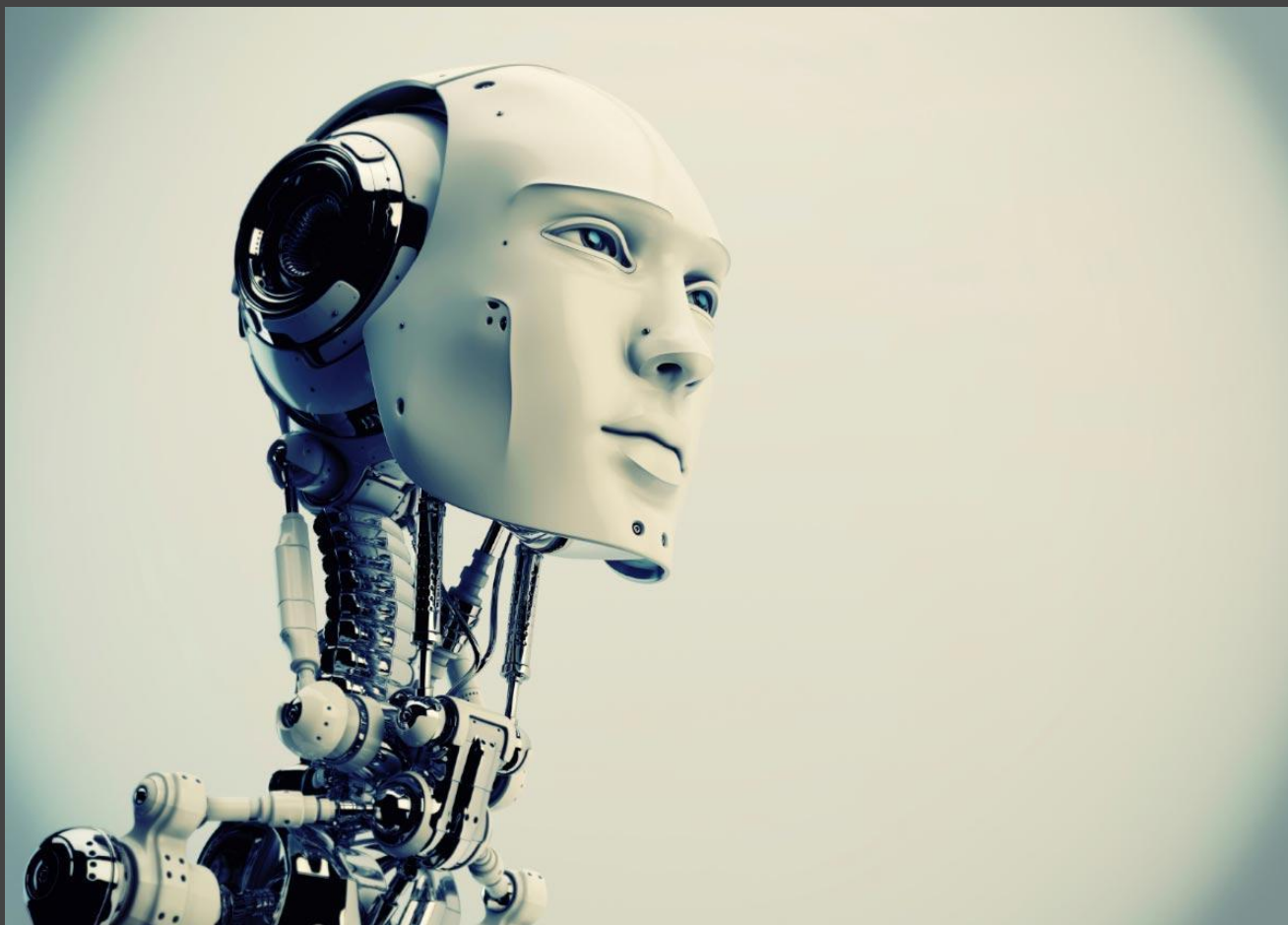
Summary

1. Organisation is key
2. Revision is doing - active and effortful
3. Think about how you are thinking
4. Commit to paper or voice - don't keep what you know in your head
5. Look after yourself



Managing Well-being





Revision Easter and Term 5

1. Teaching is adapted to meet revision needs
2. Specialist teachers available to provide expert input
3. Ensures revision each day
4. Timetable enables spaced revision



Y11 Easter Revision Planner

Subjects: List in order – subjects you find more difficult first

Thursday	Friday	Saturday	Sunday
Subject:	Subject:	Subject:	Subject:
Time:	Time:	Time:	Time:
Subject:	Subject:	Subject:	Subject:
Time:	Time:	Time:	Time:
Subject:	Subject:	Subject:	Subject:
Time:	Time:	Time:	Time:

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Afternoon	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Evening	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Afternoon	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Evening	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:



Y11 Easter Revision Planner

Subjects: List in order – subjects you find more difficult first

*Physics, Chemistry, English,
History, Sociology, Biology, Sports
Science, Maths, Ethics.*

Thursday	Friday	Saturday	Sunday
Subject:	Subject:	Subject:	Subject:
Time:	Time:	Time:	Time:
Subject:	Subject:	Subject:	Subject:
Time:	Time:	Time:	Time:
Subject:	Subject:	Subject:	Subject:
Time:	Time:	Time:	Time:

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Subject: <u>Physics</u>	Subject: <u>English</u>	Subject:	Subject: <u>Sociology</u>	Subject: <u>Sport Science</u>	Subject:	Subject:
	Time: 1.5 h	Time: 2 h	Time:	Time: 2 h	Time: 2 h	Time:	Time:
Afternoon	Subject: <u>Chemistry</u>	Subject: <u>History</u>	Subject:	Subject: <u>Biology</u>	Subject: <u>Physics</u>	Subject:	Subject:
	Time: 2 h	Time: 2 h	Time:	Time: 2 h	Time: 2 h	Time:	Time:
Evening	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Subject: <u>Maths</u>	Subject: <u>Maths</u>	Subject: <u>Chemistry</u>	Subject: <u>History</u>	Subject:	Subject: <u>Physics</u>	Subject:
	Time: 2 h	Time: 2 h	Time: 2 h	Time:	Time:	Time:	Time:
Afternoon	Subject: <u>Chemistry</u>	Subject: <u>Ethics</u>	Subject: <u>Business</u>	Subject: <u>Biology</u>	Subject:	Subject: <u>Finish up!</u>	Subject:
	Time: 2 h	Time: 2 h	Time: 2 h	Time: 2 h	Time:	Time:	Time:
Evening	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:	Subject:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:



Managing Distraction and Social Media



A privacy reminder from YouTube, a Google company

REMIND ME LATER

REVIEW



YouTube GB

history of medicine



SIGN IN



Medieval Medicine | Secondary History - Medicine Through Time

1,528 views

8 1 SHARE

BBC Teach

Published on Jun 15, 2017

SUBSCRIBE 10K

Suitable for teaching 14 to 16s. An engaging animated summary of the gruesome and bizarre practices that punctuated medieval medicine.

