

make it stick



The Science of Successful Learning

How to revise!

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Successful, calm individuals have effective time management skills. They are able to balance their career or academic commitments with relaxation, socialising and sleep. We will never have more hours in the day, so **knowing how to prioritise** what happens during these hours is crucial.

LEARN TO MAXIMISE YOUR TIME

Task 1:

- Create a revision timetable for any exams you are due to sit
- How do I do this?.....



Example Week 1: Fill in your known commitments prior to planning your week's revision (e.g subject revision sessions before or after school, sport or other hobbies that you cannot change. Plan in meals and breaks. You will then know the time you have to plan your additional revision, by subject topic, and make time for exam practice (add this into your schedule at this point). You can record, at the end of the day, what you focused on in the P1-5 lessons and tutorial sessions SO you know what you still need to prepare revision resources for in your own time. Remember to revise in small chunks over time. Always think about your other commitments, and consider your priorities; if your friends ask you to go out each night... THINK....you may need to say "I am sorry I cannot go out tonight I have to revise".

WHAT IS YOUR GOAL?

Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Start time	Saturday	Sunday
8am		History with staff						
Period 1	English in lesson Qu1 timed conditions					1000	Out of bed + breakfast	Out of bed+ breakfast
Period 2	15 flashcards for quotes linking to.....					1100		
Tutor Period	Flashcards for.....							
Period 3	Biology Miosis +Mitosis mindmap					1200	FOOTBALL MATCH	
Period 4	Maths Alegbra questions					1300	FOOTBALL MATCH	
Period 5	BTEC PE coursework					1400	FOOTBALL MATCH home 2.30pm	FAMILY COMMTIMENT
1500	English with staff	Maths with staff	English with staff	Geography with staff	Astronomy with staff	1500		FAMILY COMMTIMENT
1600	English until 4.15pm	Maths until 4.15pm	English until 4.15pm	Geography until 4.15pm	Astronomy until 4.15pm	1600		FAMILY COMMTIMENT
1700		Maths Tutor				1700		
1800		Maths Tutor	Football Training			1800		
1900			Football Training			1900		
2000						2000		
2100						2100		
2200						2200		

Study timetable by day and hour- Week A/B week commencing: _____

Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Start time	Saturday	Sunday
8am						9am		
Period 1						1000		
Period 2						1100		
Tutor Period								
Period 3						1200		
Period 4						1300		
Period 5						1400		
1500						1500		
1600						1600		
1700						1700		
1800						1800		
1900						1900		
2000						2000		
2100						2100		
2200						2200		

Learn to Maximise Time

6am	7am	8am	9am	10am	11pm	12pm	1pm
5am	Today's Activities: To do list			Today's Notes:			2pm
4am							3pm
3am							4pm
2am							5pm
1am	12am	11pm	10pm	9pm	8pm	7pm	6pm

TOP TIPS

- Make a **to-do list** daily and **tick items off** as you complete them.
- Use a **watch** instead of a phone to tell the time – it will stop you checking messages from friends.
- Record all events, deadlines and exam dates in a calendar that you check regularly.
- Tell your friends/family about **your plans**. Statistically you will be more likely to complete them.
- Revisit what you are not as confident with as well as the things you think you know.
- Utilise short periods of time for quick tasks.
- **Take breaks**; you will make fewer mistakes.
- Use your **travel time** to review tasks or find out quick facts.
- **Get enough sleep**, drink water and eat your meals. You will perform tasks faster and more accurately.
- Give yourself **ME time**; hobbies and enrichment

Support Strategies



- Get enough sleep
- Meditate or relax for 10 minutes a day.
- You may not feel as if you have time to do this, but it is **THE** key way to deal with stress.
- Put on some chill out music, sit and stare out of the window. If thoughts come crowding into your head, just deposit them on clouds and watch the clouds float away. Sounds crazy but it works.
- The more you practise, the easier it becomes.

REVISION STRATEGIES:

Reading and
rereading

Highlighting

Mnemonics

**Thinking of
examples**

**Summarising
ideas**

Testing
memory

Going
through
your notes

**Drawing
Mind/concept
maps**

**Connecting
different
ideas**

**Translating
between words
and picture**

**Putting ideas
in your own
words**

Listening to
iPod/mobile
recording

Underlining

**Testing
understanding**

**Discussing
ideas with
others**

Task 2:

- Pick one of the strategies above and do this now for a topic of your choice



- IS IT STICKING YET?
- KEEP GOING!

