



I = Invest

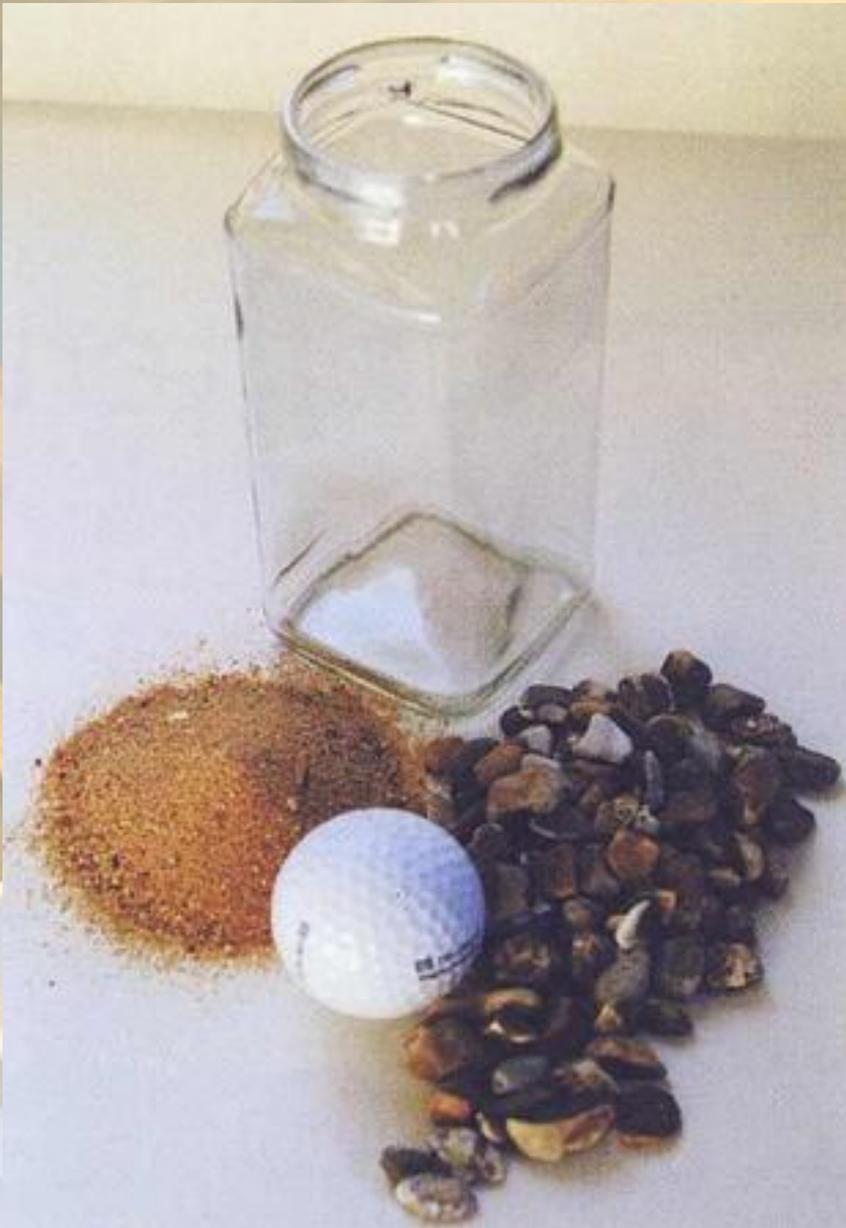
How do you invest the time you have?

- ❖ There are 168 hours in each week.
- ❖ The average person will spend about 56 of those hours sleeping
- ❖ About 24 of those hours in eating and personal hygiene.
- ❖ About 50 of those hours working or travelling to work or school.
- ❖ That means there are only about 35 hours a week of “discretionary” time left over.
- ❖ That’s about 5 hours per day. Where are you investing those hours?

M = Manage

How do you manage your time?





Pebbles and Big stuff

- ❖ Family
- ❖ Health
- ❖ Wellbeing
- ❖ Beliefs
- ❖ Education

Sand + small stuff

- ❖ Television
- ❖ Face Book
- ❖ X Box
- ❖ What type of mobile to get
- ❖ She said he said!



Put the small stuff in your jar first and there is no room left for the big stuff!



Put the big stuff in your jar first and there will still be room for the small stuff!

Marginal Gains

Using Facebook can lower exam results by up to 20%

By Nic Fleming

IT is what parents of teenagers who 'revise' in front of the computer have long feared.

Students who use Facebook while they study get significantly lower grades than those who do not, according to psychologists.

A study has found that the exam results of those who used the social networking site while working, even if it was on in the background, were 20 per cent lower than non-users. Researchers say the findings undermine the theory that young people's brains are better at multi-tasking on digital gadgets.

Study author Professor Paul Kirschner said: "The problem is that most people have Facebook or other social networking sites, their emails and maybe instant messaging constantly running in the background while they are

carrying out other tasks. Our study, and other previous work, suggests that while people may think constant task-switching allows them to get more done in less time, the reality is it extends the amount of time needed to carry out tasks and leads to more mistakes."

His team studied 219 students aged between 19 and 54 at an

MORE PRIVACY FEARS OVER 'STALKER BUTTON'

FACEBOOK faces fresh criticism from privacy campaigners after launching a 'stalker button' which lets users track a potential victim's every move.

The 'subscribe to friend' feature collects everything a Facebook user does, such as sharing photographs and comments and puts it on a list that is constantly updated. Some users' locations will also be displayed throughout the day. Potential

stalkers will have to be 'Facebook friends' with their intended target to see the list. But users will not be told who is monitoring them.

Big Brother Watch said: "This new "stalker button" enables burglars and ex-partners to track people in real life more easily."

Facebook said the feature was being tested on a 'small percentage of users'.

American university. The Facebook users among them had a typical grade point average - a score from zero up to four - of 3.06. Non-users had an average GPA of 3.82.

Those who did not use the site also said they devoted more time to studying, spending an average of 88 per cent longer working outside class. Three quarters of the

Facebook users said they didn't believe spending time on the site affected their academic performance.

But most of the remaining quarter admitted it had a harmful effect, with many saying it made them put off their work.

Professor Kirschner said that he expected to see similar results in

younger pupils. He also said he was not 'demonising' Facebook and pointed to the distracting nature of all social networking.

"We should resist the fashionable views of educational gurus that children can multi-task, and that we should adapt our education systems accordingly to keep up with the times," he said.

The study by the psychologist from the Open University in the Netherlands will be published in the journal *Computers in Human Behaviour*.

It will compound fears over the superficial approach that experts say is encouraged by an increasingly distracting online world that promotes multi-tasking.

In the influential book *The Shallows*, Nicholas Carr argues the internet has given rise to 'cursory reading, hurried and distracted thinking and superficial learning'.

Using social networking sites while studying lowers grades.



Sir David Brailsford, Performance Director of British Cycling in the run-up to the 2012 Olympics, developed the concept of 'marginal gains'.

Marginal Gains

To improve an athlete's performance, the athlete simply has to make a 1% improvement, but in a number of areas. When these marginal improvements combine, they compound to have a real effect on overall performance.

Taking this principle, and applying it to your approach to revision and GCSEs, there are marginal gains that can be made in many areas. An individual marginal gain has no impact, but when stacked together, they can make a real difference to your grades.

