

Sixth Form Revision Assembly



24th March 2009

**Revision and exam
preparation**

What will we look at today?

- **Different techniques**
- **Managing your time**
- **Writing revision plan**

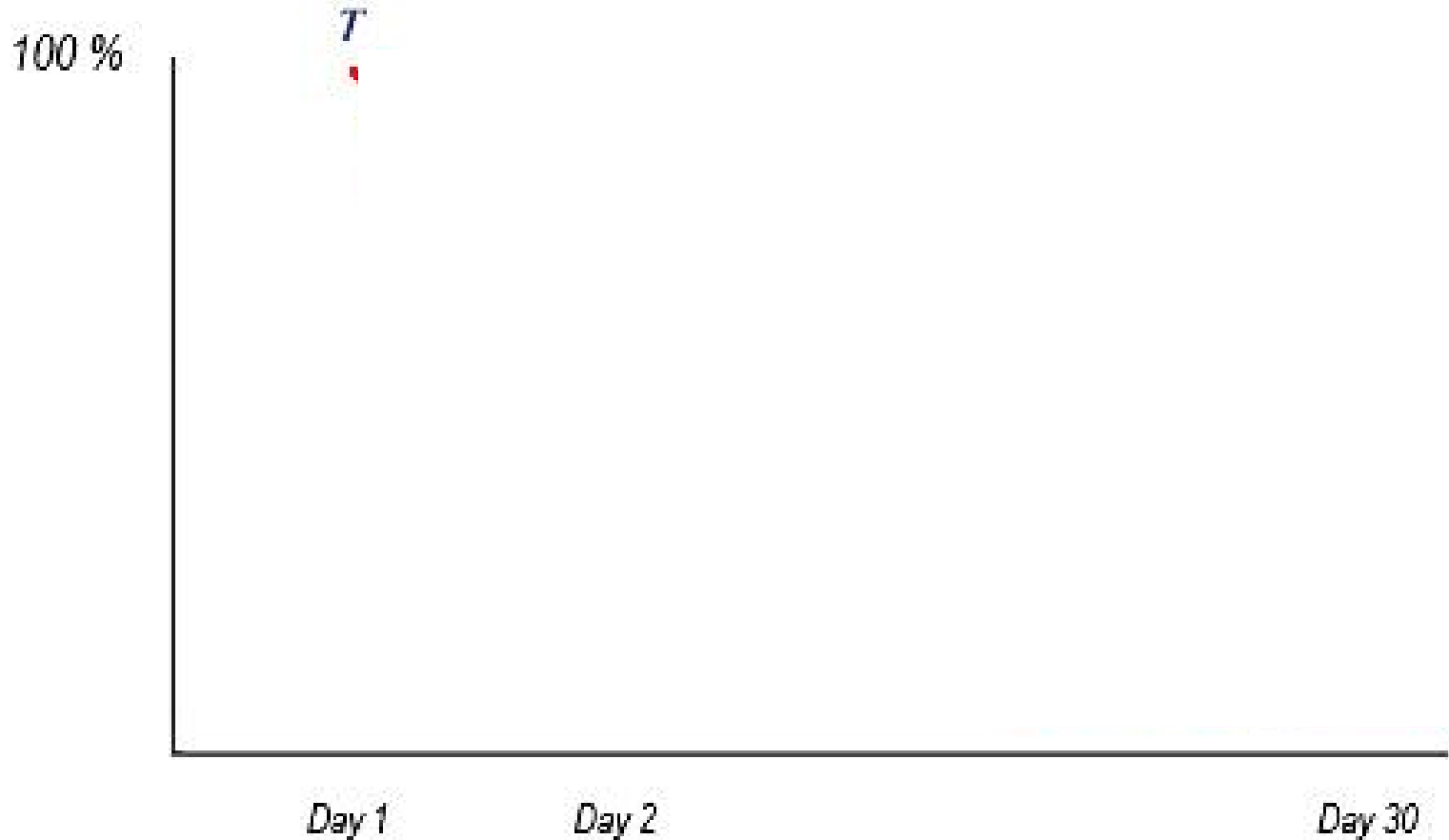
Why revise?

- Revision is exactly what the name suggests: 're-looking' at something you have already done
- You need to revise, because your short term memory can only hold 7 bits of information at a time. You will have forgotten a lot of information that you have learnt this term!

‘But I have coped before without revising...’

- **AS and A2 levels are harder than most people realise - success at this level requires an organised and mature approach**
- **Even though you are only studying three or four subjects it's the equivalent of doing your GCSEs again**
- **Some of you will have twelve modules in the space of a couple of weeks – so that's like twelve GCSEs!**

How much do we remember?



This is the forgetting curve – **within 30 days, we only remember around 20% of information learnt**

How can I remember more?

- In order to store information in our **LONG TERM** memory, it must be:
 - Reviewed
 - Stored in a meaningful way (not just learning your textbook off by heart!) – **you need to understand it**
 - Pictures
 - Mindmaps
 - Post-its on the fridge
 - Essay plans – it's like learning a story!

