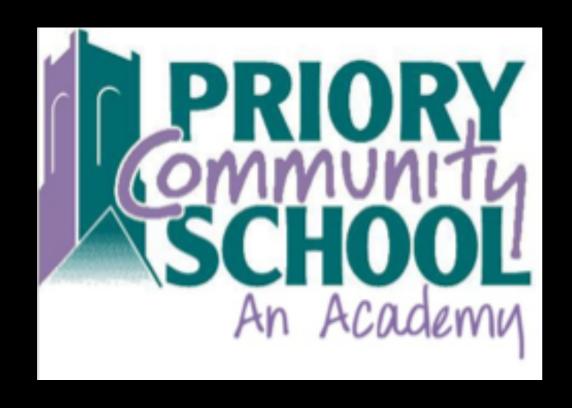


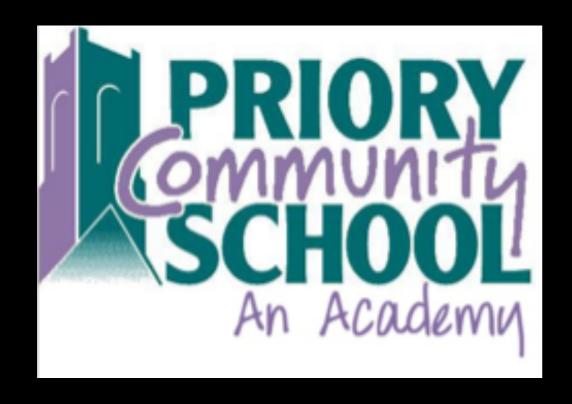
Welcome to PCSA and WCS Parents, Carers and Students







Welcome to PCSA and WCS Parents, Carers and Students





JAMES WILMOT

MURIEL WARDEN









ROB EVANS WAS A STUDENT OF WORLE COMMUNITY SCHOOL AND NOW WORKS FOR EDF'S NUCLEAR POWER DIVISION...



















at CHELTENHAM and GLOUCESTER

365BRISTOL







Actually, I can.

WARK TONG

LESLEY EVANS





Study Skills: Revision Let's focus on what counts

Why?







The Revision Cycle Flow Chart

KNOW the 'What?' and 'How?':

- √ What is the exam focus/theme/topic?
 - ✓ How long is the exam?
- ✓ What is the format or structure? (Short answers, long written answers)
 - ✓ How do you get the top marks?

ORGANISE your information:

- ✓ Find and make your notes on the topic
- ✓ Find any web links or online support

PLAN your revision:

✓ List what you need to learn (PLCs?)

DO your revision:

✓ Try out different techniques, find what works

TEST yourself:

- ✓ Answer questions on the topic
 - ✓ Do online tests
- ✓ Get others to guiz you and write your answers
- ✓ Teach others how to do /understand the focus
- ✓ DO practice papers and follow a mark scheme to check your learning



REVIEW what you know

Find out what is and isn't working

yet for you

Then PLAN what needs more revision.

DO the cycle again and 'top-up' your learning.



Study Skills: Revision Let's focus on what counts

Find out the 'What', the 'How' and the 'Why?'

- Know what you will be tested on and in what format
- Know what great looks like and understand how you secure the most marks

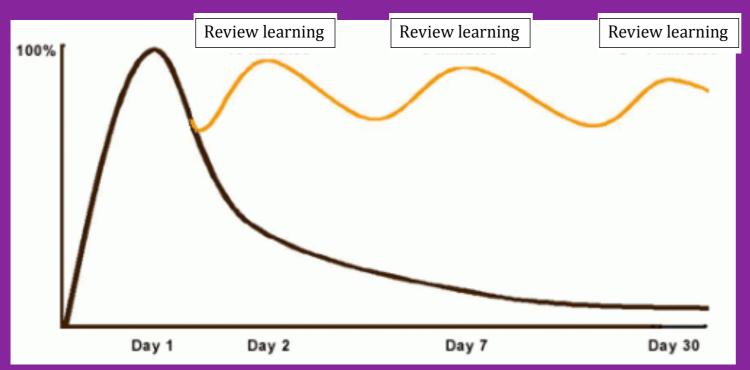
Commit to plan your success:

Space your learning - learn in short bursts, test yourself over several weeks

Reviewing to 'make it stick'

Research shows us that in 24 hours you will forget about 70-80% of what you have learnt if you don't REVIEW your work.

The Curve of Forgetting



If you continue to review your learning regularly you keep your learning 'topped up' so USE IT OR LOSE IT! Regular reviewing makes great revision = exam success.

FACT: Students who do not quiz themselves **often over-estimate** how well they know the material.

Spaced Learning





How can we remember better?



Let's focus on what counts

Find out the 'What', the 'How' and the 'Why?'

- Know what you will be tested on and in what format
- Know what great looks like and understand how you secure the most

Commit to plan your success:

 Space your learning - learn in short bursts, test yourself over several weeks (cramming can give a false sense of security)

Structure information – don't try to remember it!

- •Making notes, deep thinking about how information relates or links to other material, practise writing answers: gives depth of processing and secures your recall.
- •Stable narratives also depend on WRITING essay plans or extended questions—just going over it in your mind is not enough it's easy to kid yourself about what you think you know!



Let's focus on what counts

Deal with the distraction of technology

• Practise the Pomodoro technique - use a kitchen timer (not a phone!) for 25 -35 minutes of focused revision without interruptions followed by a 5 minute break.

Routinely be honest about what you know

• At the end of a revision session WRITE down everything you know about the subject on a blank piece of paper – test yourself on the whole and its form as a narrative: you can then spot gaps in learning.

Grow your growth mindset

• Try things out, fail, improve. Ask for help when you need to.



When we 'sleep on it' and have space between revising and testing we enhance our memory and recall.

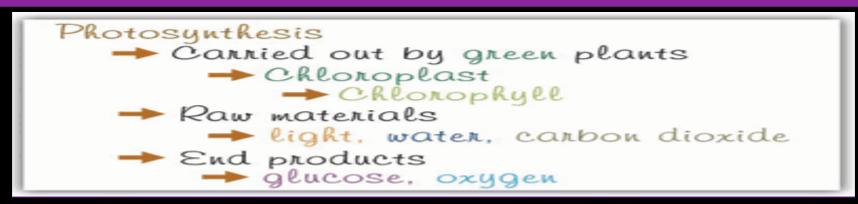




All Subjects...

THE OUT LINING METHOD

<u>Method</u>: This helps you to write points in an organised pattern based on space indention. Place major points farthest to the left. Indent each more specific point to the right. Levels of importance will be indicated by distance away from the major point. Indention can be as simple as or as complex as labeling the indentations with numbers or decimals. Markings are not necessary as space relationships will indicated the major/minor points.



Advantages:

Well-organised system if done right.
Outlining records content as well as relationships. It also reduces editing and is easy to review by turning main points into questions.

<u>Disadvantages</u>:

Requires more thought in class for accurate organisation. This system is more useful for organising revision notes. This system can take time.

When to use it: Use this method for making revision notes. Use this system when you have time to think about the order of your notes and how things connect.

History, Geography and RS





<u>Method</u>: Determine the categories to be covered in your revision notes Set up your paper in advance by columns headed by these categories. As you take notes, record the information (words, phrases, main ideas, etc) into the appropriate category.

