

How can you create an environment conducive to learning?

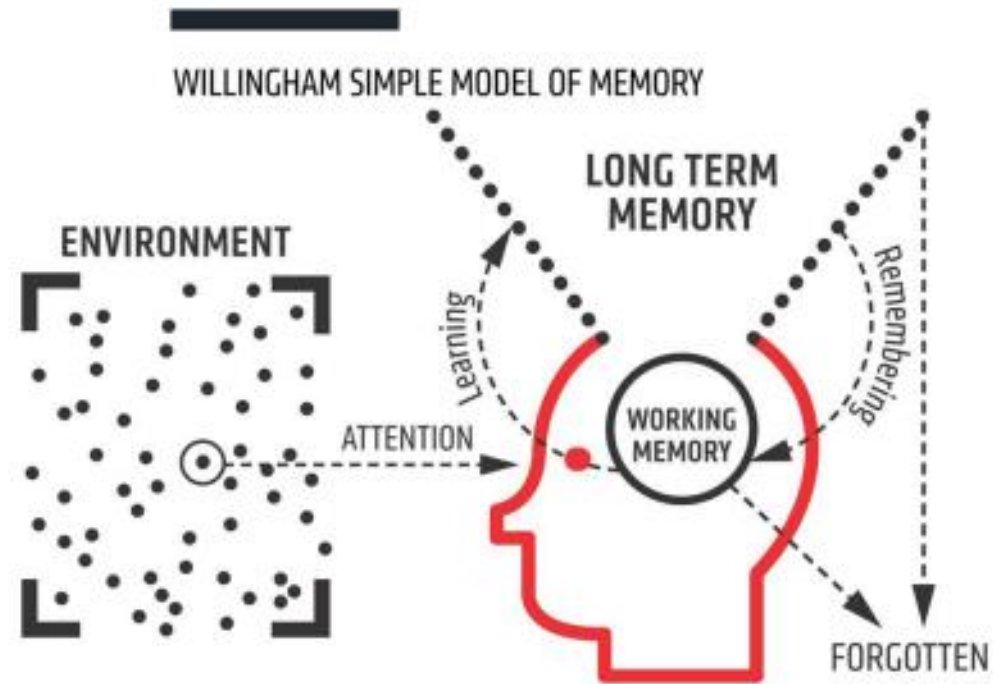


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Revise in a quiet environment without distractions. Overloading working memory by splitting your attention will prevent you from being able to retain as much information.

Research shows recall works best when the conditions information is learnt in is replicated when recalled. You won't be sitting an exam whilst listening to Spotify, watching YouTube, messaging on Snap Chat and playing Xbox so don't study like this.

Willingham's Model of Memory



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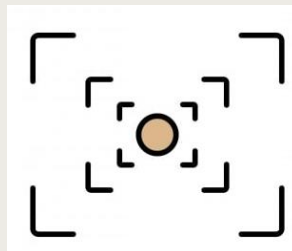
Apple's 'Focus' and Android's 'Focus Mode' allow you to block app notifications or pause apps. Use this feature to stay focused while you study or to avoid notifications while you sleep.

Apple Focus Instructions

1. Go to Settings > Focus
2. Tap a built-in Focus mode like *Do Not Disturb*, *Personal*, or *Sleep* to turn it on
3. After you choose a Focus, select options like *Allowed Notifications*, *Time Sensitive Notifications*, and *Focus Status*

Android Focus Mode Instructions

1. Go to Settings > Digital Wellbeing & Parental Controls
2. Tap *Focus Mode*
3. Tap Set a Schedule to choose when Focus Mode is used or tap the *Turn On Now* button
4. Scroll and select apps for the *Your distracting apps* list. These apps will be paused (you won't be able to use them) and you won't get notifications from them.





