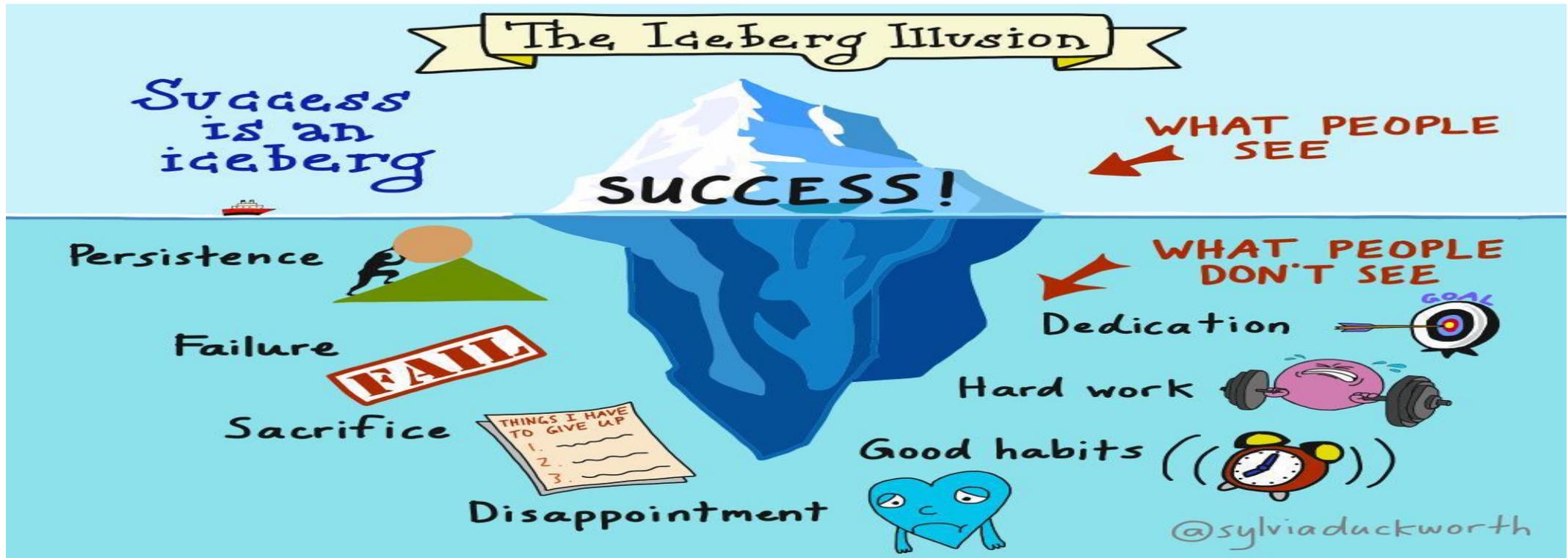


Workshop

Growth Mindset & Preparing

for exams



EXAM
Alert



Self Discipline...

Doing what you know needs to be done even when you don't feel like it.



Self discipline

It's not whether you get knocked down, it's whether you get up.

Vince Lombardi

Resilience Perseverance



Motivation

Effort

If you actually want something, make an effort. Everything isn't just going to come to you.

Angela Duckworth: Grit





What determines success?

