

A black and white photograph of a rocky shoreline. The foreground and background consist of various sized rocks and pebbles. A large, solid black rectangle is centered over the image, covering most of the frame. In the center of this black rectangle, the letters 'MIM' are displayed in a light gray, sans-serif font. A thin white vertical line is positioned between the two 'M's.

MIM

MICHELE MILLER

EDUCATION CHANGES EVERYTHING



Follow

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WHAT DO YOU KNOW
ABOUT YOUR BRAIN?



What have we noticed in
schools since the pandemic in
SOME students?

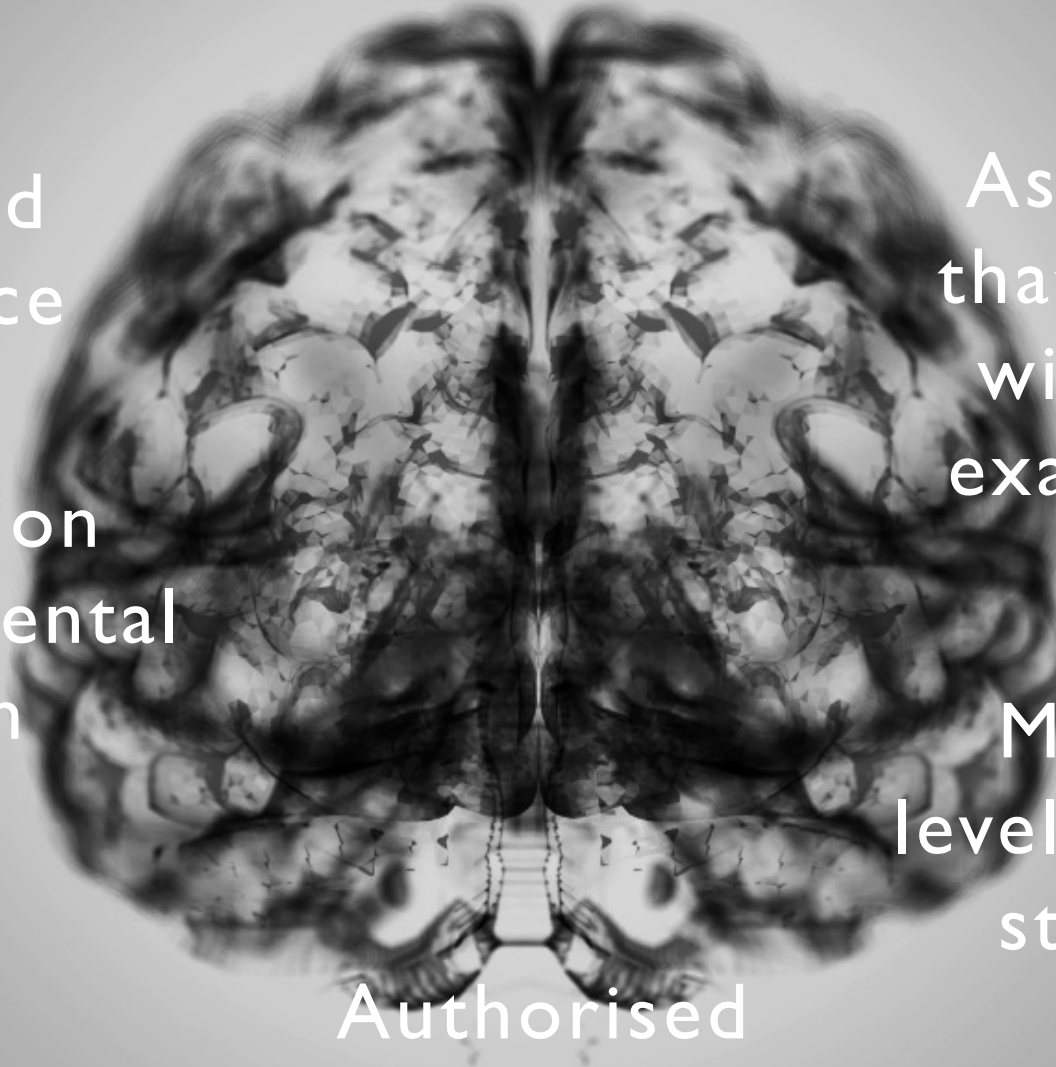
Reduced
resilience

Confusion
around mental
health

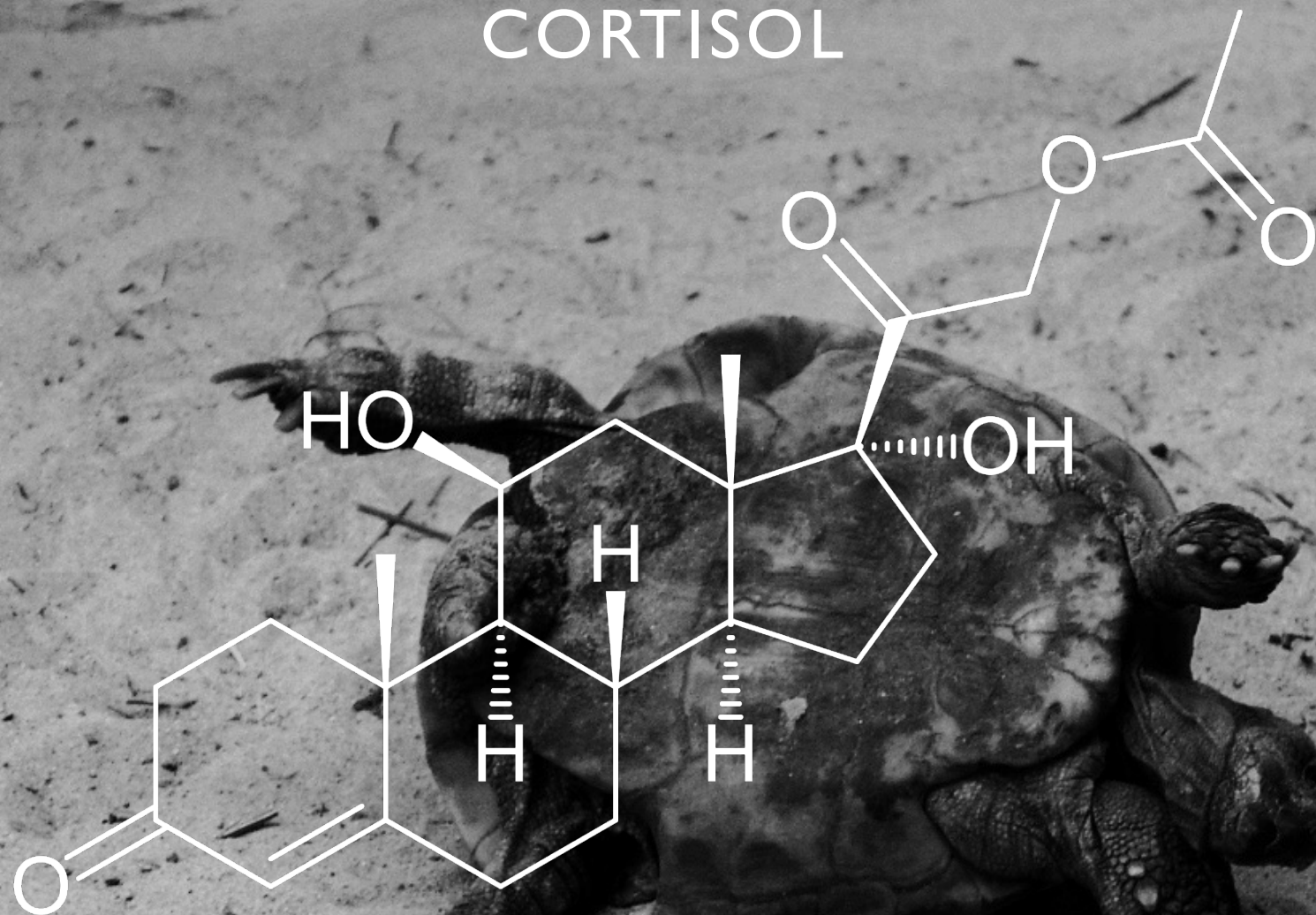
Assumption
that teachers
will deliver
exam results

Maturity
levels in some
students

Authorised
absence



CORTISOL



SERATONIN





GETTING YOUR HEAD READY TO SUCCEED
EFFECTIVE REVISION
MANAGING TIME

A black and white photograph of an iceberg floating in the ocean. The tip of the iceberg is visible above the water line, while the much larger, jagged mass of the iceberg is submerged below the surface. The sun is shining from behind the tip of the iceberg, creating a bright glow and rays of light that spread across the sky and water. The water surface is calm, reflecting the light from the sun.

SUCCESS IS AN ICEBERG

Dedication

Hard work

Persistence

Failure

Sacrifice

Good habits

Disappointment

Serena Williams, 23 Grands Slams.