Have you tried any of these strategies?

- Review all notes with a highlighter
- Work through a range past papers and prepare model answers. Then write down what you did and didn't know!
- Prepare question tapes
- Produce spider diagrams
- Make a checklist

An example of a checklist

Add in columns to show what you need to do... this will help with you to plan your revision timetable later

Checklist

	Learnt in class	Rewritten notes	Revised	Done an exam question
Social Influence				
<ul style="list-style-type: none"> Conformity (including <u>Internalisation</u> and compliance) • Explanations of why people conform (including informational and normative social influence) • Describe Asch • Evaluate Asch • Further research 				
<ul style="list-style-type: none"> Minority influence (<u>Moscovici</u>) • Describe it • Describe Asch • Evaluate <u>Moscovici</u> • Further research 				
<ul style="list-style-type: none"> Conformity • Explanations • <u>Milgram</u> (including variations) • Further research • Evaluation of <u>Milgram</u> • Ethical issues • Research issues • Explanations 				
Social Influence in Everyday Life				
<ul style="list-style-type: none"> Resisting social influence • Resistance to conformity • Resistance to obedience 				
<ul style="list-style-type: none"> Individual differences • Locus of control • Attributional style 				
<ul style="list-style-type: none"> Implications for social change • From conformity research • From obedience research • From research into 				

Break down the specification into chunks and add in key information that you have to learn

How do I know if I have actually learnt it?

- **Keep testing yourself - use past papers**
- **Tell your dog / cat / cousin / friends what you have learnt**
- **Most students find the pressure of exams means that they recall things they hadn't realised they'd learnt.**

I listen to music when I revise, does this matter?

Unfortunately, yes it does

- You have two memory stores - research shows that your brain cannot handle two different sets of information (noise and words)
- Therefore, research shows that you are less likely to recall information learnt when listening to music

Revision is not fun!

- Revision requires concentration and self-discipline
- Remember, this is a short-term goal – it won't last forever!
- **Make it more bearable...**
 - Revise for short bursts
 - Between revision slots, take a break – move rooms and do something else
 - Do a couple of enjoyable things a day – reward yourself
 - Have a tick-list of things you need to do

Three things to remember

- There are lots of ways to revise - none of them are right or wrong - find what works for you.
- Research shows that **active revision** (making notes, doing past papers) is the most effective.
- **AS levels are harder** than most people realise - success at this level requires an organised and mature approach

But now I am stressed!

- **Remember** - feeling stressed at this time is normal and **a little stress often leads to optimal performance!**
- By **planning your revision** you will gain control – research by psychologists shows that gaining control is the best way of managing stress.

**How should I plan my
revision?**

**Use your
revision
timetable!**

**How should I plan my
revision?**

**Know what
you need to
cover!**

March / APRIL													APRIL							APRIL								
Subject	H	T	W	T	F	S	S	H	T	W	T	F	S	S	H	T	W	T	F	S	S	H	T	W	T	F	S	S
	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Exam				Term ends				Easter Revision School														Term ends						
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	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Exam				Term				Easter Revision School																																				
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Stage 1

Write in your exams

Psych Retake paper

Psych Retake

Page 1

AS Exam End

March / APRIL													APRIL					APRIL												
Subject	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
Exam				Term				Easter Revision School																						
1st hour	<div data-bbox="67 142 1043 535" style="background-color: yellow; padding: 10px;"> <h2 style="text-align: center;">Stage 2</h2> <p style="text-align: center;">Write in your commitments e.g. sports clubs, work etc</p> </div>													Easter Holidays					Easter Holidays					Easter Holidays						
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4th hour	Work				Work				Work				Work				Work													
5th hour	Work				Work				Work				Work				Work													
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Exam	Half term holiday														AS Exam End															
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3rd hour	Work							Work							Work							Work								
4th hour	Work							Work							Work							Work								
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Psych retake
Easter revision session

Psych rev school

Work

WORK

APRIL / MAY									MAY							MAY							MAY						
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Psych Retake paper

Psych Retake

Stage 3
Write in the Easter Revision School sessions and after school revision sessions you are going to attend

Work

Work

WORK

WORK

JUNE							JUNE																					
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Work

Work

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March / APRIL													APRIL					APRIL															
Subject	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S					
Exam								Easter Revision School																									
Term								Easter Holidays																									
1st hour								Easter Holidays																									

Psych retake
 Easter revision sessio
 Tuesday evening:
 practice 6 mark question
 on explanations
 of conformity

psych rev school
 Conf exps
 paper

Work

WORK

MAY							MAY							MAY														
Subject	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Exam																												
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Psych Retake paper

Psych Retake

Work

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MAY / JUNE							JUNE							JUNE							JUNE							
Subject	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Exam																												
1st hour																												
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5th hour																												

Half term holiday

Work

WORK

Stage 4

Write in what you are going to revise **and when**.

HINTS: Break it into chunks.
 Do an hour MAXIMUM at a time.
 Make it active revision (like practice papers)

***Good luck from
all the Sixth Form
Team!***