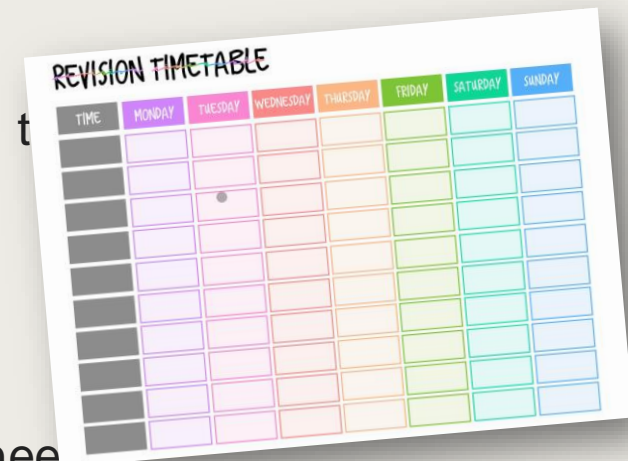
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How can I help create a revision timetable look like?

1. Work out how many revision days you have left until your exams.
2. Decide how much time you will spend revising on each day.
3. Make a list of all the exams you need to revise for.
4. Share the available revision time around each subject and/or exam.
5. Once you've got the basic timetable in place, you can start breaking those subject timings down into topics.
6. Spend some time working out which subjects and topics need more of your revision time.
7. You can then focus on these in your study planner.

A few things to think about:

1. Mock results. These might have flagged areas you need to work on.
2. Teacher feedback. Ask your teacher if they think there are certain areas where you need to focus.
3. Course specification. You can download the specification for each of your subjects. It will list everything that you're expected to know, so you can then check your revision plan is covering all it needs to.





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How long should be spent revising each subject?

Developer and entrepreneur Francesco Cirillo created the Pomodoro Technique in the late 1980s, when he was a university student and used a tomato-shaped kitchen timer to organize his study schedule.

Experimenting with different work intervals, starting with two minutes and extending them up to one hour; he quickly realized that these were getting too long to stay focused on a task. He settled on 25-minute pomodori as the optimal time.

From this experience, Cirillo recognized that time could be turned into an ally, rather than a source of anxiety. The Pomodoro Technique essentially trains people to focus on tasks better by limiting the length of time they attempt to maintain that focus and ensuring restorative breaks from the effort. The method also helps them overcome their tendencies to procrastinate or multitask, both of which are known to impair productivity.



How long should be spent revising each subject?



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THE **POMODORO** TECHNIQUE



DECIDE
ON THE
TASK TO
BE DONE



**SET THE
TIMER TO
25 MINUTES**



**WORK ON
THE TASK
UNTIL THE
TIMER RINGS**



**TAKE A
SHORT
5 MINUTE
BREAK**



**TAKE A
15-30
MINUTE
BREAK**

WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

How can you help structure revision?

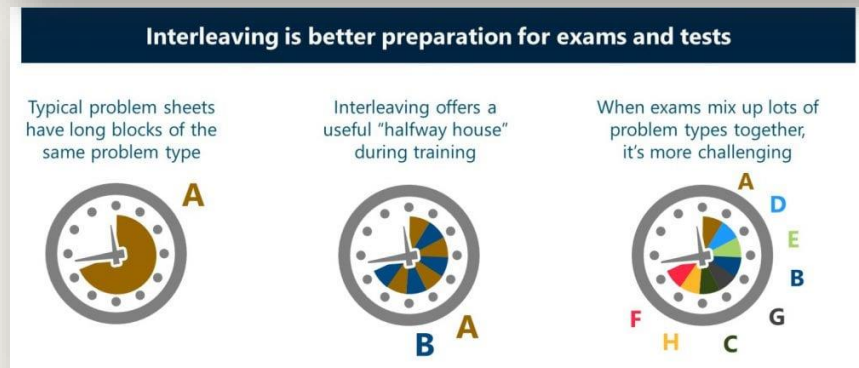
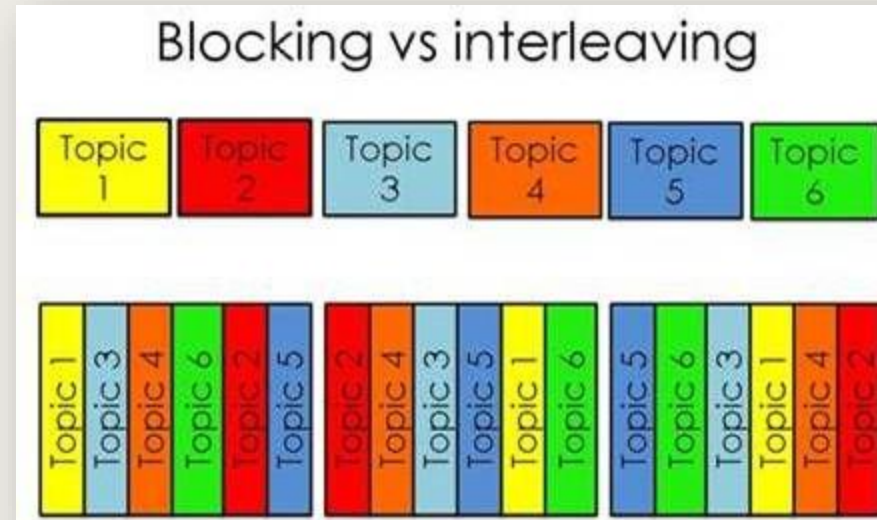