Marginal Gains

- Health, diet and sleep
 - Attend every lesson
 - Sit at the front
 - Take detailed notes
- Presentation matters
 - Hit deadlines
 - Use a planner
- Questions and feedback
- Use your study periods
 - Positive attitude



Music



Dr Nick Perham, University of Wales, Cardiff - research in 2010

Music impairs the ability to memorise information.
Music without lyrics is better than with lyrics.
Background television has the same effect.
Revise in a quiet place.

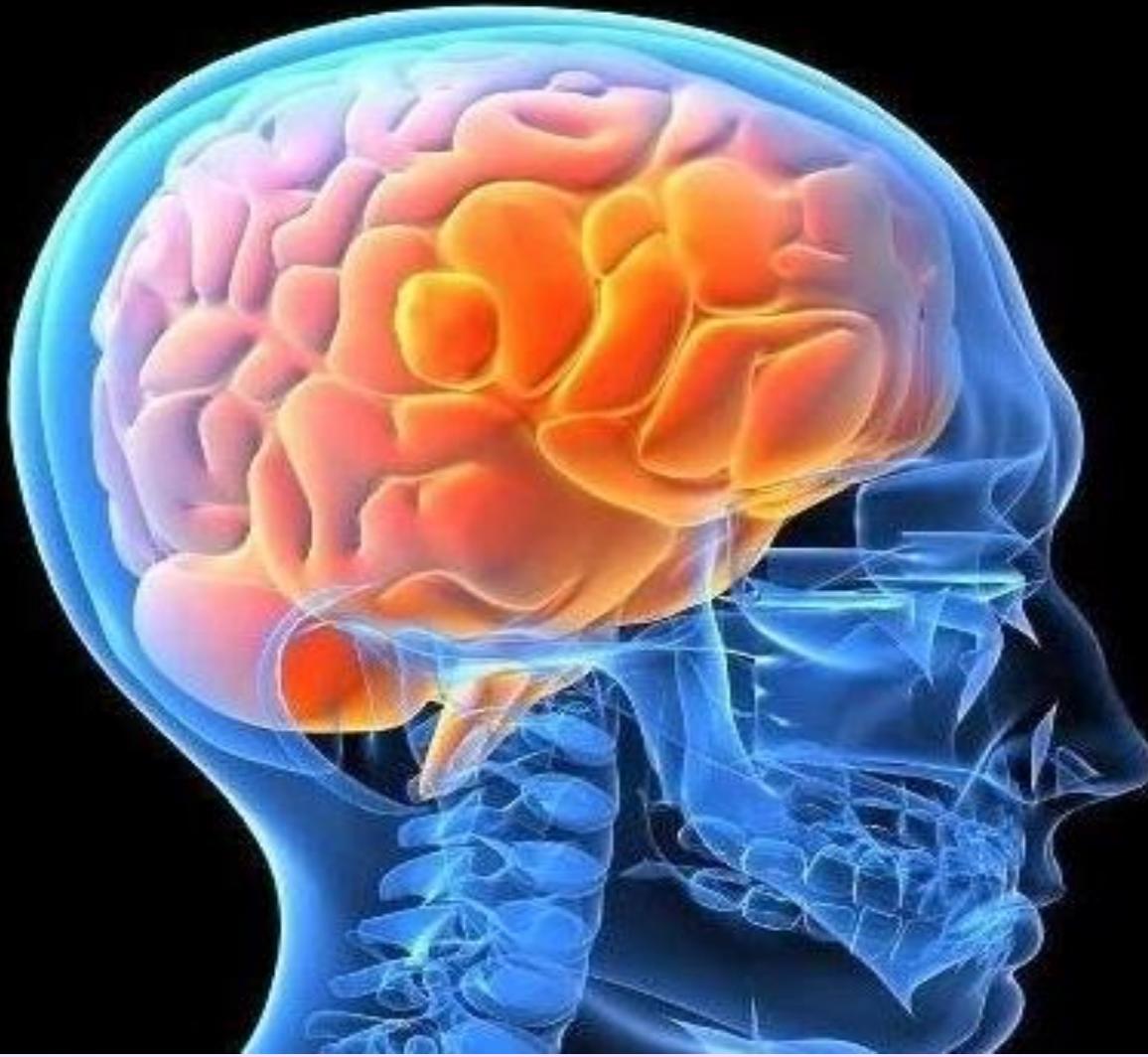


**Revision
techniques**

Objectives

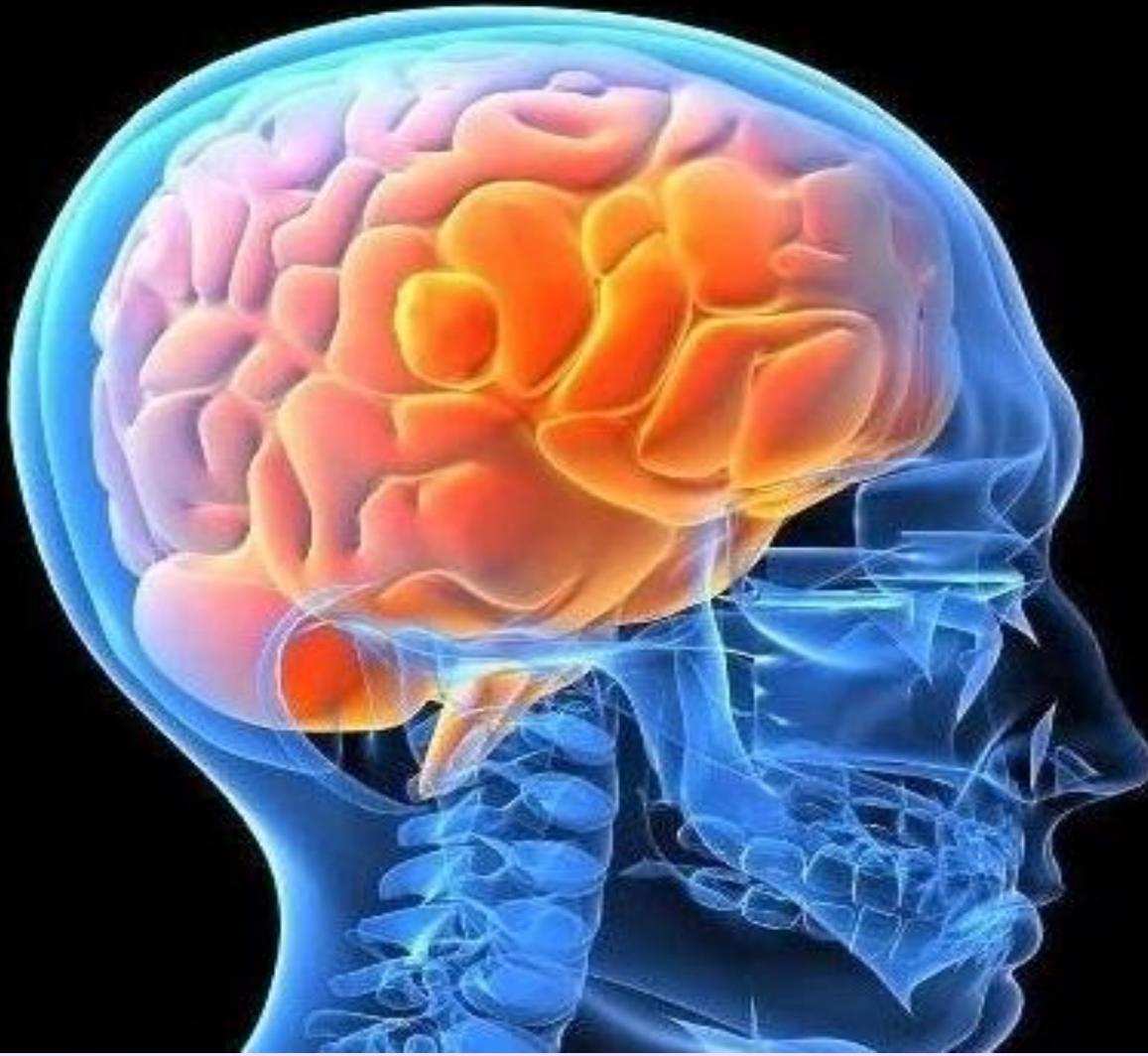
- To consider different ways to learn.
- Consider the capacity of the human brain.
- To understand the way your own brain learns best.
- Try out some memory techniques.
- To know why revision is important

How powerful is the human brain?