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LAT STRATEGY

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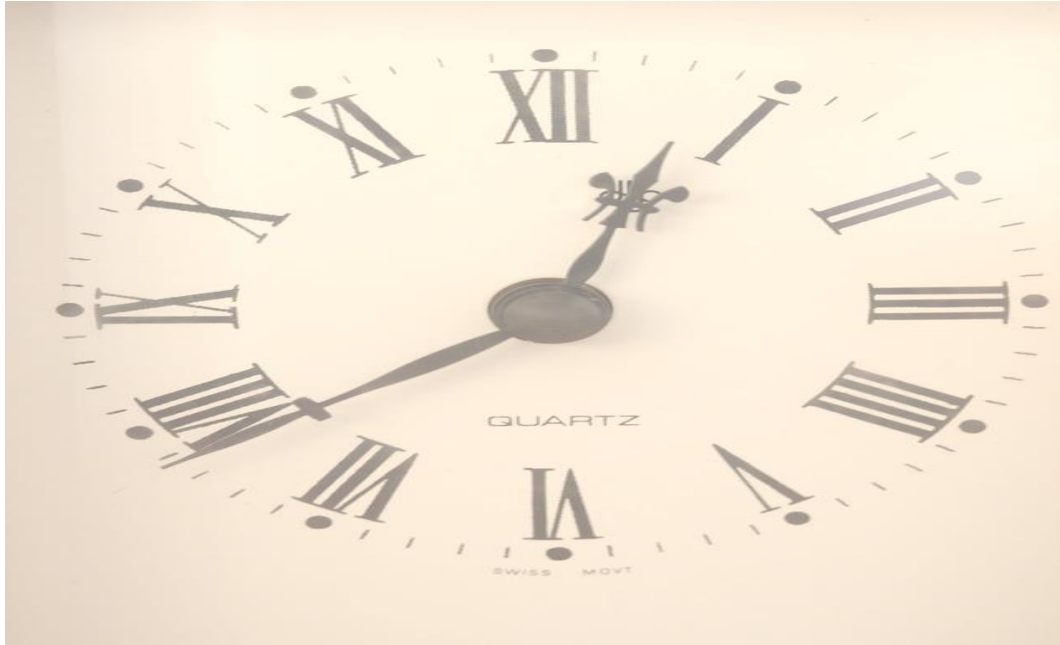
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Learn Content (Think HOW you will do this)

Apply to Exam Questions

Timed Conditions (get your family to say “see you in 15 minutes with Question 1, with the 10 mark answer completed”)

“I ran out of time”