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In blocked practice, you only need to bring the correct methodology to mind once. After you've solved the first question, and especially once you've done a few times, it becomes easy to do more. You no longer need to recall the method you need: it's already in memory from the previous run of questions.

Sadly, most exams aren't like that. They'll continually have you switching to new types of problem.

To use interleaving well, you're aiming to introduce a certain amount of "desirable difficulty": just like a physical workout, a mental workout (studying / learning) should be at least somewhat challenging to give you the maximum benefit in the shortest space of time.



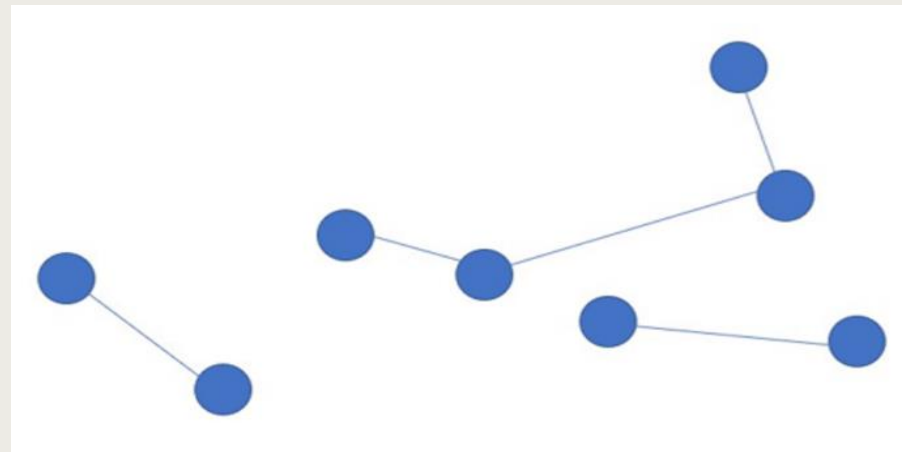
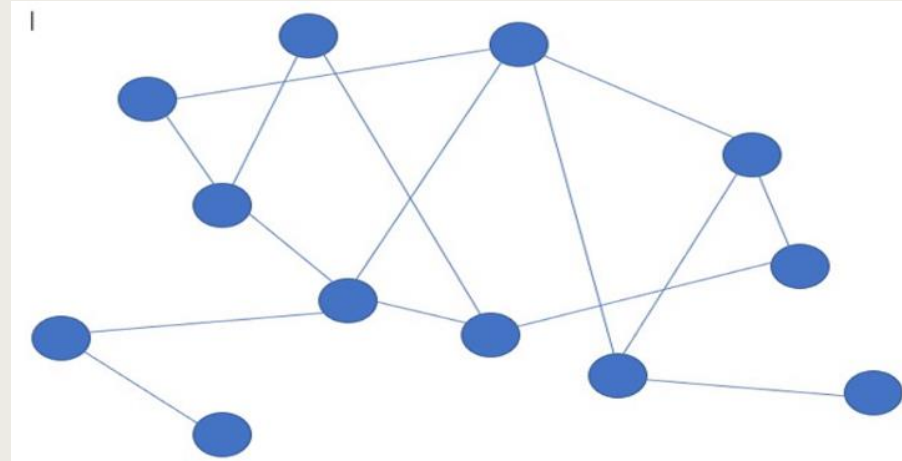
What does the Science say?