SHOW MORE

Comments are disabled for this video.

Up next

AUTOPLAY



Lister and Simpson | Secondary History - Medicine Through

BBC Teach
333 views



The Best of Eagle Attacks Caught on Video | Most Scary Stuff

Scary Stuff
19M views



This incredible animation shows how deep the ocean

Tech Insider
14M views



10 Mysterious Extinct Human Species

Hybrid Librarian
4.4M views



Medicine Through Time

BBC Teach



People Are Awesome (downhill longboarding edit)

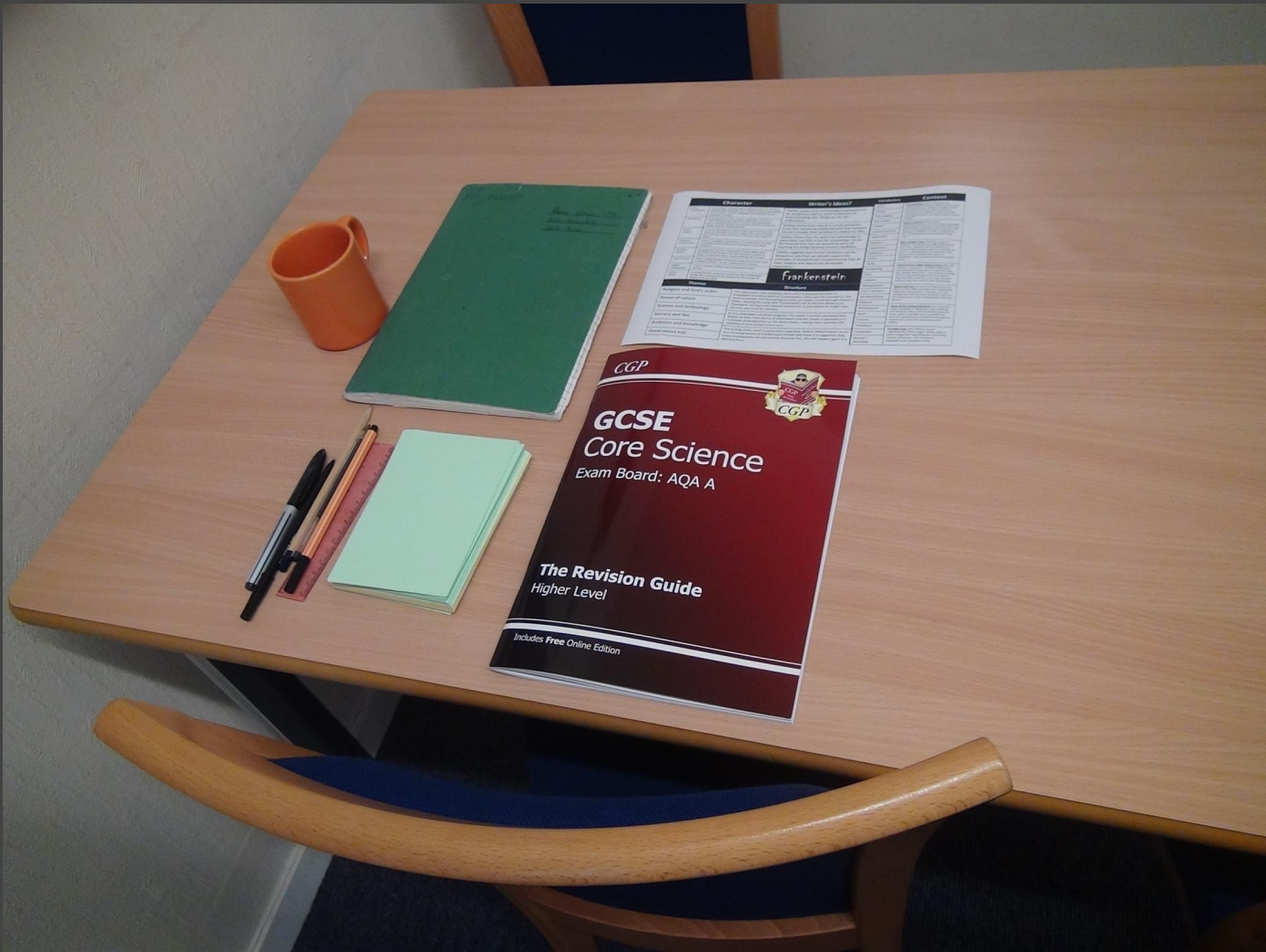
people are awesome
Recommended for you

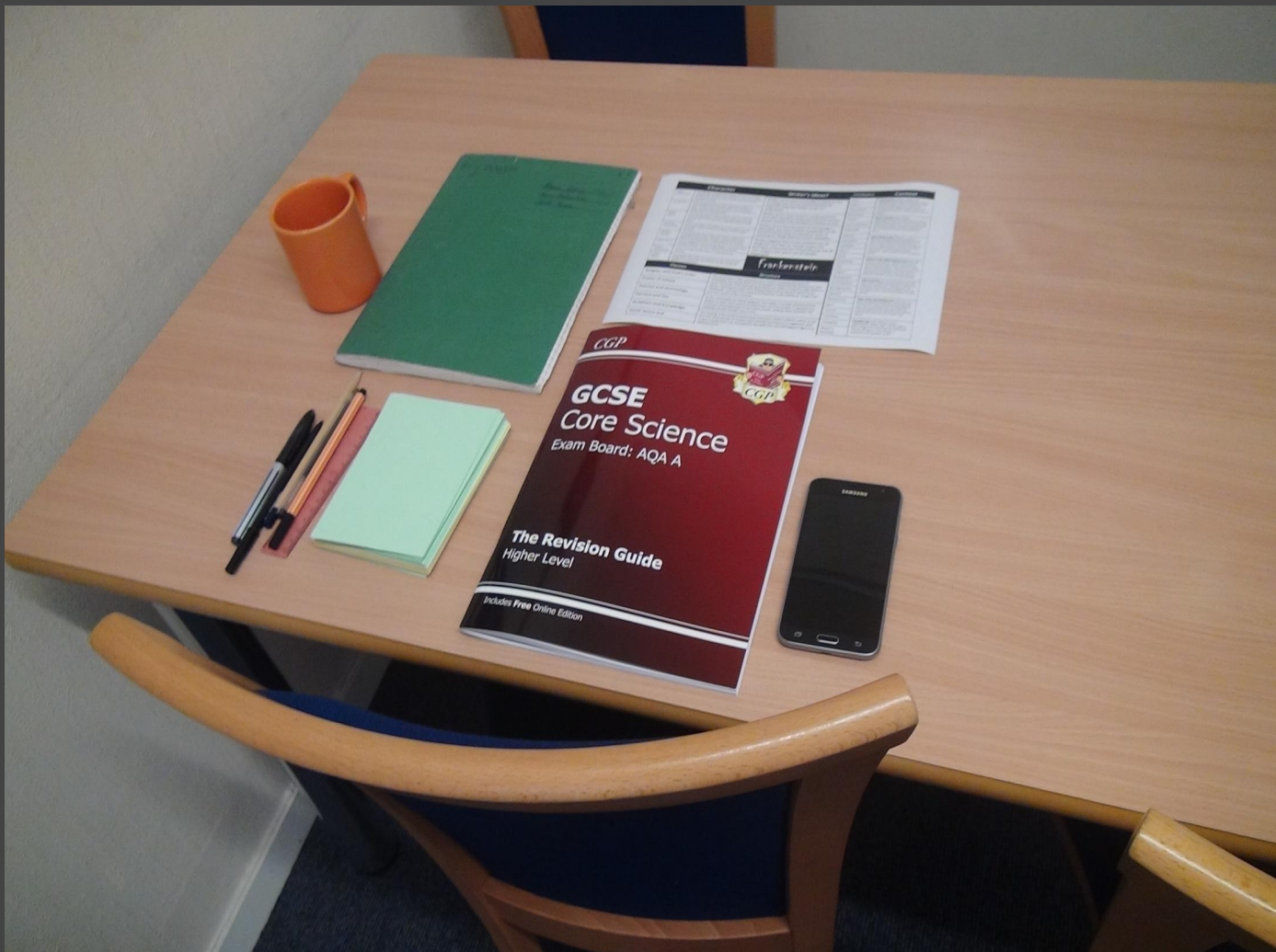


5 Excruciating Medical Treatments From The Middle

