

Year 13: Revision

Mr Spiers
Miss Frater

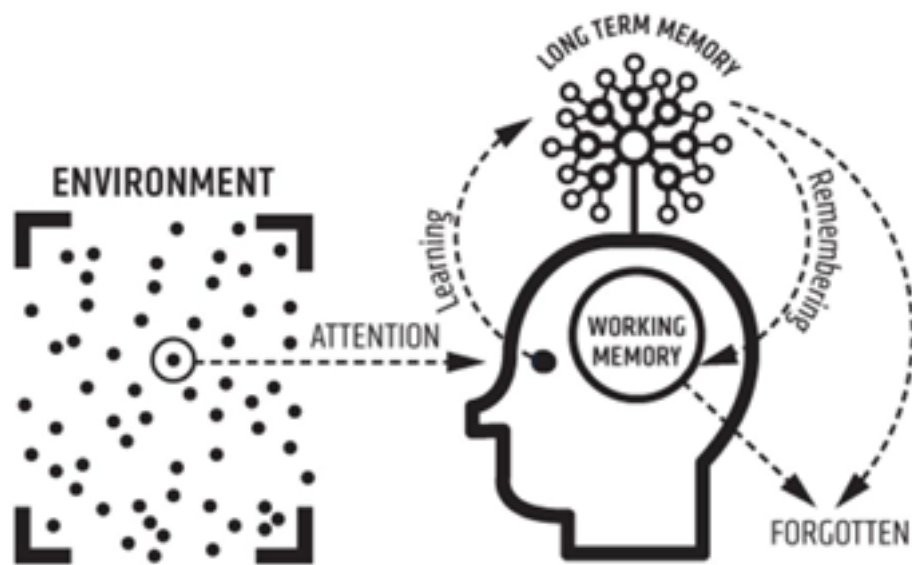


A quick self-reflection: Which of these boxes best describes you currently?

| | | |
|---|---|--|
| <ul style="list-style-type: none">• Mocks in November weren't great• Not revising very much• Struggling to get on top of workload• Finding motivation hard | <ul style="list-style-type: none">• Doing well in lessons• Working lots in study periods• But mocks in November didn't go so well | <ul style="list-style-type: none">• Pleased with mock results• Working well• Revision is feeling good and well-organised |
| <ul style="list-style-type: none">• One subject causing concern but others going well• Generally happy with mocks, but aware that one subject needs to improve | None of these – what instead? | |

Thinking about what you've just decided:

1. What do you think you need to continue to do (if anything)?
What is currently going well that you should maintain?
2. What would you most like to improve (if anything)? e.g. your organisation, your focus in one subject, your habits e.g. where you study, your use of time after lessons have finished for the day?