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Better academic performance -Research shows that students assigned to an interleaved revision condition performed almost 7% better in their final exam, than those assigned the blocked revision condition. In Computer Science there is only an **18%** gap between a **4** and a **6** so this can make a big difference!

Many psychologists believe that interleaving strengthens memory associations. Interleaving focuses on recalling previously learnt information. The ability to remember this knowledge is enhanced as the brain is being forced to continuously retrieve information as each question in interleaved revision is different from the last.

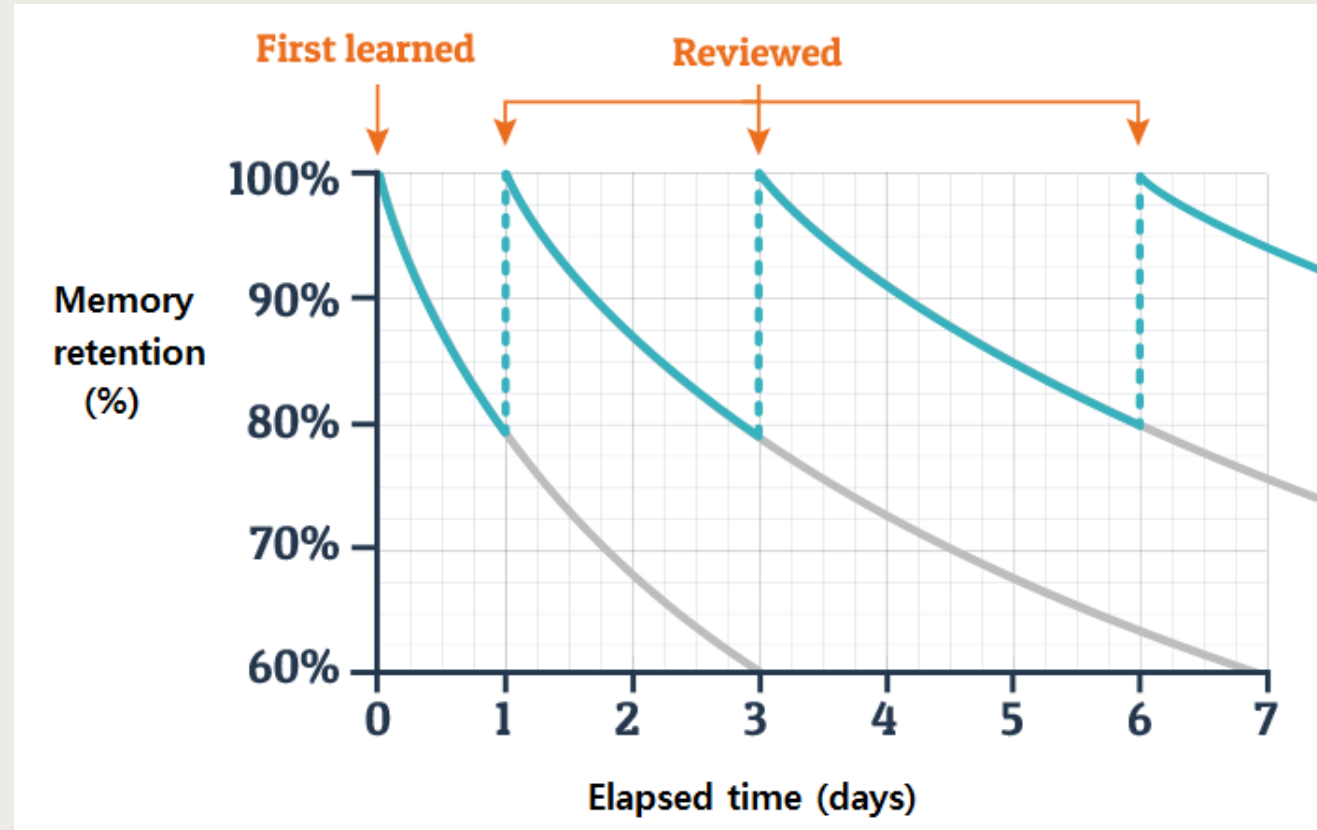


How can you help ensure information sticks?



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Spaced practice – revisit topics at regular intervals. You don't need to do a whole topic again but revisiting summary notes, self or peer testing, filling in a knowledge organiser will help you commit learning to long term memory.

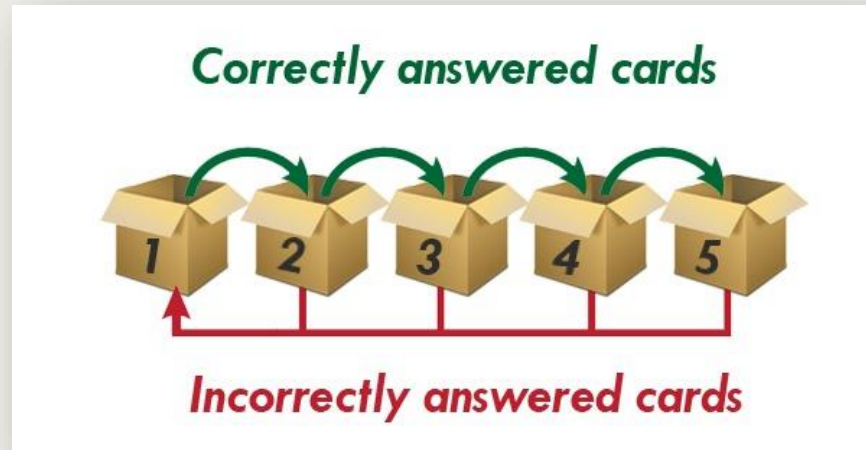


What are some retrieval practice techniques?



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The **Leitner System** uses a 5-step process using flashcards and a “learning box”. The box is separated into 5 different compartments, labelled 1-5. All the flashcards start in compartment 1. Each time a flashcard is answered correctly, it moves to the next compartment. Each time it is answered incorrectly it moves back to the beginning (i.e. compartment number 1). This allows students to regularly quiz themselves on information that they have not yet embedded into their long-term memory.



The protégé effect?

The protégé effect occurs when someone puts in more effort to learn information when they know they’re going to teach it to someone else, as opposed to the effort they would put in if they were only learning it for themselves. Those who teach other people actually end up consolidating the taught information in their own brains. In short, the student is not the only one benefiting from the teaching exercise.

How can you support independent learning?



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Help students to self-regulate and take responsibility for their learning. When revising it is important to:

1. Delay rewards until a set amount of work has been done.
2. Use flash cards or a revision guide to as a series of questions about what they have learned previously.
3. Talk to them about how they are going to revise that day, what techniques will they use, what has been successful before.
4. After revising use flash cards, they have created or a materials they have used to test them on what they have learnt.
5. Ask them to reflect on what worked during the revision they have done that day, what was less effective and what will they do differently next revision session.