C
a
p
a
c
i
t
y

The human brain has an estimated storage capacity of 256 exabytes (or 256 billion gigs), the equivalent of 1.2 billion average PC hard drives, enough CDs to make a stack which would reach beyond the moon and 15 libraries for every person on the planet.



**C
a
p
a
c
i
t
y**

Best Foods for Your BRAIN



StayForBeauty.com



Almonds



Walnuts



Hazelnuts



Brazil nuts



Broccoli



Blueberries



Pomegranate



Avocados



Sage



Sesame seeds



Flax seeds



Pumpkin seeds

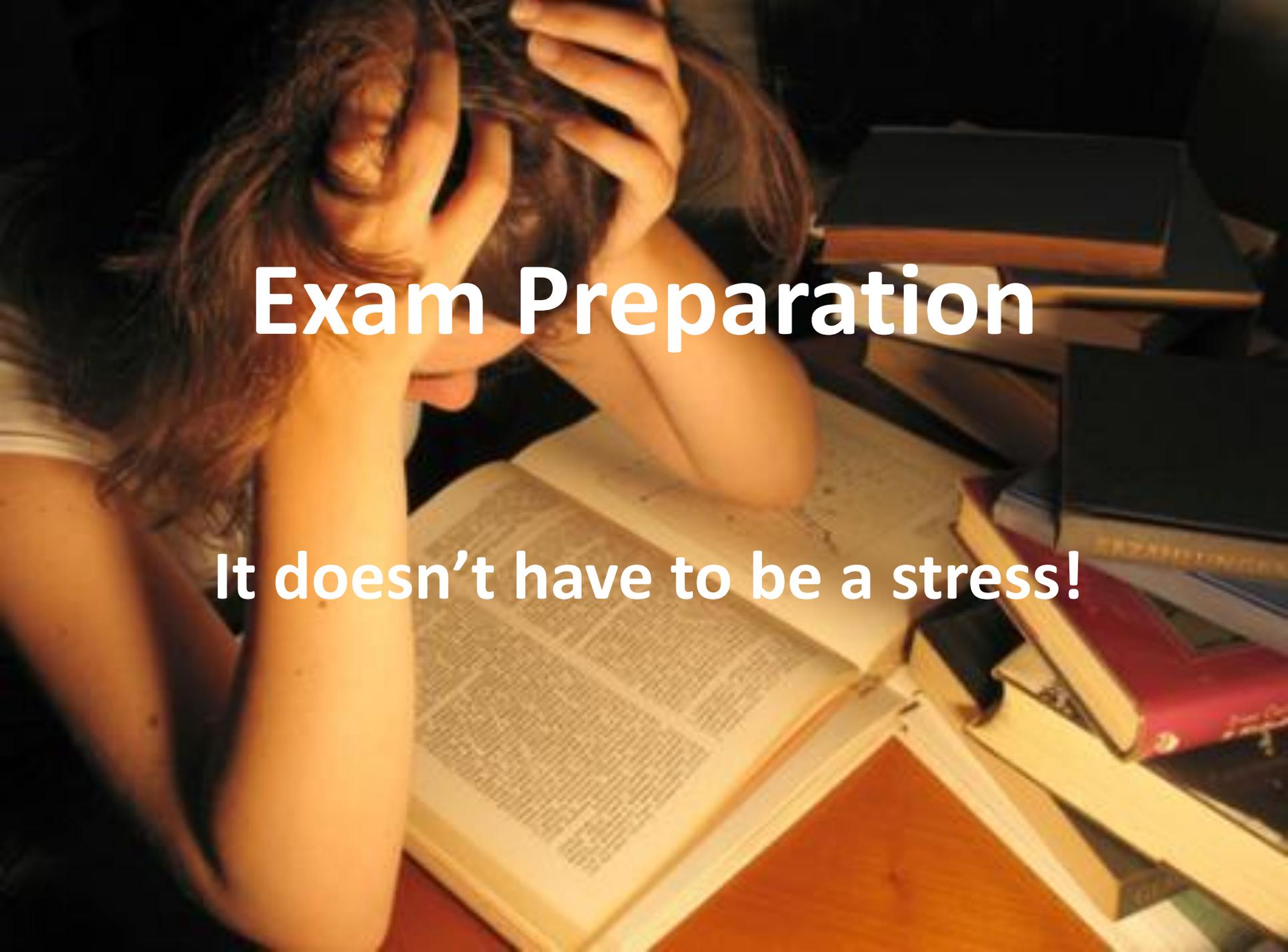
Can you Concentrate?

1. **Understand what concentration is:** “Concentration is taking your mind off many things and putting it on one thing at a time.”
2. **Decide what you want to concentrate on.** In many ways, you become what you focus on — that is, you take on some of its characteristics. Have you ever noticed how couples who have been married for many years start to look like each other, or how people often come to resemble their pets, their cars, their hobbies, or their work projects?
3. **Watch other people concentrating.** Go see a good action movie. In the middle of it, look around at the people in the theater. What are they doing? They are absolutely still, eyes barely blinking, and their breath is slower. It would take a really major distraction to break their attention stream. These physical signs may give you a hint about ways to increase your own concentration abilities.
4. **Avoid constant sensory input.** Multi-tasking (trying to do more than one thing at a time), loud noises, and visual stimulation (such as from a T.V.) make concentration much more difficult, and being around them or doing them too much can put you into a habit of non-attention which can be hard to break.
5. **Make it a point to put your full concentration on whatever you are doing.** Don't let anything distract you. It really helps to be in a quiet place, but you can learn to block out noise if necessary.

Task: 5 minutes learn these terms

- **Isotope:** atom with a different number of neutrons
- **Ionic bond:** bond between metals and non-metals where 1 gives an electron to become positive and 1 receives an electron to become negative, then they attract each other
- **Covalent bond:** Strong bond where non-metals share electrons
- **Displacement:** when one substance in a compound is replaced with another
- **Ion:** atom with a charge
- **Shells:** Energy levels that electrons occupy in an atom

- Isotope:
- Ionic bond:
- Covalent bond:
- Displacement:
- Ion:
- Shells:

A person with long brown hair is sitting at a desk, looking stressed with their hands on their head. They are surrounded by stacks of books. The scene is dimly lit, suggesting a late evening or night study session. The person's face is partially obscured by their hands, and their expression is one of frustration or exhaustion. The desk is cluttered with various books, some of which are open, and the overall atmosphere is one of intense pressure and stress.