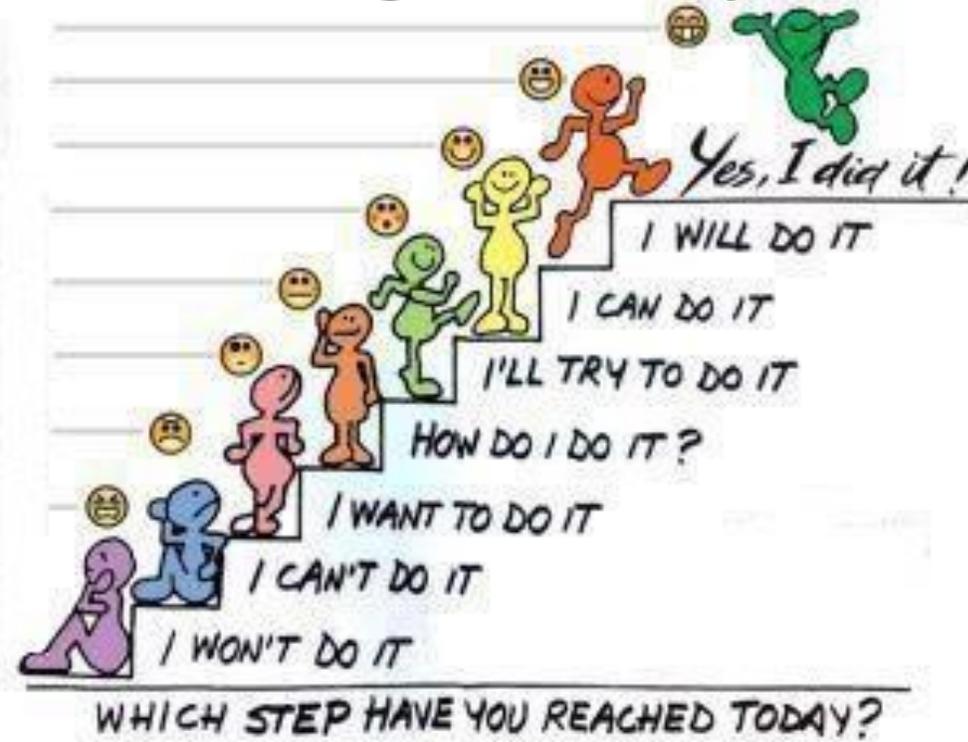


Grit

Passion and perseverance for long term goals

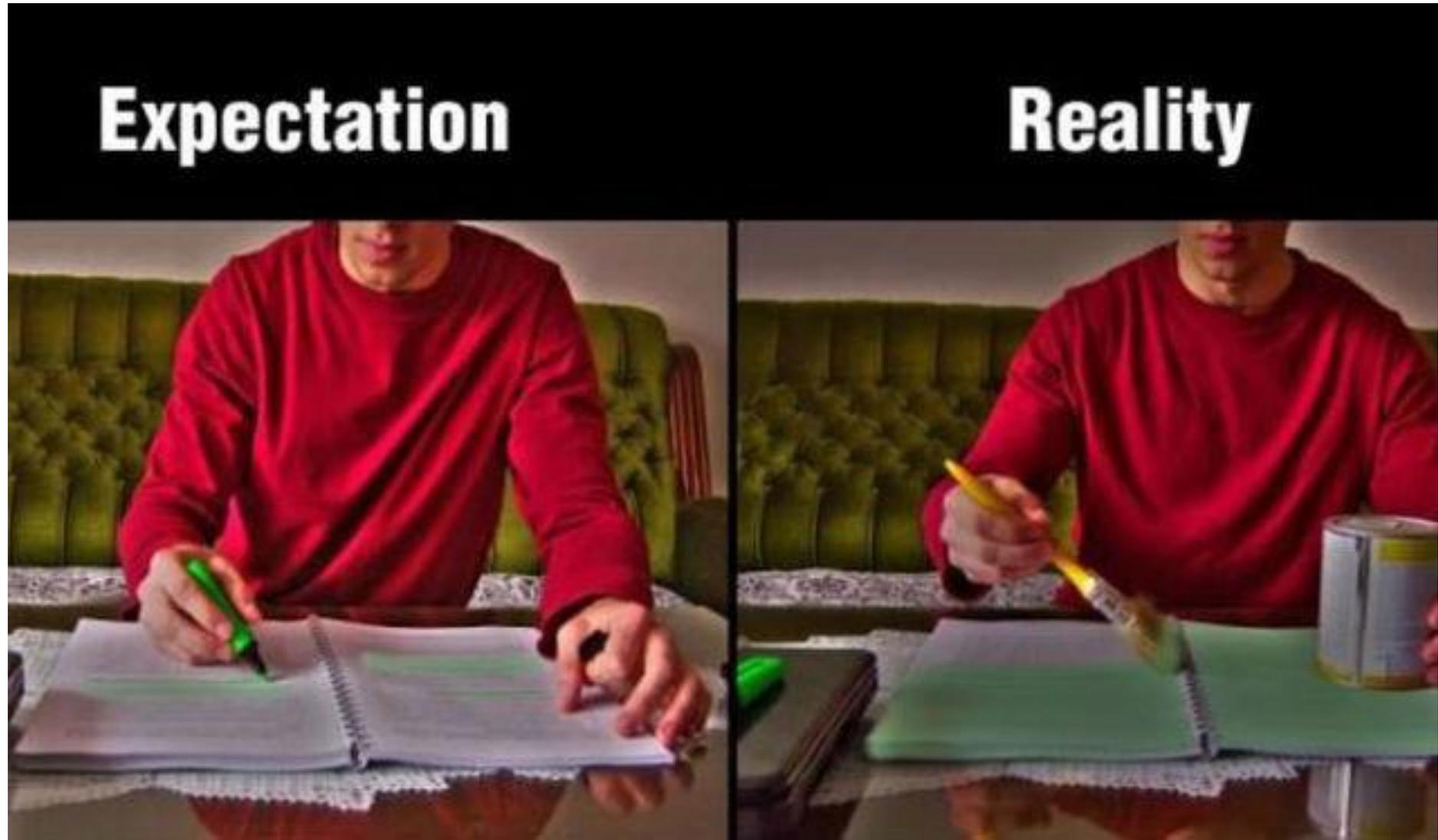
Having stamina/sticking with your future

Give it your all
Redo if necessary
Ignore giving up
Take time to do it right



Develop GRIT!
Excellence does not mean perfection; rather its means never giving in, never giving up, and ultimately achieving the goal!