GuruNews
3.6K views







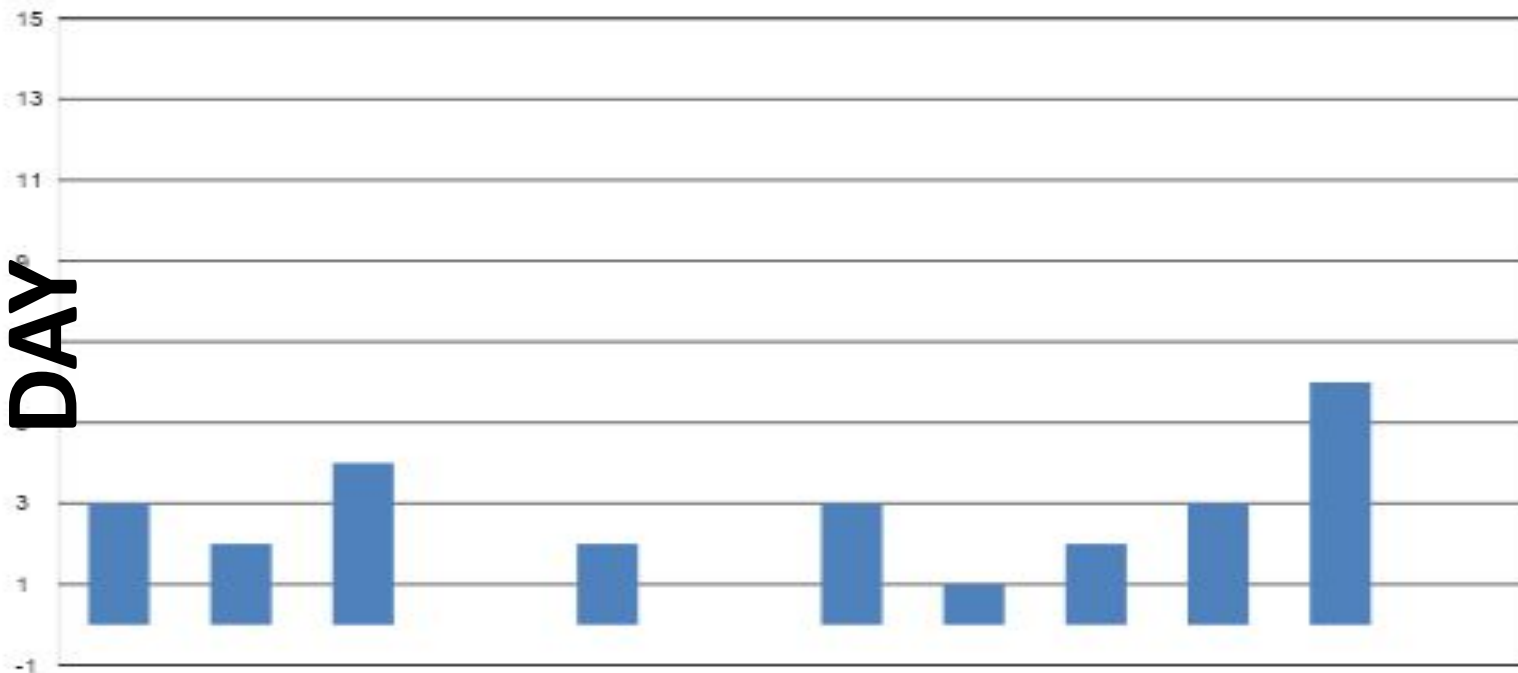


Manage distraction



procrastination

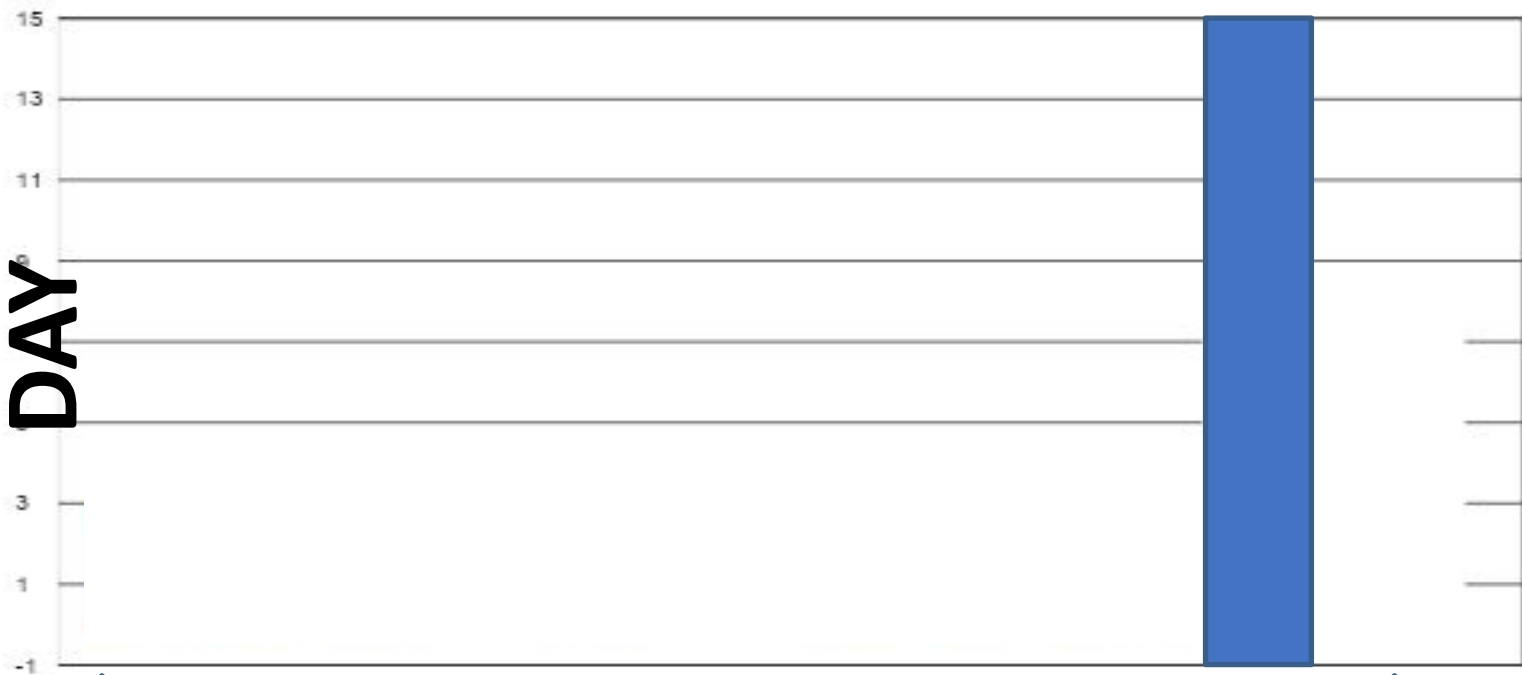
**WORK PER
DAY**



WORK SET

DEADLINE

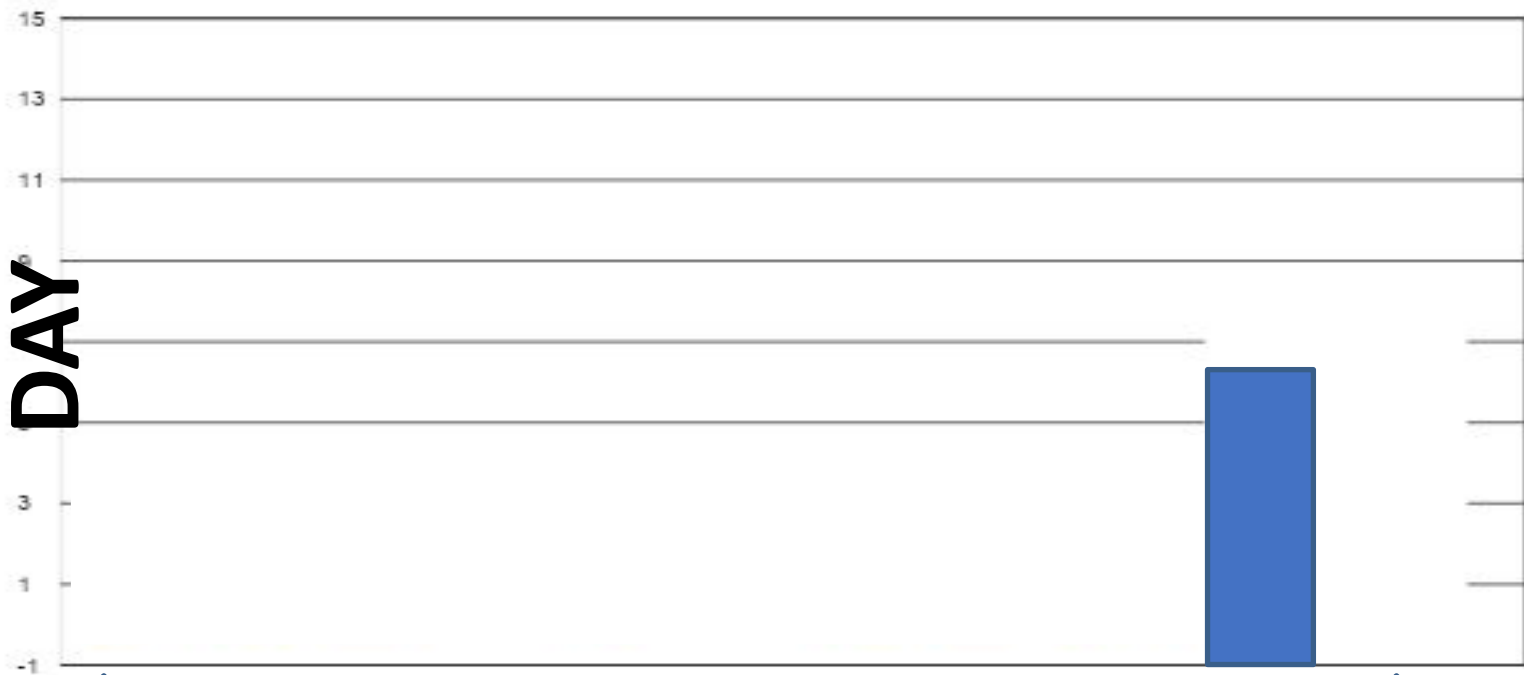
**WORK PER
DAY**



WORK SET

DEADLINE

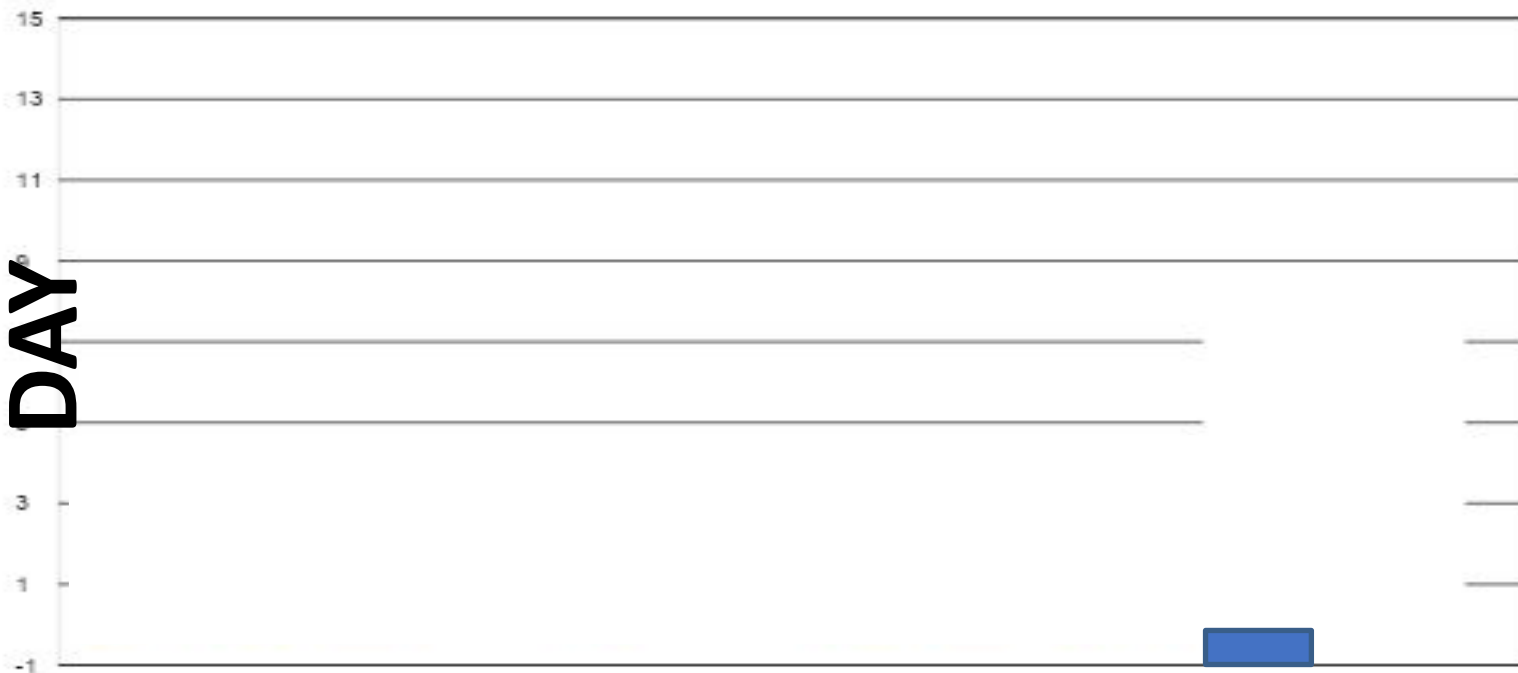