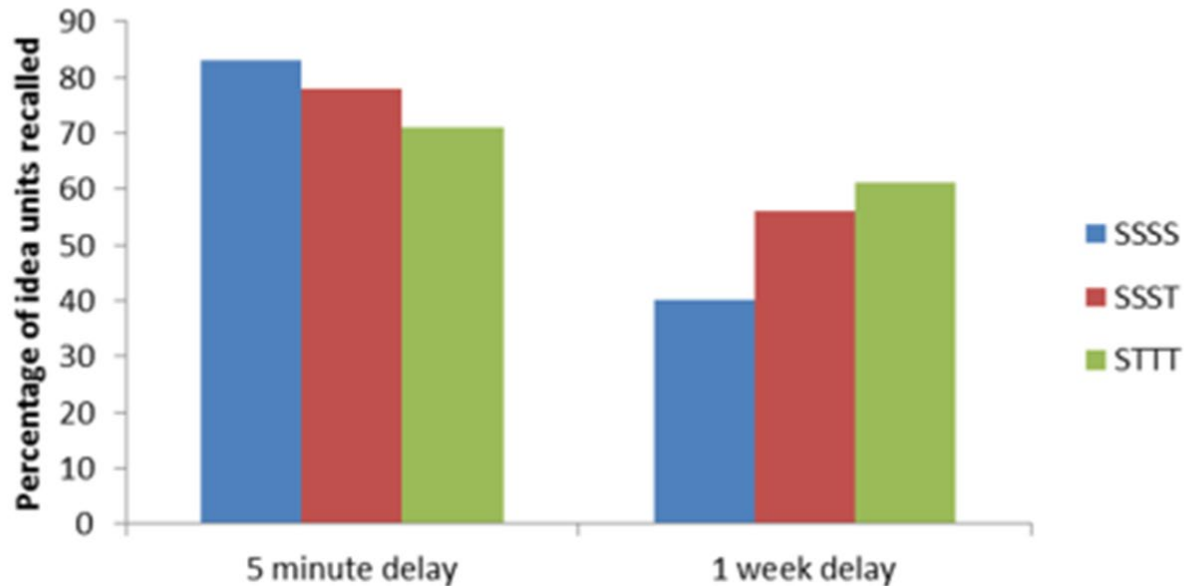
Revision - retrieval

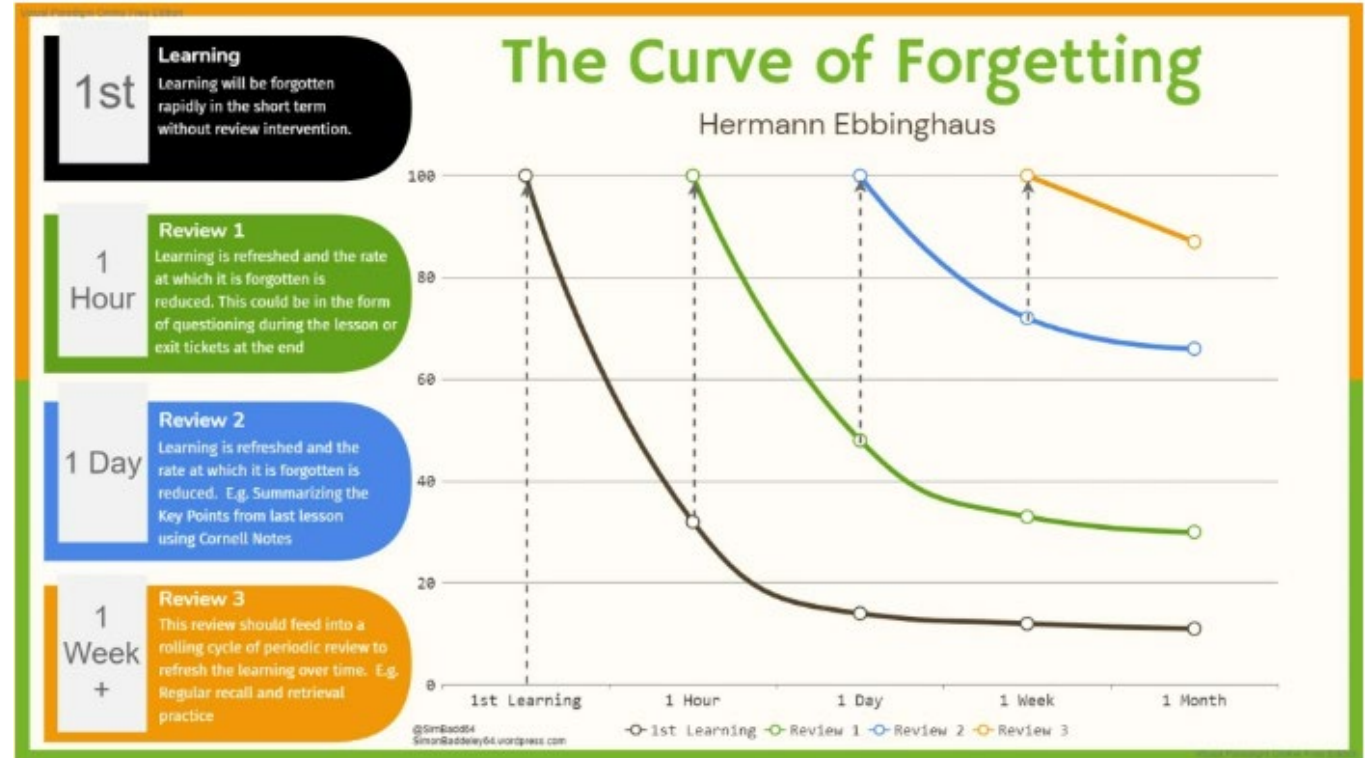
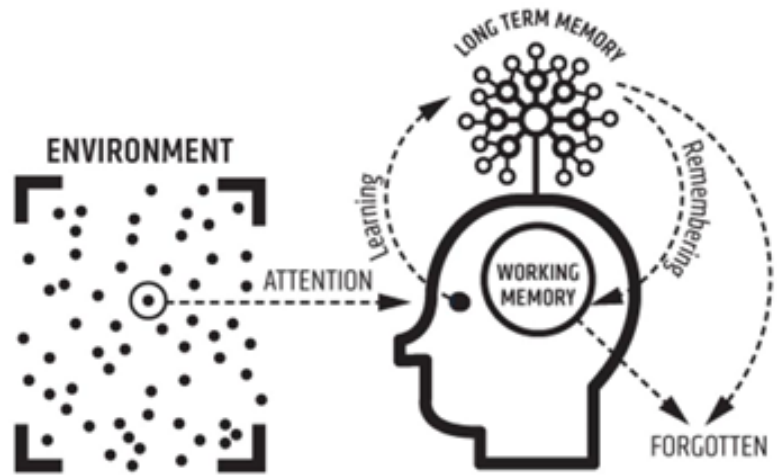
Retrieval is the term used for bringing information from the long-term memory back to your working memory.

