

Sheldon Sixth Form

Mr Spiers

Miss Frater

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Year 13 Parent and
Student forum

@sheldonsixthform

Welcome and overview



Wessex Inspiration Network (WIN) – revision support

UCAS – what next?

Non-UCAS – what next?

Exams and wellbeing

Key dates



MY STUDY



SKILLS

- UNDERSTAND HOW TO REVISE EFFECTIVELY

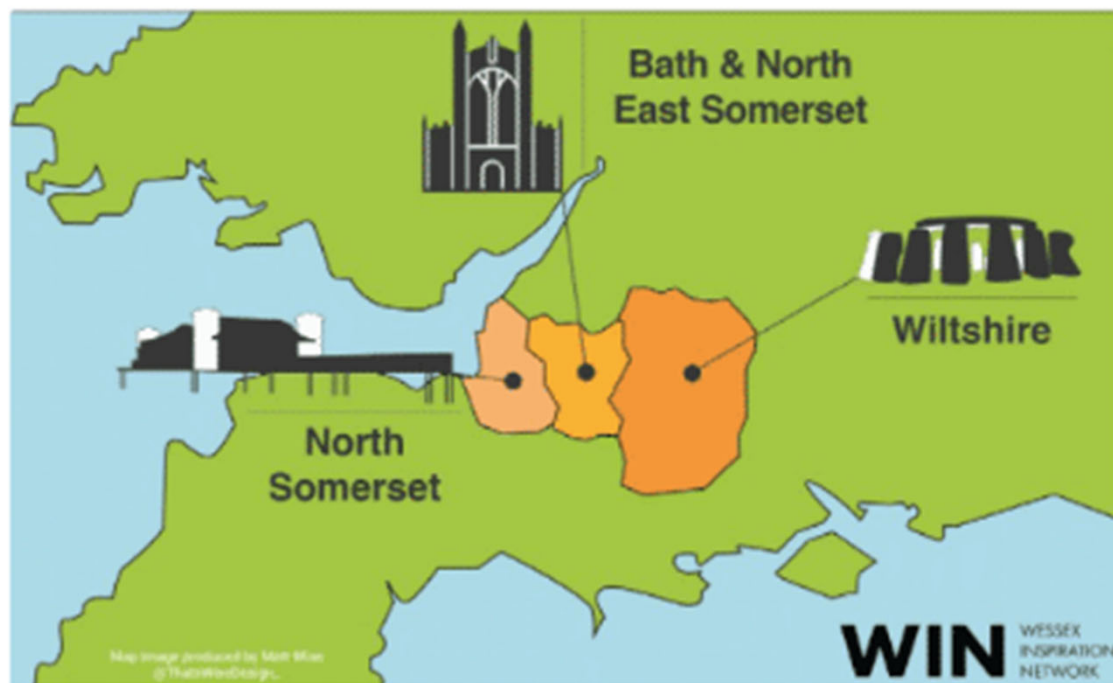


WIN WESSEX
INSPIRATION
NETWORK

WHAT IS WIN?

WIN (Wessex Inspiration Network) is one of 29 regional partnerships within the Uni Connect Programme aiming to increase social mobility by raising awareness of Higher Education (HE) opportunities and progression pathways for young people.

WIN covers BANES, North Somerset and Wiltshire (excluding Swindon) and works closely with target schools and colleges to deliver workshops and events to encourage progression to Higher Education.





TODAY WE WILL:

- 1 Think about how you can make your revision effective**
- 2 Plan a revision timetable**
- 3 Explore revision strategies and techniques**



How can you make revision effective?

1. Plan when and where you are going to revise
2. Plan how you are going to do it (which strategies are you going to use?)
3. Reflect and evaluate your progress

First, plan when and where you are going to revise

Where Does My Time Go?



Note down all activities you do daily outside of school

Note-taking space

Walking the dog

Washing up

Football training

Helping round the house

On my phone (BE HONEST)

Netflix

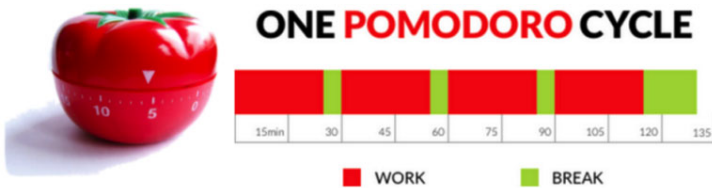
Picking up my brother from after school club

Top tips

- look at your exam timetable and start revising in that order
- Leave yourself plenty of time! The more you can go over the information, the more you will remember it in your exams
- Do you find it easier to start with the trickiest subjects/topics or the ones you find easier to give you confidence?
- Think about who can support you – teachers, parents and carers

Top tips

Consider using the '**Pomodoro technique**' to manage your time – if you find it hard to focus for long periods of time, this could really help you!