**WORK PER
DAY**



WORK SET

DEADLINE

**WORK PER
DAY**



WORK SET

DEADLINE

Procrastination is

common

Problems of procrastination

Performance

Well-being

Performance

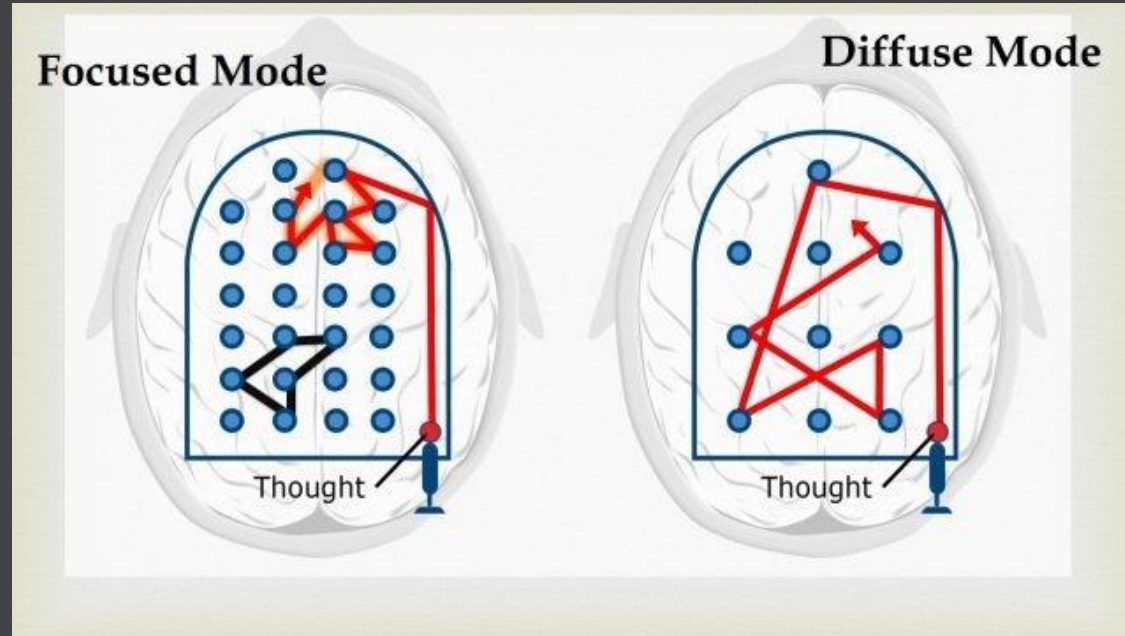
Types of thinking

Focused

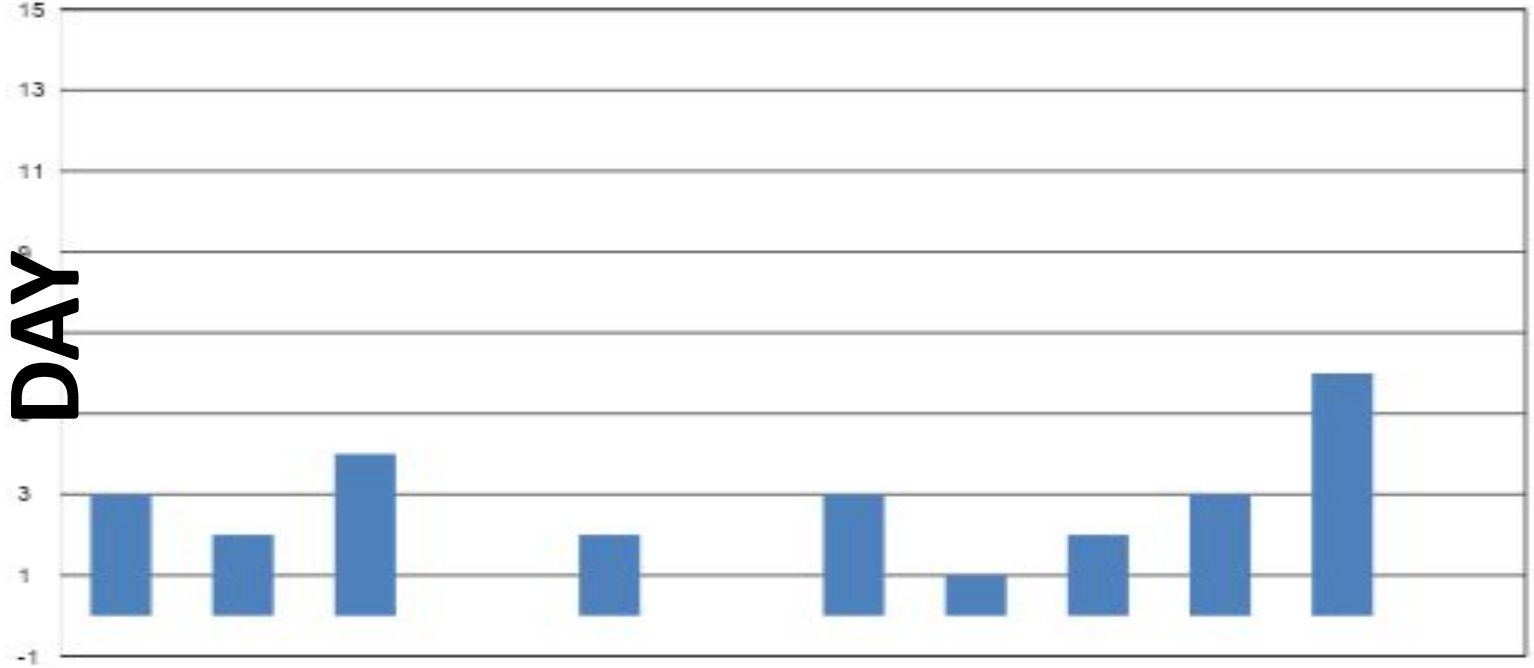
Diffuse

Focused