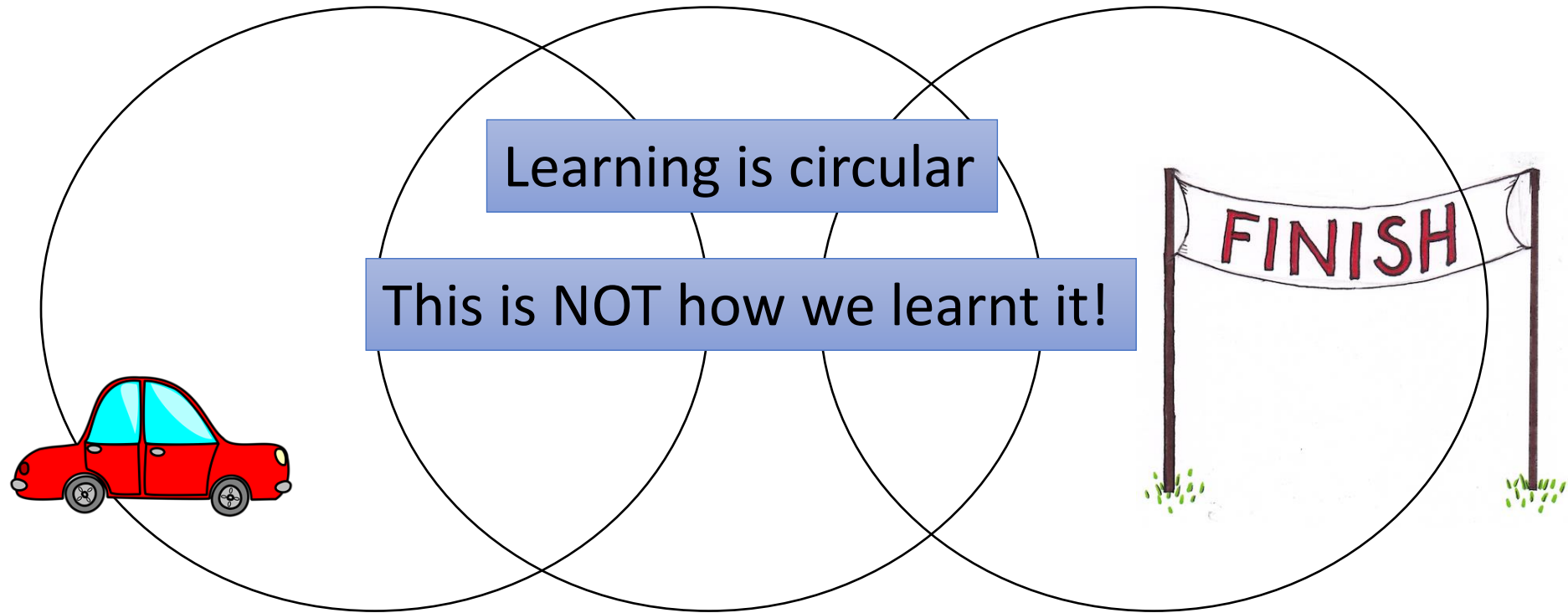
IDEA:

Find out how long the questions take for the mark allocation.

Plan allocated times to **practice under timed conditions**

Mark the question and tell your parent **what** you need to improve and **how** you will do that.

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It was more like that! A few steps forward, revise, repeat
We don't learn in a linear way...

Think about learning to drive...

The Flashcard Game...

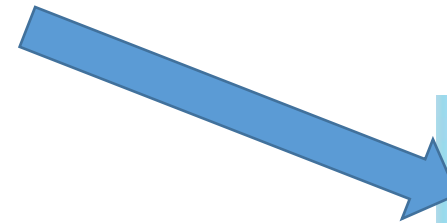
What is it great for?

Things that need to be memorised:

- Vocabulary, systems, processes...

Advantages:

