



ST CHRISTOPHER'S
A CHURCH OF ENGLAND ACADEMY

How can I help my
child to revise?



Year 11 Dates for Your Diary

2023

- 'Make It Work' Day: 15th November 2023
- English (only) PPEs: 16th November 2023
- Progress Report 1: 1st December 2023
- Parents' Evening: 7th December 2023

2024

- PPEs: 15th - 19th January 2024
- Year 11 Spirituality Day: 25th January 2024
- Progress Report 2: 9th February 2024
- Year 11 Form Tutor Reviews: February 2024



Revision and self study: Why is it important to start now?

- **Time!** PPE examinations commence 9th January 2023
 - It is not helpful to 'begin' revision over the Christmas period. It should be well established by then to ease the workload
- **The COVID 'gap'** – it still exists
- **Good study habits** and revision skills need to be learned





In the 1970s, a series of experiments were done to determine how completely and accurately people remembered the visual details of a common object, a United States penny (Nickerson and Adams, 1979). The findings were that the participants recall of the details was very poor despite having seen pennies many hundreds of times in their lives.

If you ask a student to recall the details of a common object (e.g. a penny) from memory, the majority will be unable to do so accurately, stating that they have “forgotten” those details. In fact, they didn’t *forget* the details – they never learnt the information in the first place.

To remember something accurately, students need to engage in *controlled processing*:

- **Over time**
- Different learning strategies suit different students
 - Distractions must be blocked out
 - Learn to focus on the task at hand

THESE HABITS CAN BE FORMED FROM NOW



What can you do as parents?

- **Study space**
 - provide a quiet, appropriate, comfortable and distraction-free area for them to study in
- **Take their phone during study time**
 - This is THE biggest distraction to students. Where possible, phones should not be used as part of revision or study. Use an alternative means to access anything needed online
- **Allocate time for study**
 - Help your child to draw up a revision timetable. This should be AGREED with them, not forced upon them (see next three slides)
- **Quiz / test to improve recall**
 - Be active in your child's revision - incorporate brief tests or quizzes into revision, and encourage students to self-test as they study. Reading a passage and then stopping to ask students what they just read is going to be more effective than reading it twice (Roediger and Karpicke) (2006)
- **Check homework – Synergy!**
 - Hard work gets grades. Students that spend at least two hours a night on their homework/revision are statistically more likely to get better grades.
 - Make sure your child knows they are accountable not only to their teacher, but also to you as their parent. Working as a team, we can help them to get the most out of school.



Mobile phones are a part of everyday life. They have the power to connect people and can be great tools for learning. Most people have their mobile phone next to them for large parts of the day. But is there a darker side to mobile phones? Can the mere presence of a mobile phone negatively impact student performance?

To answer this question, researchers had students complete a concentration task with either a mobile phone or a notepad on the table near them. The students didn't use the phone during the experiment, it was just within their eye-line.

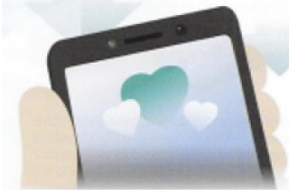
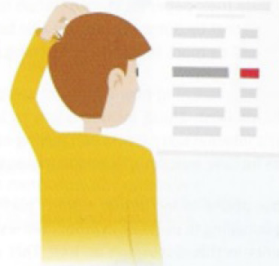
To gather further information, the researchers had students complete a range of questionnaires about themselves and also ran the experiment twice: once with someone else's phone near them and once with their own phone.



THE MAIN FINDINGS

1 The mere presence of a mobile phone led to a **20%** reduction in attention, concentration and performance in tasks that were demanding and complex (i.e. ones that students had to think hard about).

2 Students performed worse in these tasks, regardless of whether they could see their own phone nearby or someone else's.



3 This reduction in performance was found to be true regardless of the student's gender, age, how much they normally used their own phone or how attached they said they felt to it.



Revision Timetable

This is an example.

Revision timetables must be tailored to the individual. 30-45 minutes in each session is a sensible expectation, then a break. Build revision up over time - it has to be sustainable.

	Date	3:15-4:15pm	4:15-5:15pm	5:15-6:15pm	6:15- 7:15pm	7:15-8:15pm	8:15-9:15pm
Monday		Duke of Edinburgh @school	Get home Tea time	Homework! then PE	Geography	English Language	Wind down before bed (Avoid your phone!)
Tuesday		Get home Snacktime Homework!	English Lit	Tea time	Maths	History	Wind down before bed (Avoid your phone!)
Weds		History Revision session @school	Get home Tea time	Homework! then Science	Football	PE	Wind down before bed (Avoid your phone!)
Thursday		Maths revision session @ school	Get home Tea time	Homework! then English Language	English Lit	Geography	Wind down before bed (Avoid your phone!)
Friday		2:15-3:15pm Get home Snacktime Homework!	3:15-4:15pm RE	4:15-5:15pm Science	Friday Night Off		



Weekend Revision Timetable

	Date	Morning Session 9am-12pm	Afternoon Session 1pm-5pm	Evening
Saturday				Relax! Family time! Friends! You-time!
Sunday				Relax! Family time! Friends! You-time!