A black and white photograph of tennis player Serena Williams in mid-swing, hitting a backhand shot. She is wearing a white tank top, white shorts, a white headband, and a white wristband. Her hair is dark and curly, and it is flying in the air. The background is a blurred tennis court.

WHY



YOUR CHILD WILL PROBABLY NOT
CHOOSE TO REVISE

HOW CAN YOU SUPPORT THEM TO
PRIORITISE STUDY AT HOME?

WHAT VALUES/BEHAVIOURS WOULD YOU
LIKE TO RESTORE?

HOW LONG IS A REVISION SESSION?



AN IDEAL REVISION SESSION IS 30 - 40 MINUTES



TWO ELEMENTS TO REVISION

1. WHAT do you know? (The knowledge is in your LTM)
 2. HOW can you use it? (Apply knowledge using your skill)
-



EIGHT OUT OF TEN STRATEGIES
WERE INEFFECTIVE

THE TWO EFFECTIVE STRATEGIES

1. Self testing
 2. Distributed or spaced practice
-

THREE STAGES

1 ORGANISE
Information
Notes
Memory Map
Cards
Re-writing
Highlighting

2 TEST
Past Question
Quiz
Revision guide

This gets info
to short term
memory

3 DISTRIBUTED
PRACTICE
Return with
decreasing
frequency to
move information
to long term
memory

Title

Divide your page as
shown

Use the
textbook/web
site to write
down the
'headlines' of
what I need
to know
about the
topic



Comparing Anaerobic Respiration (AR) in Different Organisms - NOT HUMANS!

What is (AR)?

Where does respiration occur
in cells?

What are the products of AR
in animal cells?

What are the products of AR
in plant and yeast cells?

What is the equation for AR in
animal, plant, and yeast cells?

Brewing is an example of how
AR is used in industry –
explain it!

What are the differences
between AR in plants and
animals?

Why is AR less favourable
than aerobic respiration?

In this space write from
memory what you can
beside each headline

Summary:

CREATION OF ADAM.

Creation: 1

eternal God being shown as an old man.

Adam and God are same size meaning humans are just as equal to God - not Cath teaching.

Genesis 1 link "very good"

Vatican - Sistine Chapel

Michael
Angelos
creation of
Adam

God has lots of angels
fingers touching - shows humanity and God
Adam is on Earth
naked shows openness to God.
Muscular - perfect body.

Body of God is still muscular

Adam is not quite alive.
waiting for God to give him life

Art that
depicts creation

lines from hand go to edge of circle - reach to the whole of the universe.
Hand coming down from heaven

lying in similar positions - humans made in image of God.

Hilary Meier USA.

Circle shows universe

God is like humans?

God depicted as old man holding bible

God is not shown as a human - not confined to a human being - infinite.

Creation +
Nat of God
Gen 1

God made man and woman at same time.

7 days - last day God rested

"Let there be"

God is beyond created world: transcendent

God as omnipotent "all was good" - has the power to make things exactly how he wanted.

Gives reason for creation

"God created humankind in his image"

11

Adam created Eve from one of his ribs.

Gen 2

Adam was lonely

Creates humans from dust. God gives humanity the gift of free will.

Humans have both power and responsibility - Adam is presented animals by name.

Controversial as unequal gender roles.

CREATE FLASHCARDS FROM THE MATERIAL YOU DIDN'T KNOW/RECALL

PHOTOSYNTHESIS

(PHOTOSYNTHESIS)
PROCESS USED BY PLANTS IN
WHICH ENERGY FROM SUNLIGHT
IS USED TO CONVERT CARBON
DIOXIDE AND WATER INTO
MOLECULES NEEDED FOR
GROWTH.

