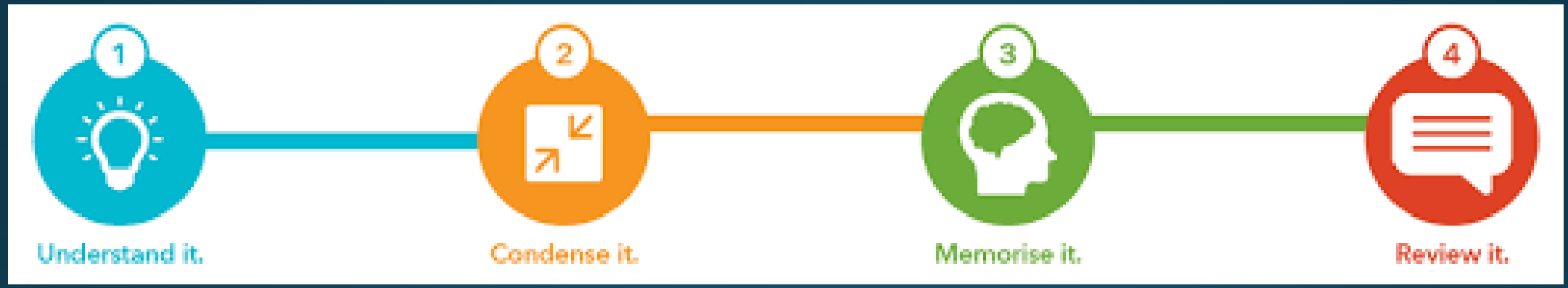
Key Stage 3 Revision

Year 7 end of year exams

- Year 7 exam week is during weeks 31 and 32. Your tests will begin on May 11th but may be slightly more than the week scheduled for some of your subjects.
- You should be spending around 30 mins an evening revising for your exams. This could be two 15 minute 'chunks'. Evidence suggests that hours of revision every day, at your age is simply not effective.
- Be organised, have a plan and know how your focussed session will look, before you sit down to revise!

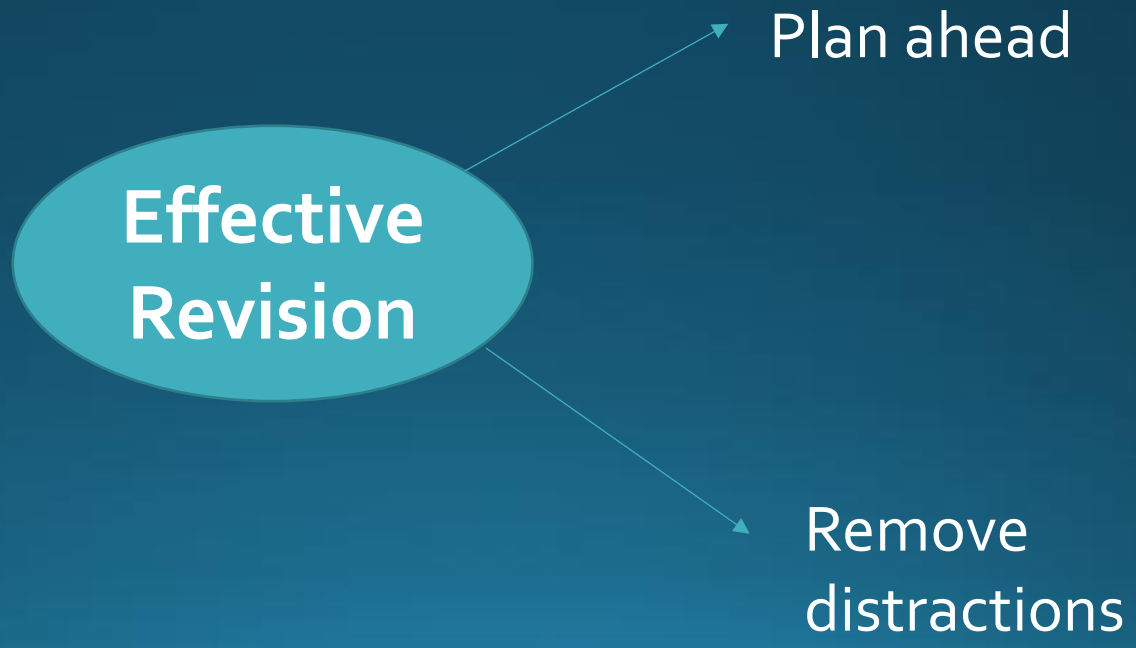
The 4 Steps to Success:



- What do these mean?
- How can we try to do each of these?

