



Revision & Preparing For Exams

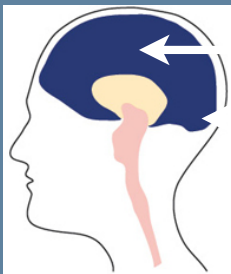
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The Session Plan

- How your brain learns
- Having a plan
- 3 parts of revision
- Revision Template
- Top tips for sitting exam papers

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How Your Brain Learns



THINKING BRAIN
Revision / Learning / Information

EMOTIONAL BRAIN
Anger / Worry / Anxiety

- With quiet emotions
- Small amounts at a time
- In an ordered way
- With regular breaks, good food and good sleep

Revision Tip #1
LISTEN IN CLASS

Revision is REVISITING
something you have heard
before

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Revision Tip #2

An Ordered Way

Some order reduces the brain's workload

Keep your books
ordered and
structured

Put on a film

Stick everything into your books!

Throw poor pens out!

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Amygdala

Only considers feelings!

It can feel better to sit on the sofa

It can feel better to stay on your console / phone

Link revision to things you like to help you get started!

Feelings Try to Lead

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Quick Discussion

ONE thing your parent or adult can do (or stop doing) to help you feel better about getting your revision done?

What's your favourite dinner (decent calories)?

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Revision Tip #3

Have a Revision Plan!

Imagine a computer with 40 applications open - what would happen to the way the computer works?

If you try to hold in your brain **EVERYTHING** you need to do, you will feel overwhelmed and **ANXIOUS!**

- Your brain slows down
- Your brain wants to avoid feeling overwhelmed
- Put a plan in place
- Then your brain only needs 1 tab open

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DOWN TIME

Making a Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
					Chemistry	Computer Science 1 PE
12	13	14	15	16	17	18
Computer Science 2	Computer Science Paper 1 Chemistry	PE	PE Paper 1 Chemistry Computer Science 2	Computer Science Paper 2 Chemistry	PE Paper 2	
19	20	21	22	23	24	25
		Maths NC	Spanish Physics			
26	27	28	29	30	31	

Take your time with the plan as it keeps you on track - It's one thing to let parents help with

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The 3 Parts of Revision

Tip # 4

VARIETY

Reading, watching, listening



**Input
Information**

Tip # 5

MOVEMENT

Get up!



**Store
Information**

Tip # 6

EXAM QUESTIONS

Past papers, online tutorials



**Retrieve
Information**

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Revision Tip #7 Use the Revision Template



Use the 100% on and 100% off model
Begin a 1 hour revision session - phone out of the room

30 mins	INPUT	- Go over specific topic (Text book, website or YouTube)
5 mins	STORE	- Working Break (stay in the work area)
20 mins	RETRIEVE	- Test knowledge (Quiz or past paper - check mistakes)
5 mins	SUMMARY	- Summarise input into bullet points on an index card
	BREAK	- Break (Snack, drink, leisure and phone)

TOTAL: 50 min content 10 mins (storage and summary)

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Quick Discussion



You have 5 minutes to
convince your child that
doing homework is
useful!

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Doing Homework is Selfish!

Doing homework in year 11 reduces revision - simple!

What do
you prefer



Relax then work
OR
Work then relax

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Non School Day

Weekends / Half Terms / Easter Holidays

Evening Off

9:00-10:00 Revise
30 min Break
10:30-11:30 Revise
1 hour Break
12:30-1:30 Revise
1.5 hour Lunch
3:00-4:00 Revise
FINISHED

Afternoon Off

9:00-10:00 Revise
30 min Break
10:30-11:30 Revise
5 hr Break
4:30-5:30 Revise
30 min Break
6:00-7:00 Revise
FINISHED

Morning off

1:00-2:00 Revise
30 min Break
2:30-3:30 Revise
30 min Break
4:00-5:00 Revise
1 hr Break
6:00-7:00 Revise
FINISHED

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Check-in Time

Have regular times to connect - even use text if necessary

Make sure you know how your child likes to be asked "How are you doing?"



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Tips For Sitting The Paper

On the mornings of each exam - input confidence not panic or remorse!

Remember
You know a lot already

Breathe as you
read!

Blank Brain = Need for
more blood flow (gently
move)

Check your work
(Aloud in your
head)

Draw things out
(so your brain wakes
up)

Use bullet point plans
for long questions

Always show maths
working out

When it is over -
Move on!

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And Finally.....

You can do better than you think.
Don't let anything or anyone (including
yourself) get in your way

Use the tools and revise so you have
confidence instead of anxiety

BE A TEAM!

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