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How to Revise

Mr Copestake, Head of Secondary
Mrs Howell, Assistant Principal T&L

A m b i t i o n



R e s p e c t



C o m p a s s i o n

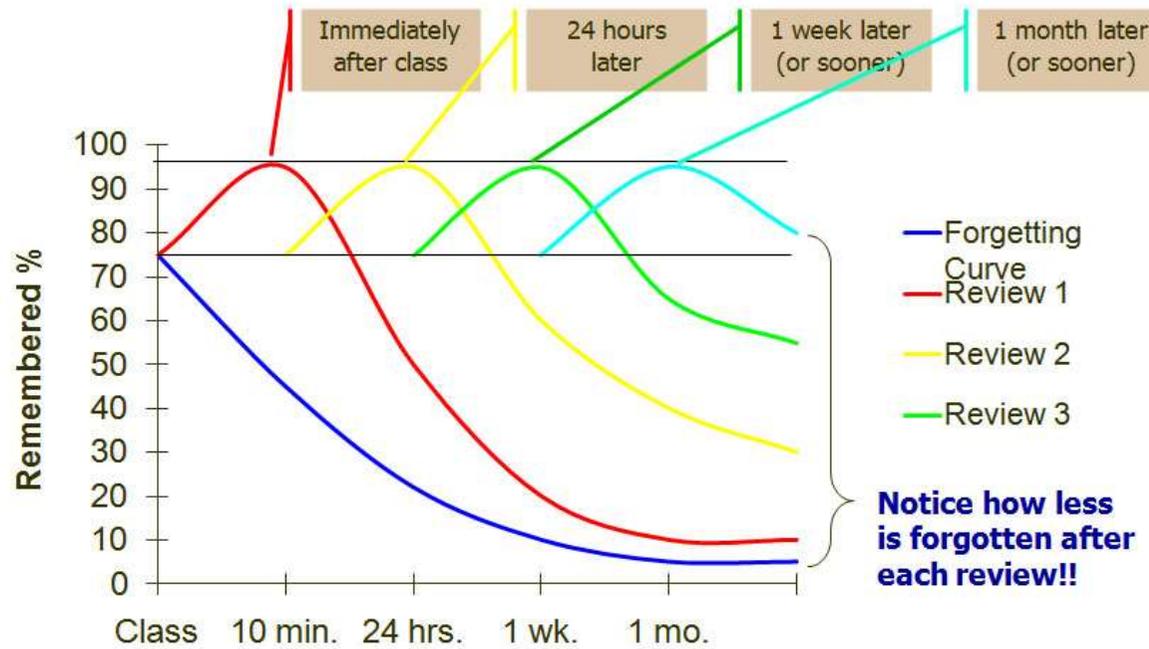


The Forgetting Curve



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Overcoming the Curve



Ambition



Respect



Compassion



REVISION

Effective revision is...

- Active, not passive;
- Metacognitive (students reflect on successes and areas to work on);
- Desirable difficulties;
- Social!

“An important distinction between more and less effective strategies is how **cognitively active** they are.” (Rea et al, 2022)



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The Desirable Difficulty of Retrieval



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Retrieval involves thinking hard: it is cognitively active!

Working Memory



Long-Term Memory



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Example of peer supported retrieval

QUESTIONS	ANSWERS
WHAT HAPPENS TO THE LIGHTING WHEN THE INSPECTOR ARRIVES? WHY? (GIVE AT LEAST 2 REASONS)	It goes from 'pink and intimate' to 'brighter and harder'. This reflects the change in mood - from a family dinner/celebration, to a police interrogation. The light could also symbolise the Inspector's morality and the fact he is there to extract the truth from the Birlings. The lighting is designed to reflect the lighting in a police interrogation room and serves to make the family more uneasy.
How does the Inspector convey an 'impression of massiveness'?	He is a physically small man but seems to give this impression because his authority (given to him by the law) makes him more powerful. It could also indicate how he is a force who stands up for what is morally right in the play and therefore seems more massive because of this.
Why does Priestley make Mr Birling's speeches significantly longer than the other characters in Act 1?	The length of these speeches reflects his arrogance and sense of self-importance; he feels as though his opinions and beliefs should be listened to, and that he should be considered an authority on topics such as politics. Priestley sets him up as a dislikeable character from the start as the audience realise that he dominates his family and imposes his views upon them, trying to influence their thinking.
What is the timeline of the 'chain of events' leading to Eva's suicide?	Mr Birling fires her from his factory. Sheila complains about her at Millwards and makes them fire her. She meets Gerald in the Palace bar, where she admits she is penniless and desperate, about to be thrown out of her lodgings. She is also assaulted by Joe Meggarty on the same night. She meets Eric at the Palace bar and he forces his way into her lodgings and makes her sleep with him. She realises she is pregnant and approaches Mrs Birling's charity for help. She calls herself Mrs Birling so the charity refuse to help her.
How does Priestley show that Sheila and Eric (the younger generation) are capable of change, and ultimately suggests there is hope for the future?	Eric is the first character to show any sympathy in the play, exclaiming 'My God!' when he hears of the suicide in Act 1, and showing an awareness of the difficulties of poverty when he tells his father 'It isn't if you can't go and work somewhere else'. Sheila also shows regret and remorse when she finds out her part in the suicide, and almost immediately begins to alter her behaviour, appearing to mature rapidly in the way she thinks and speaks. She begins to mirror the Inspector and attempts to interrogate the other characters, drawing attention to their wrongdoings, and trying to get them to accept social responsibility.