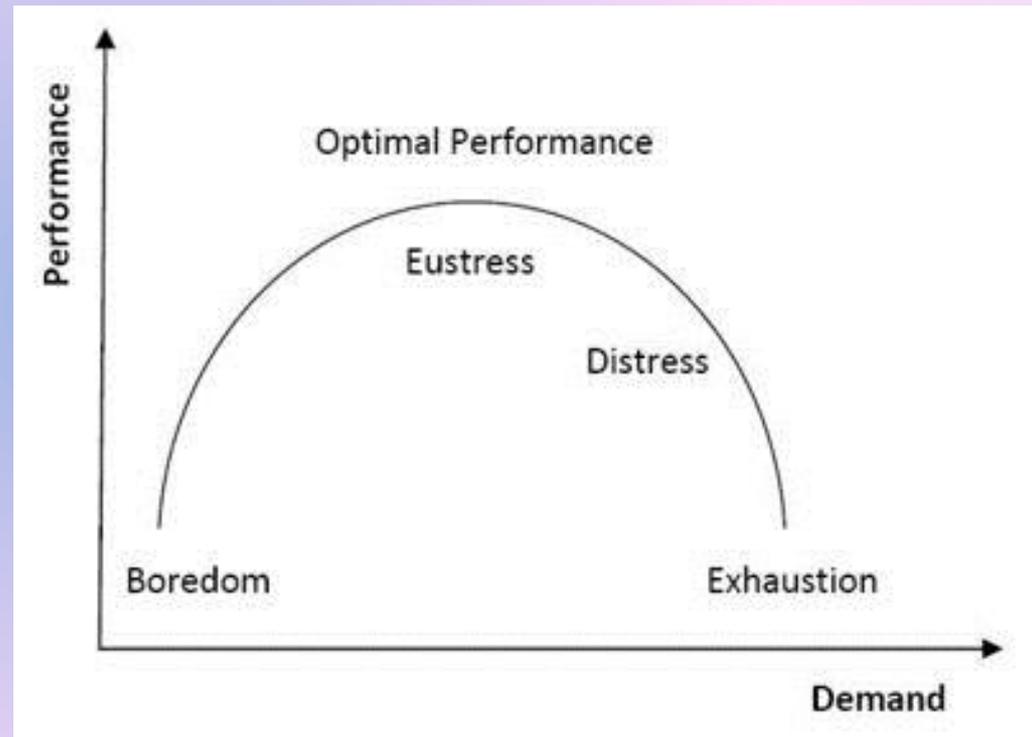
Exam Preparation

It doesn't have to be a stress!

What is 'stress'?

Stress is anything that places a demand on us physically, mentally, or emotionally. It makes us change the normal way we live.

Most of us think of stress as a crisis, but not all stress is bad.



What is your balance of stress like?

Positive stress (eustress)

→ good performance

v

Negative stress (distress)

→ poor performance/burnout

Before we start.....

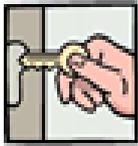
**THREE
TOUGH
TRUTHS**

1. YOU'VE got to do it.

- Not your teachers with their revision sessions.
- Not randomly flipping through internet sites
- Stop *playing* at other things, and start *working* at your revision.
- And the worse you are at it, the longer you've will have to spend on it ... or fail.

3. Fix the information

- Revising is remembering.
- It's not 'revising' unless you're fixing it into your brain.
- If you spend five hours working in your room, but you still can't remember it in the exam, you've spent 5 hours working, but you've not done any revision.
- Never just *read* your notes. You must always be DOING something with them to FIX the information in your brain (and probably the easiest way to do this is to [write it down](#)).



It helps you
remember key
points



To practise
exam
techniques

To help with
timings in the
exam



To show you
what you know
and do not know

To improve your
confidence



To be able to
achieve your
potential

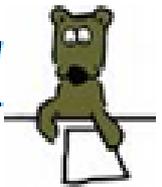


Exams test
what you learnt
a long time ago



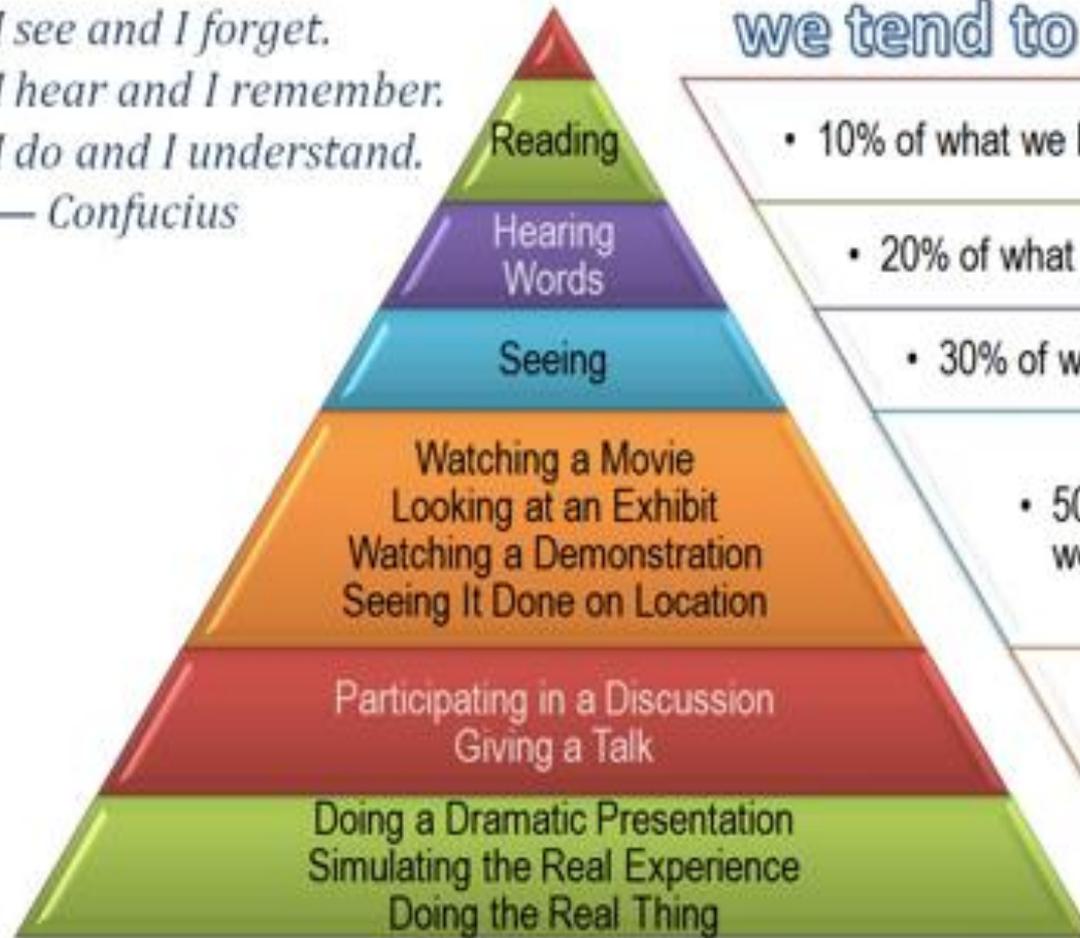
To reflect on what
you have learnt

To find out how
you revise best



The Cone of Learning

*I see and I forget.
I hear and I remember.
I do and I understand.*
— Confucius



After 2 weeks,
we tend to remember ...

• 10% of what we READ

• 20% of what we HEAR

• 30% of what we SEE

• 50% of what
we SEE & HEAR

• 70% of what
we SAY

• 90% of what
we SAY & DO

P
a
s
s
i
v
e

A
c
t
i
v
e

Source: Edgar Dale (1969)

How good is your memory short
term?