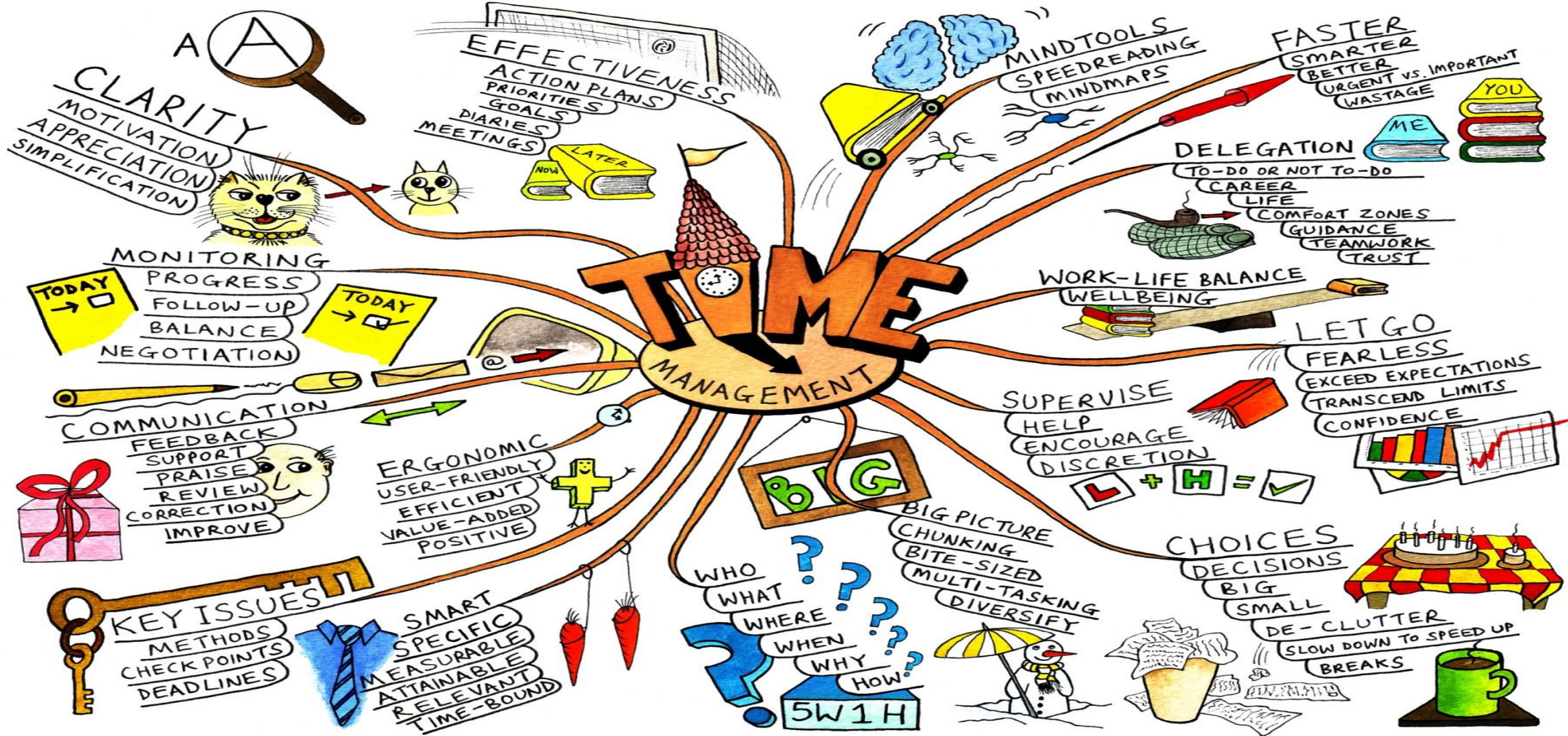
- Develops mastery through repetition and peer tutoring
- Students learn by quizzing and being quizzed.
- Students receive immediate feedback.





Teach me the 3 most important things you have learnt in the past hour. How have you learnt it?

- **“TO TEACH IS TO LEARN TWICE”**
- **Revise content with family and friends.** Test knowledge and challenge their thinking; dialogue and explaining to others impacts on retention and recall of information.



Mind-Maps: One way to remember stuff...

- Your brain loves **WORDS** and **IMAGES** - Mind-maps use both
 - They **ORGANISE** thinking
- They give an **OVERVIEW** of a large subject or area
- Gather large amounts of information in one place
 - Are REALLY useful to look over as revision
 - Can be added to over time
 - Use **different colours** for each branch



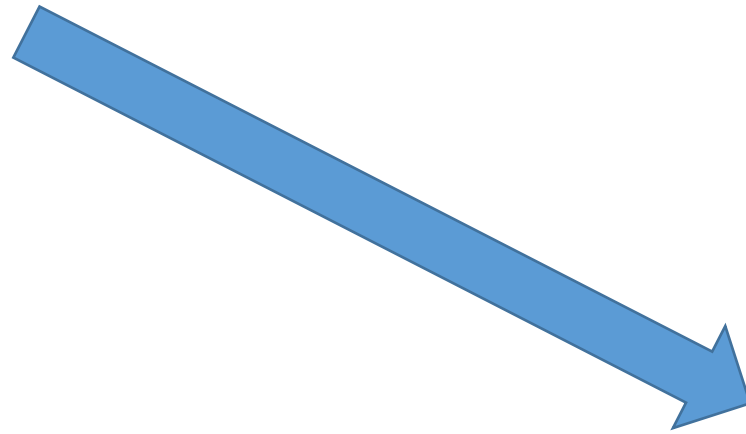
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Task 3:

- Choose a subject
- Create a mind map on all of the topics you will be tested on in your next assessments



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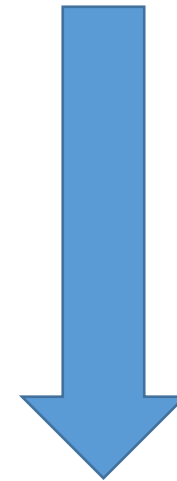
FLASH CARDS

