



**1957-2017
DIAMOND JUBILEE**

AIMS

- To share some of the ‘science’ behind effective revision
- Ensure you are familiar with the approaches we have suggested to Year 11
- To look at how you can help as the examinations get closer

There’s no test at the end and I will put the PowerPoint up on the website



HEART OF ENGLAND
Creating Futures

ARE ANY OF THESE APPROACHES FAMILIAR?



The longer I revise the better...I'll revise Macbeth for two hours...**NAILED IT!**



HEART OF ENGLAND
Creating Futures



Although there's no hard evidence, the commonly agreed *selective sustained attention* span of a teenager is 15-20 minutes



HEART OF ENGLAND
Creating Futures

ARE ANY OF THESE APPROACHES FAMILIAR?



I'm going to read these ten pages of notes and 5 pages from the revision guide...**NAILED IT!**



HEART OF ENGLAND
Creating Futures



Reading over notes has its use but is not the most effective means of retaining knowledge...your brain has to do something with the information



HEART OF ENGLAND
Creating Futures

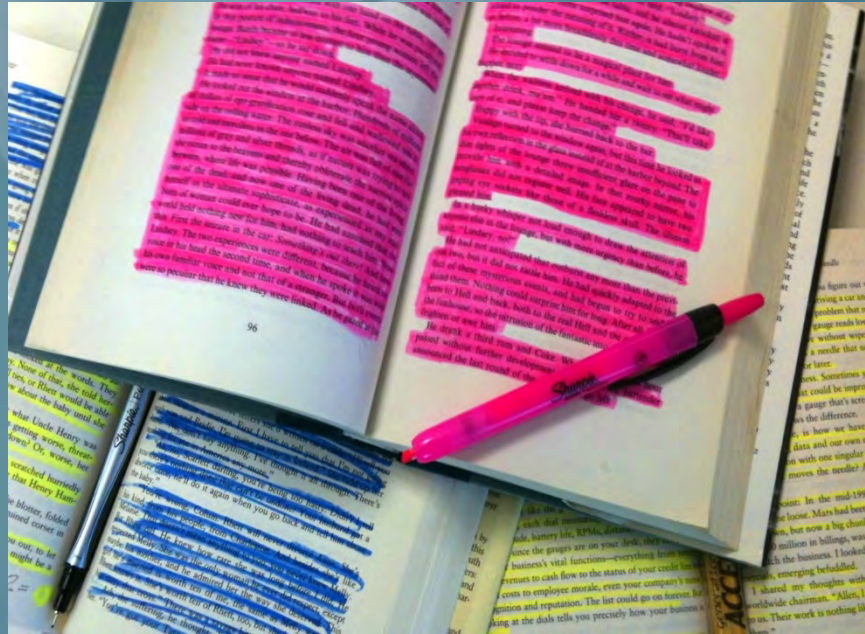
ARE ANY OF THESE APPROACHES FAMILIAR?



I'm going to highlight all the important bits in different colours...wow, that page is all highlighted...and it's pretty! NAILED IT!



HEART OF ENGLAND
Creating Futures



It might be colourful...it might be pretty...but if key words / facts / ideas don't stand out on the page, this isn't really useful



HEART OF ENGLAND
Creating Futures

FOUR STEPS TO SUCCESS

- **UNDERSTAND IT**
- **CONDENSE IT**
- **MEMORISE IT**
- **REVIEW IT**



HEART OF ENGLAND
Creating Futures



Tonight I'm going to revise
Biology



HEART OF ENGLAND
Creating Futures



Life Processes
Movement
Respiration
Sensitivity
Growth
Excretion
Reproduction
Nutrition

In and out of cells

Diffusion
Example of diffusion in
plant cells
Example of diffusion in
animal cells
Osmosis
Osmosis in animal cells
Osmosis in plant cells
Active transport

Cells

What are Cells?

Structure of animal and plant cell
Similarities and differences
between animal and plant cells
Cell Specialisation– Animals
Cell Specialisation– Plants
Unicellular Organisms
Multicellular Organisms
Cells, Tissues and Organs

Enzymes

What are Enzymes?
How Enzymes work
Optimum conditions for enzymes

The Living body

Food and Digestion

Why we need food?

A Balanced Diet

Carbohydrates

Proteins

Fat

Fibre

Vitamins and Minerals

Water

Digestion

The Digestive System

Animation of the Digestive System

Enzymes and Digestion



HEART OF ENGLAND
Creating Futures

UNDERSTAND IT

Theme

Theme: The main idea /
topic being revised

Main Ideas

Main Ideas: The points the
underpin the THEME

Details

Details: The points that
hold all the ideas
together



Genes

Chromosomes; Inheritance;
deoxyribonucleic acid (DNA)

structural proteins such as the ones found in muscles and hair
enzymes, such as proteases and other digestive enzymes.

Different versions of the same gene are called alleles, and these can
determine features like eye colour, and the inheritance of disorders such as
cystic fibrosis



THE DETAILS...CONDENSE!

A gene is a small section of DNA that contains the instructions for a specific molecule, usually a protein.

The purpose of genes is to store information.