Торіс	Christian Views	Muslim Views	My Opinion
Human Rights			
Abortion			
God			

Advantages:

Helps you gain an overview of the topic. Reduces the amount of writing necessary. Provides easy review mechanism for both memorisation of facts and study of comparisons and relationships.

DATES	WAR	COUNTRIES	LEADERS	SIENIFICANE
1939 -1945	HORLD WAR II	GERMANY JAPAN GREAT BRITAIN	ADOLF HITLER JOSEPH STALIN FRAKUN MOSSIES	BLAM BLAM
		RUSSIA USA FRANCE	WINSTEN CHURCHIN	u
		POLAND and more	1	1
1950-1953	KOREAN WAR	KOREA	KIM IL-SU	WAN

Disadvantages:

Few disadvantages except learning how to use the system and locating good categories.

When to use it: Use this method when you want to focus on both facts and relationships. Use when you want to get an overview of the whole course on one big piece of paper.



All Subjects...



<u>Method</u>: Write every new thought, fact or topic on a separate line, numbering as you go and using different colours.

Example:

At first, Freud tried conventional, physical methods of treatment such as giving baths, Massages, rest cures, and similar aids. But when these failed he tried techniques of Hypnosis that he had seen used by Jean-Martin Charcot. Finally, he borrowed an idea from Jean Breuer and used direct verbal communication to get an un-hypnotized patient to reveal unconscious thoughts.

SAMPLE NOTES:

Freud Ist - used phys. Trtment; e.g, baths, etc. this fld. 2nd - used hypnosis (fr. Charcot)

Finally – used vrb. Commun. (fr. Breuer) – got unhypynop, patnt to reveal uncons. thoughts.

Advantages:

Notes are shortened and abbreviations are used. Slightly more organised than the paragraph. Gets more or all of the information. Thinking is increased.

Disadvantages:

You can't clearly see what the major points are. Difficult to edit without having to rewrite by clustering points which are related. Difficult to review unless editing cleans it up.

When to use it: Use when you want to clearly organise you notes into mapped categories. Use when you want to put lots of detail onto your maps. Use when you want to group together detail into logical orders.



All Subjects...

THE MAPPING METHOD

<u>Method</u>: Mapping uses comprehension/concentration skills and evolves in a note taking form which relates each fact or idea to every other fact or idea. Mapping is a graphic representation of the notes. It involves critical thinking in order to connect ideas together.

TELEPATHY LIAIRVOYANCE FENDING HESSAGES EXTRASENSORY PERCEPTIONS ALAIRVOYANCE PSYCHOKINESIS PERCEIVING EVENTS EXTERNAL TO SITUATION

Advantages:

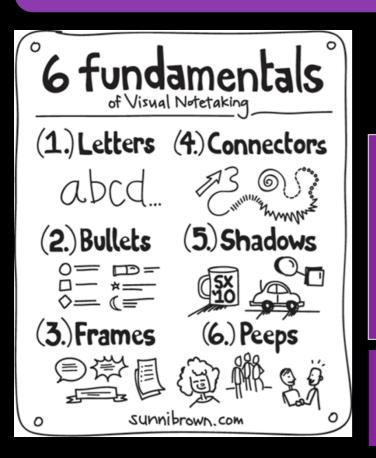
It helps you visually track your notes. Little thinking is needed and relationships can easily be seen. It is easy to edit notes. Main points can be written in different colours.

Disadvantages:

They can easily become messy.

When to use it: Use this method when you want your notes to be well-organised. May also be used when you want to add lots of detail to your notes.





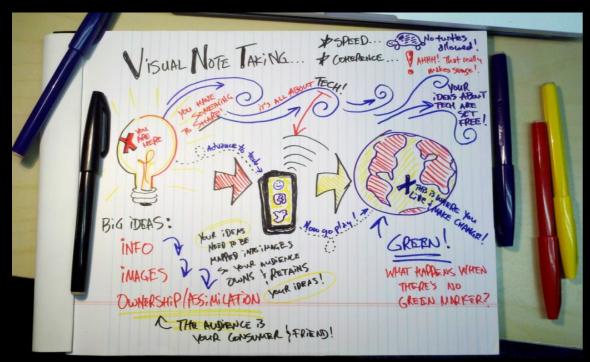
Visual Notes

- Visual Note Taking is used all over the world for taking **structured** notes. It makes use of words, pictures, symbols, arrows and shapes to present information. It forces you to **engage** and **select** what information is important to you.
- Watch Sketcho Frenzy's great tutorial:
- http://www.youtube.com/watch?v=gY9KdRfNN9w

You do not need to be good at drawing to take visual notes.

Make use of pictures, words, symbols and arrows.

Important information should be in bold and be the biggest.





Cornell Notes

The Cornell Note Taking System is used all over the world for taking **structured** notes. It divides your notes into sections and forces you to **engage** and **select** what information is important.

The Giant, 'Wonky I' Structure of Your Page

Put the topic you are taking notes on in this box.

- Begin to take notes about the topic in this box.
- Once you have completed this box with notes, go through your notes and underline and highlight all keywords and key points.
- Write the keywords and key points in this box.

Summarise what you have learnt intoor 3 sentences in this box.

Example

Title '



Notes

Resonance Structures and True Structures

what is the difference between resonance structures & true structures?

why does charge delocalization stabilize a molecule?

Keywords

Resonance Hybrid: True structure of molecule represented by a set of resonance structures

Positive charge is delocalized over earbon 1 \$ 3

Some \$1 sets of resonance structures have one structure that is very good

have one structure that is very good

io:

H-C-N-H
H-C-N-H
H-C-N-H
H

BEST

because

no formal

mo charges

Next best

h-c-N-H

major

contributor

io:

H-C-N-H

lowest energy

lowest

lo

Resonance structures are used to represent the structure of molecule. The more resonance structures you can draw, the more stable the molecule due to delocalization of e-.

most stable

Summary

Flash Cards



Flashcards work in a really simple way:

- I. On one side of the card, write something you need to know. For example:
 - I

Figures of speech Metaphor

2. On the other side of the card, write the answer or detail:

A metaphor is a ____ that

e.g:

is used to describe and make a

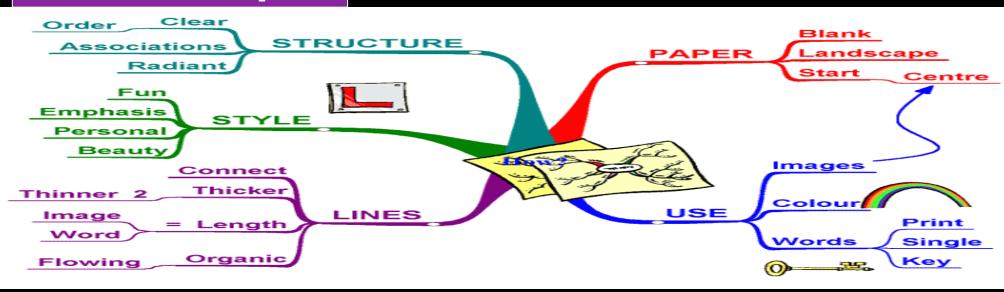
David is a cheeky monkey. She is a walking dictionary.

The big advantage of flashcards is that you are reinforcing your learning as you make them and then you can test yourself or get someone else to.