Revision Tips

- How can we revise effectively?
- Let's think of some ideas as a group now:



Revision: Tutor Times

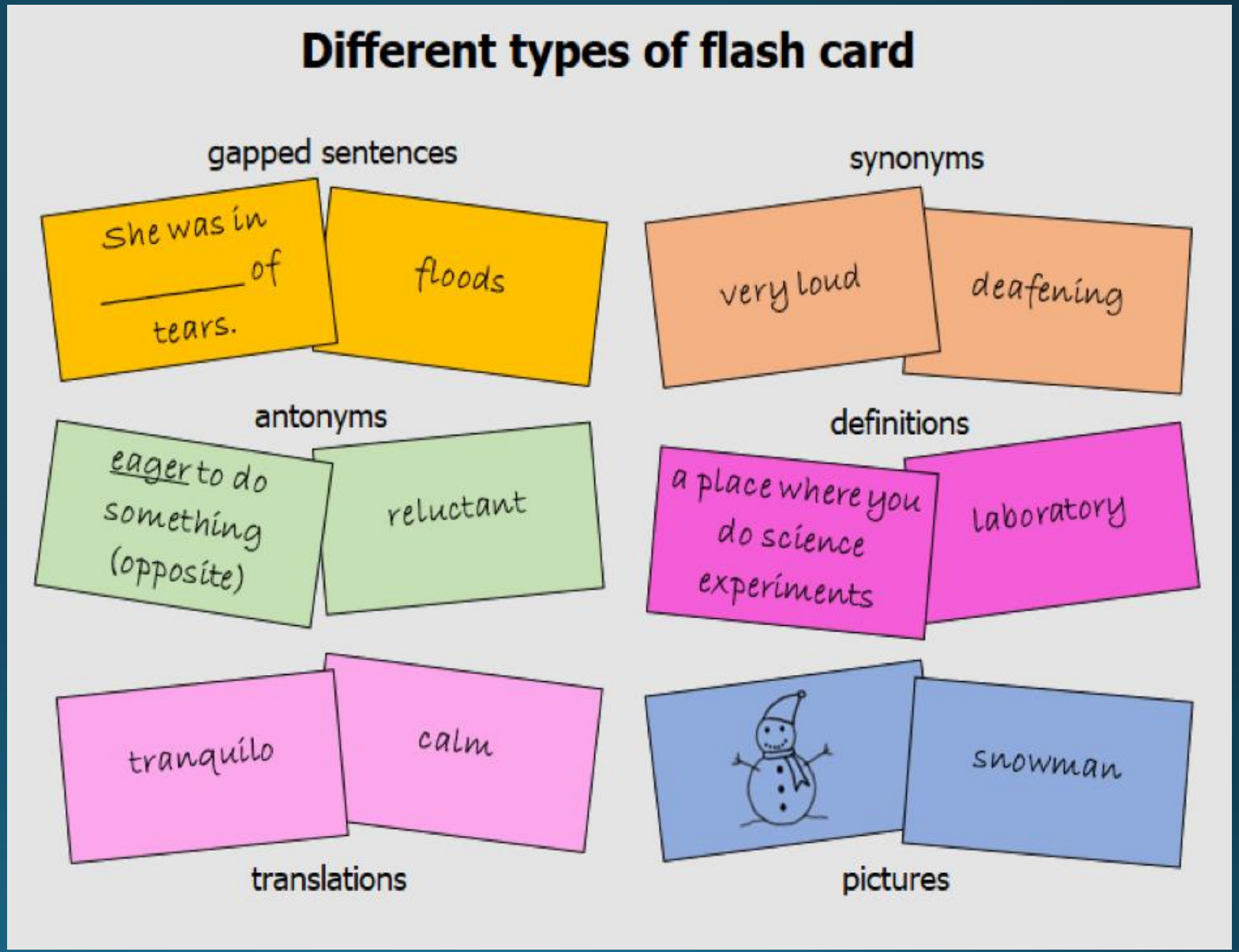
How can we revise?

What strategies do you already know?

