



Welcome to Roding Valley High
School's Revision workshop
morning.

Why are **we** in a 'Revision workshop?!'

- To begin to build up some skills slowly and gradually- not a big shock in year 11!
- So that you have time now to work out how you revise best- we are all different.
- To allow you to practise these skills for your upcoming exams- year 9 is options year!
- To have fun- there will be a competition running throughout the session- your table will be awarded ten points for...

Points...mean prizes...

- 10 points for the most helpful table!
- 10 points for any questions answered throughout!
- 10 points for the best Buzan mind map!
- 10 points for the best Cornell notes!

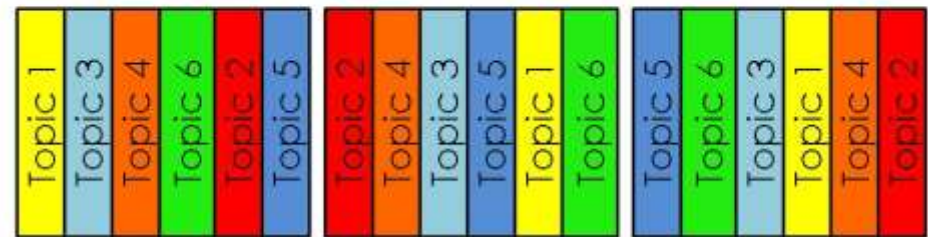


Revision- where do I start?

Before you start actually revising- you need to think about what your **plan** is.

DON'T revise one subject or topic all at once- try and space the topics/ subjects out across each week.

Blocking vs interleaving



Example...

I need to revise...

1. **Maths**- quadratic equations
2. **History**- WW1
3. **English**- crime and investigation - extracts from different novels that involve mystery, murder and crime.
4. **Art**- Pop Art
5. **RS**- Christianity & Islam
6. **Science**- Structure and Functions of cells Chemistry - Atomic structure and History of the periodic table

Red- I am really struggling with this

Amber- I am 'okay' with this...

Green- I am confident

Step one- **R.A.G** your subjects

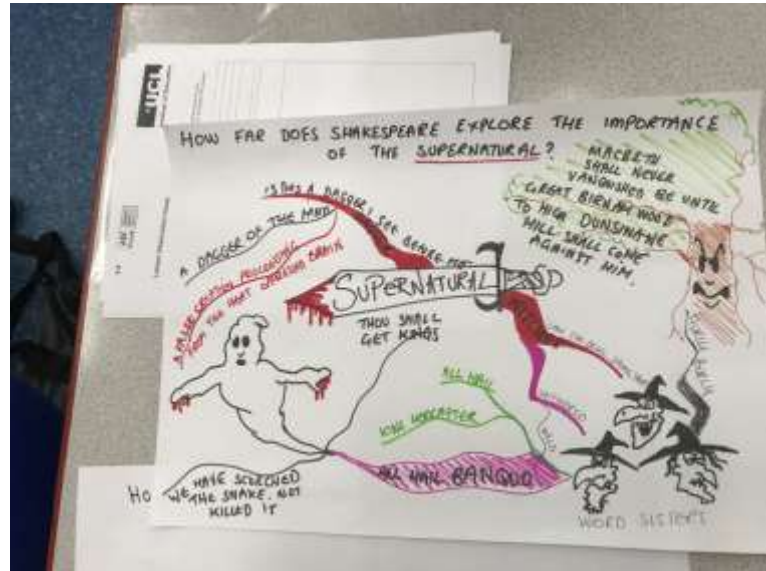
Step two- enter your subject and topic into the interleaved timetable- aim to look at this at least x3 times over the week- not all on the same day!! Tackle the **REDS** first!

My plan is sorted... How do I actually revise?

RVHS Tried and Tested Revision Technique #1

Buzan Mind mapping

RVHS
STUDENT
EXAMPLE,
YEAR 11



Strategy 1: **Buzan** Mind mapping.