How good is your memory short
term?

5893

73698

523789

573789

5739165

29365874

18354 9348

18354 9348

08325 96475

Moving from short term memory to long term memory

How many could you remember?

Is it easier when you say the numbers aloud?

Try saying the days of the week in between the digits when you repeat them back?

Most people find this very difficult and can only manage a few numbers.

Most people can remember between 5 and 9 digits so long as they keep repeating the numbers to themselves. This is the limit of your working memory, the part of your memory you use to remember things short-term.

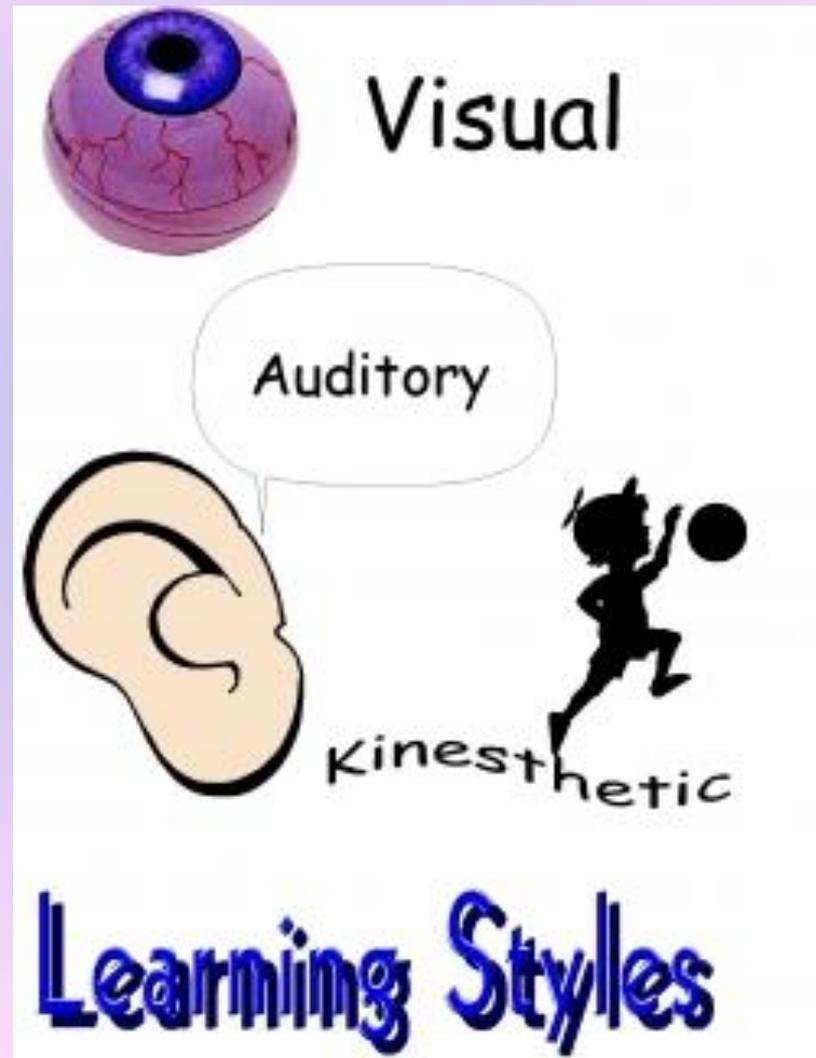
A mobile phone number of ten or eleven digits is too long for your working memory. This is why it's very difficult to repeat the number in your head.

People use different methods to memorise new phone numbers. Do the numbers remind you of a historical date or might they form a rhythm when said aloud? Are any of the digits the same as your house number or someone's age? Do two numbers add up to make a third?

Another, far less efficient way to remember a phone number, is simply to repeat it over and over - and eventually it will enter your long-term memory.

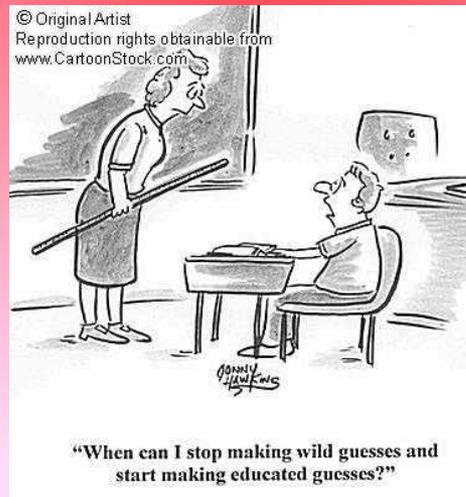
www.youramazingbrain.org/yourmemory/digitspan.htm#

Now lets think about learning styles.....



Now try the test to find out what kind of learner you are..

- What have the two quizzes made you realise about the way you learnt/revised in the past?
- List two ways you could change your revision practices to help you learn a topic..



Visual Learners:

Maps

Posters

Charts

Spider diagrams

Cartoons

Summary notes

Mental pictures

Mind maps

Kinesthetic Learners:

Walk 'n' talk

Draw cartoons

Posters & storyboards

Make a model

Role play/drama

Make a mind map

Write a story

Annotate diagrams

Make cue/flash cards

Auditory Learners:

Record ideas on tape

Say keywords aloud

Tell another person

Make a presentation

Get someone to test you

Exchange ideas with your friends

Play quiet, relaxing background music

Now lets think about the process of revising....

- **Common Difficulties :** Which ones apply to you....?
 1. I am often frustrated at examination times.
 2. I seem to spend a lot of time revising and not getting the good results.
 3. I am not sure if my techniques are the most efficient.
 4. I mainly leave revision until it is almost too late.

Mind Tricks!

Stands
For
Something

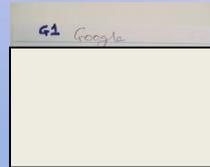
Mnemonics

01642
800 800

Chunking



Association



Card Cover



Loci



By Rote

Please remember different techniques work better for different people!

Mnemonics

effect on audience

audience

purpose

language

presentation

APPLE- General analysis of non-fiction texts

A audience- who is it for? How do you know

P purpose- Why has it been created? What message(s) is given?

P presentation- Features, images, layout. How do they relate/ support the text?

L language- Consider vocabulary, tone, stylistic devices, phrasing used and structure of sentences.

E effect on audience- Has the writing achieved its purpose for the audience?

A FOREST- Language Devices to look for:

A alliteration

F acts

O pinions

R repetition

E exaggeration and Emotive language

S statistics

T triples

CODFISH- Presentational features to look at:

C colours

O organisation

D data/ diagrams

FI font/ Italics/ Bold

S images/ Pictures

H slogans/ catchphrases

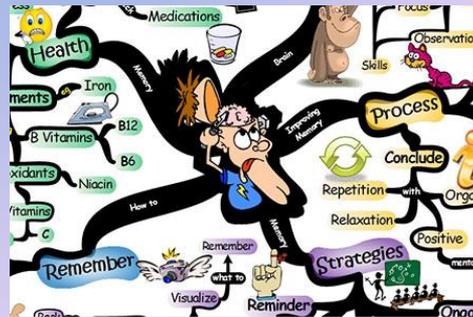
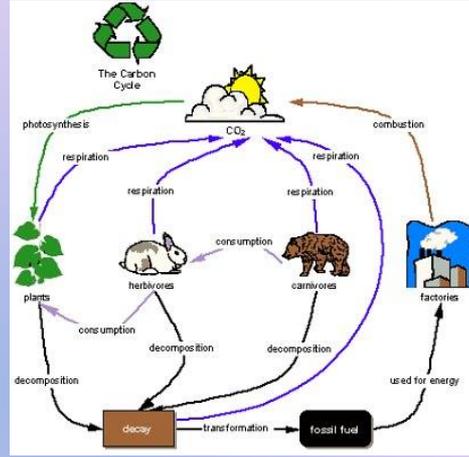
headings/sub-headings

4 Steps to Revision Success

Mind Tricks

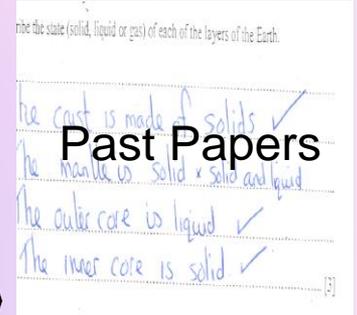


Understand



Posters & Cards

Practice



Mind Trick

Look
& Try



Turn Over!

