



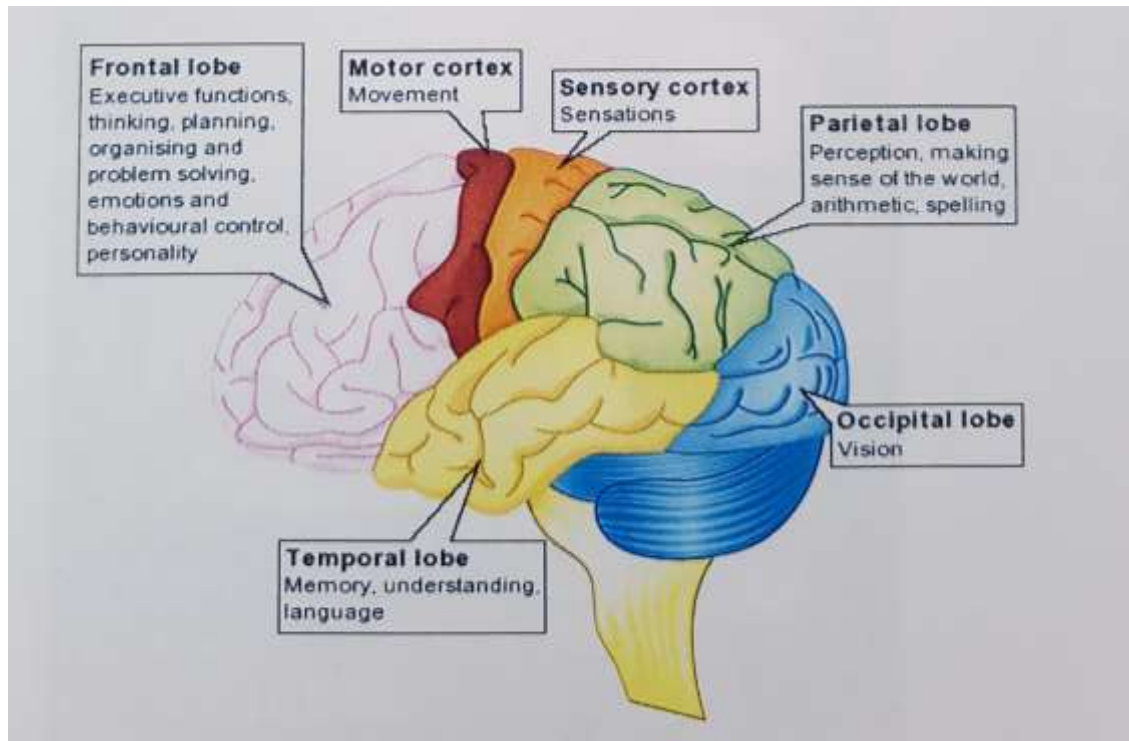
Year 11

Exam Information Evening

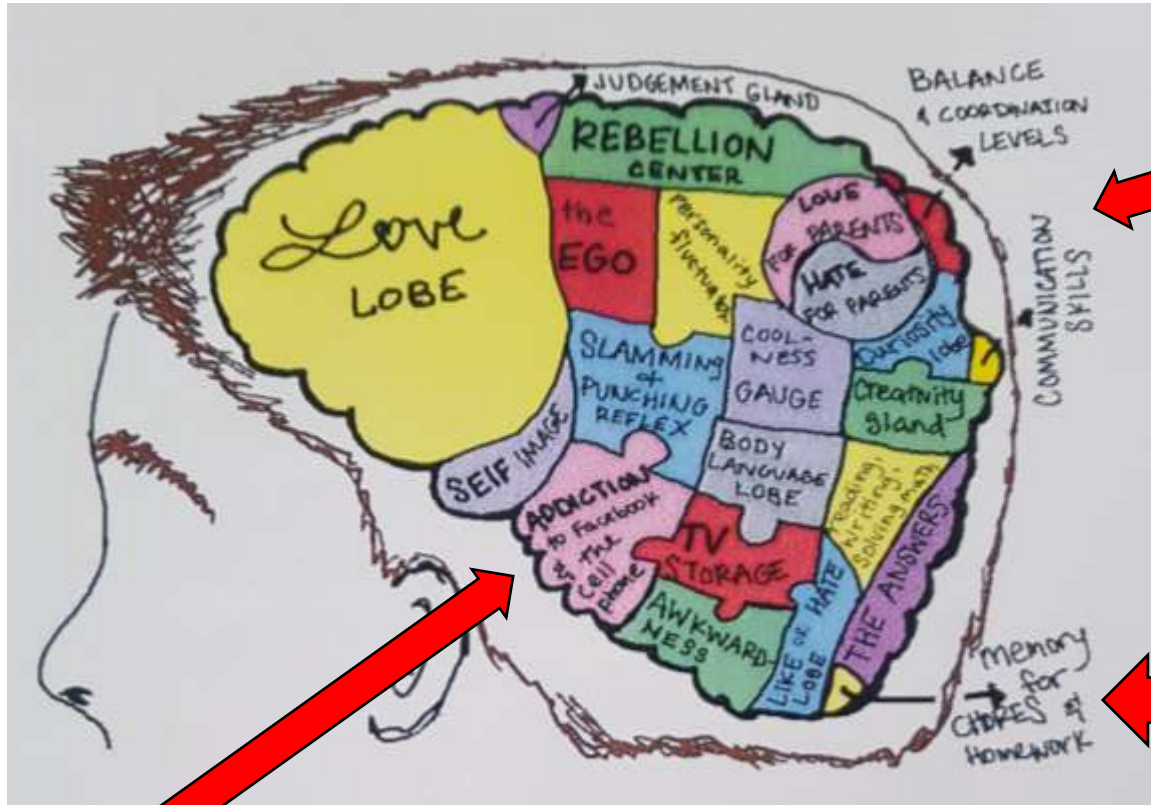
2019

What can I do to support my
child?

Your teenager's brain... the science



Your teenager's brain... the reality



Keeping the motivation up

- Agree a balance
- All students at times feel demotivated or overwhelmed, or struggle with the balance of social and school demands

Be aware of your response

Talk don't berate

- Be flexible – use the 80/20 rule
- If your child asks for your support, encourage them by helping them to see the difficulties in perspective.
- Listen

Keeping the motivation up

- Treats



JULY 2018							NOTES
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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	27	28	
29	30	31					

AUGUST 2018							NOTES
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			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	27	28	29	30	31		

Plans to look forward to



What else matters...

- Diet

Healthy balanced diets

Regular meals (x3)

Breakfast or 'something'

– esp on morning of exams! (Cereal bar, toast, banana)

- Water

Brains work better when hydrated

Squash (not fizzy or caffeine)

Clear bottle to take into exams

- Exercise

Daily exercise – walk /run

Fresh Air and Endorphins

- Sleep



What else matters...





How Do People Learn Best?

What do we mean by Learning?

- A change in long term memory.



What is Cognitive Psychology?

Cognitive Psychology

- **Cognitive psychology** is the scientific study of mental processes such as "attention, language use, memory, perception, problem solving, creativity, and thinking".
(American Psychological association, 2013)
- Cognitive psychology's conclusions are based on the scientific method – using evidence from experiments to test ideas.
- Ideas are tested in the lab and in the classroom.

Misconceptions

- Many things that we think we know about learning aren't supported by evidence.
- Our own instincts can be a poor guide to when learning works best. They are subjective, based on a small sample and untested.



Misconceptions

- People have a preferred “Learning Style” which helps them to learn best.
- We only use 10% of our brain.
- Eating omega fatty acids helps learning.
- Sugary drinks/snacks reduce concentration.
- What type of learning you find easiest depends on if you are “left brain” or “right brain” dominant.