- Flash cards can be a big help in remembering important information.
- Try **different colours** for different subjects/topics/keywords.
- **You can adapt the flash cards by putting a question on one side and the answer on the back. You can then ask your family and friends to test you at home/in the car/on a plane 😊 😊**

Flashcard Challenges



1. Create a bank of **question and answer cards**.
2. In pairs (friend/friend or parent/carer and child) decide who is going first, ask your question
3. Your partner answers, if they cannot answer, **coach and give tips** but do not tell them the answer
4. Once they get the answer right, it is your turn to answer a question.
5. **Repeat** with new question cards.



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POST IT NOTES AROUND THE HOUSE

Using Post-its Memory Joggers


Buy yourself some "Post-its" which can be used to write keywords, concepts, vocabulary, quotes, formula, etc and then stuck around the house in the rooms that you spend a lot of time in (*with parents permission of course*). This means that you have a ready source of revision in your line of vision, even when you are not formally revising!

A yellow rectangular sticky note with a slight shadow, containing the text "Idea1".


Idea1

A pink rectangular sticky note with a slight shadow, containing the text "Idea2".

Idea2

A cyan rectangular sticky note with a slight shadow, containing the text "Idea3".

Idea3

A green rectangular sticky note with a slight shadow, containing the text "Idea4".

Idea4

- IS IT STICKING YET?
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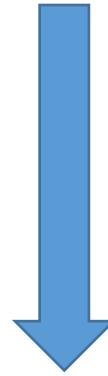


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Acronyms

- An **acronym** is a word made up using the first letters of a series of other words or the first word of a series of sentences. For example, to remember the advantages of credit cards for a business studies question:

- **C** onvenient to carry
- **O** utlets for use everywhere
- **P** ay later
- **S** ecurity
- **E** xtras eg insurance



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Mnemonics

KINGS PLAY CARDS ON FAT GREEN STOOLS - *the order of taxonomy in biology* = **Kingdom, Phylum, Class, Order, Family, Genus, Species.**

OIL RIG – *In Chemistry in relation to Electrons* = **Oxidation Is Loss, Reduction Is Gain.**