#Step 1 – Set the task

Choose a single task you will focus on and write it down so you can stay on track and refer back to it while you work. 🙌

#Step 2 – Set the timer

Using a phone, your computer or a good old-fashioned watch, set your timer to go off after 25 minutes. 🕒

#Step 3 – Work for 25 mins

Work on the task you have set yourself until the timer rings after 25 minutes. Remember to put a checkmark on your paper or bookmark your page. 🍌

#Step 4 – Break for 5 mins

Take a short 5-minute break. Remember to switch off and do something different now to reward your focus, reduce stress, and get that sense of accomplishment. 😊

#Step 5 – Repeat!

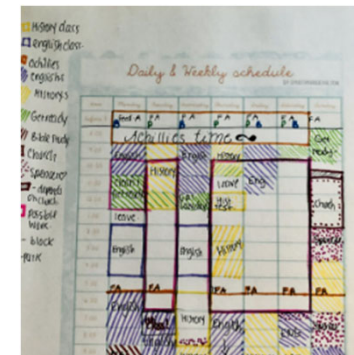
Now you can repeat steps one to four a few more times. Remember, after 3-4 Pomodoros; you need to take a longer 20-30 minute break. ☐

START BY PUTTING YOUR FREE TIME INTO YOUR PLANNER THEN ADD YOUR REVISION SESSIONS:

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM - 4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM - 10AM	BREAKFAST / SHOWER	BREAKFAST / SHOWER
4PM - 5PM	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	10AM - 11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM - 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM - 1PM	SEEING FRIENDS / LUNCH	SPORT / LUNCH
6PM - 7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM - 3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM - 8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM - 5PM	OUT WITH FAMILY	SPORT / TV / GAMING
8PM - 9PM	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	6PM - 8PM	DINNER / FREE TIME	DINNER / FREE TIME

MAKE IT YOUR OWN



WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

Where are you going to revise?



At a desk



Lying on stomach/on a comfy chair



Quiet space



Some music in the background (instrumental)

Consider where there is a quiet space to revise. Your room may not be the best place as it is good to separate your work and rest space

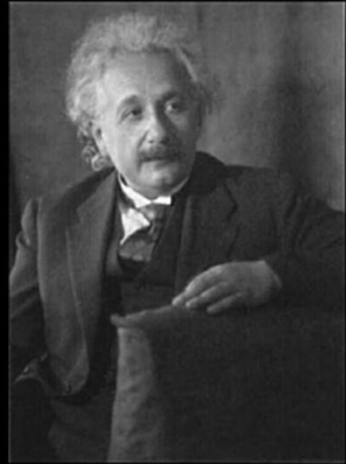
Strategy 1

Feynman Technique – study method for students to learn through the act of teaching

4 Steps

1. Choose what you are going to learn about
2. Explain it in simple terms (like you would to a child. Remove any jargon and complexity)
3. Reflect and refine (Read it out loud as if to a child. If the explanation isn't simple enough or sounds confusing, that's a good indication that you need to reflect and refine.)
4. Organise and review (test it on someone, what did they get confused about? What questions did they ask? Once you are happy with your explanation add it to your notes or flashcard to refer back to)

IF YOU CAN'T
UNDERSTAND IT
SIMPLY, YOU DON'T
UNDERSTAND IT
WELL ENOUGH.



Einstein

Your turn!

'Explain'

In your pairs chose a subject and describe it in a minute.

Imagine your partner knows nothing about the subject.

How can you explain it in the simplest terms?

Explain
climate
change

Explain what
a pandemic is

Explain
how to
make a
cake

Explain your
personality

Explain how
you get to
school

Spaced practice Strategy 2

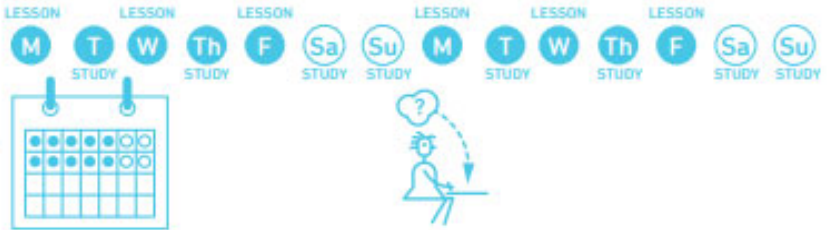
review, practice, recall,
formulate and synthesize the
same materials multiple
times.