Highlighting



Reading/Re-reading



Rewriting for the sake of rewriting



Application skills

Topic 1: Apples

Health Benefits of Apples

1. Prevent Alzheimer's Disease
2. Decrease Risk Of Diabetes
3. Protects Against Cancer
4. Boosts Immune System
5. Offers Whiter Healthier Teeth
6. Great For Radiant Skin
7. Protects The Heart
8. Reduces Risks Of Asthma
9. Reduces Bad Cholesterol & High Blood Pressure
10. Improves Weight Loss
11. Good For Bones & Brain
12. Treats Anemia
13. Solves Respiratory Issues

Creamy Apple Pear Smoothie (Banana-Free, Paleo)



Topic 2: Pears

HEALTH BENEFITS OF PEARS FRUIT

Boosts immune system

Reduces blood pressure

Improves digestion

Protects against free radicals

Increases energy levels

Helps maintain good sugar level

Reduces cancer risk

Why do students need to revise?

Varying revision techniques

Research shows that WE REMEMBER...

  20% of what we READ

   30% of what we HEAR

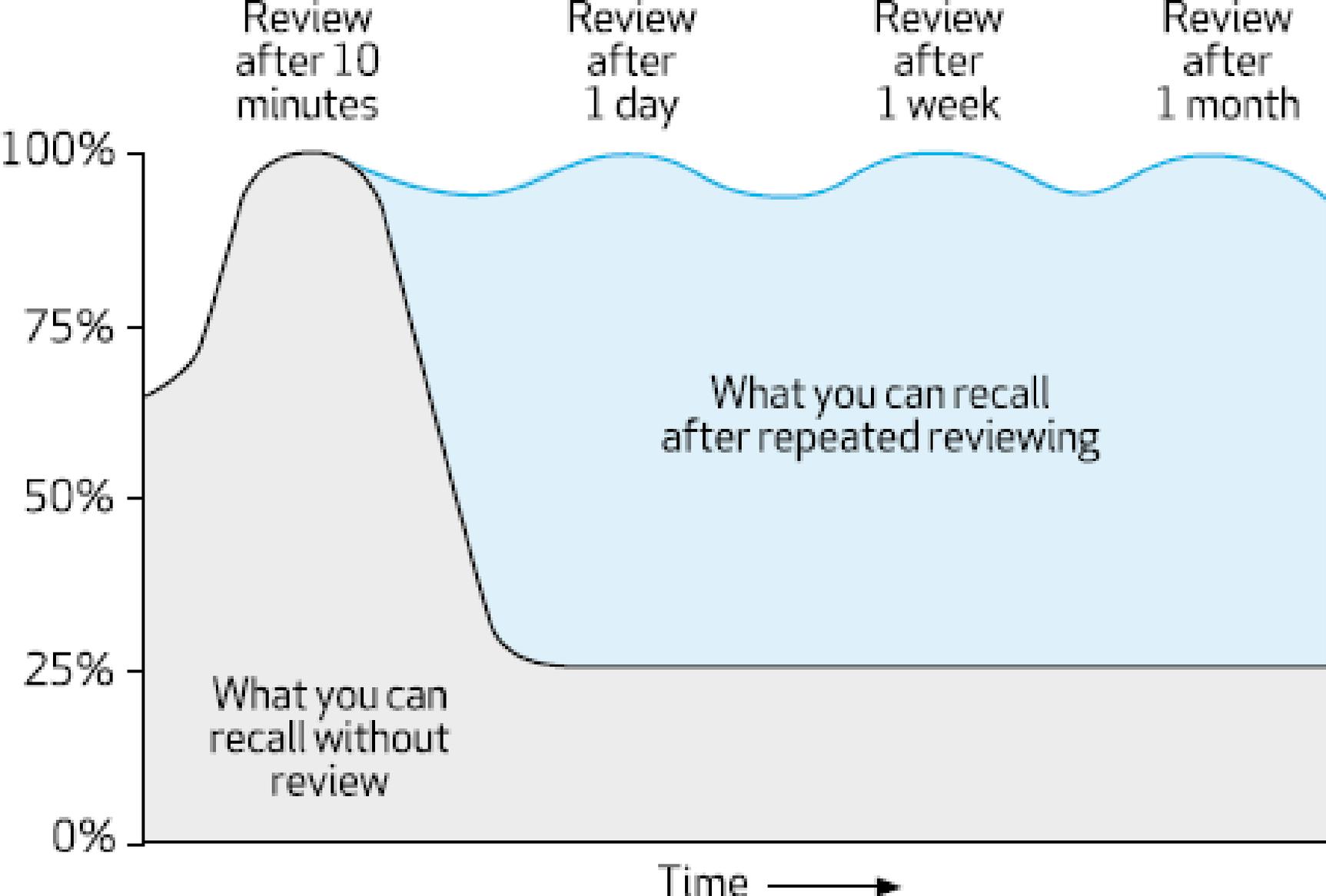
    40% of what we SEE

     50% of what we SAY

      60% of what we DO

90% of what we , , ,  and 

Why do students need to revise?