Retrieval Cards



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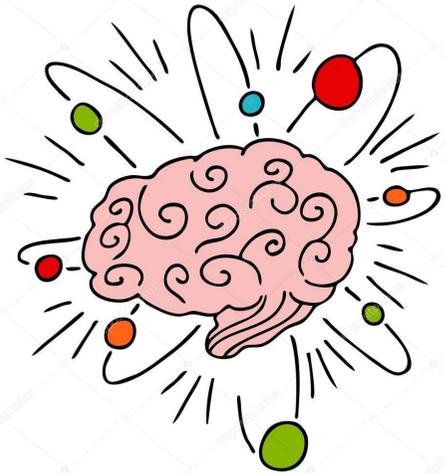


Compassion



*	?	Items to know	Answer
		Causes of WW1	
		What alliances were formed?	
		What is trench warfare?	
		How was propoganda used to recruit soldiers?	

Brain then Study Buddy!



Don't look at your notes. Write down everything that you can remember about today's session so far!



Now compare notes with your partner. In a different colour, add in anything that you missed out.

"Effort is contagious" (Watson and Busch)

	Very confident
	Not so confident
	Need to revise

Rating and Ranking

Question	Answer	RAG answer	Actual answer – was I correct?
What is photosynthesis?			
List what plants need for photosynthesis.			
What do plants make by photosynthesis?			
What is the word equation for photosynthesis?			

The **hypercorrection effect** suggests that the more confident students are that their incorrect answer is correct, the less likely they are to repeat the error if corrected.

Flashcards: The Leitner Method

If correct, move over
to test alternate days

If correct again, move
over to test weekly

Test daily

Test Monday,
Wednesday, Friday

Test weekly

1. **Retrieve:** students must retrieve the information before turning the flashcard over (even if they retrieve it incorrectly).
2. **Reorder:** students should shuffle their deck. This will create desirable difficulties by changing the order.
3. **Repeat:** students should keep their cards in their desk until they have answered them correctly three times.

If incorrect, move back
to test daily

Cornell Notes

Title:	
Cues (questions)	Notes
Summary:	