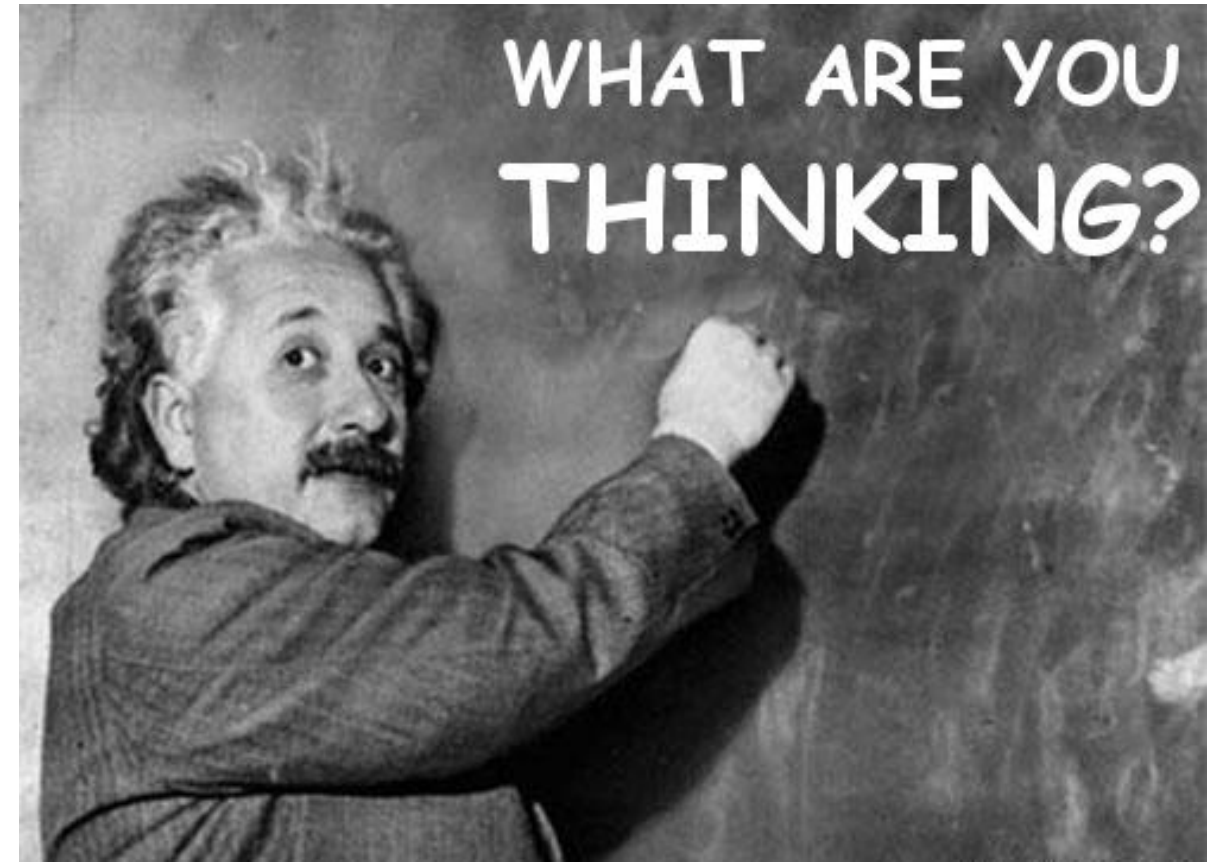
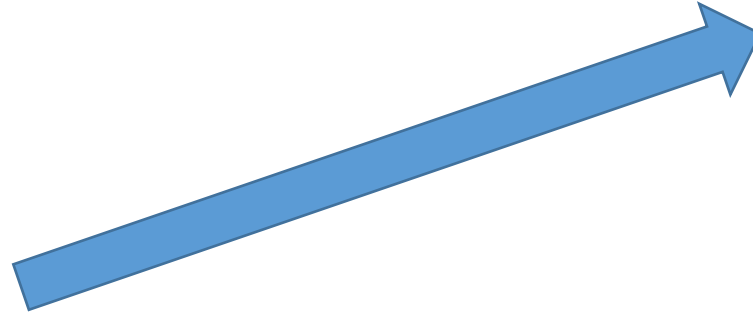
SOH-CAH-TOA - *Trigonometry in Maths* = **SOH ... Sine = Opposite leg divided by the Hypotenuse. CAH ... Cosine = Adjacent leg divided by the Hypotenuse. TOA ... Tangent = Opposite leg divided by the Adjacent leg.**

DIVORCED, BEHEADED, DIED, DIVORCED, BEHEADED, SURVIVED - *helps you to remember what happened to the six wives of Henry VIII*

What Works: 1

We remember what we think about so you need to spend time **actively thinking** about what you want to learn. How are you going to do this?

- Talk it through
- Listen to your learning
- Watch your learning
- See your learning
- Write down your learning
- Walk while you learn



What Works: 2

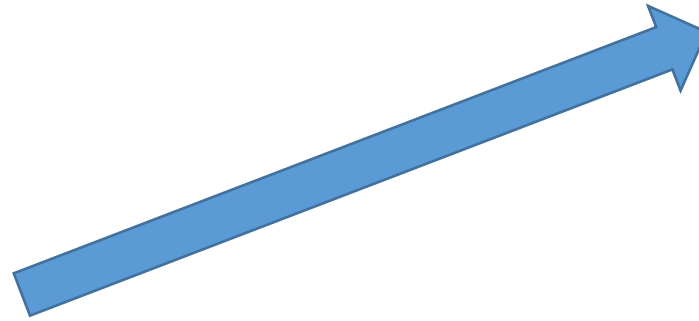
We remember beginnings and endings better so you need to **chunk** up what you want to learn into **bite size bits**. How are you going to do this?