We are going to try 6 different methods over the next two weeks as a class and you can then choose which methods work best for you!

Flash Cards

- Create your own flash cards (at least 10) for a subject of your choice
- You could do words and definitions or translations- for example



Condensing

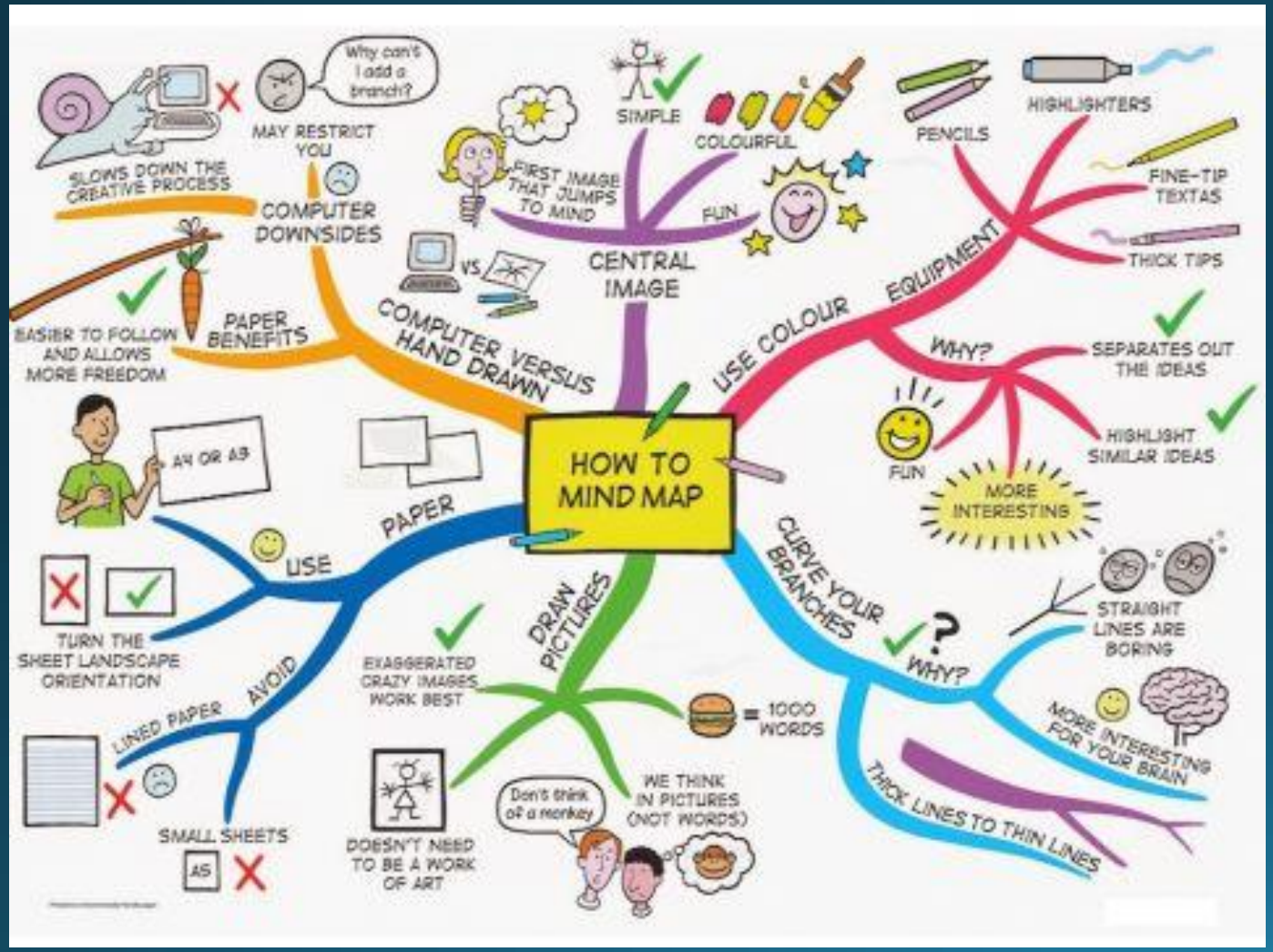
Condensing your notes rather than copying out large chunks of text is far more effective

The actual process of condensing those notes into bullet points and/or pictures can help you remember more information as you have to "think hard" about how to reduce the information.