Diffuse

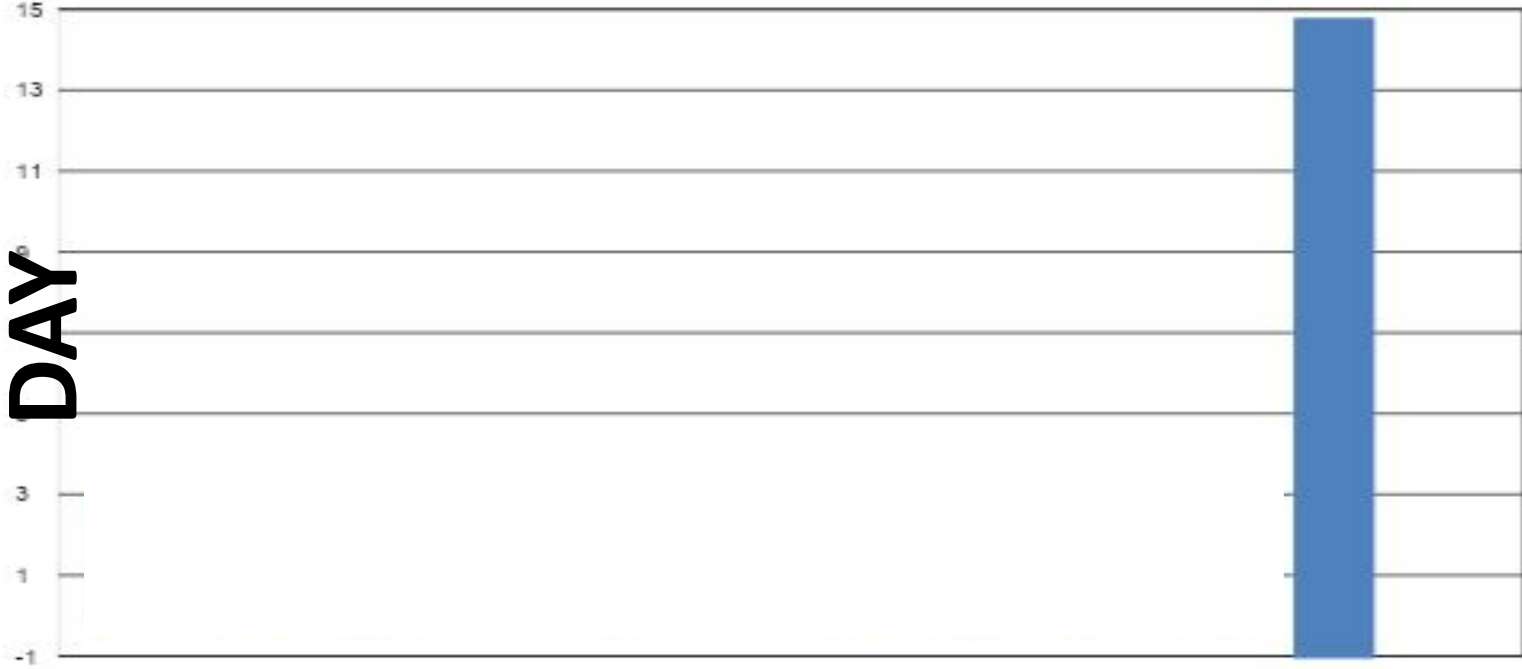


**WORK PER
DAY**



Focused and diffuse thinking

**WORK PER
DAY**



**focused
thinking**

Problems of procrastination

Performance

Well-being

Guilt / Shame = paralysing emotions

**‘I can’t tell my teacher that I haven’t
started yet!’**

Why do we
procrastinate?