Each gene contains the information required to build specific proteins needed in an organism.

The human genome contains 20,687 protein-coding genes.

Genes come in different forms, called alleles.

In humans, alleles of particular genes come in pairs, one on each chromosome (we have 23 pairs of chromosomes). If the alleles of a particular gene are the same, the organism is described as homozygous for that gene. If they are different the organism is described as heterozygous for that gene.

An individual's phenotype is determined by the combination of alleles they have.

For example, for a gene that determines eye colour there may be several different alleles. One allele may result in blue eyes, while another might result in brown eyes. The final colour of the individual's eyes will depend on which alleles they have and how they interact.

The characteristic associated with a certain allele can sometimes be dominant or recessive.

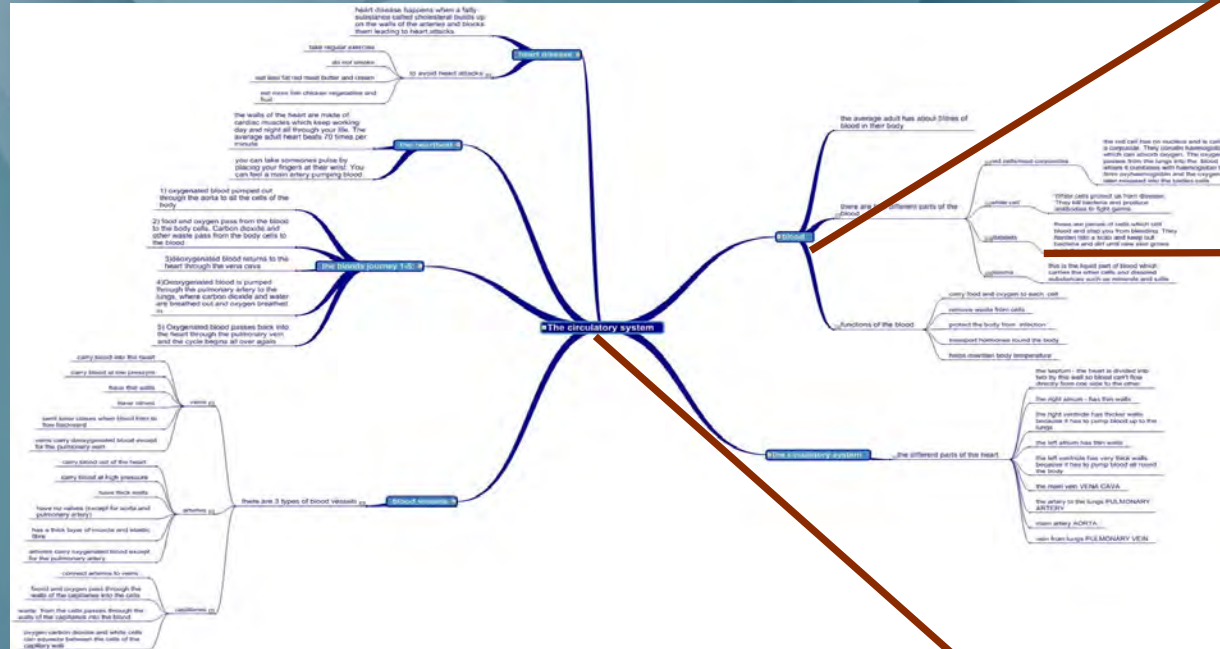
You could try to revise a long set of notes like this...but it's not necessarily the most effective way



HEART OF ENGLAND
Creating Futures

TRY DIFFERENT APPROACHES

Then separate out the main ideas



Before revising the details for each idea

Start with the main theme



WHY CAN'T I JUST READ MY NOTES?

The **LEFT SIDE** of the brain orders your thoughts and ideas; it makes the connections



The **RIGHT SIDE** of your brain engages your interest

Effective revision appeals to both sides of the brain



HEART OF ENGLAND
Creating Futures

MEMORISE IT

- Use visual memory to build pictures to memorise key ideas / words
- Write out key words / ideas over and over again
- If you're reading to revise, summarise each paragraph when you're done reading
- Mnemonics