Pick a topic and try one of the below:

- Reducing the content to so many bullet points
- Reducing the content into words and images
- Transforming your notes into pictures then transforming back

Association Maps



Create an association map for a topic in one of your subjects

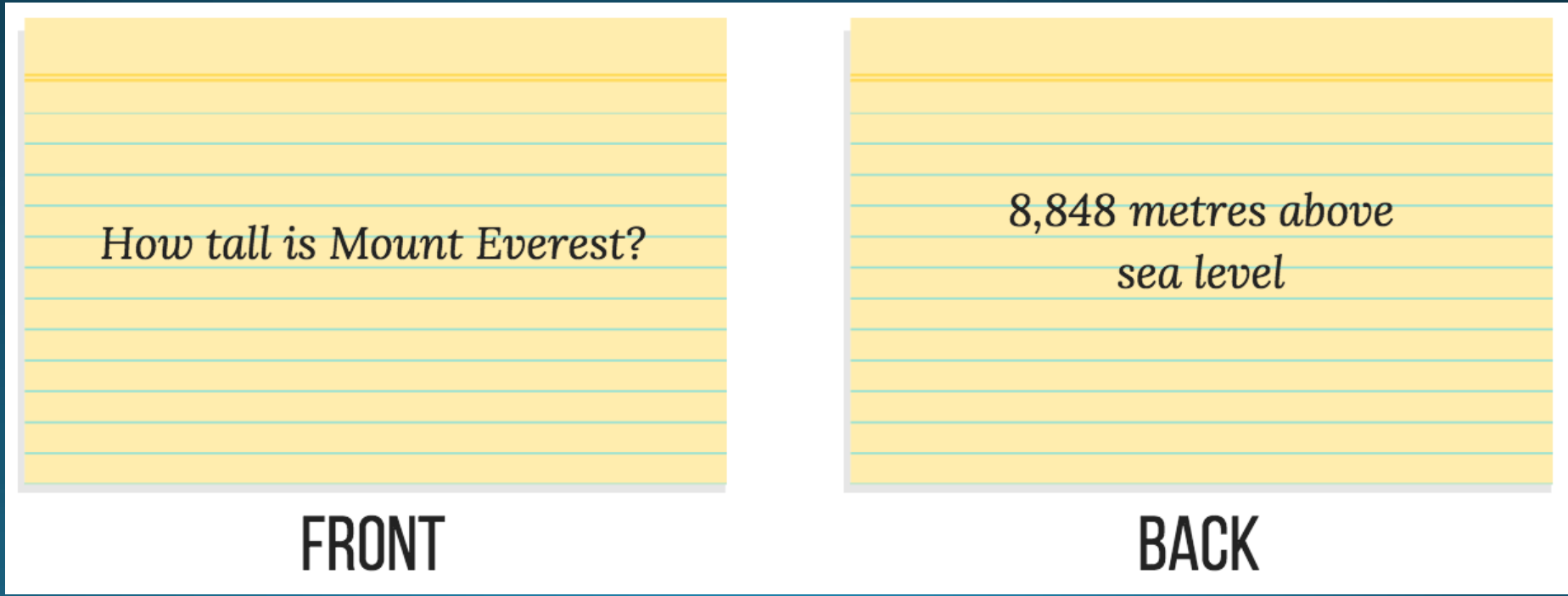
- Use Colour and imagination
- Use pictures to represent words and ideas
- Always write or draw information on the lines
- Make each main branch a different colour

Memorising

- Think of a subject where you have to memorise (e.g. languages- memorising verb endings, science- a list of elements)
- Write the list of words you need to memorise
- Cover up and write what you can remember
- Check your spellings/ answers