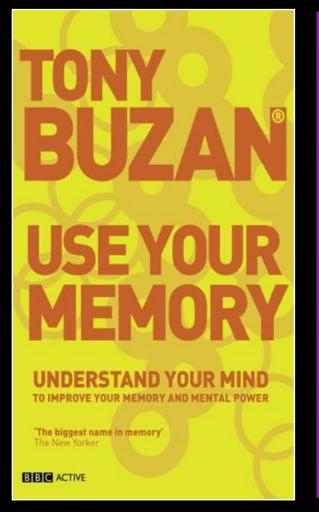
It's true!
Recent research has found that using flashcards is one of the most effective techniques for retaining information

Mind Maps



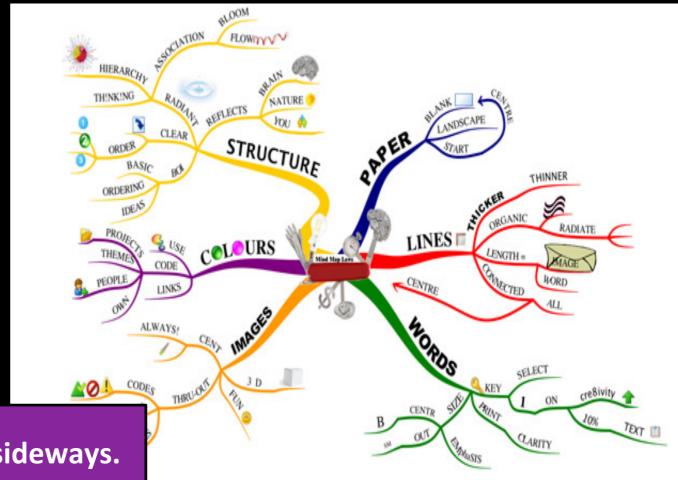






- •A Mind Map is a powerful **graphic technique** that helps to **unlock the potential** of the brain.
- •It makes use of words, images, number, logic and colour. It allows your brain to be **creative**.
- It reinforces and builds new neural pathways, aiding recall.
- •Studies have shown that students who practice this technique and master it see **improved learning** and **clearer thinking** in exams.
- To master mind mapping, it takes practice, resilience and redrafting.

HOW TO WIND WAP



- •Start in the CENTRE of a blank page turned sideways.
- •Use an IMAGE or PICTURE for your central idea.
- •Use COLOURS throughout.
- CONNECT your MAIN BRANCHES.
- CURVE your lines.
- •Use ONE KEY WORD per line.
- •Use IMAGES throughout.





Using the tools available



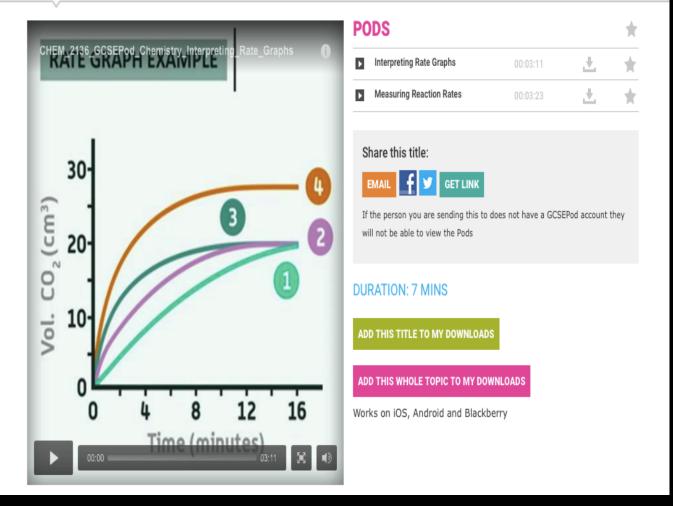
- GCSEpod
- The course syllabus
- Past papers
- For the highest grades the most detailed revision resources which will often be a student's own notes.

GCSEpod – working in detail

- Listen to a 'pod'
- Listen again note keywords
- Put it away write a paragraph including all the keywords.
- Check listen again does your understanding agree with the pod



ADDITIONAL SCIENCE / C3/CHEMICAL ECONOMICS RATES OF REACTION (1)



Using the Syllabus

C Grade

- Candidates recall, select and communicate secure knowledge
- They use scientific and technical knowledge, terminology and conventions appropriately, showing understanding.



A Grade

- Candidates recall, select and communicate precise knowledge and detailed understanding
- They use scientific and technical knowledge, terminology and conventions appropriately and consistently.

Using the Syllabus



C Grade

...in a range of practical and other contexts

This only requires that a range of situations that have been taught are remembered.

A Grade

...in a wide range of practical and other contexts

 This requires application of understanding to new situations that probably haven't been taught.



Past Papers

- Questions a tip examiners are required to cover the whole syllabus every three years
- No guesses no gaps the paper isn't a test when revision is occurring
- Details for marks make sure the number of separate details in an answer matches the number of marks available.



Own Notes

- Teachers ensure that students have the opportunity to compile detailed notes.
- These are deliberately targeted at what needs to be covered.
- They are therefore, regularly, the best source to revise from.

RICHARD SHEPPARD





Dealing with Stress



Stress is OK....but....



Too much stress makes it hard to think clearly



Two strategies

 Manage the stress that is created when you face life's problems

 Reduce your background level of stress, so that you are calmer when a problem arrives.