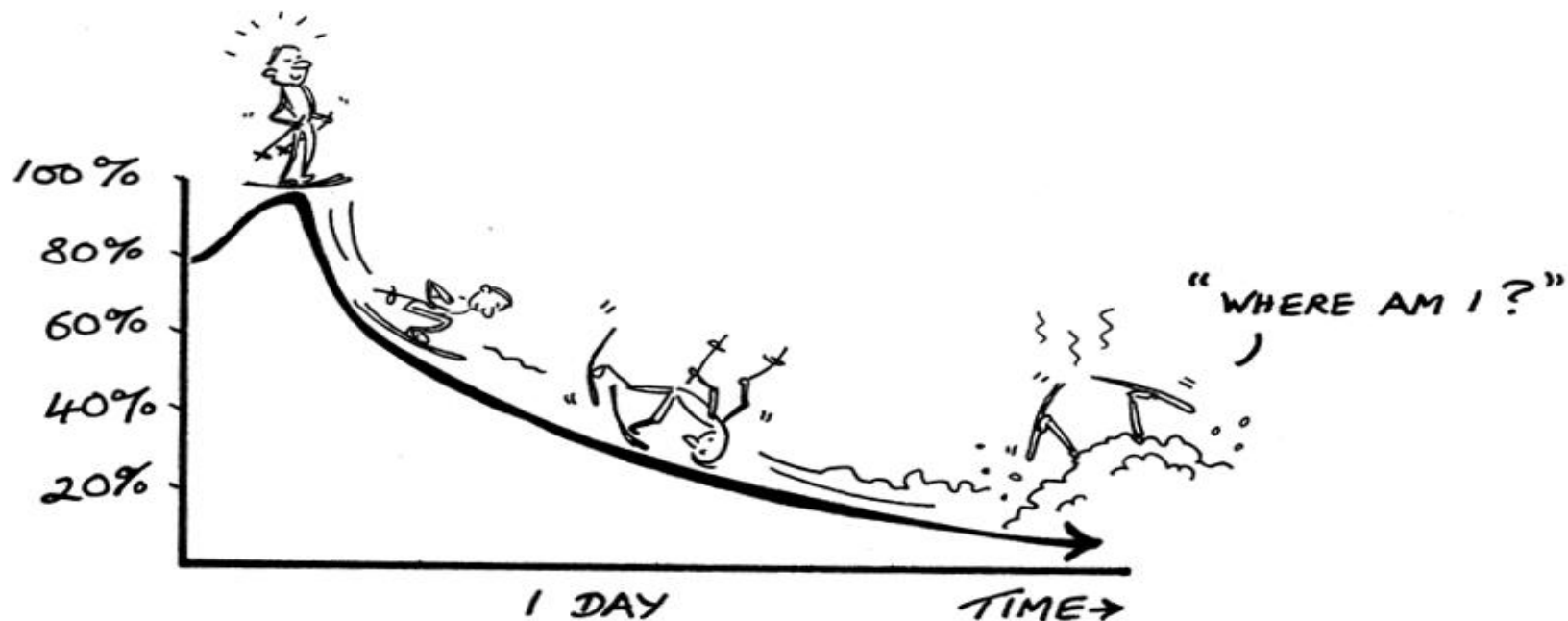


FINAL STEP

REVIEW IT!

This is where people fall short...they do all the hard work and then don't plan to revisit the topic, giving their brain time to forget





HEART OF ENGLAND
Creating Futures

REVIEW AND PRACTICE

- The day after revising a topic, aim to spend 10 minutes reviewing the ideas
- A week later, plan to review that topic for 5 minutes
- 2 weeks later, review that same topic for 2-5 minutes

DON'T GIVE YOURSELF TIME TO FORGET



HOW YOU CAN HELP

- Help them create a manageable revision timetable
- Maximum of 20 minutes on a specific topic
- Ensure that they make revision as practical as possible
- Encourage them to use sites such as:

www.quizlet.com

www.getrevising.com

www.mathswatch.co.uk

www.mymaths.co.uk

www.doddle.co.uk

www.s-cool.co.uk

www.bbc.co.uk/bitesize

<http://www.podcastrevision.co.uk>



HEART OF ENGLAND
Creating Futures

REVISION TIMETABLES

The topics in yellow are 'new' topics (approx 20 minutes each)

15	16	17	18	19	20	21
				<ul style="list-style-type: none"> * Gravity * DNA * Walking Away * 5 Pillars of Islam * Coasts * Quadratic Equations 	<ul style="list-style-type: none"> * Inspector Goole * Fractions * Medicine * Non-Fiction language terms * DNA * Rates of reaction 	<ul style="list-style-type: none"> * Social Theory * Alkalis * Character Lady Macbeth * Coasts * Quadratic Equations
22	23	24	25	26	27	28
<ul style="list-style-type: none"> * Genes * Follower * Walking Away * Non-Fiction Language Terms * Quadratic Equations 	<ul style="list-style-type: none"> * Quotes Act 1 Macbeth * Trigonometry * Solar System * Coasts * Character Scrooge * 5 Pillars of Islam 					
29	30	31	HALF TERM WEEK			

The topics in Green are ones I am revisiting (5-10 minutes)



Weekly Revision Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 pm						Six nations (Wales Vs Ireland)	
5 pm							
6 pm		Cinema					
7 pm							
8 pm							



HOW YOU CAN HELP

Fixed Mindset	Growth Mindset
Are you sure you can do it? Maybe you don't have the talent.	I'm not sure I can do it now but I think I can learn to with time and effort.
If you don't try, you can protect yourself and keep your pride.	If I don't try, I automatically fail. Where's the pride in that?
It's not my fault. It was something or someone else's fault.	If I don't take responsibility, I can't fix it.



FLASHCARDS, FLASHCARDS, FLASHCARDS!

<https://www.youtube.com/watch?v=C20EvKtdJwQ>

If you watch this YouTube Link it will help you to be able to organise an effective way of revising using flashcards



HEART OF ENGLAND
Creating Futures

THE WEBSITE



HEART OF ENGLAND
Creating Futures