An Interesting Truth

An Interesting Truth

- You can only pay attention to one thing at a time.
- So avoid distractions: music, phones, friends when studying



So What works?

So What Works?

- Spacing
- Elaboration
- Concrete Examples
- Visuals
- Retrieval

SPACING	ELABORATION	CONCRETE EX	VISUALS	RETRIEVAL
<p>“ Using planning tools — the beginning of the semester or even before — let with a bit of time every day just for studying, even if your course isn't really busy. Retrieval practice is difficult and this difficulty is good. Don't be fooled by strategies that make you feel like you're learning a lot.”</p>	<p>“ When you use elaborative interrogation, you ask yourself questions about how and why things work, and this produces the answers to those questions. Make connections between multiple ideas to be learned.”</p>	<p>“ When you're studying by itself think about how you can turn ideas you're learning into concrete examples. Making a link between the idea you're studying and a vivid, concrete example can help the ideas stick better.”</p>	<p>“ When you have the same information in two formats — words and visuals — it gives you two ways to access that information later on. Combining those modalities works to an effective way to study.”</p>	<p>“ You can use retrieval practice to improve learning during independent study. The key is to make sure you bring information to mind after you've already learned something by studying it in a book or hearing it in class.”</p>

Spacing

- Start studying as early as possible.
- Revisit material over a period of time.
- Leave gaps of a few days between looking at the same material.
- Make a timetable!

Elaboration

- Draw connections between multiple ideas you have to learn.
- Ask yourself further questions about things you have learned: how? why?

Concrete Examples

- When studying abstract ideas use specific examples to illustrate the point.

Visuals

- Have material in two formats – words and visuals (pictures, diagrams, flow charts, graphs etc).
- Cover the words and try to describe the visuals.
- Read the text and design your own visuals.
- Build up to retrieval practice: draw/write what you know from memory.