- **Step 1:** Start with the theme/ central idea. in the middle of the page.
- **Step 2:** Each main branch must be a KEY topic or theme from the big idea.
- **Step three-** branch out from your key branches- they must be smaller to represent that the information is being developed.
- **Step four-** use key words only per branch- they must fit perfectly!
- **Step five-** Colour code the branches.



Activity 2- Draw your own **Buzan** **Mind map!**

You are now going to draw your own Buzan Mind map.

Topic- **'All about me'**

Ideas for branches-

Hobbies

School

Qualities

Family



**We will select
a winner to
receive 10
points or their
table!
Three winners!**

Memory game- how to improve
your **working memory**-

FLORIA

FLORIA is a technique that provides “hooks” for information in your memory. Look at the following list of words for **40** seconds, then see which you remember:

BOXING

GCSE

DUCK

NIPPLE

MOSS

PENCIL

GLOVE

WATER

GLUE

HERB

TURTLE

SHOE

GARDEN

GOOSE

MUSIC

AND

TAYLOR SWIFT

AND

CAR

HERB

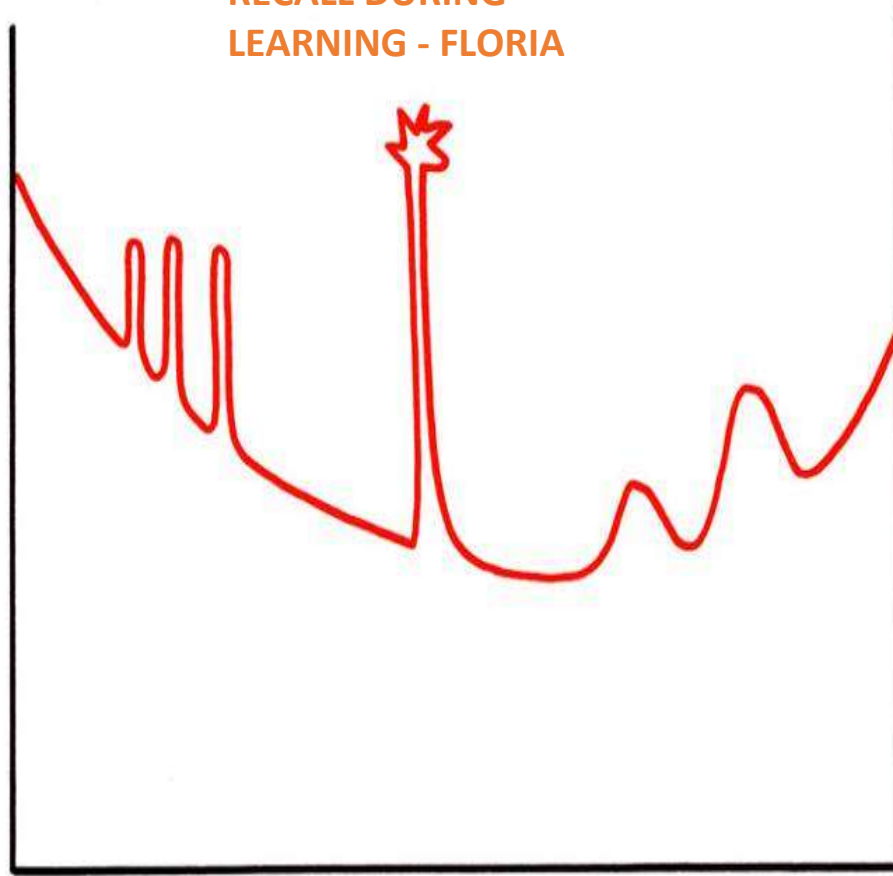
WORM

SPIDER MAN

Look at words in silence- see how
many can remember

Look at it a second time-
make up a story with the
words in it.

RECALL DURING
LEARNING - FLORIA



First. **Last.** **Outstanding.**
Repeated. **Interesting.**
Associated.