Flash cards

Lists

Mind Maps

Concept Maps

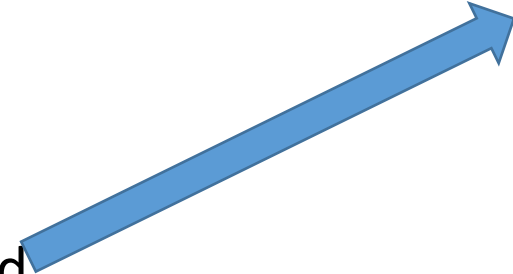


What Works: 3

We need **3+ exposures** to information to learn it, and **we learn best when we space out learning** so you need to ensure that you plan to come back to each chunk of learning 3 times **over a period of weeks**.

Spaced Learning is the **NO. 2** most effective thing that you can do to learn. How are you going to do this?

Cramming learning into a couple of days does **NOT** transfer it to your long term memory so you will lose it.

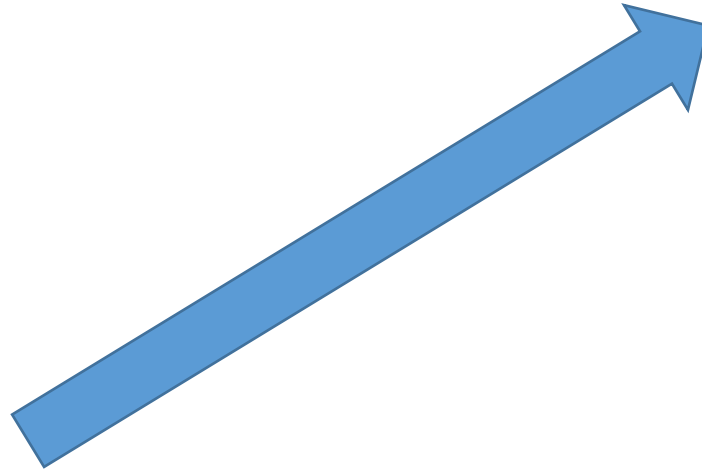


What Works: 4

Mixed practice is better and more realistic preparation for the exam than blocked practice.

This is the NO. 3 most effective thing that you can do, so mix up your content and questions.

How are you going to plan for this?



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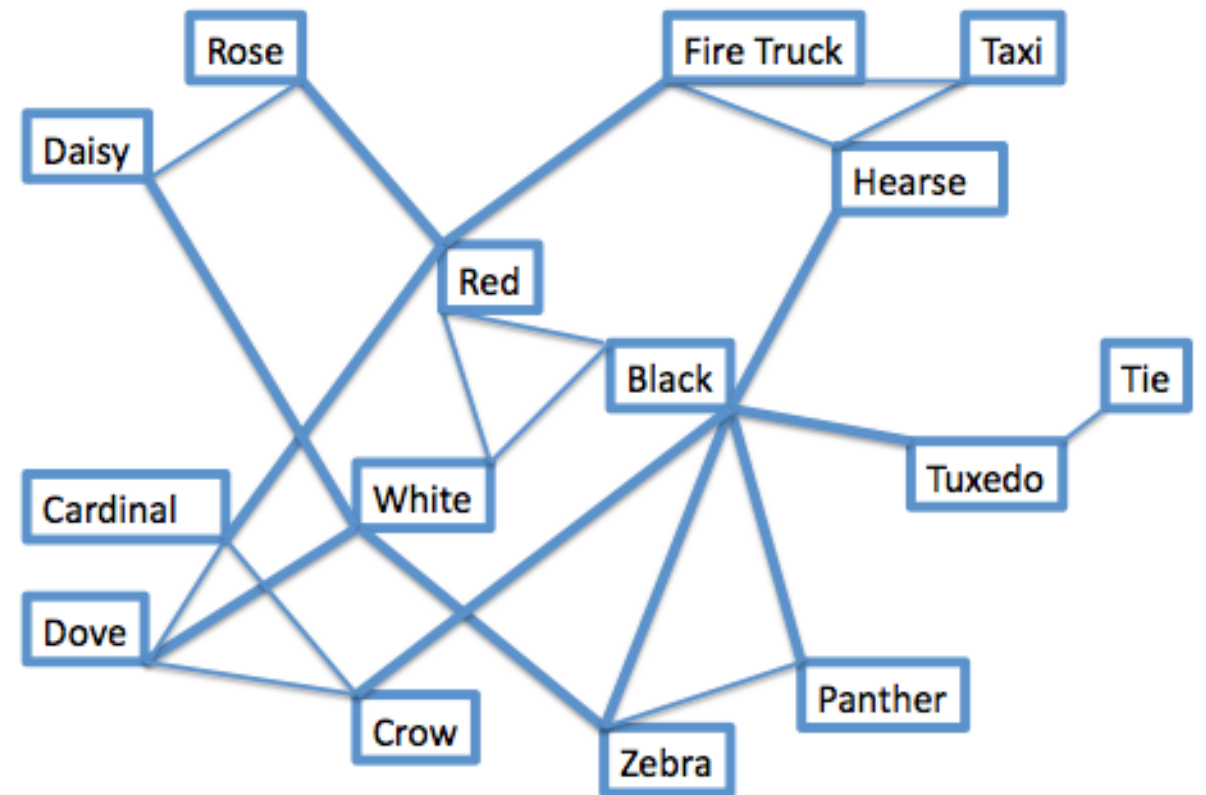
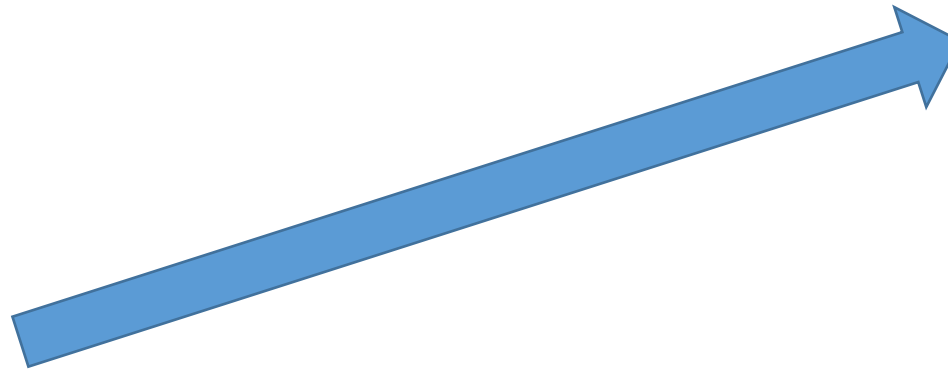