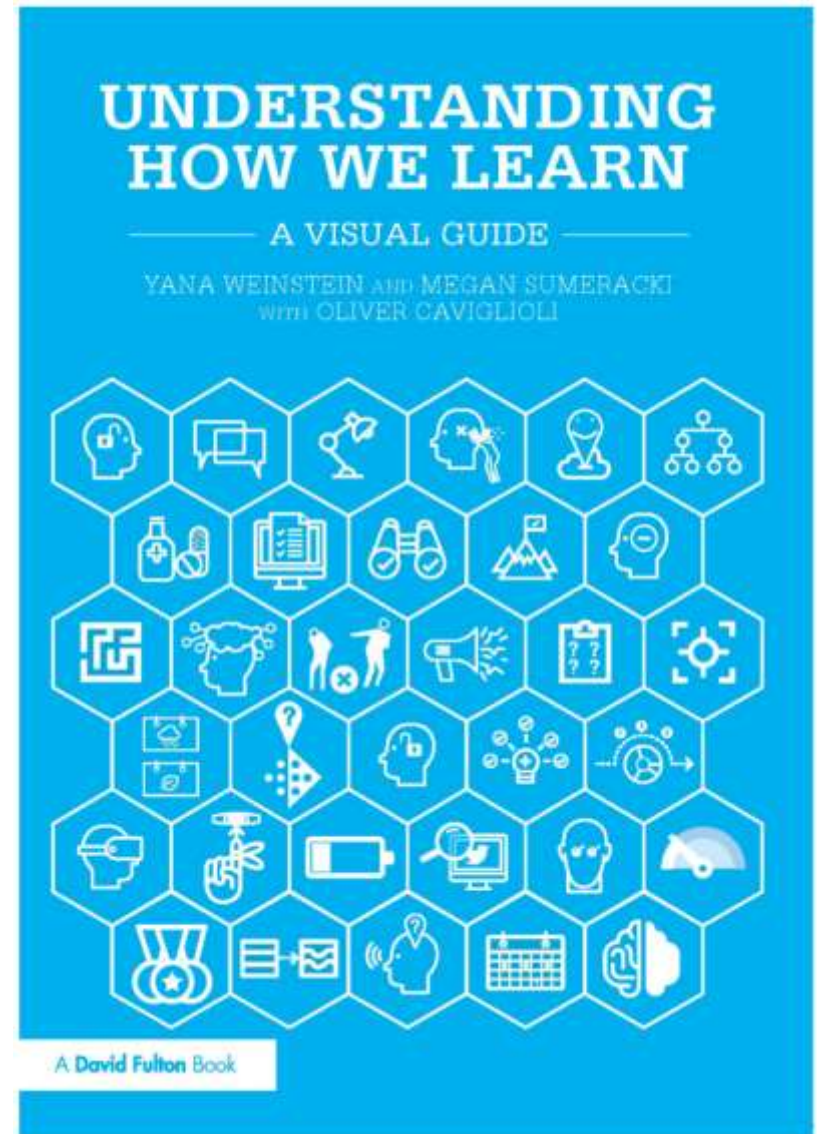
Retrieval

- Bring your learning to mind and use it.
- Examples include: practice tests, work book questions, testing yourself with flash cards, writing notes from memory and much more.
- NB: This is not as good for your confidence as just rereading, but it is better for your learning!



Understanding How We Learn.

Yana Weinstein & Megan Sumeracki



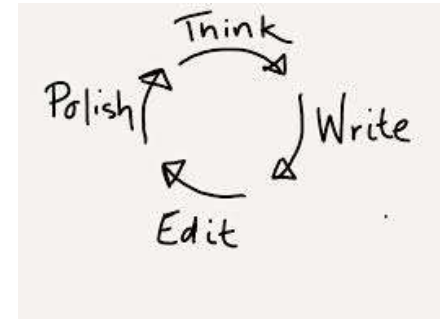
How Do People Learn Best?



Sharepoint:

- Subject specific resources.
- Revision technique resources.

English language



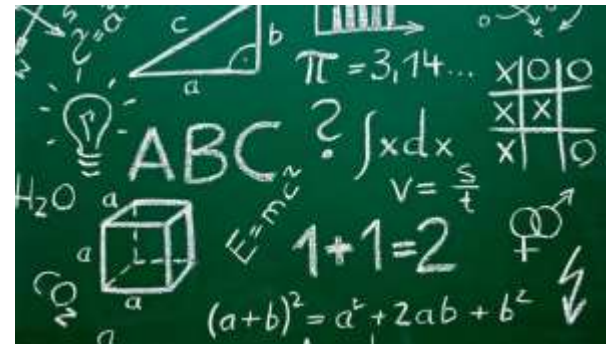
- Students will be examined on their reading and writing skills.
- Use the pre application exams and recent mocks completed in class to know exactly what skills are being tested for each question. Learn the timings off by heart.
- Look at the feedback sheets to understand where weaknesses lie.
- Read as much as possible outside of school – both fiction and non-fiction.
- Watch the news/read newspapers – get an idea of what is going on in the world.
- Use SharePoint, BBC bitesize, Mr Bruff (Youtube), GCSE Pod, Seneca learning and any revision guides available.
- Bombard an English teacher with exam answers and essays.

English literature



- Students will be tested on their reading skills.
- For the set texts, (Macbeth, An inspector calls, Jekyll and Hyde **or** a Christmas carol) know the plot, characters and main themes inside out as well as some context points.
- For the poetry, know the themes/context and think about pairings that could be used in the exams .
- Learn key quotations off by heart for every text. Aim to know five for each theme/ character/poem.
- Use SharePoint, BBC bitesize, Mr Bruff (Youtube), GCSE Pod, Seneca learning and any revision guides available.
- Use the mocks completed in class to know exactly what skills are being tested for each question. Learn the timings off by heart.
- Look at the feedback sheets to understand where weaknesses lie.
- Bombard an English teacher with exam answers and essays.