Using FLORIA

- Put the most important information FIRST and LAST
- When preparing revision materials, think about how you can make key information OUSTANDING
- REPEAT important facts
- Make key information INTERESTING using images, mnemonics, sticking it on a post-it in an unusual place, associating it with a person or event, pretend you are delivering a lecture or an assembly on this...
- Make links between information so the ASSOCIATION leads you from one fact to another

10.25- 10.30am- mindfulness during exams- how to look after yourself- FWI

<https://www.bbc.co.uk/bitesize/articles/z8jxy4j>



Looking after yourself during exams

- Get plenty of sleep. Go to bed at the same time every night. You'll be able to stay out late as much as you like when exams are over.
- Eat properly. Eating a balanced diet with plenty of vitamins will make you more alert and positive. Now, more than ever, your five-a-day is crucial.
- Keep moving. Exercise can train your brain, like a good diet, regular exercise will make you more alert and positive.
- Don't use your phone just before you go to sleep. To get the right kind of sleep, you need to clear your mind and wind down first.

Mindfulness

What is it?

An awareness of our thoughts and feelings as they happen.

Mindfulness is a powerful tool that can empower you to deal with **exam**-related stress and anxiety. It helps you to shift from experiencing difficult emotions to feel calmer, and see the **exam** as a less scary experience.

Task 1

Texture bag Reach in and touch an object, one at a time, and describe what you are touching. Don't take the object out of the bag till after you have described and guessed the object.

Task 2

Exploring emotions Give the person next to you a 'weather report' on how you are feeling, "I'm dark and cloudy with some raindrop tears coming out"

Task 3

Being in the present Slow down by eating the sweet/chocolate in 'slow motion' and taking notice of the taste throughout- what can you taste?

Task 4: Mindful Posing

Try one of the following poses:

- 1. The Superman:** this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
- 1. The Wonder Woman:** this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips

Mindfulness

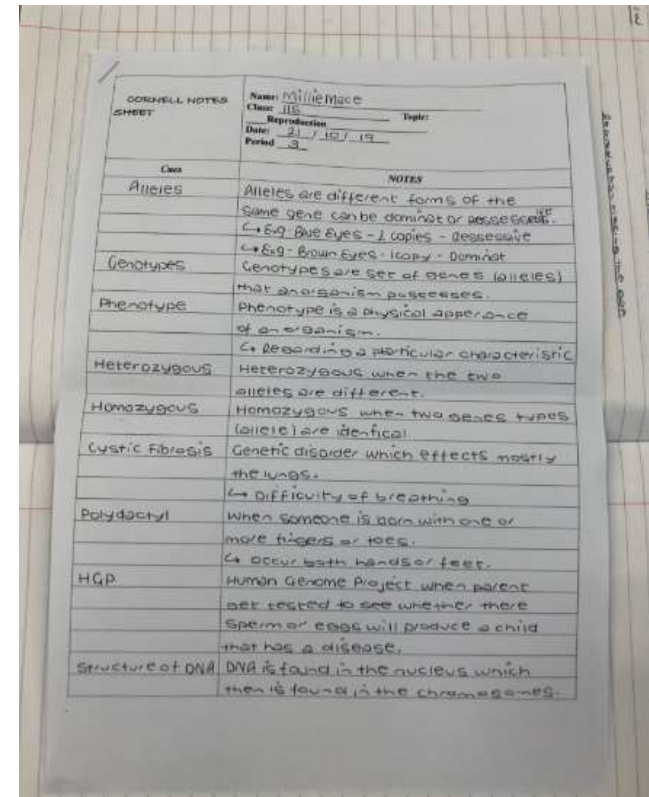
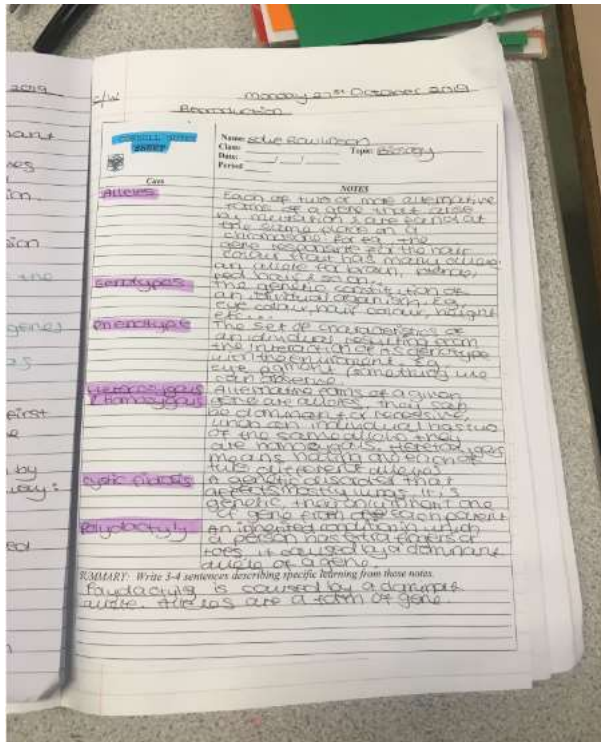
**Quiz for
points**