If you undertake enough retrieval practice, generating the information in our long-term memory, it increases a level of fluency within the subject.

Pathways in the brain become stronger through retrieval, allowing us to recall information more accurately with less effort.

Figure 2. Effects of repeated studying versus repeated retrieval practice. Derived from Roediger and Karpicke, 2006.





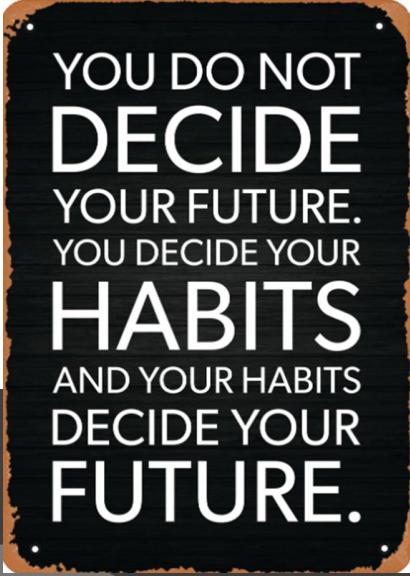
Forgetting is completely natural – otherwise our brains would be so full of useless information that we wouldn't be able to function at all. Research has shown that over time you will forget the majority of what you've learnt and, unfortunately, this process starts to happen almost immediately after you first process new knowledge in your working memory.

Practice and retrieval help to break this 'forgetting curve' as it strengthens the long-term memory and stops information from fading. **The more you revisit what you have learnt, the more you will remember!**

In many ways, therefore, **revision is about habits.**

- Lots of revision opportunities in your week
- Good revision methods
- Good environment in which to revise
- Building your confidence
- “Rehearsing” the exams so they feel as natural a way of working as possible

Some ways to help structure your revision and build / maintain those good habits



5hrs in...

Revision
Olympics

Atomic
Habits

Plan your
study
time

'5 Hours In' <https://www.sheldonschool.co.uk/sixth-form/curriculum/5-hours-in/>

Consolidation – 45mins

- e.g. making a mind map, flash cards, talking a topic through with someone immediately after a lesson

Reactive – 3hrs

- Specific homework tasks set by teacher. For Yr13 this could include specific tasks from Revision Olympics documents

Proactive – 1hr 15mins

- Extra tasks, individually chosen from a selection available to students, e.g. wider reading/watching/listening, exam question planning etc. For Yr13 this could include additional tasks from Revision Olympics documents

Are you spending *5 Hours In* each of your subjects a week?

Yes

How are you managing this? What tips can you share with others?

Nearly

Could you up your time a bit and get closer to 5 hours? What additional work could you do to improve your revision and retrieval?

Not at all

Could you get to, for instance, *2 Hours In* regularly for now? How could you commit to this time every week? What needs to change? Who could help you?