Final checklist



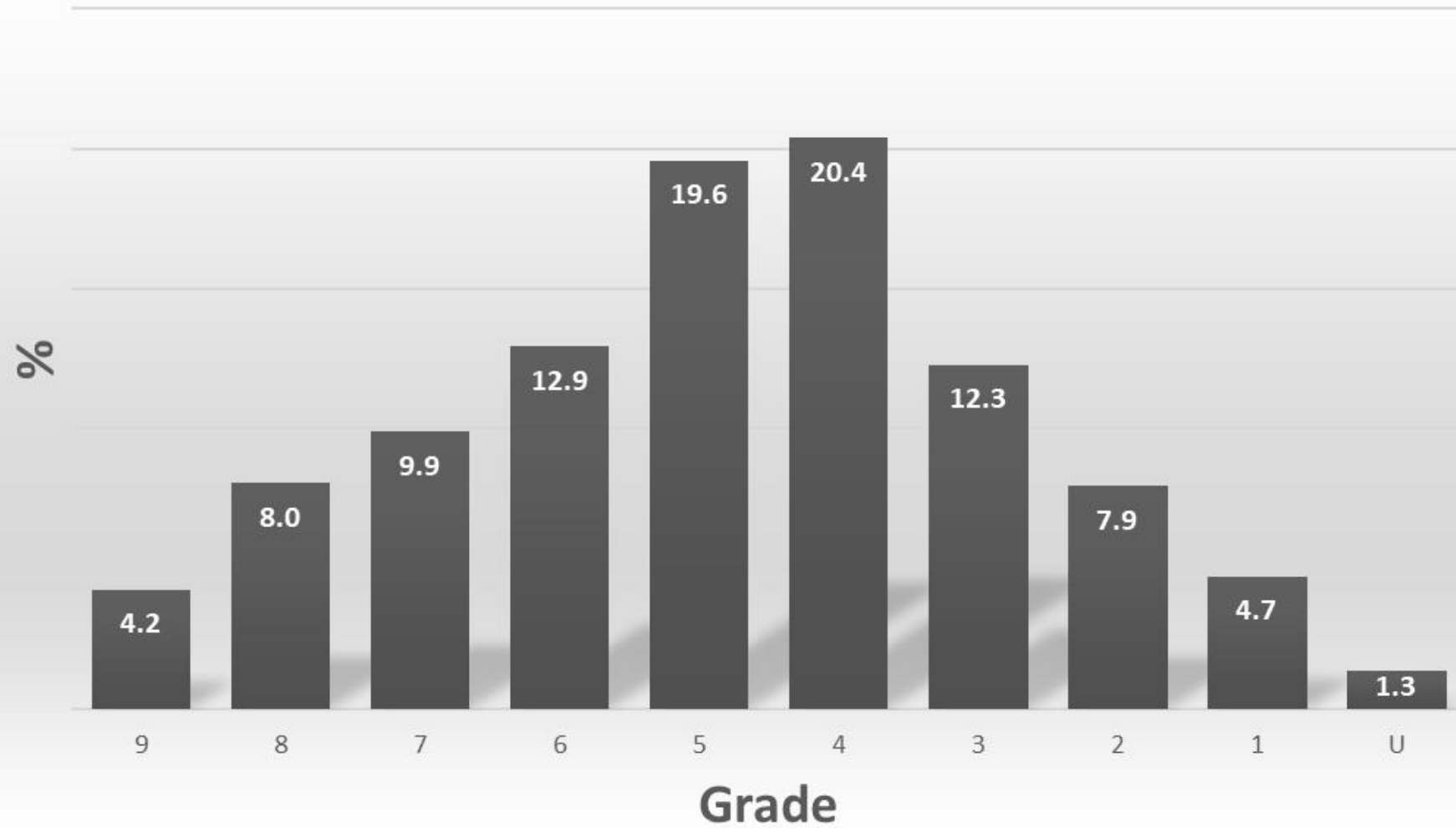
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- ✓ Good sleep habits
- ✓ A nutritious breakfast
- ✓ Minimising distractions
- ✓ Studying using Retrieval Practice
- ✓ Making use of the Protégé Effect
- ✓ Combatting procrastination
- ✓ High expectations
- ✓ Motivation
- ✓ Making outdoor exercise a habit
- ✓ Balancing work and play



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Grade distribution for Mathematics GCSE 2023



When to start revising?



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Success is a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day.
—Jim Rohn

The Power of Tiny Gains

$$\begin{aligned} 1\% \text{ better every day} & \quad 1.01^{365} = 37.78 \\ 1\% \text{ worse every day} & \quad 0.99^{365} = 0.03 \end{aligned}$$