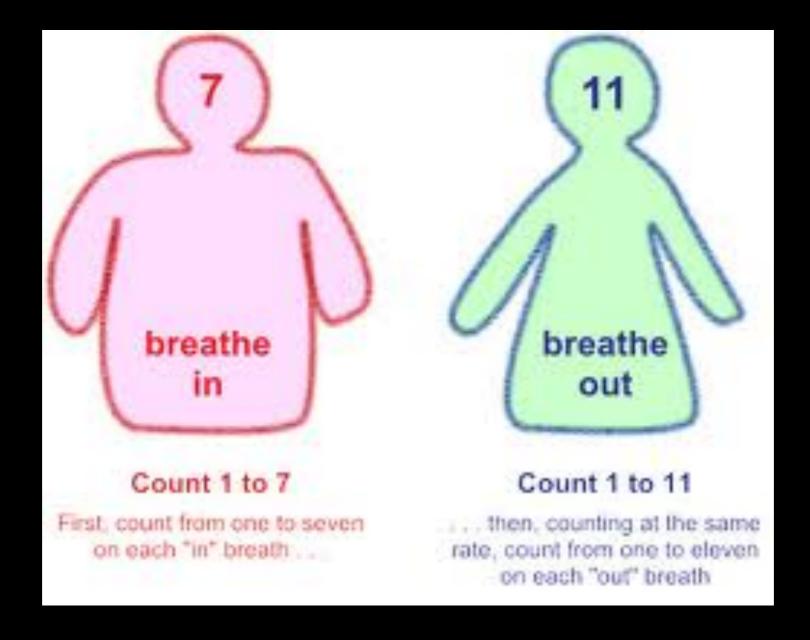


Strategy I





7/11 Breathing

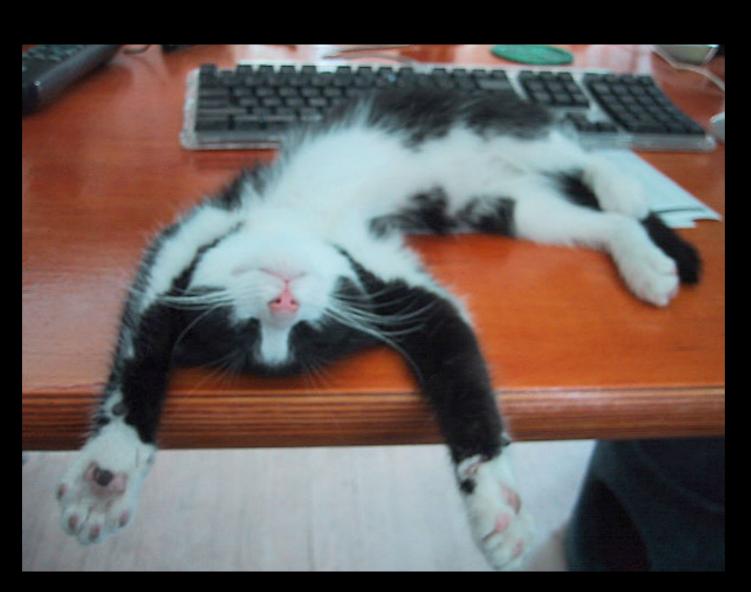




Peripheral Vision



Strategy 2













Mindfulness means paying attention in a particular way;
On purpose, in the present moment, and non-judgmentally."

Jon Kabat-Zinn



Mindfulness ...

- Is about developing attention skill
- Requires practice
- Helps emotional regulation
- Makes life easier





Resources to manage stress

- NHS exam stress advice NHS exam stress advice http://www.nhs.uk/conditions/stress-anxiety-depression/pages/ coping-with-exam-stress.aspx
- BBC exam stress advice <u>http://www.bbc.co.uk/programmes/articles/</u>
 IHsYIX8ySjKBMVXPVCbP4qH/exam-stress
- Young Minds Charity http://www.youngminds.org.uk/



Cognitive Behavioural Therapy CBT for Teenagers

My Anxious Mind by Michael Tompkins and Katherine Martinez

Starving The Anxiety Gremlins by Kate Collins-Donnelly



Mindfulness

Headspace offers a free ten day app to start you learning Mindfulness. Informative website and you can choose to buy products later. https://www.headspace.com/

Mindfulness. A practical guide for finding peace in a Frantic World by Prof Mark Williams and Danny Penman is a book with accompanying CD

Quiet the Mind a book for teenagers by Matthew Johnstone

IAN SHOPLAND

JAMES WHITE

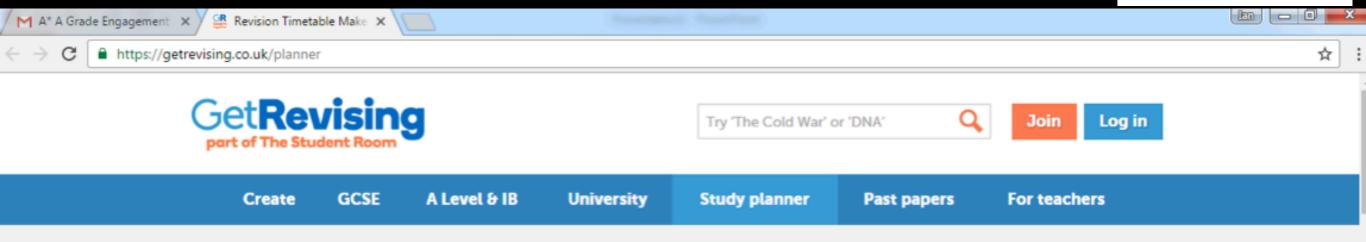




Objectives

- I.To introduce a tool to help A*-A and 9-7 students organise their home study.
- 2.To share case study stories of success from previous years





Create your smart Study Planner

Make revision manageable. Build a plan around your life. Get confident for your exams.

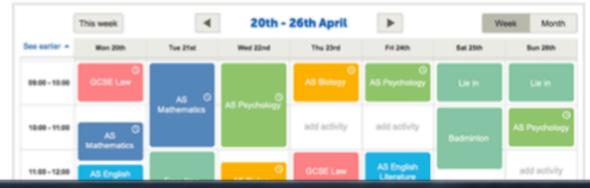
Get started. It's free

Organise your revision time Balancing studying with the fun stuff in life can be difficult.

Revising can get in the way of everything from meeting friends to relaxing after school.

Building a revision plan helps you manage your time more effectively. It gives you a clear idea of what subjects and

s you organise your







https://getrevising.co.uk/planner































https://getrevising.co.uk/planner



Create

GCSE

A Level & IB

University

Study planner

Past papers

For teachers

Create your smart Study Planner

Make revision manageable. Build a plan around your life. Get confident for your exams.

Get started. It's free

This week

AS English (AGA)

09.00 - 10.00

10.00 - 11.00

11.00 - 12.00

Get started. It's free

Tue 21st

add activity

20th - 26th April

add activity

add activity

add activity

AS English Literature

add activity

Organise your revision time

Balancing studying with the fun stuff in life can be difficult. Revising can get in the way of everything from meeting friends to relaxing after school.

Building a revision plan helps you manage your time more effectively. It gives you a clear idea of what subjects and topics you'll be revising each day and helps you organise your studies around your life.

The Get Revising Study Planner:













add activity

Month

Sun 26th















https://getrevising.co.uk/auth/login

https://getrevising.co.uk/planner

Ready to start learning? Create your free account to start using Get Revising Already have an account? Log in Username MrShopland **Email address** ian.shopland@pcsa.org.uk **Organise** y **Password** ******** Weak Are you a teacher? O Yes No



https://getrevising.co.uk/register What subjects do you study? French Biology Music Business Studies Geography Physical Education History Chemistry Physics English □ ICT Religious Studies English Literature Mathematics Science Course not here? GCSE Spanish Select a level of study Select a subject Add another subject Keep me in the loop with university info and special offers

By continuing you agree to our terms and conditions and privacy policy.



Log in to Get Revising

THE PRIORY LEARNING TRUST

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ian.shopland@pcsa.org.uk

Password

•••••

Forgotten your password?