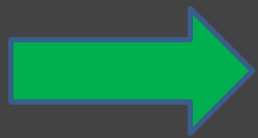
**Giving in to feeling good –
instant mood repair**

**‘Hard work often pays off
over time, but laziness
always pays off now.’**

**How do we beat
procrastination?**

The Pomodoro Rule





JUST get
started

A note on stress...

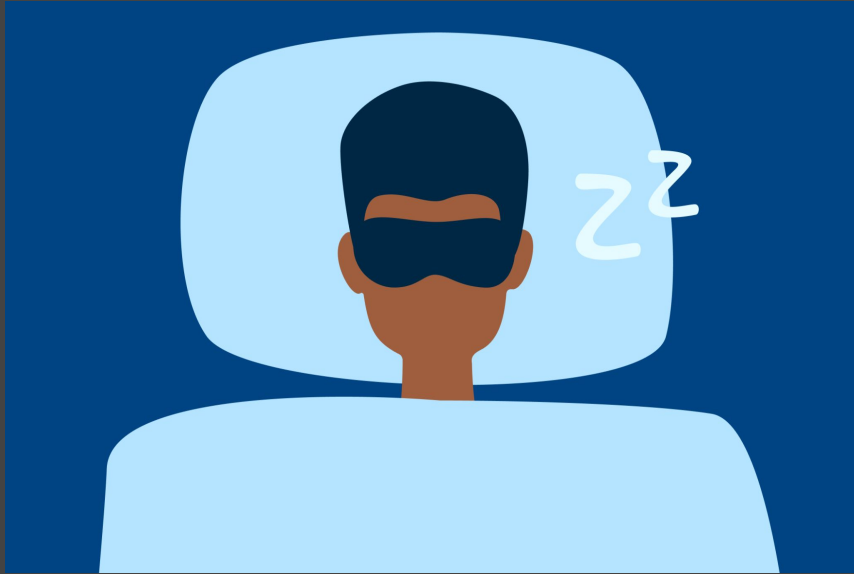
....about doing the assessments themselves

....about the consequences

Managing Stress

- Planned breaks and rest
- Preparation to help you feel 'in control'
- Healthy lifestyle
- Talk to us

Managing stress



Managing stress



Managing stress



Oh.. I haven't revised at all....



Frequently asked questions:



Frequently asked questions?

→ How do I motivate myself/my child to start?

Have a plan eg. 10 flashcards

Break it into chunks

Have rewards to feel successful - quizzing/testing



Frequently asked questions?

- How do I motivate myself/my child to start?
- **How do I stop myself/my child getting distracted?**

Put away the phone

Create a structure - time, space



Frequently asked questions?

- How do I motivate myself/my child to start?
- How do I stop myself/my child getting distracted?
- **How do I cope with panic?**

Talk to people - family, friends

Be productive - do something to address the panic

Start this week



Frequently asked questions?

- How do I motivate myself/my child to start?
- How do I stop myself/my child getting distracted?
- How do I cope with panic?
- **Where do I find information?**

School website - Course content

Google Classroom and Google Drive

Classbook

Teachers



Frequently asked questions?

Championing every student at Greyfriars

LEARNING IN Y11

COURSE CONTENT OVERVIEW



Championing every student at Greyfriars

LEARNING IN Y13

COURSE CONTENT OVERVIEW



Frequently asked questions?

Easter Holiday Revision Sessions - this plan may be updated but these will be communicated with you in advance.

			MON 3rd	TUES 4th	WEDS 5th	THURS 6th	FRI 7th	MON 10th	TUES 11th	WED 12th	THURS 13th	FRI 14th
AM	Y11	Subject	ENGLISH	CHEMISTRY	PHYSICS	FRENCH			BUSINESS	GEOGRAPHY	HISTORY	ENGLISH
		Time (Room)	10:00-12:00 (En4, En7)	10:00 - 12:00 (SC8)	10:00 - 12:00 (SC8)	10:00- 12:00 (EN6)			10-12 (BS1)	10-2 (HU3)	10-2 (HU1)	10- 2 (EN9)
	Y13	Subject	MY TUTOR	MY TUTOR	MY TUTOR	MY TUTOR			MY TUTOR		GEOGRAPHY	
		Time (Room)	10-12 (6th Form)	10-12 (6th Form)	10-12 (6th Form)	10-12 (6th Form)			10-12 (6th Form)		10-2 (HU3)	
	Y13	Subject							MATHS	BUSINESS		
PM		Time (Room)							(MA2) 10- 2pm	(BS1) 10- 2pm		
	Y11	Subject	DT		BUSINESS					GEOGRAPHY	HISTORY	ENGLISH
		Time (Room)	12:30-2:30 (DT)		12-2 (BS1)					10-2 (HU3)	10-2 (HU1)	10- 2 (EN9)
	Y13	Subject	ENG LIT	CHEMISTRY	CHEMISTRY	MATHS				BUSINESS	GEOGRAPHY	
		Time (Room)	12:30-2:30 (EN2)	12:30 - 14:30 (SC8)	12:30 - 14:30 (SC8)	12:30 - 14:30 (MA2)				(BS1) 10- 2pm	10-2 (HU3)	
	Y13	Subject	DT	BUSINESS	BUSINESS							
		Time (Room)	12:30-2:30 (DT)	(BS1) 12- 2pm	(BS1) 12- 2pm							