Write
Down



Time's Up!

The Statistics

- 66% material is forgotten after 7 days
- 88% material is forgotten after 6 weeks

- Reading notes and text books leads to a mere 10% retention 😞

Brain Friendly Revision

My Amazing Memory

listen to these words and try to remember as many as possible.

Now lets see how many you have remembered

Which words did you remember?

– let's hear as many of them as you can remember



Look at the chart and say the COLOUR not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

Left – Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word.

Brain Friendly Revision

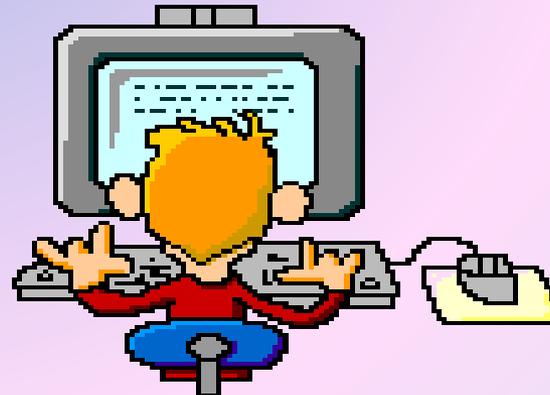
- You remember the words at the **beginning** and at the **end**, it's the ones in the **middle** that get lost
 - **why?**
- It helps to make categories of words in your mind – colours, modes of transport, moods etc.
- It helps to make links or associations – **fish, chips, peas, salt and vinegar**
- It helps if words are repeated – e.g. **'the'**
- Some words stand out
- Some words have strong emotion attached to them, e.g. **'exams'**



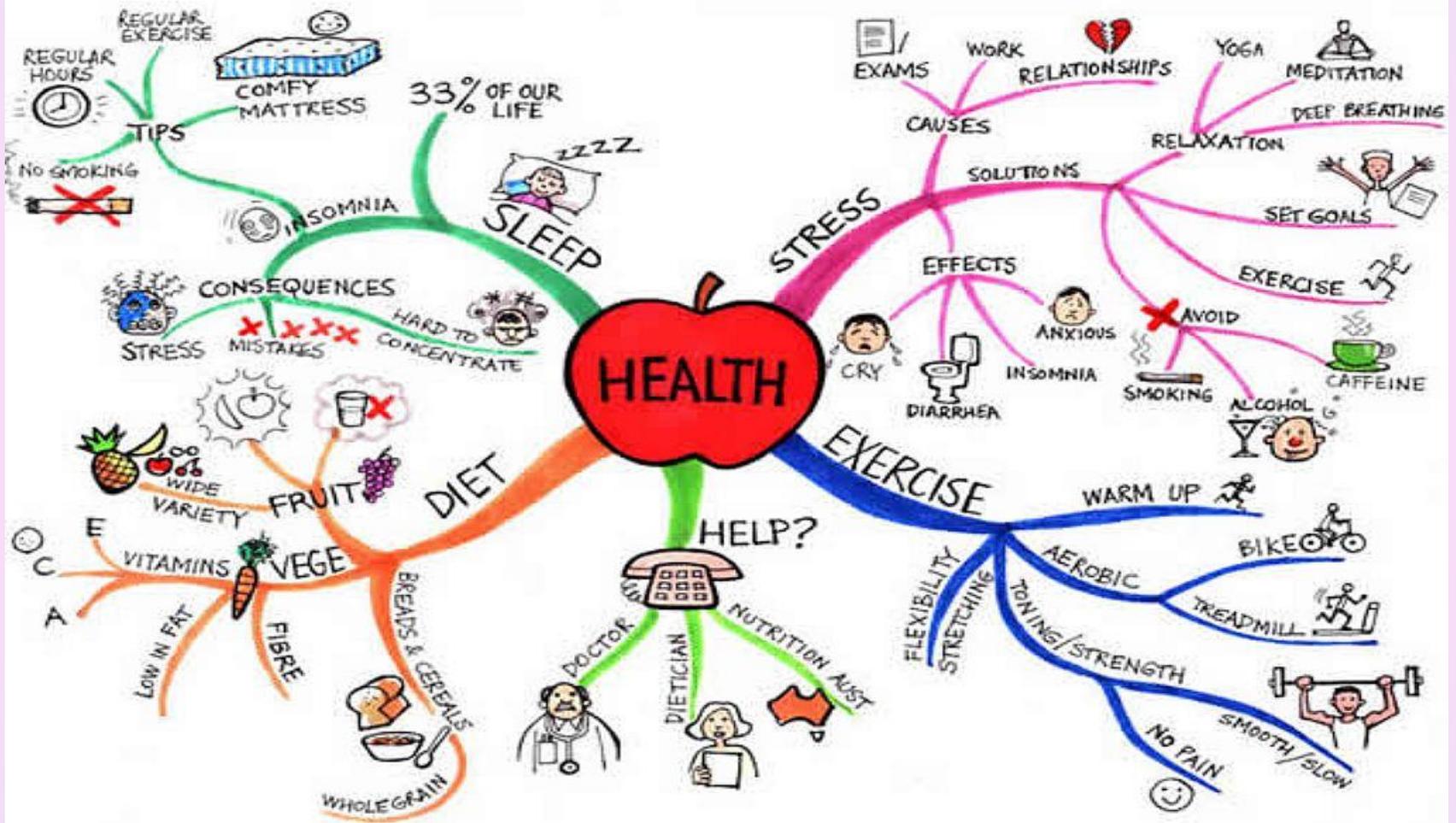
Brain Friendly Revision

OK, now we are going to try this again and this time try to focus on listening for categories and see how many you can remember this time.

I can tell you there are four categories of words in this list.



Mind Mapping



Note-taking



Pam Mueller – Princeton University Research 2014

The pen is mightier than the keyboard for note taking. Students who used laptops performed worst in test than those who made handwritten notes.

Useful Record of Information

Helps your WRITING

Why take NOTES?