Remember my details

Log in >

Don't have an account? Please register



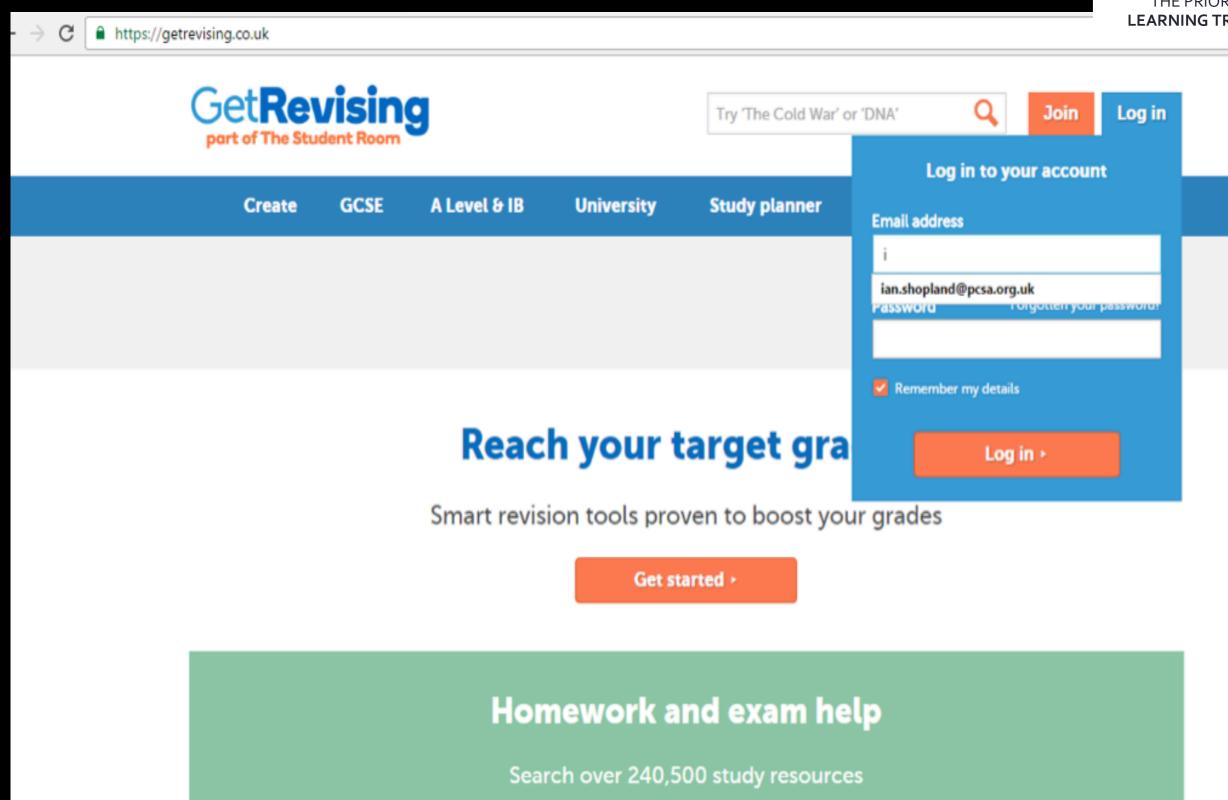
→ G	https://getrevising.co.uk/register					LEARNING TRUST
		Wilat level uo y	ou study:			
		GCSE		~		
		W	hat subjects do you study?			
	Biolo	эgy	French	Music		
	☐ Busin	ness Studies	Geography	Physical E	ducation	
	Cher	mistry	History	Physics		
	Engli	ish	☐ ICT	Religious	Studies	
	Engl	ish Literature	Mathematics	Science		
		Course not here?				
		Select a level of	study	~		
	©					
		◆ Add another	subject			
		Keep me in the	e loop with university info and	special offers		
	Вус	continuing you agre	ee to our terms and conditions	and privacy po	olicy.	

Slide to continue

Try the 'Cold War', 'DNA' or 'Algebra'.



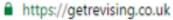
Search >













Create your study plan



Take the stress out of homework and exams. Tell us what you're studying and get a personalised study plan in under 5 minutes.

Create a study plan >

Practise past papers



Practising past papers is the best way to tell if you're ready for exams. Our smart tool can find past papers for all levels and subjects.

Find a past paper •

Get creative



Create your own study resources with our easy to use tools. Create a mindmap to plan an essay or turn your revision notes into flashcards.

Create one now >

Start improving your grades

Join over 1 million students using Get Revising

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 - Study tools for all learning styles
 - Track your progress

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https://getrevising.co.uk/planner

Create your smart Study Planner

Make revision manageable. Build a plan around your life. Get confident for your exams.

Get started. It's free

Organise your revision time

Balancing studying with the fun stuff in life can be difficult. Revising can get in the way of everything from meeting friends to relaxing after school.

Building a revision plan helps you manage your time more effectively. It gives you a clear idea of what subjects and topics you'll be revising each day and helps you organise your studies around your life.

The Get Revising Study Planner:

- ✓ Builds revision sessions around your life
- Automatically adds revision sessions for you
- Prioritises subjects you find difficult