Elaborative Interrogation



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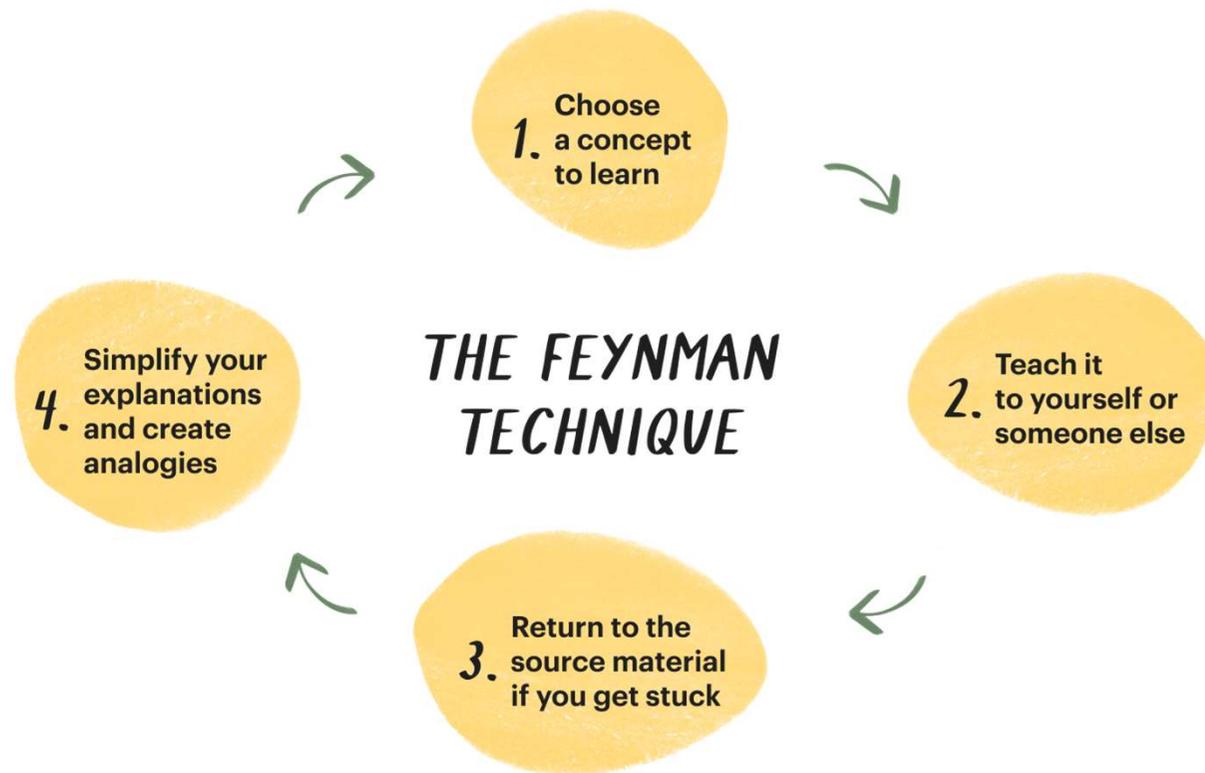
Housing in sub-Saharan Africa improves but millions still live in slums. A new study of housing quality in sub-Saharan Africa states 'there has been a dramatic improvement in living conditions during the past 15 years'. Researchers found housing had improved across several measures during the period. Amount of living space, access to water and sanitation, and good quality construction were found in 23% of houses in 2015, up from 11% in 2000. The study's author said, "Our study shows that many people are investing in their homes, but there is also an urgent need for governments to help improve infrastructure."

- How has housing improved?
- How is urban planning improving quality of life for the urban poor?
- What caused an improvement to housing?
- Why is there an urgent need for governments to help improve infrastructure?
- How does...?
- Why does...?
- What caused...?
- How is X different/similar to Y?

Teaching



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Students who had been expecting to teach the material...remembered more of the material and did so in a more efficient way than those who thought there was going to be a test (Watson & Busch).

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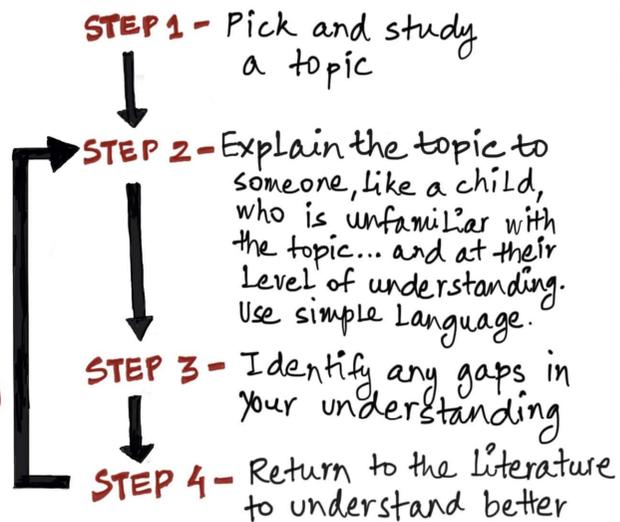


Feynman and Pomodoro

THE FEYNMAN TECHNIQUE



Richard Feynman
(American Physicist)



vishal@safalniveshak.com

WHAT IS THE POMODORO TECHNIQUE?