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Revision Olympics

<https://www.sheldonschool.co.uk/sixth-form/curriculum/year-13-exams-and-revision/>

Each subject / course has created a Revision Olympics document to guide you through weekly revision.

This is not compulsory, but is there to help you!

The structure means you are taken, week-by-week, through the course. The suggested tasks will be deliberately planned – e.g. you might want to focus on different content one week, but could use the task method that teachers have suggested.

Are you doing Revision Olympics?

Yes

Is it helpful? Particularly for some subjects?
Will you continue?

Sometimes

Could / should you do more? How could you make this happen?

Not at all

Are you revising successfully in other ways? Or would it be a good idea to try to do something from the Revision Olympics pages each week?

e.g. are you revising content a lot, but not doing past paper questions, so mocks went less well?

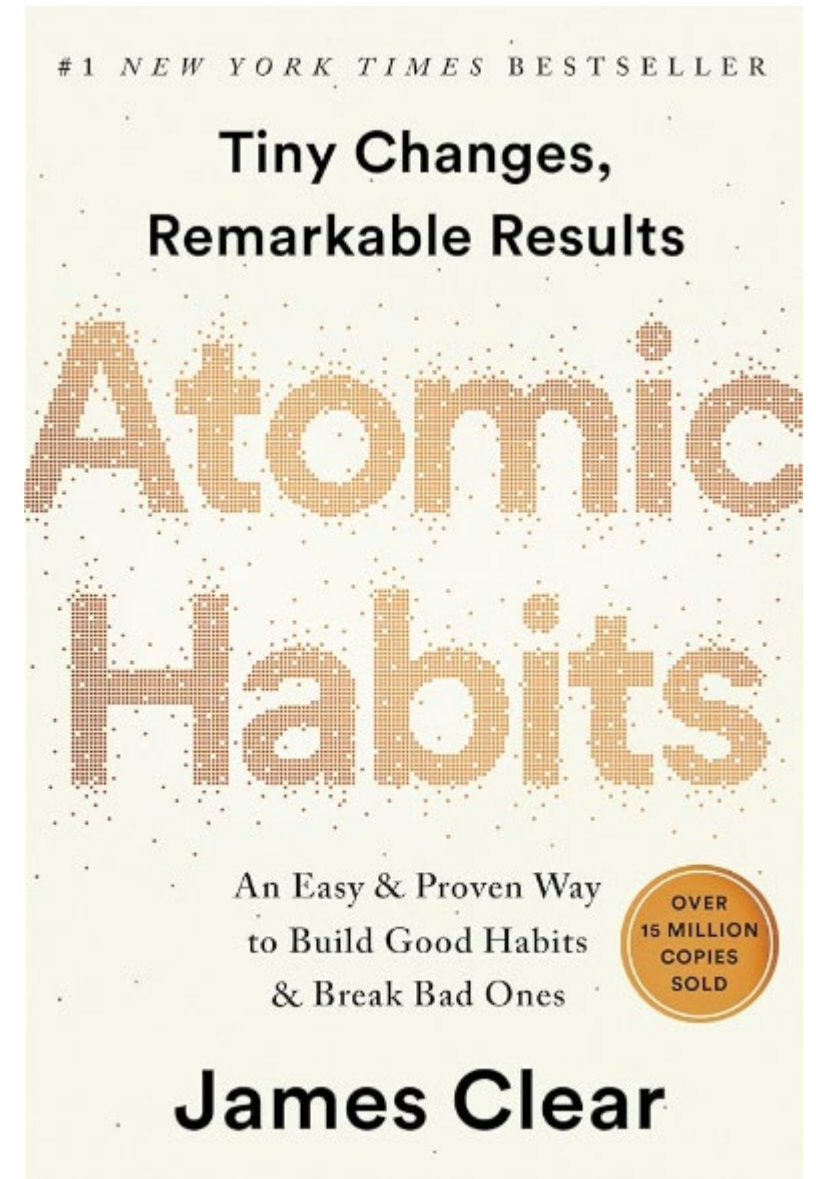


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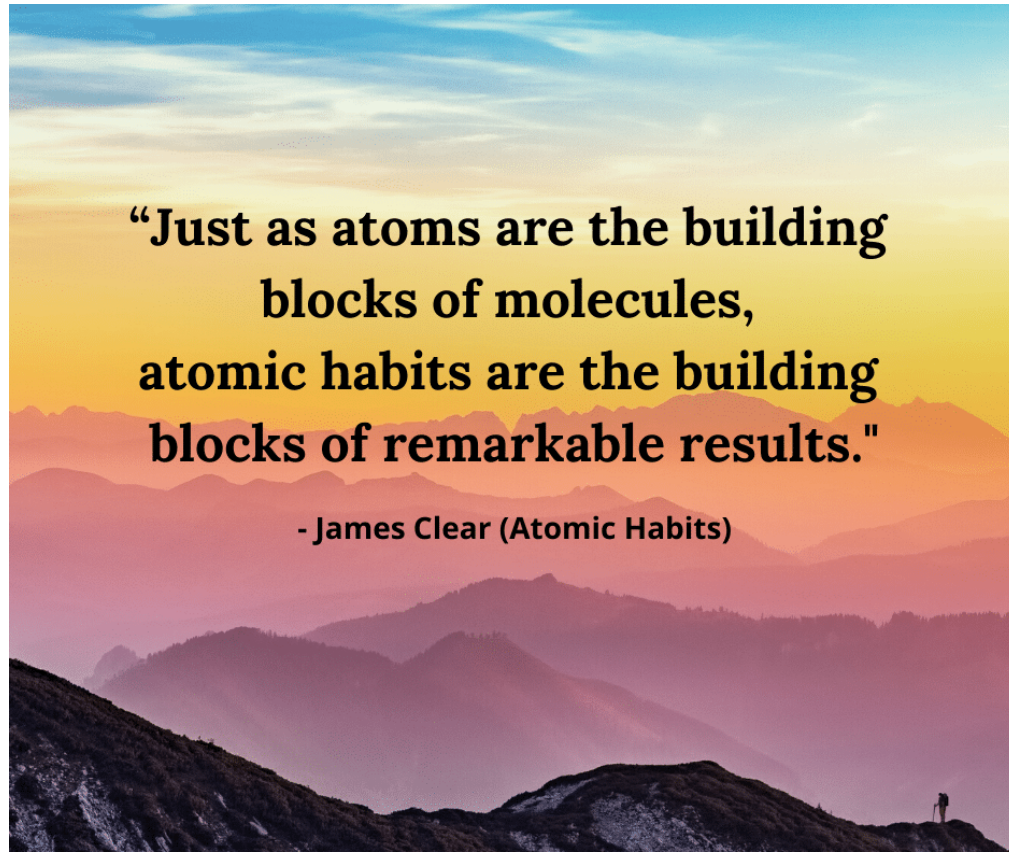
Habits: planning

- **I will...**revise key terms from unit 1
- **At...**1055 for the whole of lesson 3
- **In...**the Study Room

- **I will...**write a practice essay about...
- **At...**9am
- **In...**my bedroom after breakfast



Continuous small improvements (**Atomic Habits**) are all that are needed to perform better



- Mocks in November weren't great
- Not revising very much
- Struggling to get on top of workload
- Finding motivation hard

Atomic Habits - Key Takeaways for A Level Students

- **Small Changes, Big Impact:** Focus on tiny, consistent improvements. 1% better every day leads to significant growth over time (compounding effect).
- **Systems Over Goals:** Don't just set goals; build the daily habits that lead to those goals. Your system determines your success, not just your aspirations.
- **Identity-Based Habits:** Change your beliefs about yourself. Focus on becoming the type of person who achieves your goals, not just achieving the goals themselves.

- **Make it Obvious:** Increase visibility of good habits, reduce cues for bad ones.
- **Make it Attractive:** Associate good habits with positive emotions, bad habits with negative ones.
- **Make it Easy:** Reduce friction for good habits, increase friction for bad ones.
- **Make it Satisfying:** Reward good habits immediately, track progress to stay motivated.