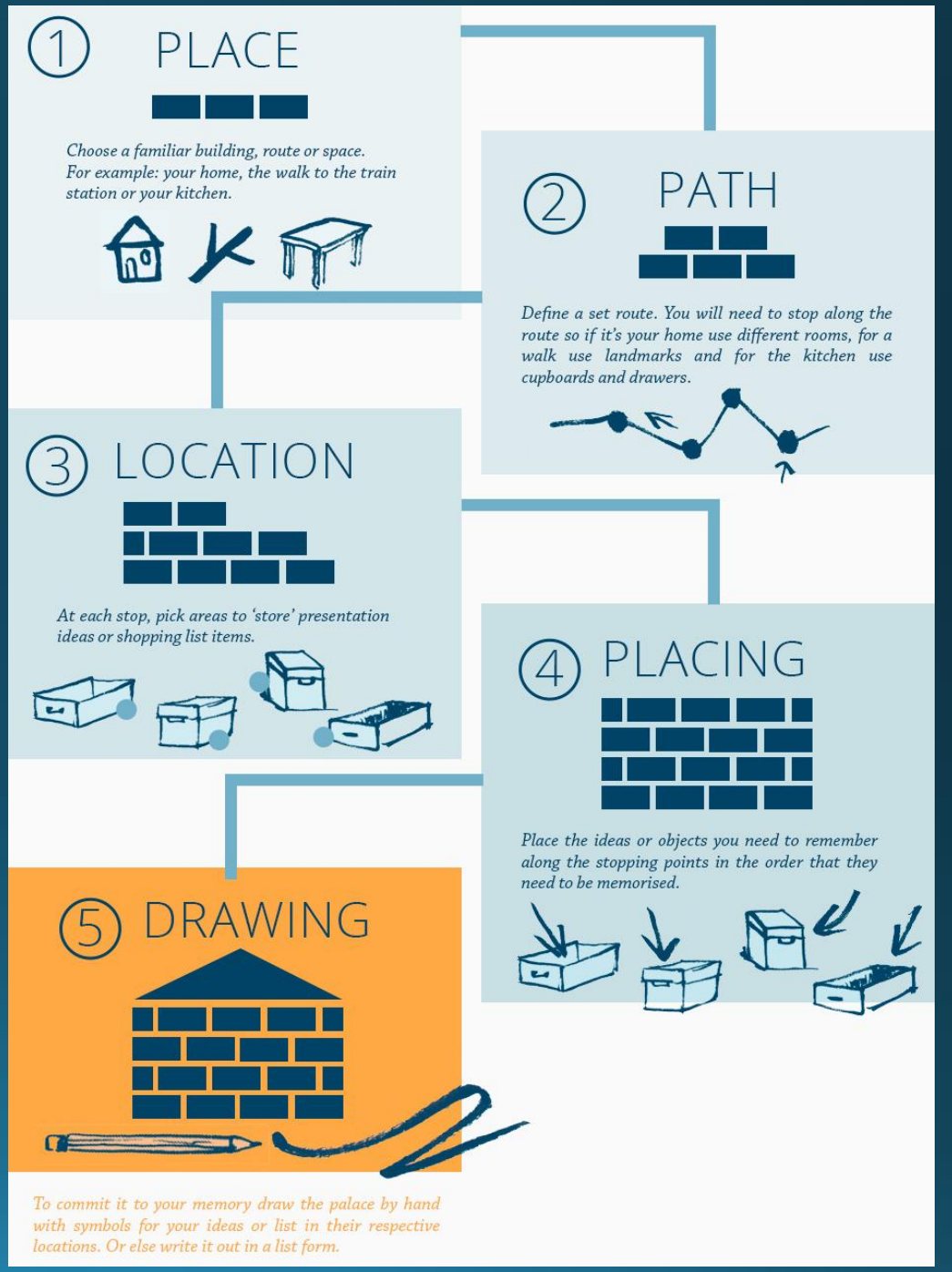
Question Cards

- On the front write the question and on the back write the answer
- Test yourself and your partner
- At home, you could have one pile for answers you got correct and one pile for answers you need to try again, until they are all on the correct pile!



Memory Palace

- https://www.youtube.com/watch?v=p9IOqd1LpkA
- Watch the video above
- How can you apply a memory palace to one of your subjects?



5 EFFECTIVE STUDY STRATEGIES

RESEARCH-BASED APPROACHES FOR SMARTER, MORE EFFICIENT LEARNING

1. RETRIEVAL PRACTICE [RECALL INFORMATION]

Retrieval practice is the process of actively recalling information from memory rather than simply rereading or reviewing notes. This means testing yourself on what you've learned, whether through quizzes, flashcards, or writing down everything you remember about a topic before checking your notes. It shifts learning from passively taking in information to actively retrieving it, strengthening memory and making it easier to recall later.

WHY RECALL FROM MEMORY?