Get started. It's free

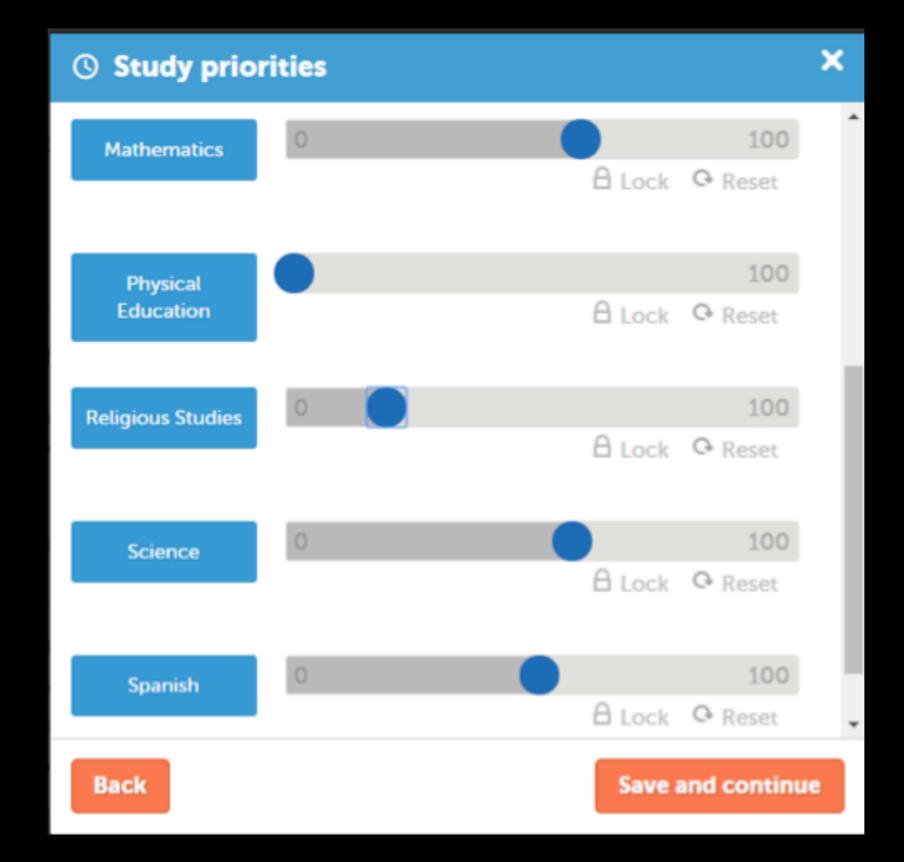
Get started. It's free



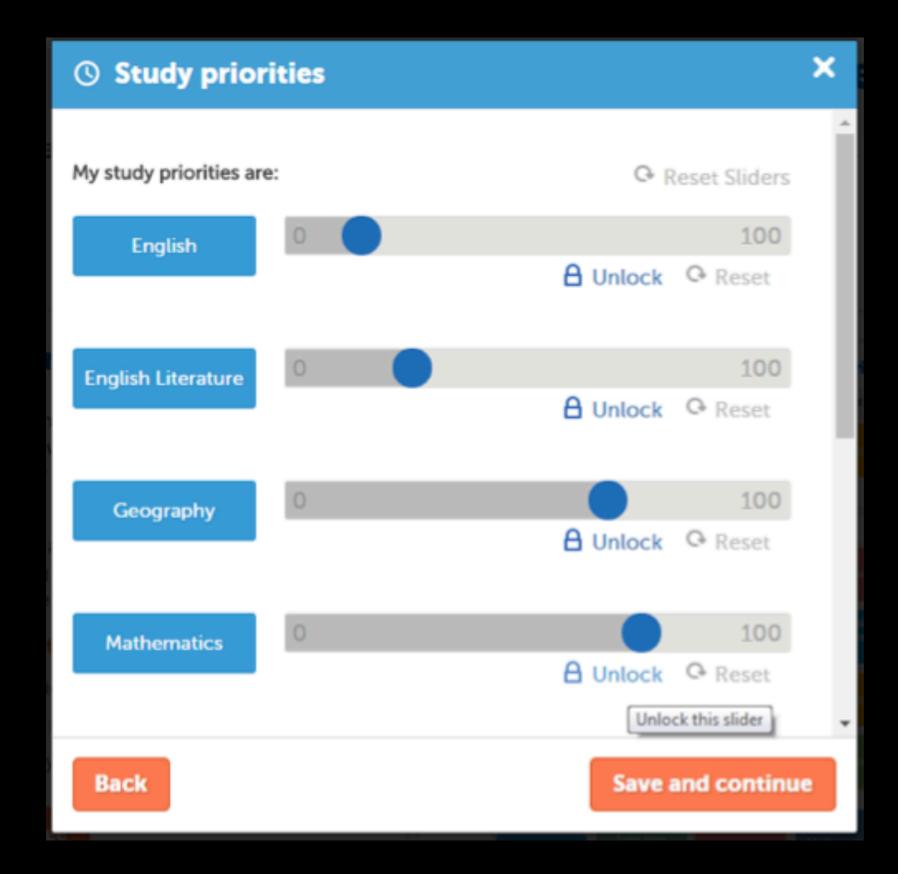


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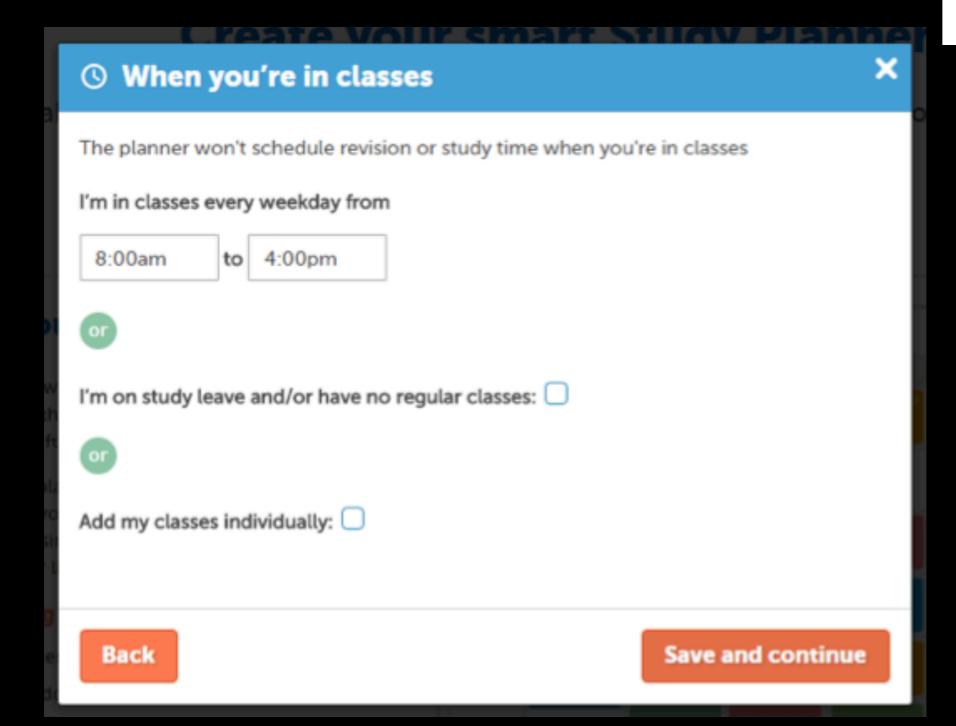
https://getrevising.co.uk/planner **Getting started - Add your subjects** Let's get your planner started in a few easy steps. First tell us what you're studying so we can add them to your planner. Subject Exam board Target grade Level English GCSE AQA **English Literature** GCSE Edexcel WJEC GCSE Geography GCSE Mathematics Edexcel GCSE Physical Education Not sure Religious Studies GCSE OCR Select your target grade GCSE AQA Science Spanish AQA **GCSE** Add anathau autions Save and continue









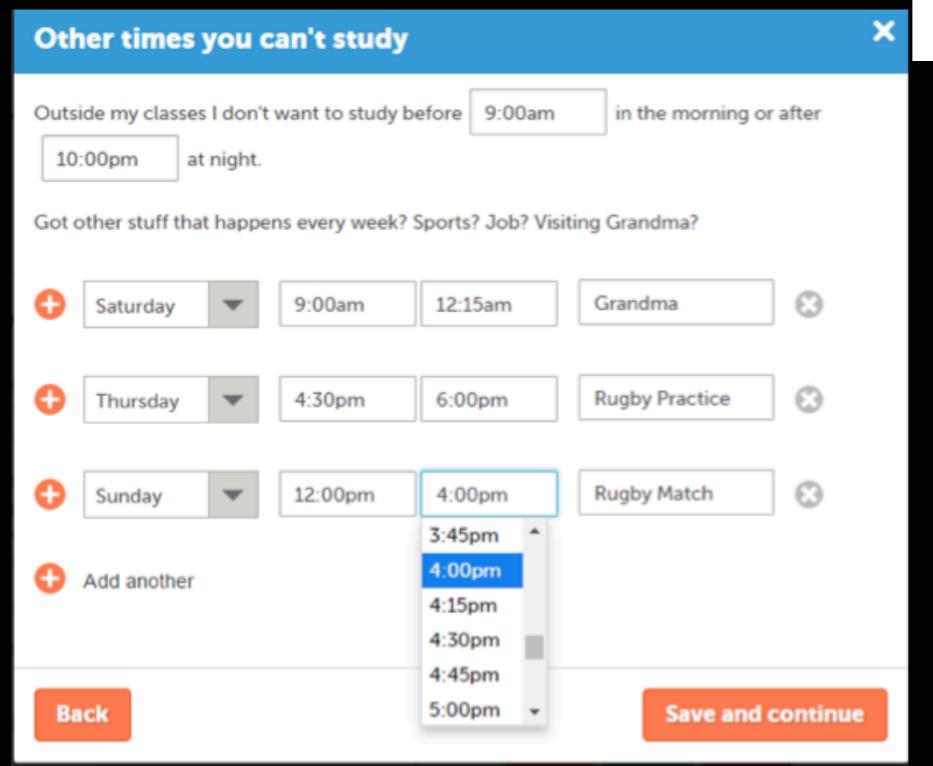






Other times you can't study	×
Outside my classes I don't want to study before 9:00am in to 10:00pm at night. Got other stuff that happens every week? Sports? Job? Visiting Grade Add	the morning or after
Back	Save and continue







Add a holi	iday	×
Title		
Holiday dates		
From 18/11/2016	Until	
I plan to carry on st	tudying through this holiday	

Cancel

Save and continue

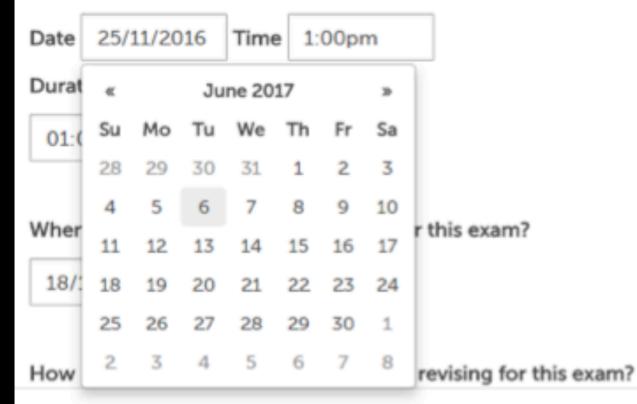
* Add an exam

Tell us when your exams are and when you want to start revising. We'll do the rest.