Revision timetable: Top Tips!

Keep your brain **ENGAGED** by keeping your revision **VARIED**

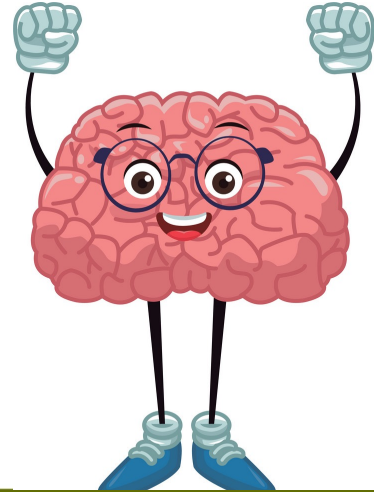
- Include a good mix of subjects every day – don't spend an entire evening (or week!) on one subject.
- Revision **MUST** be split into manageable chunks with regular breaks - It's far more effective to do 30 minutes of successful revision – rather than plough on for hours on end and not get anywhere. Research proves that learning is more effective when spread out over stretches of time.

Make sure you leave time to do things you **ENJOY**

- A healthy body is as important as a healthy mind. Keep up with sports / clubs / time with friends. And make sure you build in some 'wind-down' time before bedtime.
- Exercise, fresh air, healthy food and lots of sleep are crucial.

Stick to your timetable – but be flexible

- Don't be afraid to **CHANGE** your timetable as you go along – your timetable for the PPEs will be different to the one for the Summer exams. Build up over time.
- Get mum and dad on board! Let them help you to stick to it!



How can I help my child revise?

WARNING: Often the easiest strategies prove to be the most ineffective. The following have all been proven by research to have little or no impact on learning:

- Re-reading notes
- Highlighting notes
- Making summaries of notes

INSTEAD, **retrieval practice** (the testing effect) requires students to answer a question. It is proven to be the most effective revision strategy.

Spacing is another good revision technique that students should employ. This involves learning a little information regularly, rather than trying to learn a lot in a single day. Recent research has found that the use of spacing resulted in a 10% to 30% difference in final test results compared to students who did lots of cramming. Spacing out revision gives students enough time to forget previously learnt information, meaning that when this information is re-visited and re-learnt it is more likely to be transferred to their long-term memory.

Interleaving involves mixing up the topics the students study within a given subject. Recent research has shown how effective this technique is: those students who used interleaving performed more than three times better if the test was more than a day later. Interleaving helps students make links between different topics as well as discriminate between different types of problems, allowing them to identify the most ideal thought process for each.



Top revision activities you can do with your child based on RETRIEVAL PRATICE:

- **Use flashcards** (e.g. see the *Quizlet* link in 'Useful Resources' on our website) to practise recalling the information from topics.
- **Use mind-maps**, knowledge organisers, or Cornell notes to quiz – read, cover, write. Students are aiming to recall all of the information on the revision resource and should be able to reproduce it.
- **Answering short retrieval questions** or multiple choice quizzes.



9 Ways to Use Retrieval Practice



Using Flashcards Effectively

1 Split a box into 5 different compartments and label them 1 to 5.

2 Place all your flashcards in compartment 1.

3 Test yourself on a flashcard

4 If you can correctly recall the information move the flashcard into compartment 2, if not then put it back in compartment 1.

5 Continue to test yourself and each time you correctly recall the information, move the flashcard into the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.

6 Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory.



The Year 11 Team

Mrs Stott, Head of Year - i.williamson@st-christophers.org

Mrs Anderton, Deputy Head of Year - n.anderton@st-christophers.org

Form Teachers:

- | | | | | |
|-------|---|---------------|---|--|
| • 11A | – | Mrs Ashton | – | g.ashton@st-christophers.org |
| • 11B | – | Mr Black | – | n.black@st-christophers.org |
| • 11C | – | Miss Fallows | – | j.fallows@st-christophers.org |
| • 11D | – | Mr Surgeon | – | d.surgeon@st-christophers.org |
| • 11H | – | Mr Rigby | – | m.rigby@st-christophers.org |
| • 11O | – | Miss Patchett | – | s.patchett@st-christophers.org |
| • 11P | – | Mrs Musso | – | h.musso@st-christophers.org |



New GCSE Grades Explained

9	A*
8	A
7	
6	B
5 (Strong Pass)	C
4 (Standard Pass)	
3	D
2	E
1	F
	G
U	U



That person is *like a tree* planted by streams of water,
which *yields its fruit* in season and
whose leaf **does not** wither
~ *whatever they do* **prosper.**
Psalm 1:3





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Ad Gloriam Dei

To the Glory of God



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