Helps EXAM Revision

Helps Understanding

Helps Memory

Two new projects! GOM
South Pass - restoration 1709
Main Pass - (PAC/DC)

More goal S. Pass 6/78
wildcat ← Here I would budget
Washington day will
Already have a west
need to pull data from
increase

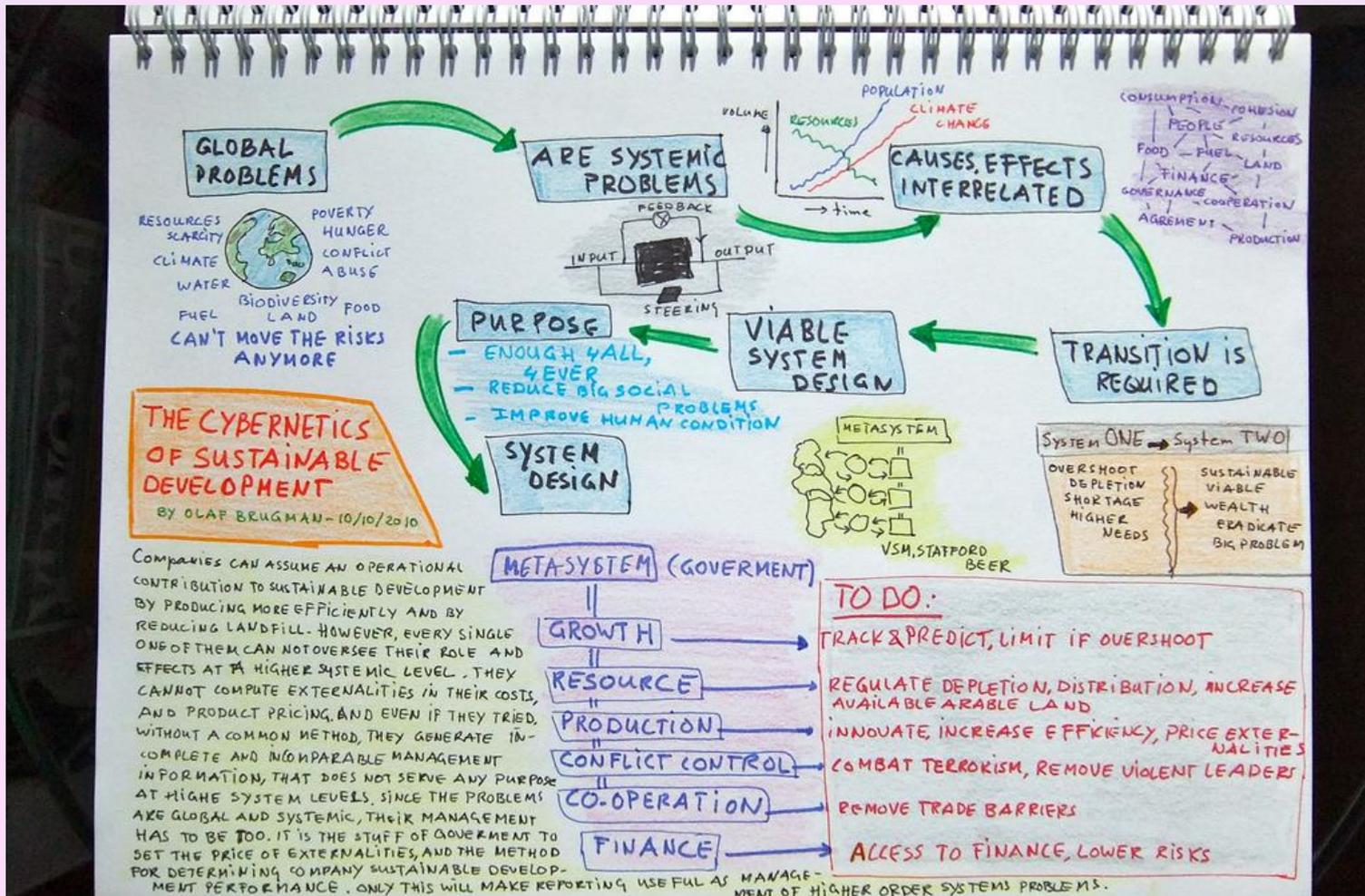
Existing data has Salt can
need data to be used
(Blind Bay) Cost No
Salt

Blind Bay is well processed
be 99% to start from 10-
getters. To use w/ out =
processed mostly by Wagner
All input but only BIKS 6/11
w/ by work

New BIKS of P - 60, 61, 67, 70
Input all of WBC Survey, or
Blind Bay

Is on 2nd Core needed (4 more
Blind Bay (just 1/2))

How to make
good notes



How to make better notes!

How to make good notes:

- 1) Write your notes by hand
- 2) Try to make *titles* and *sub-titles*.
- 3) Use *abbreviations*.
- 4) Promote *symbols*.
- 5) Don't forget your *note-taking "equipment"*! Bring highlighters, rulers, pencils, pens, etc. Bring post-its, stick post-its on the pages you are studying.
- 6) Stay *concise*.
- 7) *Don't re-write things* you already know.
- 8) Don't take notes when you feel like you don't need to.
- 9) Using *different colours*.

Note-taking Strategy:

Read

Read through a section
in your book.



Cover

Cover what you just
read with your hand
or close the book.



Remember

Think about
what you
just read.



Retell

Tell what you just
read to a partner or write
it down in your own words.



CGP



GCSE English

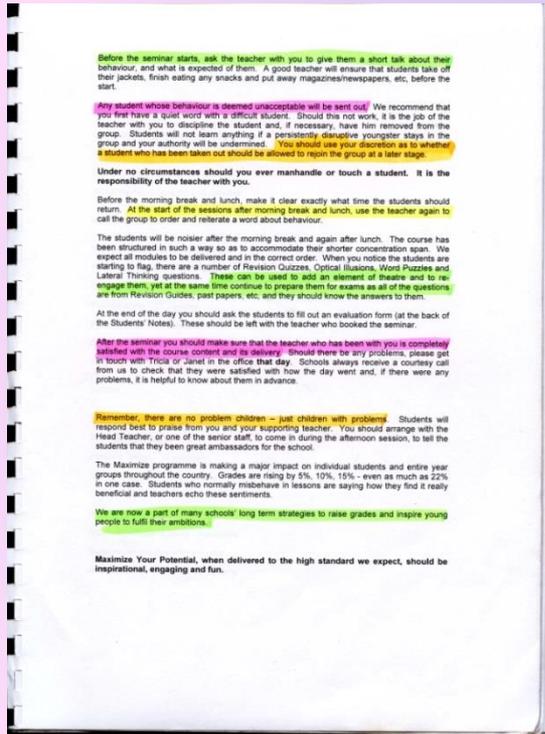
The Revision Guide
Higher Level

For the GCSE English, English Language & English Literature specifications

Just because you have the revision guide does not mean you do not need to make your own notes!

You must FIX the information

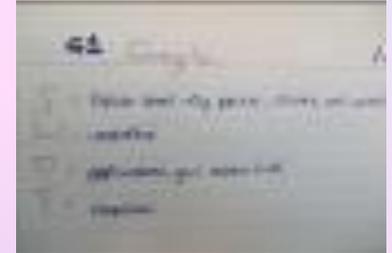
Marginal Gains



Develop a colour-coding scheme using highlighters
- key points in one colour, secondary points in another, etc.

This is a way of identifying key points later.

Card Cover



Two ways to practice with cards:

1. Put the answers on the back, but you will need to remember more at once before you check

OR

2. Use a piece of paper and move down to reveal answers as you guess the contents.

These techniques are very useful for checking that you know key facts.



Card Cover task (5 minutes)

- Using the cards in front of you take ten for yourself. Now create a set of revision cards with the specialist term on one side and the definition on the other.
- Pass them to your partner to test them out.



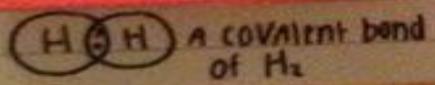
Flourine, bromine and iodine reactions ARE SIMILAR ...