Subject

GCSE Geography (WJEC)

When will this exam take place?

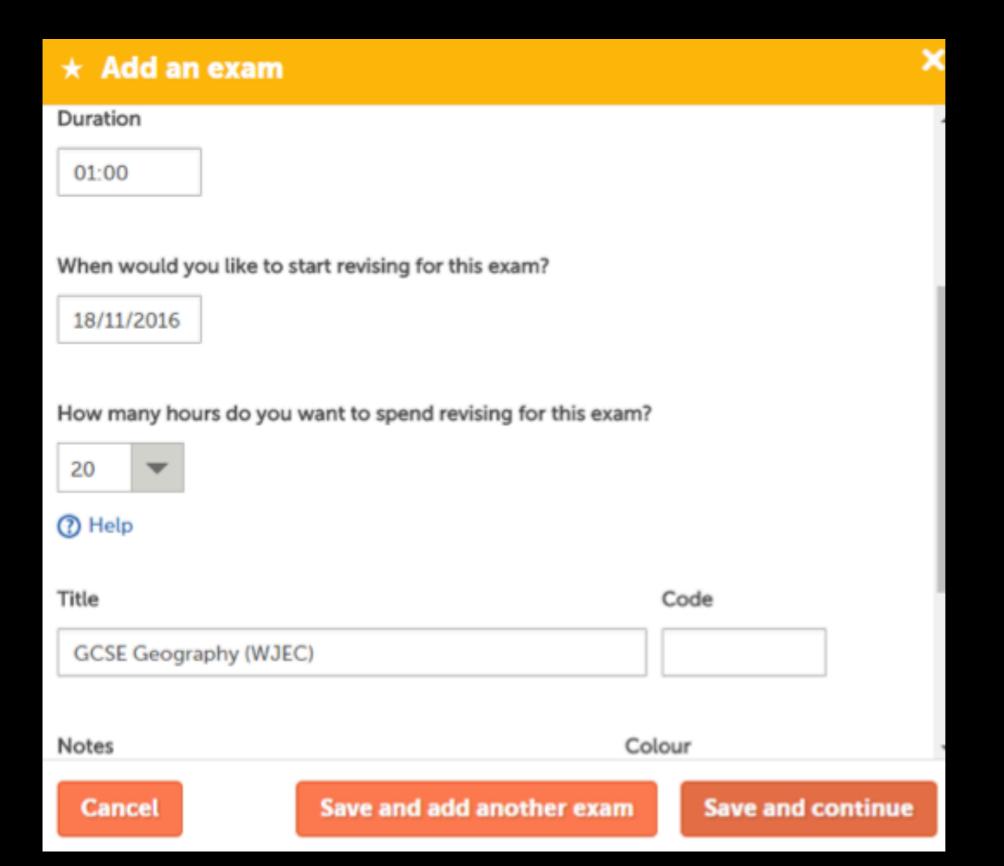


Cancel

Save and add another exam

Save and continue



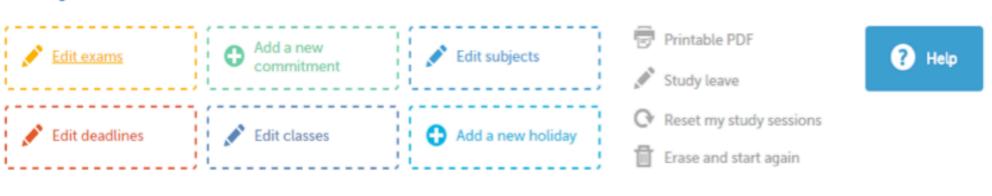






Home > Study Planner > 14th - 20th November

Study Planner



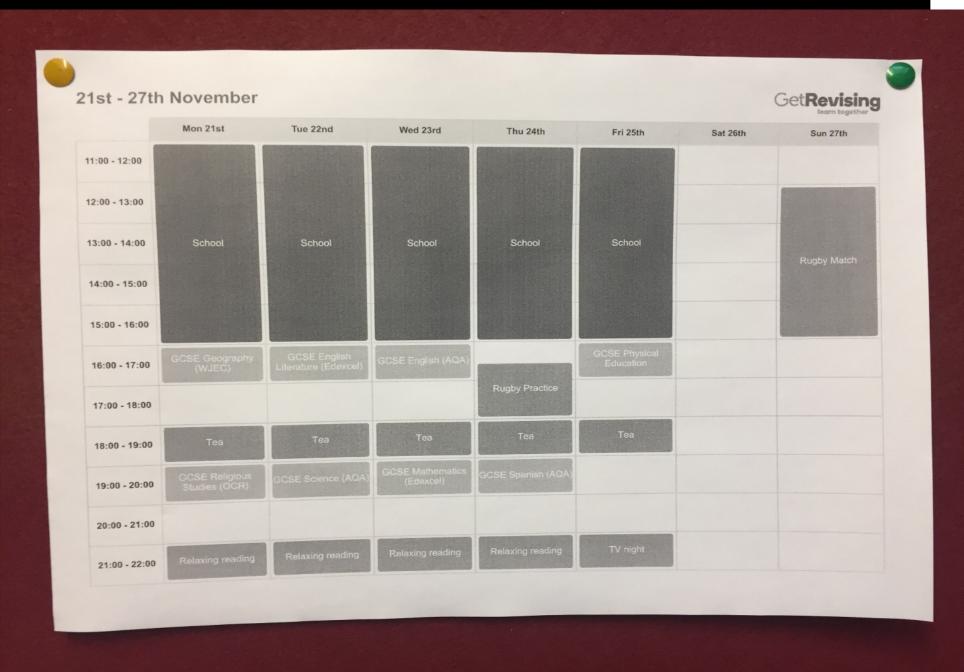
14th - 20th November This week See earlier * Mon 14th Tue 15th Wed 16th Thu 17th Fri 18th Sat 19th Sun 20th 00:00 - 01:00 01:00 - 02:00 add activity 02:00 - 03:00 03:00 - 04:00 ttps://getrevising.co.uk/planner/setup/exams



See later 💌							
21:00 - 22:00	Relaxing reading	Relaxing reading	Relaxing reading	Relaxing reading	TV night	add activity	add activity
20:00 - 21:00	add activity	add activity	add activity	add activity	add activity	add activity	add activity
19:00 - 20:00	GCSE Religious Studies (OCR)	GCSE Science (AQA)	GCSE Mathematics (Edexcel)	GCSE Spanish (AQA)	add activity	add activity	add activity
18:00 - 19:00	Tea	Tea	Tea	Tea	Tea	add activity	add activity
17:00 - 18:00	add activity	add activity	add activity	Rugby Practice	add activity	add activity	add activity
16:00 - 17:00	GCSE Geography (WJEC)	GCSE English Literature (Ede	GCSE English (AQA)	add activity	GCSE Physical Education	add activity	add activity
15:00 - 16:00						add activity	
14:00 - 15:00						add activity	

