

Thursday 8th March 2018

Refinement of Learning Skills

Workshop for Parents/Carers of Year 11 students

Welcome ...

Our aims for this evening are to explain the following ...

- **generic revision strategies**
- **online resources**
- **subject specific sessions in English, Maths & Science**

Countdown from today ...

Week beginning ...

5th March

12th March

19th March

26th March (Term 4 ends on Thurs 29th March)

EASTER HOLIDAYS (2 weeks) – revision sessions to run- more info to follow

16th April

23rd April

30th April

7th May (7th is a bank holiday)

14th May = GCSE exams start

Action Plan for the students ...

- **attend the Year 11 revision event on 8th March**
- **attend school every day**
- **attend as many support/revision sessions as possible**
- **make a revision timetable now**
- **start your revision as soon as possible – now!**

Some questions for the students ...

- **do you know your target grades?**
- **how close were you to these grades in the mocks?**
- **what grades do you need for your post-16 plans?**
- **what do YOU need to do next?**

www.getrevising.co.uk

GR
learn
together

Get Revising can help you study for your exams - GCSE, AS, A2, International Baccalaureate. Features include a unique revision timetable creator, interactive revision cards, games, and a shared resource library created by our members.

Learning, *made joyful*

We make learning languages and vocab
so full of joy and life, you'll laugh out loud.

Join now, it's FREE!

300 k+
courses

285 million+
words learned

Memrise helps you *learn better*

9

Easy Ways to Get Better Grades

by @inner_drive | www.innerdrive.co.uk



Eat breakfast

It's the most important meal of the day. It helps improve attention and memory



Believe you can learn the material

Students who believe they can improve their ability with effort and learning outperform those who don't



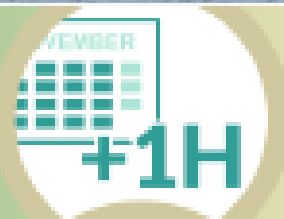
Have a sense of purpose

Remind yourself of how doing well at school can help achieve your future goals



Put your phone away in class

Being on your phone divides your focus, making concentration and learning more difficult



Spend an extra hour each day doing home work / reading

The extra work you do each day adds up over a year



Write about your nerves

This reduces your fear and helps you perform more confidently



Watch less TV

Watching two hours of TV a night can significantly reduce your marks



Play video games less

Students who game twice a day have been shown to get worse grades



Get a good night's sleep

Lack of sleep affects memory, mood, creativity, insight, health and concentration

How much revision?

In addition to what students complete in lessons ...

- we recommend around 10 hours per exam = 200 hours on average
- we have only 10 weeks until the GCSE exams start
- 10 weeks x 2 hours per day (on average) = 140 hours
- 8 school weeks x 3 support/revision sessions (on average) = 24 hours
- the key to revision is **LITTLE & OFTEN**
- **ORGANISATION** is also very important!

If you are revising properly, and maximising your time in lessons, it's probably going to be OK. If you aren't it probably isn't.