Retrieval praactice works because it forces the brain to strengthen connections between ideas, making knowledge more durable over time. Each time you retrieve information, you reinforce its storage in long-term memory. Research shows that retrieval practice leads to better retention compared to passive review like rereading notes.

HOW DO I DO RETRIEVAL PRACTICE?

Avoid simply rereading notes or highlighting. Instead, use tools like past exam questions, flashcards, or the 'brain dump' technique, where you write down everything you remember about a topic before checking your notes. Retrieval should feel challenging. Resist the urge to check your notes too soon—struggle a little first!

2. SPACED PRACTICE [DISTRIBUTE STUDY]

Spaced practice is the habit of spreading out study sessions over time instead of cramming all at once. Instead of studying for hours the night before an assessment, students review material at regular intervals over days or weeks. This gradual reinforcement of information helps prevent forgetting and improves long-term retention. It also allows the brain to strengthen connections between ideas, making recall easier.

WHY SPACE OUT STUDY SESSIONS?

This strategy works because the brain needs time to consolidate new information. When we revisit topics after a break, our brain is forced to work harder to recall what we've learned, which strengthens memory. Spaced practice also reduces cognitive overload, making studying more manageable and effective.

HOW DO SPACE OUT MY STUDY?

To apply spaced practice, plan study sessions in advance and review topics multiple times before a test. Create a timetable or use a study calendar or app to track when to revisit material, focusing on weaker areas. Keep sessions short but frequent, reviewing key concepts over weeks rather than days.

3. INTERLEAVING [MIX UP PROBLEM TYPES]

Interleaving involves mixing up different types of problems or subjects in a single study session instead of focusing on one at a time. For example, instead of doing 20 algebra problems in a row, a student might alternate between algebra, geometry, and word problems. This approach encourages deeper learning and helps students transfer knowledge across different contexts.

WHY MIX UP PROBLEMS TYPES?

This strategy works because switching between topics makes learning more effortful, which strengthens understanding and recall. Even though it may feel harder in the moment, it prevents rote memorisation and encourages students to recognise patterns and connections between different ideas and topics.

HOW DO I INTERLEAVVE PROBLEMS?

To use interleaving effectively, mix subjects or problem types within each study session. For example, if studying science, alternate between physics, chemistry, and biology rather than focusing on just one subject. When practising maths, rotate through different types of problems instead of completing all of one kind before moving on.

4. DUAL CODING [COMBINE WORDS & VISUALS]

Dual coding is a fancy term for the process of encoding information in long-term memory by combining words and visuals. This means pairing information with diagrams, charts, or images to reinforce learning. For example, students might create mind maps to represent relationships, label diagrams, or use graphic organisers alongside written notes. Utilising both verbal and visual memory, dual coding helps to retain information effectively.

WHY COMBINE WORDS AND VISUALS?

Dual coding is effective because the brain processes visual and verbal information separately, allowing for multiple ways to retrieve knowledge. Research suggests that combining images and words strengthens memory, makes abstract ideas easier to grasp, and reduces cognitive load. It also helps create connections between concepts.

HOW DO I DUAL CODE LEARNING?

To ensure information is dual coded into long-term memory, try drawing diagrams, timelines, or concept maps to illustrate ideas. Use colour coding, simple sketches, or flowcharts alongside written explanations. When reviewing notes, look for ways to visualise information rather than relying solely on blocks of text.

5. ELABORATION [EXPLAIN 'HOW' AND 'WHY']

Elaboration is the process of explaining ideas in detail, making connections between new and existing knowledge. This can include the elaborative interrogation approach which involves asking 'how' and 'why' questions, relating concepts to real-life examples, or explaining topics in your own words to someone else. For example, when studying human cells, students might ask "how do mitochondria generate energy for the cell?"

WHY EXPLAIN MY UNDERSTANDING?

This strategy works because it deepens understanding and strengthens long-term memory. By actively engaging with material and making connections, students create a stronger mental framework. Research shows that students who elaborate on their learning retain information more effectively than those who simply memorise facts.

HOW DO I ELABORATE ON LEARNING?

To apply elaboration, challenge yourself with deeper questions like, "Why does X increase?" or "How does X relate to Y?" Try explaining concepts to a friend, a parent, or even aloud to yourself in full sentences using key terminology. The more connections you create, the stronger and more lasting your understanding will be.