

Michelle Miller Presentation – Pupil Notes

Exammum <https://en.gravator.com/exammum>

Education changes everything.

Introduction: about herself
motives for revising / passing exams
choices - this is what qualifications give you. What you do over the next few months

Share with a partner what your motive is for doing well.

Don't waste time.

Principles to work on today.

Have a balance - work hard / look after stress levels.

That does not mean no stress but hard work is needed.

Need to get the balance right between looking after yourself and working hard.

Responsibility to myself to stay well - eat well - sleep well.

Prep for exams will be tricky.

Never think you are not good enough.

Remember: it was always going to be hard.

Don't give up - try something else - self-regulation - definition.

Be resilient - what you do when things are tough.

What are the options open to me if I don't understand?

- re-visit exercise books
- visit websites/apps
- talk to peers or staff about how you arrived at an answer

Use these options when in exams

Principle One - Be resilient / Get the balance right

Principle Two - we are not perfect - everything will not go according to plan. Go back to your 'why' to help you feel better.

It can feel like a mountain but keep taking small steps.

Mindset really does matter - video clip from Tokyo Olympics - diving (Tom Daley).

Commentary on what you should be feeling - / + thoughts.

If you think negatively - you will secrete the hormone cortisol - eg. I cannot do this. Cortisol limits your access to long term memory. Start training yourself to be positive - then you will secrete serotonin eg. I am going to give it my best shot. This opens up long term memory.

Be kind to yourself - practise positivity - see feedback as helpful. Use failure to learn and improve.

Now reflect on those key words - serotonin and cortisol.

How to prepare for exams at home

How long is a revision session?

An ideal revision session is 30-40 minutes.

A little bit of revision every day is advisable.

What does a 30-minute session look like?

Up to 50% of marks are based on long term memory.

So you have 50% of the marks in the bag. Serotonin is then released before you go into the exam.

The other 50% is applying that knowledge.

Prioritise your revision.

Don't waste time on topics you know well.

Look at the contents page of your revision guide and rag-code. Prioritise what you don't find easy (see slide on ratio and proportion). By rag-coding it helps decide on the amount of revision.

Be specific on what you choose.

Now write topic name on the white sheet eg. Diseases.

10 most popular ways used by pupils which are not effective.

Most effective: self-testing / spaced practice.

Now self-test the topic you have chosen.

Open revision guide.

	Title
Add here questions / headlines on what you need to know about the topic	

Now close the revision guide and self-test.

Now 'cold' self-test.

Now in right hand side write down answers - answers to the questions.

N.B. - if you cannot do this - write down everything you know on the topic and revise later to answer the question.

You are trying to find out what you didn't know.

Now open up revision guide and annotate in a different colour what you did not know.

Spend 30 minutes doing this - now in front of you you have what you know and in another colour what you don't know now.

Now move to distributed practice - this allows information to be stored in long term memory.

Returning to information repeatedly with longer intervals.

Eg. a recipe

- read the ingredients
- second time use of the ingredients
- 4th or 5th line you know it well enough to not look at the recipe as the details are in your long-term memory.

Stage III - the Leitner System

Physical system or an app.

Get 3 boxes.

Label each shoebox.

All flashcards start in box 1

Box 1 - test weekly

Box 2 - test once every two weeks

Box 3 - test once every three to four weeks

If I get the answer correct then the card moves to box 2 (two weeks later if I still know the answer, then the card goes in to box 3 - so lengthening the time that I am revisiting a card - at least 7x. Whenever I get the card wrong I will place in box 1.

Keep checking in to that box so you learn the facts.

This is called distributed practice - helps facts to 'stick'.

Going back to the sheet

Summary:



Write the top three things I need to remember - use the night before to put the information into your working memory.

Decide on which day you are going to test each subject's cards.

Anki apps

Quizlet apps

NB. The good ones are free.

Use these systems to help you in the exams.

NB. Phone must not be part of revision - 30 minutes revision. It takes 11 minutes to readjust your thought process / to focus again.

Work in 30 minute chunks - 30 minutes a day to begin with as often as possible.

5 x a week, then within 2 weeks covered all subjects.

As exams approach put in the hours.

Key is getting ahead.

Timetable shown demonstrating Gold / Silver / Bronze revision time.

Success is an iceberg

Dedication
Hard work
Persistence
Failure
Sacrifice
Good habits
Disappointment

Stay mentally strong
It is normal for days not to be perfect.

Get that healthy balance.

Given choice, you would not revise. It is easier to do other things and put revision off.
How do I get motivated?
How do I stop procrastination?

How do I get over the fact that I don't want to revise?

What will make the discomfort worth it?
What will the exams give you that you will value?
Money driven - making a difference - having a particular interest - choices - pride

Think of the 'why' to help you with success (why do I want these GCSEs).

Don't wait to feel like revising.