See later 💌







Top Tips to achieve A* or Grade 9

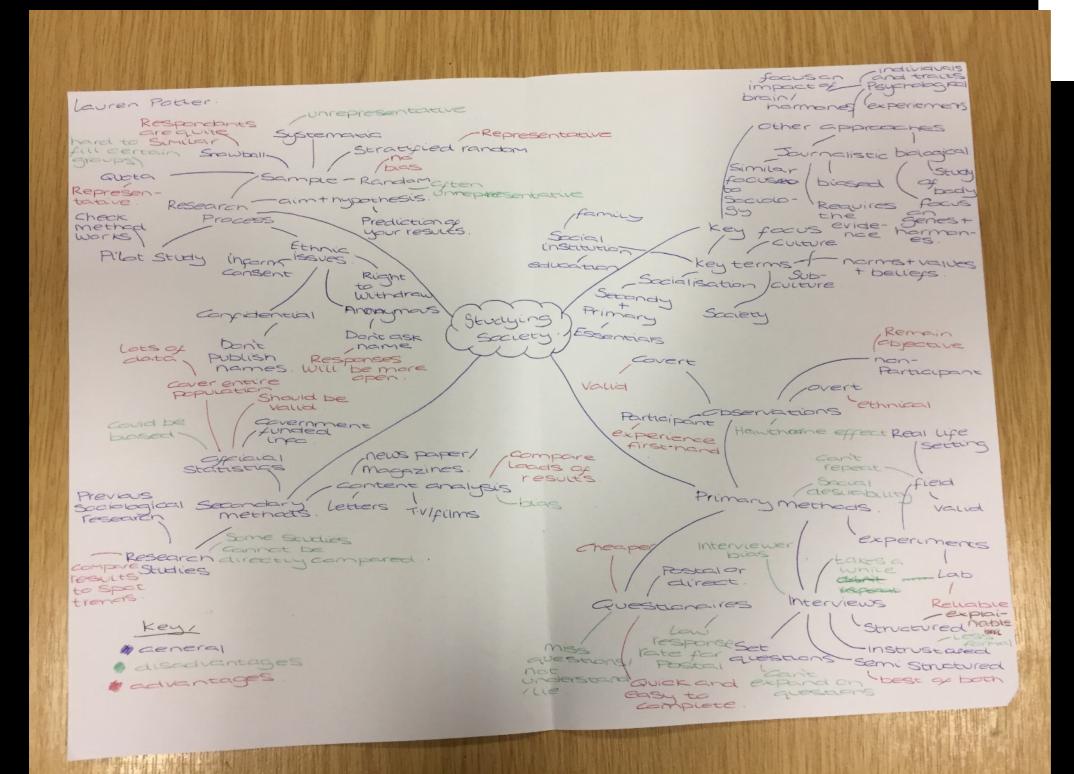
Use mind maps to connect ideas
Understand your learning style and vary techniques
– visual, auditory or kinesthetic
Revise at the best time of day for you
Practise, practise, practise! - Repeated testing using past exam papers



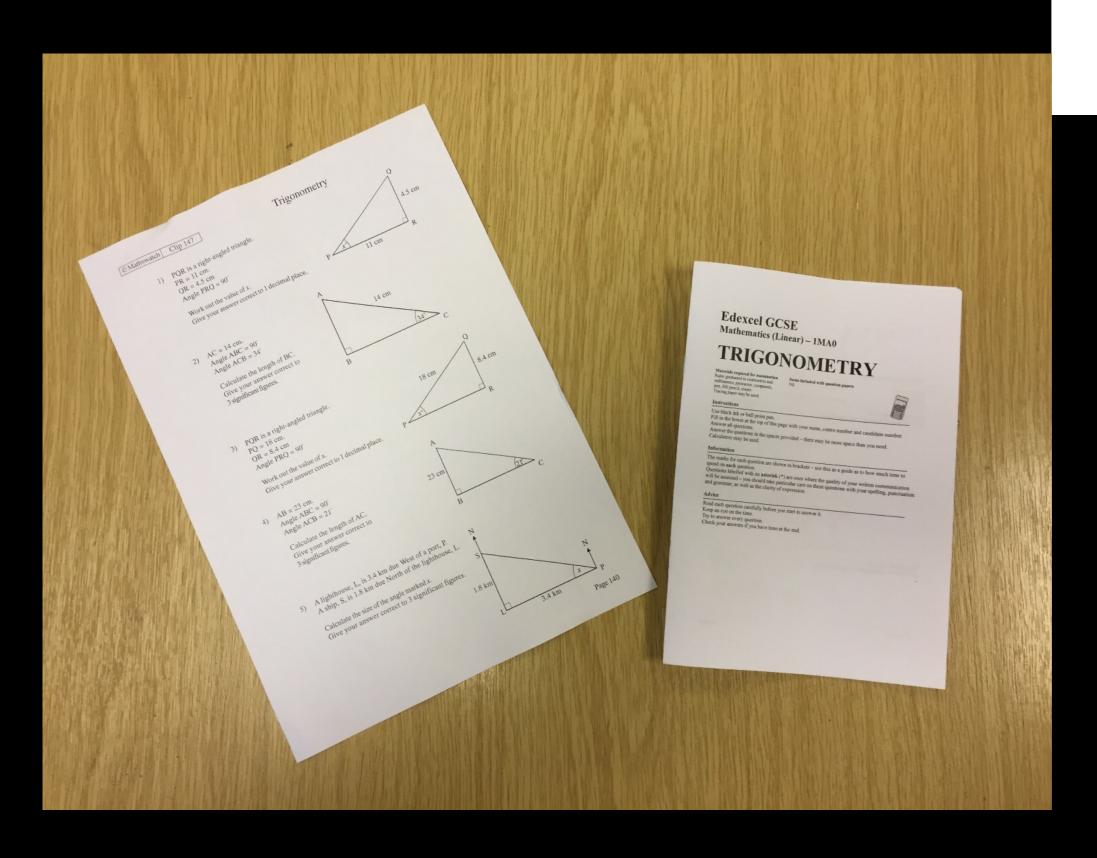
Top Tips to achieve A* or Grade 9

There is no substitute for hard work – start now! Create a revision timetable – identify very specific areas for development

Build in regular study breaks – taking regular study breaks and exercising is proven to improve your exam performance in the long run

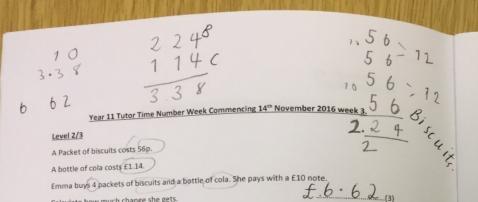












Calculate how much change she gets.

Level 4

1.
$$\frac{5}{8}$$
 $\frac{1}{2}$

Write these fractions in order of size. Start with the smallest fraction.

Level 5/6

Using the information that

19 x 24 = 456

13 X 24

- Write down the value of: (a) 19 x 240 (b) 19 x 2.4
- (b) 19 x 2.4 (c) 1.9 ÷ 2.4

Level 7

Level 8

Factorise and solve

$$X^2 - 4x - 45 = 0$$

Express $\frac{6}{\sqrt{2}}$ in the form $a\sqrt{b}$, where a and b are positive integers.

....(2

This page is left blank for your workings out.



Good Luck