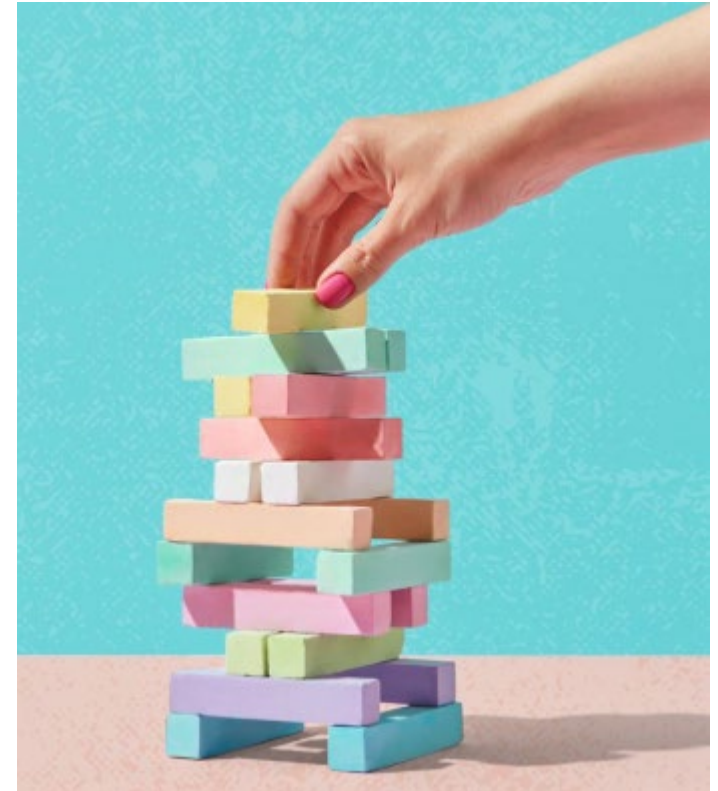
Revision examples:

- **Make it Obvious:** Schedule regular revision sessions, use a planner to track progress.
- **Make it Attractive:** Study with friends, use flashcards or mind maps to make revision engaging.
- **Make it Easy:** Break down revision into smaller topics, use past papers for practice.
- **Make it Satisfying:** Reward yourself after completing a revision session, celebrate improvements in exam scores.

Habit Stacking

- **Identify a current habit:** Choose an existing habit you already do consistently (e.g., brushing teeth, making coffee).
- **Stack a new habit:** Decide on a new habit you want to incorporate (e.g., learn a key term, read for 10 minutes).
- **Create a trigger:** Link the new habit to the existing one (e.g., "After I brush my teeth, I will test myself with revision cards for 5 minutes").

Discuss and decide some habits to start stacking!



Redesign your environment to make good habits as easy as possible

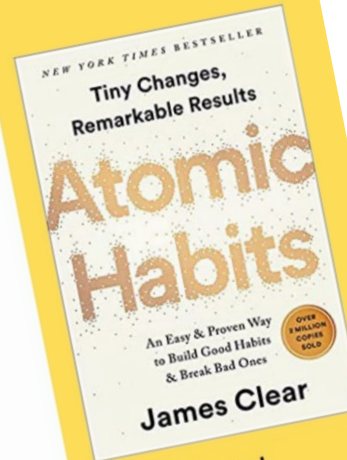
- Put your phone in another room when you are working or trying to sleep at night
- Make it harder to access your social media accounts
- Mix with people who reinforce good habits
- Unplug your games console and put it in a cupboard after use
- Place revision cards round the house



Make the new habit satisfying

Nuggets from the book:
Atomic Habits By James Clear

**"What is immediately
rewarded is repeated.
What is immediately
punished is avoided."**



@furkankarayel

From what we have been through, what are the two or three things you are now going to do? *Try to be as precise as possible.*

For instance:

- Stay in the study room on Mondays until 4.30pm to do Economics content revision
- Start doing Chemistry Revision Olympics tasks each week
- Move from 2 Hours In Media each week to 3.5 Hours in Media each week
- Agree with two friends always to be in H7 on Fridays 3&4 to do PE past paper questions
- Go to Geography Year 12 lessons to help learn content better
- Stay for Textiles sessions on Thursday after school
- Go to Mr Spiers' Sociology workshops every other Weds afternoon
- Hand in one past paper question for Food every two weeks - do these every other Thursday afternoon

Wellbeing checklist