Video 0.42-1.38

[How to Study Effectively for School or College
\[Top 6 Science-Based Study Skills\] - YouTube](#)

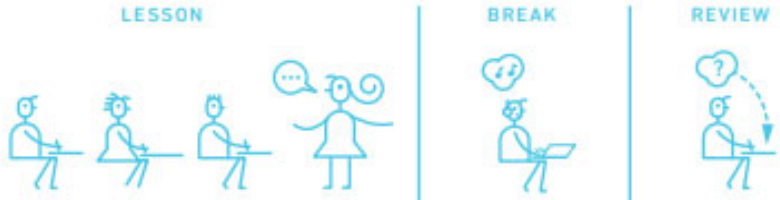
HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.




LESSON M T W Th F Sa Su M T W Th F Sa Su
STUDY STUDY STUDY STUDY STUDY STUDY STUDY STUDY STUDY STUDY STUDY STUDY

Review information from each class, but not immediately after class.



LESSON BREAK REVIEW


After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



1 MONTH AGO 1 WEEK AGO 1 DAY AGO


HOLD ON!

When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.



TESTING SPACING SKETCHING

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory (see Retrieval Practice poster).



Create small spaces (a few days) and do a little bit over time, so that it adds up!

Dual coding Strategy 3

Using visuals alongside information

Video: 5.33- 6.38

HOW TO DO IT



Look at your class materials and find visuals. Look over the visuals and compare to the words.



Look at visuals, and explain in your own words what they mean.



Take information that you are trying to learn, and draw visuals to go along with it.

HOLD ON!

Try to come up with different ways to represent the information visually, for example an infographic, a timeline, a cartoon strip, or a diagram of parts that work together.

INFOGRAPHIC

CARTOON STRIP

TIMELINE

DIAGRAM

GRAPHIC ORGANIZER

Work your way up to drawing what you know from memory.



Retrieval Practice Strategy 4

engage with the material in an active way rather than passive learning i.e. testing knowledge
Video: 6.38 - end



HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.



Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.



HOLD ON!



Retrieval practice works best when you go back to check your class materials for accuracy afterward.



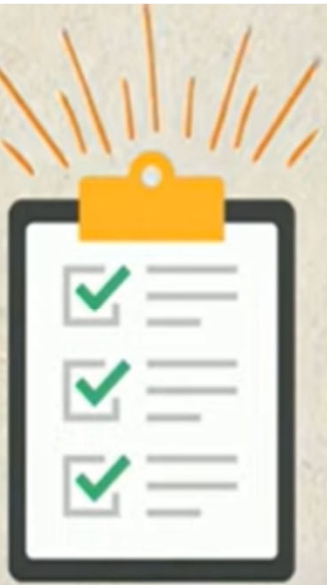
Retrieval is hard! If you're struggling, identify the things you've missed from your class materials, and work your way up to recalling it on your own with the class materials closed.



Don't only recall words and definitions. Make sure to recall main ideas, how things are related or different from one another, and new examples.

3 stages of metacognition

a> afn; nff#a; l# ; lnff#a; lv; t#s# ; n#> ; #u£ · tu#<f#j nffhfl



1) PLAN



2) MONITOR



3) EVALUATE

Stage 1

BEFORE LEARNING

TAKE TIME TO PLAN:

- "WHAT AM I SUPPOSED TO LEARN?"
- "WHAT STRATEGIES SHOULD I USE?"
- "HOW MUCH TIME DO I HAVE?"

Stage 2

WHILE LEARNING

PAUSE TO MONITOR:

- "HOW AM I DOING?"
- "AM I ON TRACK WITH MY PLAN?"
- "DO I UNDERSTAND WHAT I'M LEARNING?"
- "SHOULD I ADJUST MY PACE?"

Stage 3

AFTER LEARNING

REFLECT & EVALUATE:

- "WHAT DID I LEARN?"
- "DID I ACHIEVE MY GOALS?"
- "WHAT COULD I HAVE DONE DIFFERENTLY?"
- "IS THERE ANYTHING I STILL DON'T UNDERSTAND?"