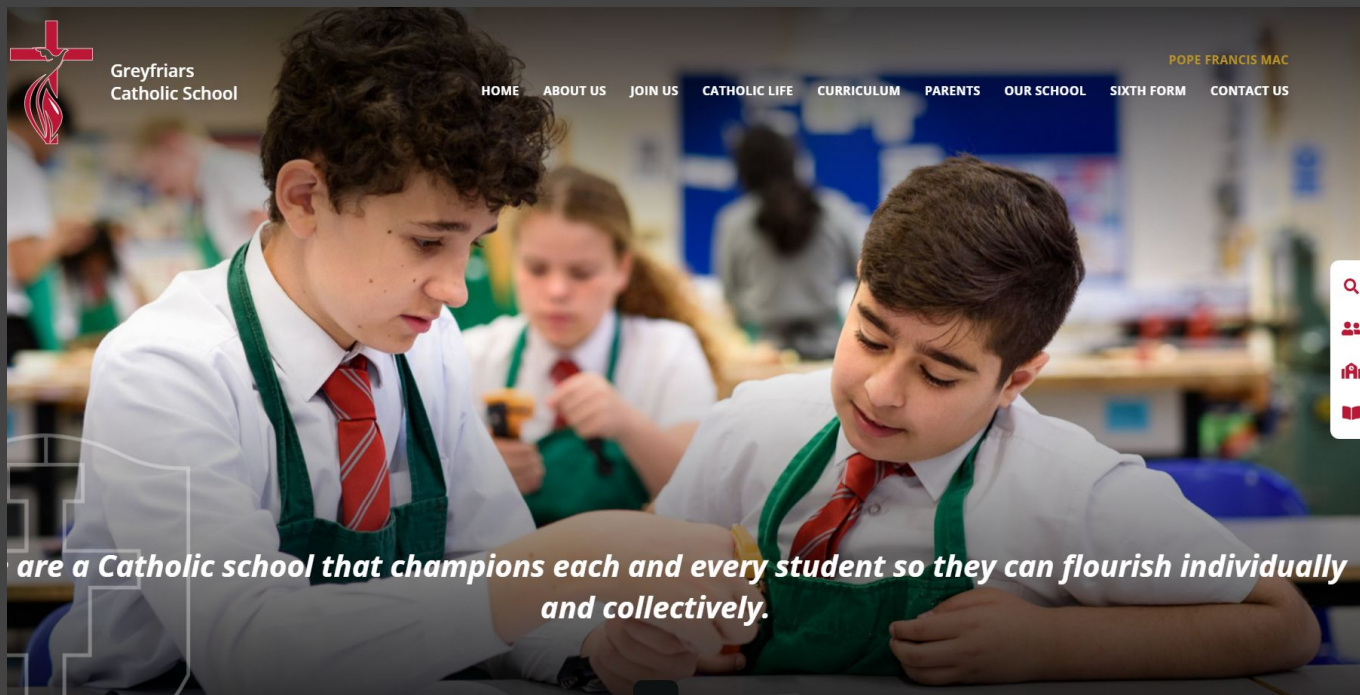
Frequently asked questions?

- How do I motivate myself/my child to start?
- How do I stop myself/my child getting distracted?
- How do I cope with panic?
- Where do I find information about Y11?
- **Who do I speak to for more support?**



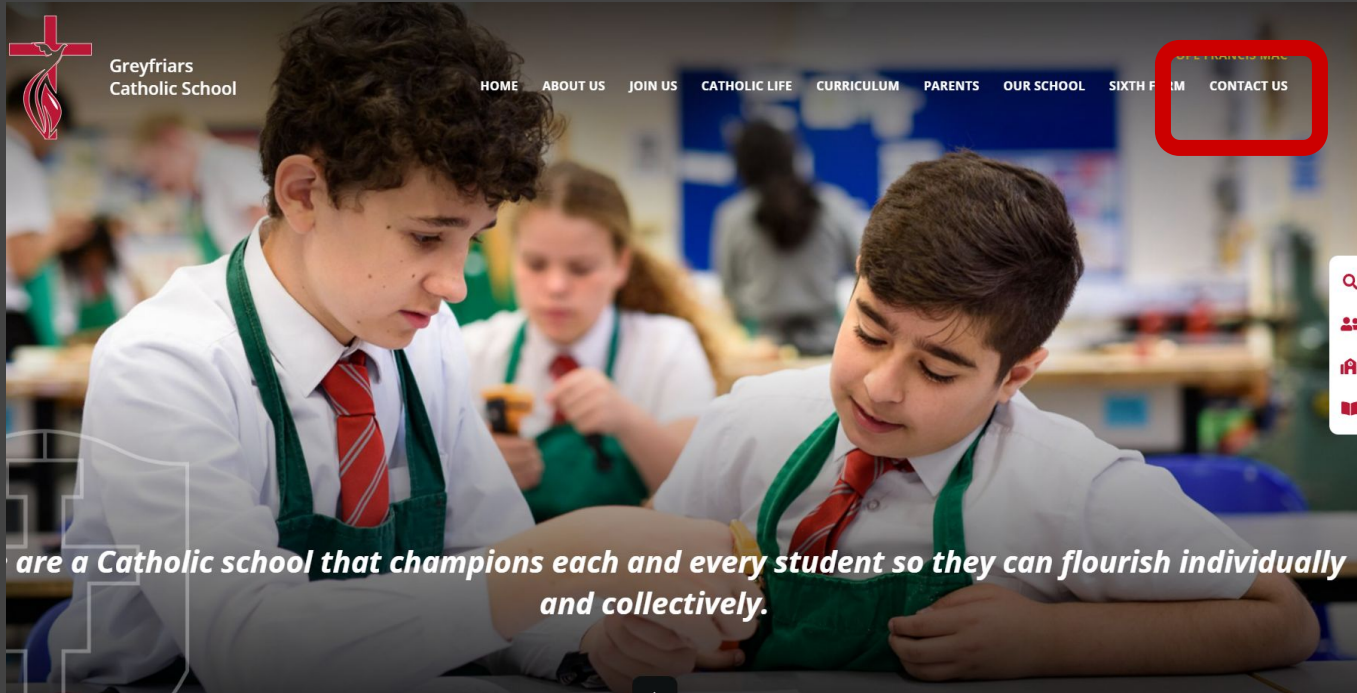
Communication

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Communication

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Communication

KS4

→ Mr Harry Strachan - Head of KS4

h.strachan@gfcs.uk

→ Mrs Sheila Mold - Pastoral
Manager for KS4

s.mold@gfcs.uk

→ Ms Melissa Groves - SENCO

m.groves@gfcs.uk

KS5

→ Ms Kate McCabe - AHT

k.mccabe@gfcs.uk

→ Mrs Farah Kiran - Pastoral
Manager for KS5

f.kiran@gfcs.uk



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Thank you

Talk to us if you have any questions



Greyfriars Catholic School

A Fresh Look at Education