→ EACH chain MAY GO through 100 to 10,000 CYCLES before termination OCCURS, processes ARE VERY RAPID hence, the explosive nature.

as:

BREAKING bonds is sometimes called **bond fission**. The way bonds break has an influence on the reaction.

in a covalent bond, a pair of electrons is shared between two atoms. When a covalent bond breaks, the two electrons get distributed between two atoms...



Homolytic Fission:
 one of the two electrons go to each atom. The dot (·) indicates unpaired electron

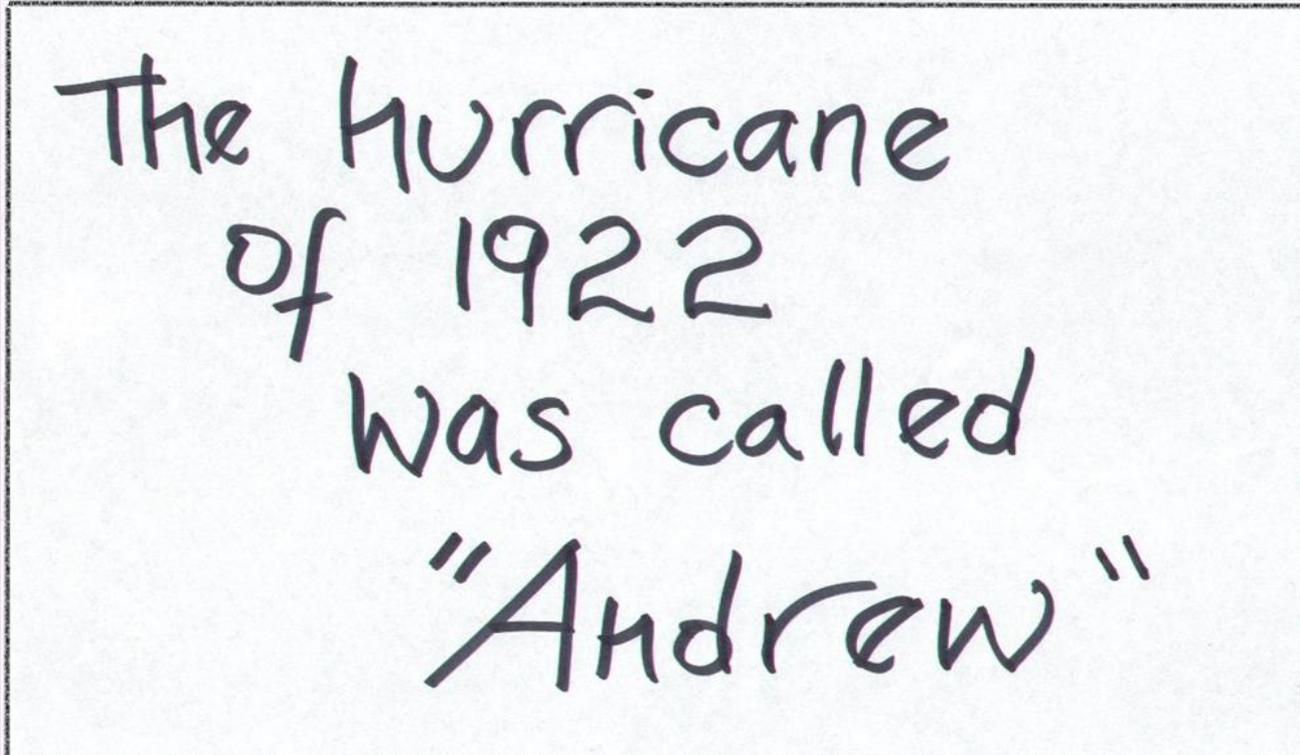
• strong tendency to pair up with another electron

Heterolytic Fission:
 both electrons go to just one atom and become negatively charged

• large difference in electronegativity makes this happen more often.



Repetition is the key to learning

A rectangular card with a thin black border containing handwritten text in a cursive style. The text reads: "The hurricane of 1922 was called 'Andrew'".

The hurricane
of 1922
was called
"Andrew"

Just writing the cards will help your recall. You can test yourself when you have 'dead time' such as when you're on the bus.

By Rote

Learning by rote is simply reading the text **over and over until you remember it**. It is the most basic kind of revision, but **without the help of other techniques may not be very effective** and it can be **very boring**. There are a few students with excellent auditory memories, who can learn effectively this way.



By Rote

Read it again and again and again and again and again and again
and again and again and again and again and again and again and
again and again and again and again and again and again and
again and again and again and again and again and again and
again and again and again and again and again and again and
again and again and again and again and again and again and
again and again and again and again

Rote Learning Task

Language Devices

Alliteration

Facts

Opinions

Repetition

Exaggeration

Emotive language

Statistics



Brain Friendly Revision

Reading Out Loud

Read your revision notes out loud to a particular rhythm – this could be set by music playing in the background or tapping your foot or by walking calmly and steadily. This is a sort of walk and talk.



Luck

L+U+C+K

12+21+3+11 = 47%

Hard Work

H+A+R+D+W+O+R+K

$$8+1+18+4+23+15+18+11 = 98\%$$

Knowledge

K+N+O+W+L+E+D+G+E

$$11+14+15+23+12+5+4+7+5 = 96\%$$

ATTITUDE

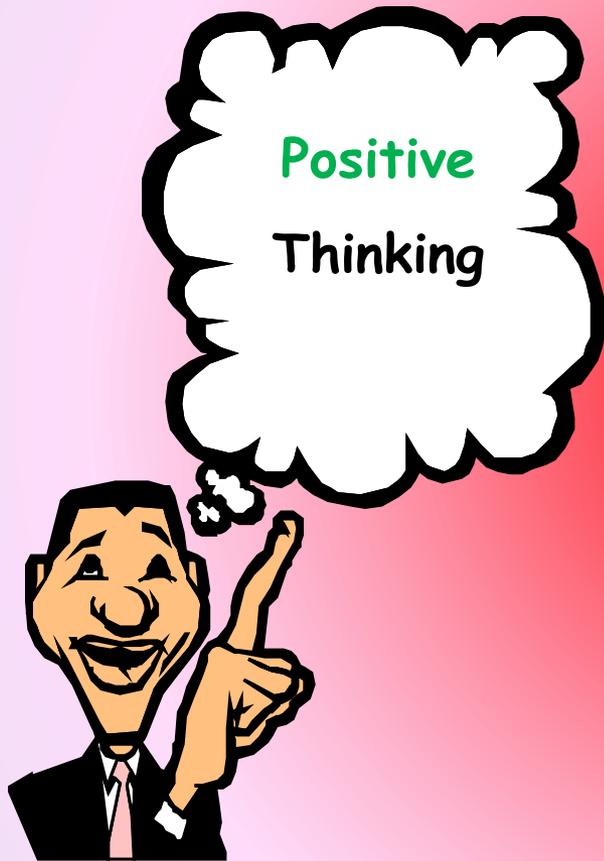
A+T+T+I+T+U+D+E

1+20+20+9+20+21+4+5 = 100%

It is our ATTITUDE towards life
and work that gets us to

100%

Positive Thinking - I **CAN** do this!



This is a **chance** to show everything I have learned

This is **my chance to achieve**

I **am capable of doing very well** in this exam

I **deserve** to do well, because I have **worked hard**

I **know** what is **expected of me** in this exam

I am prepared

The 4P rule

A large, white, stylized letter 'P' with a thick blue outline and a subtle drop shadow, positioned on the left side of the slide.

ractice of
ast

papers =
erfect exam
technique!