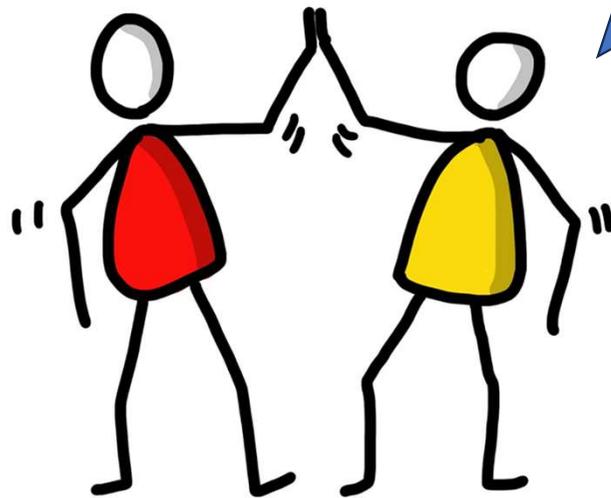
A method for staying focused and mentally fresh

- | | | |
|--------|---|---|
| STEP 1 |  | Pick a task |
| STEP 2 |  | Set a 25-minute timer |
| STEP 3 |  | Work on your task until the time is up |
| STEP 4 |  | Take a 5 minute break |
| STEP 5 |  | Every 4 pomodoros, take a longer 15-30 minute break |

'Just a Minute' / 'Tell me Three'

Tell me three things about X topic.
Tell me three important terms/vocabulary words.
Tell me three things from today/last week/last term/last year.

You have one minute to talk about...Hesitations cost a life. Three strikes and you're out!



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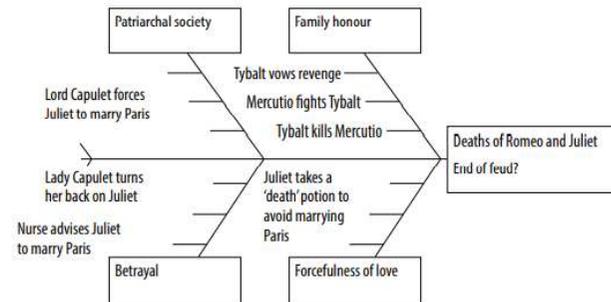
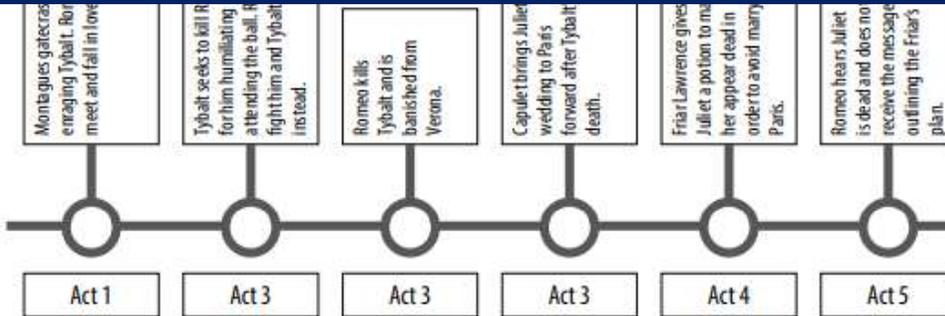
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Graphic Organisers



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The Montagues gatecrash the Capulet ball, enraging Tybalt, who vows revenge.	Tybalt seeks to fight Romeo after seeing him at the ball. Romeo refuses to fight. Tybalt kills Mercutio and Romeo is banished for killing Tybalt.	Juliet's arranged marriage to Paris is brought forward by Lord Capulet and becomes a forced marriage.	The Friar gives Juliet a potion to 'play dead' but Romeo believes she is actually dead and kills himself. Juliet wakes and, finding Romeo dead, kills herself.

Achilles is a valiant, benevolent hero	Achilles is a bloodthirsty murderer
'Why all the weeping? Speak out now, don't conceal it, let us share it'	'Achilles picked twelve young men to pay the price for dead Patroclus'
'No other Achaean had the strength to wield it, only Achilles'	'Would god my passion drove me to slaughter you and eat you raw, you've caused such agony to me!'
'As you wished sir the body of your son is set free'	'Achilles had in mind for Hector's body outrage and shame'