Effective Revision

revise
(verb)

The act of using your phone,
going on facebook
and watching TV with a
revision book by your side.

Not true
(Sorry)

Elements of a successful approach to revision:

Read &
Reduce

Summarise your lesson notes using diagrams, flow charts and key words

Recall &
Remember

Remember your material through repeated memorisation and self-testing

Review &
Practise

Practise by completing exam-style questions; mark, and *review* what you know and what you need to focus on

Elements of a successful approach to revision

Technique	Effectiveness	Description of Technique
Practice Testing	High	Self-testing or using past-exam questions while learning.
Distributed practice	High	Developing a schedule of revisions / learning activities over time.
Elaborative Interrogation	Moderate	Thinking about 'why' you have answered a question or creating an explanation for a response.
Self-explanation	Moderate	Linking new information to known information or using applied questions (problem based learning).
Interleaved Practice	Moderate	Developing a schedule that mixes different techniques during a period of study.
Summarisation	Low	Writing summaries of concepts / area of study.
Highlighting	Low	The use of highlighters or underlining while read / rereading.
Keyword Mnemonic	Low	Use of key terms / acronyms / images to associate with concepts to be learned.
Imagery	Low	Attempting to form mental images of materials while reading.
Rereading	Low	Revisiting text that has already been read.

Table 1: Learning techniques and their effectiveness adapted from Dunlosky et al (2013) pg 6.

Revision planning

Study planning		Name & class				A year 11 student		
						Study goal		
						Improve my mock grades		
Subject or Topic	How often?	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Maths</i>	<i>Weekly</i>	Review / Revise / Practise	<i>Revise</i>		<i>Practise</i>		<i>Review</i>	
		Time	<i>8-8:30pm</i>		<i>7-7:20pm</i>		<i>5- 5:15 pm</i>	
		Activity	<i>Summarise year 10 topics using Cornell method</i>		<i>Do four questions from chapters learned</i>		<i>Add comments to lesson notes in different colour pen</i>	
<i>English</i>	<i>Weekly</i>	Review / Revise / Practise	<i>Re</i>	practising			<i>Review</i>	<i>Practise</i>
		Time	<i>8:30-9 pm</i>				<i>5:15-5:30 pm</i>	<i>10-10:30 am</i>
		Activity	<i>Summarise year 10 topics using Cornell method</i>				<i>Add comments to lesson notes in different colour pen</i>	<i>Writing essay / story / poetry</i>
<i>French</i>	<i>Fortnightly</i>	Review / Revise / Practise		<i>Revise</i>	<i>Review</i>			
		Time		<i>8-8:30pm</i>	<i>7:20-7:40 pm</i>			
		Activity		<i>Review reading vocab</i>	<i>Add comments to lesson notes in different colour pen</i>			
		Review / Revise / Practise		<i>Revise</i>	<i>Review</i>			

practising

Reviewing class work

Revising work from earlier in the year

Revision planning

We tend to **remember** most from the beginning and end of a block of revision time. It also helps to take a five minute break between activities.

So, it makes sense to **keep revision blocks short**, say 25-30 minutes. Then have a five minute break and start the next activity.

MON	TUE	WED	THU	FRI
4:00pm MATHS - HISTOGRAMS	4:00pm TECH- MATERIALS	4:00pm MATHS - AREA & VOLUME	4:00pm HISTORY NAPOLEON	4:00pm MATHS - AREA & VOLUME
4:30pm /	4:30pm MATHS - CUMULATIVE FREQUENCY	4:30pm /	4:30pm MATHS - QUADRATICS	4:30pm /
5:00pm /	5:00pm /	5:00pm /	5:00pm /	5:00pm /
5:30pm GEOG - POPULATION	5:30pm /	5:30pm GEOG - ECONOMY	5:30pm /	5:30pm GEOG - ECONOMY
6:00pm /	6:00pm GEOG -	6:00pm /	6:00pm GEOG -	6:00pm /

Revision planning

You should plan **when** and **what** you are revising between now and your exams (for all subjects).

As a rough guide, you should start with 4 to 6 25-30 minute blocks of revision each week, building up in the last couple of weeks before your exams.

This time will be intense, but worthwhile – see it as **a favour to your future self!**



The reality of success