Hands up!

My plan is sorted... How do I actually revise?

RVHS Tried and Tested Revision Technique #2

Cornell Notes



Strategy 3: Cornell notes.

Course, Topic, and Date	
Study Cues	Revision notes
Summary	

Step 1: Select the key topic being revised- Look at your PLC and your interleaved revision timetable.

Step 2: Make revision notes on the topic- using guides, classwork etc.

Step 3: Provide study cues in the left margin- what will help you remember these notes? As brief as possible

Step 4: Summarise all of this information into 2-3 sentences!

This could be done per unit, per paper and then per subject!

We will select a winner to receive 10 points or their table!

These should be **simple** words that you can associate with your notes.

CORNELL NOTES
SHEET

Name: _____
Class: _____ Topic: _____
Date: ____/____/____
Period: _____

QUESTIONS

NOTES

Questions are there to make you think of the answer.

You can also use simple bullet points words to act as a **trigger** for your memory.

Example- Cornell notes on Ms Larkin.

A trigger question could be- 'What job do I have?' Notes can be on my day to day job.

OR

You could decide to use a trigger word:

JOB/ Employment

SUMMARY: Write 4 or more sentences describing specific learning from these notes.

Let's **apply** it!

Activity-

You are now going to use your template to have a go at creating a page of **Cornell notes**.

Topic- 'All about me'. You can use the notes from your Buzan mind map to help you.

Cues/ Questions-

Either jot down a question or a CUE word.

Let's wrap this all up...



Activity- you have x5 minutes to complete your takeaway card- please complete all sections.

Put this takeaway card back into your plastic wallet and take this home with you.



My 'takeaway'



1. Things I am going to try when revising for my exams:

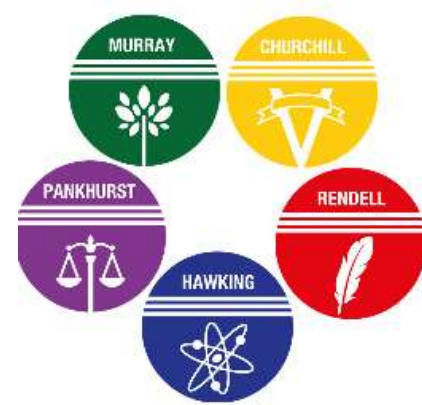
2. What resources do I need to prepare myself for my revision?

3. If my parents/friends ask me what I have learnt in this session, what will I say?

I 
REVISION

AND THE **WINNERS** ARE....

- 10 points for the most helpful table-
- 10 points for any questions answered throughout-
- 10 points for the best Buzan mind map-
- 10 points for the best Cornell notes-



RVHS house competition!

Win **50 points** for your house- and 20 for every entry that takes place.

Task- Create a brilliant Buzan mind map on a topic you're revising for your upcoming exams.

Hand in - **Monday 9th December**- there will be a box in the wooden reception to put your entries in.



Roding Valley

My 'takeaway'



Roding Valley

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2. What resources do I need to prepare myself for my revision?

3. If my parents/friends ask me what I have learnt in this session, what will I say?

I 
REVISION