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My TSR

A-level

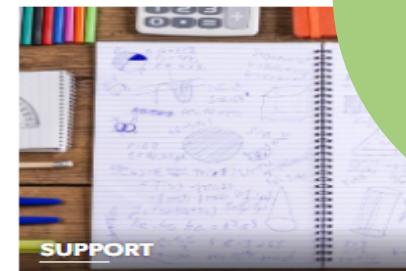
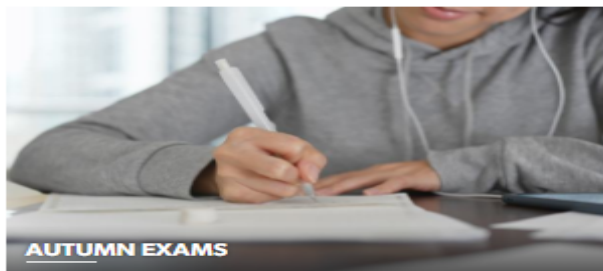
- Ask a question >
- Help with your subject >
- Find study tools >
- Build your study plan >
- Find exam past papers >
- Study advice and tips >

Whatever A-levels you're studying for, you'll find The Student Room packed with tools and features that can help.

On this page, you'll find links to all the A-level study and revision help on TSR.

Study skills

Brush up on your study skills with these tips and resources.



Want to explore more?
Click into Student Room

UCAS – what next?

Jan 25th
deadline
(internal
15th)

Firm and
insurance

Feb 23rd –
UCAS Extra
opens

18th May –
deadline
for (most)
university
offers

8th June –
deadline to
make your
F+I choices

UCAS – student finance:

<https://www.youtube.com/watch?v=xd4aDyNe3P8&t=23s>

01

Usually opens in
April

02

To secure
payment in Sept
there is usually
a deadline end
of May

03

You DO NOT
need to have
made your F+I
choice to apply

04

You will need to
know household
income etc

Non-UCAS – what next?

There are no
national / set
deadlines!

Check social
media

Careers
newsletter

Amazing
Apprenticeships
Jan 17th

WIN – CVs and
interviews – 7th
Feb

- Katie Witchell – kwitchell@sheldonschool.co.uk to make an appointment or you can drop-in to the Careers Hub near the hall on Thursday or Friday lunch times.
- <https://amazingapprenticeships.com/vacancies/>
- <https://www.apprenticeships.gov.uk/influencers/resources-for-parents#>
- <https://careerfinder.ucas.com/>
- <https://pathwayctm.com/register/>
- <https://www.findapprenticeship.service.gov.uk/>
- <https://www.springpod.com/apprenticeships/opportunities>

‘THE PARENT PERSPECTIVE’ PODCAST

‘The Parent Perspective’ is an exciting **podcast series for parents and carers**, helping them to support their children with careers advice and guidance. Series 2 is bigger and better than ever, led by our brilliant new host, Rachel Burden!

Together with Not Going to Uni, we want to make sure that we are supporting parents to feel informed and confident in providing careers support and guidance to their child, so that they ultimately make the best decisions for them.

Through the podcast Rachel and guests offer a fun and informative space for listeners to:

- Explore which careers are available today
- Showcase the experiences of interesting and diverse role models
- Provide real-time insights into how the world of work is changing

Each episode Rachel speaks to a diverse mix of parents, bringing their burning questions to expert speakers from the careers world. Together they uncover practical solutions and informative answers, to help you and your child make informed decisions on those all important next steps.

Listen via your **preferred platform** now or **listen below**:

BE THE FIRST TO HEAR



Exams and wellbeing

01

Jan 25th –
internal exams
start

02

w/b Jan 30th
exams
continue – no
lessons

03

Summer exams
start – w/b 15th
May

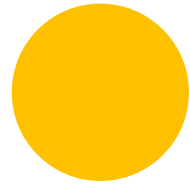
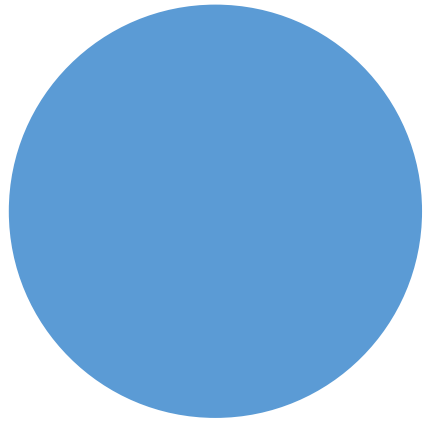
04

Summer exams
end –
contingency
day 28th June



Key dates

- Jan 15th – internal UCAS deadline
- Jan 17th - Higher/Degree Apprenticeships session
- Jan 25th – UCAS deadline and internal exams start
- w/b 30th Jan – internal exams – no lessons
- Feb 7th – WIN CV and interview workshop
- w/b 6th Feb - NAW
- March 30th – interim report home
- April 25th – F2F parents evening
- Mid May – leavers' day – tbc
- End of May? – student finance deadline - tbc
- June 8th – deadline for UCAS F+I choices
- July 5th – Yr13 ball
- August 17th – results day



Sheldon Sixth Form

Questions?

@sheldonsixthform

Weekly notes