RECALL FLASHCARDS

FLASHCARDS FOR UNDERSTANDING

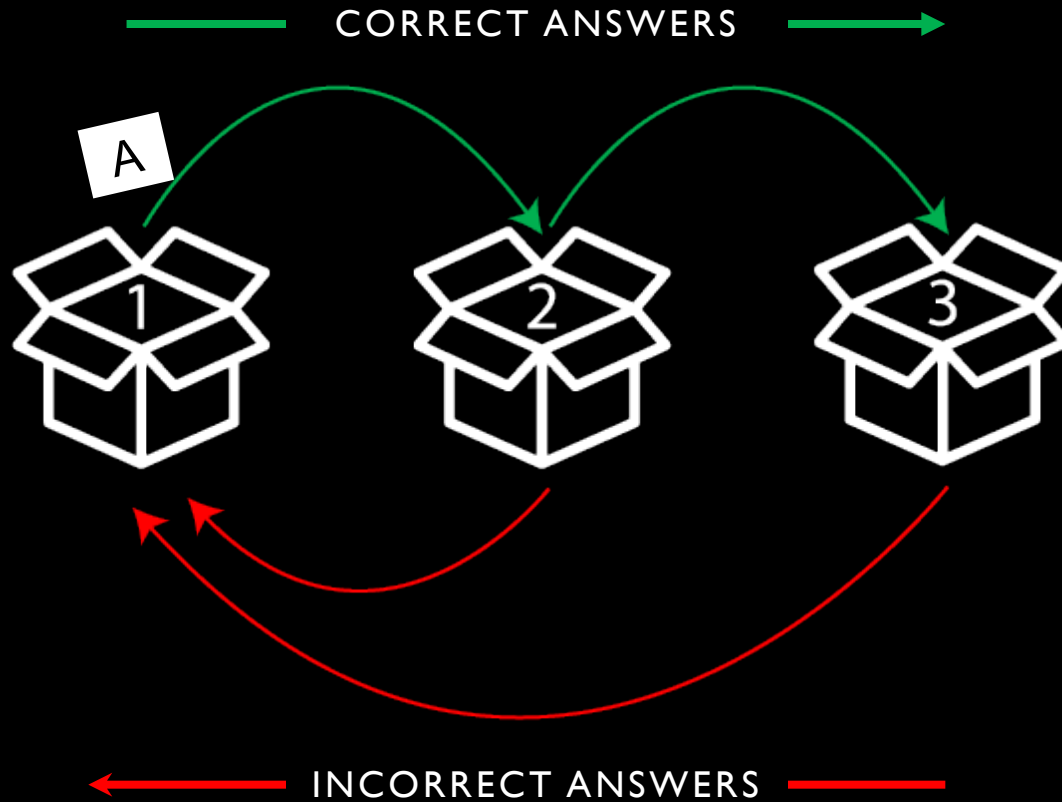
COMPARE ANAEROBIC
RESPIRATION IN A
CELL WITH A
RESPIRATION
MUSCLE CELL

YEAST PRODUCES ETHANOL BUT
MUSCLES PRODUCE LACTIC ACID.
YEAST PRODUCES CO₂ BUT MUSCLES
DO NOT.

BOTH RELEASE AMOUNTS OF ENERGY.

STAGE THREE

DISTRIBUTED PRACTICE – THE LEITNER SYSTEM





ELEVEN MINUTES TO REFOCUS

TURN IT OFF. PUT IT AWAY. GIVE IT TO SOMEONE ELSE.

WHAT ABOUT MUSIC?



MANAGING TIME



FROM TODAY...

START DOING AT LEAST ONE 30 MINUTE
REVISION SESSION AT HOME EVERYDAY SO
THAT YOU BEGIN TO BUILD A HABIT.

AS THE EXAMS GET CLOSER YOU WILL
NEED TO INCREASE THE NUMBER OF
SESSIONS YOU DO AT HOME EACH DAY.

	4		5		6		7		8		9	
M	Maths	History			Biology	Geog						
T	English				RE	Chem						
W	Geog				RE	Spanish			Bus Studs			
T	Spanish	Maths			English	Physics						
F	History				Bus Studs							
S	Day off											
S											Plan for coming week	

3 **Gold** nights (4 x 30 mins) - 12 sessions Mon/Weds/Thurs

1 **Silver** nights (3 x 30 mins) - 3 sessions Tues

1 **Bronze** night (2 x 30 mins) - 2 sessions Fri

17 sessions

Weekend – one day off, one day ‘Gold+’ to pick up anything that was unfinished plus planning for coming week

Weekly Revision Plan

	M	T	W	T	F	S	S
TIME							
TIME							
TIME							
TIME							

**Weeks left
to exams**

Goals this week

Wins this week

Rewards

What I didn't complete/ What I need to revisit/ Questions to ask my teacher

Checklist

Leitner system retrieval?

Cornell 'cold testing'

Past paper practice?



STOP

START

**YOU
GOT
THIS**

**KEEP
GOING**

A black and white photograph of a rocky shoreline. The foreground and background consist of various sized rocks and pebbles. A large, solid black rectangle is centered in the image, partially obscuring the rocks. Inside this black rectangle, the letters 'MIM' are displayed in a light gray, sans-serif font. The 'I' is a thin vertical line, while the 'M's are composed of thick vertical strokes and diagonal strokes meeting at the top.

MIM