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What Works: 5

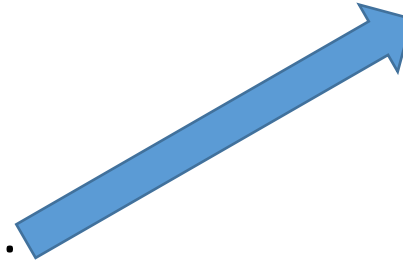
We learn by connecting information to what we already know. Spreading Activation Models can help with this.

How are you going to use them?



What Works: 6

Immersion Learning can improve retention by up to 70%.



How are you going to immerse yourself in what you need to learn?

- Stick learning and revision resources onto bedroom walls and ceiling
- Screen display
- Create games and enjoy learning with others e.g. Articulate, Pictionary, “I went to the market place and bought”, Snakes and Ladders, flashcard challenge.



What Works: 7

- You need distinctive cues to help you to retrieve information that is stored in your long term memory:



- **Mnemonics**
- **Memory Palaces** (this also links to using colours on your mindmaps, concept maps, flashcards)
- **Acronyms**



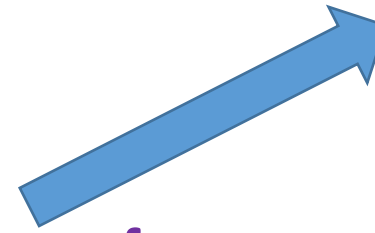
What Works: 8

Studies show that regular, low-stake testing is the NO. 1 way of learning because it strengthens your retrieval pathways.

Regular testing also makes you less anxious about the exam; therefore **testing yourself** should be a major part of your revision.

How are you going to do this?

Testing yourself using exam questions (in timed conditions at home) is also very important.



LAST TASK!

- Keep going with all of these strategies
- You can do this – keep going!
- Keep using these ‘make it stick’ strategies right up to your GCSEs in Year 11 and even into 6th form and university
- Don’t stop after your mocks
- Be fully prepared for Year 11
- REPETITION IS KEY!



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**FAILURE
TO PREPARE
IS
PREPARING
TO FAIL**