Ambition

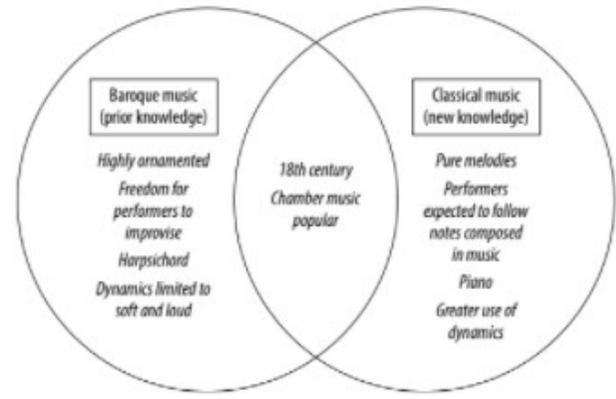
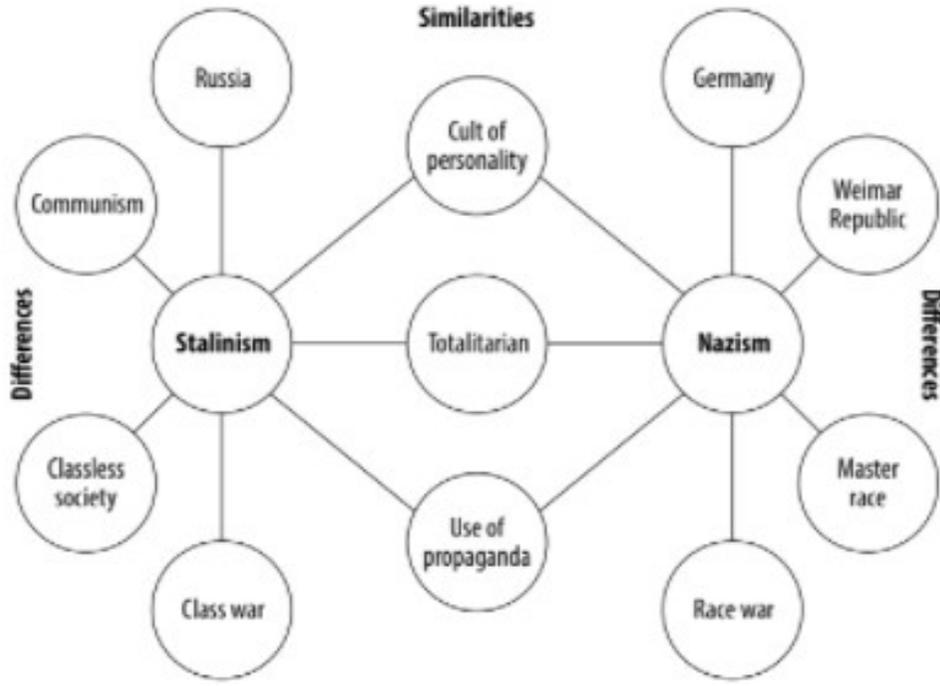


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Nuclear power	
<i>Pros</i>	<i>Cons</i>
Cheap. High power output. Creates jobs for local community.	Non-renewable. Danger of nuclear explosion. Pollution.

Judaism and Christianity	
<i>Similarities</i>	<i>Differences</i>
Based on the Old Testament. Monotheistic religions. Belief in Jesus. Suffered persecution.	Place of worship: church versus synagogue. Traditions: Christmas versus Hanukkah. Religious figures: priests versus rabbis. Views on messiahs.



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How to Revise: Top Tips

1. **Little and often** is the most effective way to revise. Encourage your child to plan in rest days and breaks.
2. Revision is most effective when it is **active, not passive. It should feel hard!** This is why re-reading and highlighting are among the least effective techniques.
3. Revision can be **social**: quizzing your child using flashcards, Cornell notes or elaborative interrogation is a really helpful way to support and encourage them. Plus, you have the answers so no knowledge required!
4. **Dialogue** around revision is great. Using fun activities like 'Tell me three', 'Just a minute' or The Feynman Technique allow your child to show off what they know!
5. Revision **wellbeing** is important. Encourage your child to stay hydrated, go to bed at a regular time and to put technology to one side while they revise.



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Time On; Time Off

Promotion of wellbeing and self-care

Spending time with family, friends and people whose company students enjoy

Technology detox

Hobbies and extra-curricular commitments



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Being Well Prepared

- Healthy breakfast that is high in complex carbohydrate/ protein and low in sugar
- Five pieces of fruit and veg per day
- Six to eight glasses of water per day
- Caffeine (i.e., stop caffeine intake 6-hours before bed time)
- Children aged between 11 and 18 need 9- to 9.5-hours' sleep per night
- Typical for children in this age group to develop a 'teenage sleep pattern' of less sleep than needed on a school night with more sleep than needed on a weekend night (i.e., to pay back the 'sleep debt' that has built up)
- Stop blue light technologies (e.g., mobiles; tablets; laptops; TV; games consoles) 2-hours before bed time and keep them away from the bedroom
- Do mentally stimulating activities (e.g., homework) away from the bedroom.



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