Maths



- The revision guide and GCSEpod can be used to address any gaps in understanding.
- Lots of practice is key to success in maths.
- Questions can be found on the Pixl App, Mymaths, JustMaths, Corbettmaths and Mathsgenie.
- The workbook contains lots of questions.
- Exam papers can be found on Sharepoint.

Distance = speed × time	$d = vt$
Speed = distance ÷ time	$v = \frac{d}{t}$
Mass = density × volume	$m = \rho V$
Weight = mass × gravitational field strength	$W = mg$
Work done = force × distance moved in the direction of the force	$W = Fd$
Power = work done ÷ time taken	$P = \frac{W}{t}$
Energy transferred = power × time	$E = Pt$
Efficiency = $\frac{\text{useful energy output}}{\text{total energy input}} \times 100$	$\text{Efficiency} = \frac{\text{useful energy output}}{\text{total energy input}} \times 100$
Acceleration = $\frac{\text{change in velocity}}{\text{time taken for change}}$	$a = \frac{\Delta v}{t}$
Final velocity = initial velocity + acceleration × time	$v = u + at$
Distance moved = initial velocity × time + $\frac{1}{2}$ × acceleration × time ²	$s = ut + \frac{1}{2}at^2$
Final velocity ² = initial velocity ² + 2 × acceleration × distance	$v^2 = u^2 + 2as$
Force = mass × acceleration	$F = ma$
Weight = mass × gravitational field strength	$W = mg$
Pressure = force ÷ area	$P = \frac{F}{A}$
Pressure difference = density × gravitational field strength × height	$\Delta P = \rho gh$
Volume of liquid displaced = volume of object	$V_{\text{displaced}} = V_{\text{object}}$
Upthrust = weight of liquid displaced	$U = W_{\text{displaced}}$
Weight = upthrust + tension	$W = U + T$
Weight = upthrust + reaction force	$W = U + R$
Weight = upthrust + normal reaction force	$W = U + N$
Weight = upthrust + normal reaction force + tension	$W = U + N + T$
Weight = upthrust + normal reaction force + tension + reaction force	$W = U + N + T + R$
Weight = upthrust + normal reaction force + tension + reaction force + reaction force	$W = U + N + T + R + R$

If you're taking GCSE (9-1) Physics, you also need to learn these equations:

Area = length × width	$A = l \times w$
Volume = length × width × height	$V = l \times w \times h$
Area = $\frac{1}{2}$ × base × height	$A = \frac{1}{2}bh$
Volume = area × height	$V = Ah$

Science

- There is a lot of content to learn. Including **equations** and core practicals.
- Use flash cards, revision notes, mind maps etc. to summarise the content.
- Test yourself using those notes. Rewrite them from memory.
- Revision guides and GCSEpod can be used to plug any gaps in understanding.
- Exam papers (on Sharepoint), workbooks and the ActiveLearn website can all be used for retrieval practice.

GCSEPOD



What is GCSEPod?



- In-depth subject knowledge
- 21+ GCSE/IGCSE subjects
- Covering every exam board
- 150 specifications
- Over 6,000 audio-visual Pods
- 50,000+ Question Bank
- Knowledge gap identification
- Advanced reporting & monitoring
- Correlation between usage and progress
- One website, three apps



Student Benefits



Can be accessed on any mobile, tablet or desktop



Watch online, or download to watch offline



Master tricky topics



Organise your revision leading up to exams



Everything you need to succeed



Key facts and images help you learn

- Easy to learn 3-5 minute short, sharp bursts of audio-visual learning
- Access to content from 21 subjects, all mapped to their exam board
- Available online or offline
- Ability to favourite any Pods on topics they find hard and revisit them
- Ability to complete tests and receive instant feedback on assignments
- Students accelerate their progress by receiving instant feedback on their knowledge gaps
- Pre-made exam playlists, helping to organise revision
- Takes the stress out of learning

