

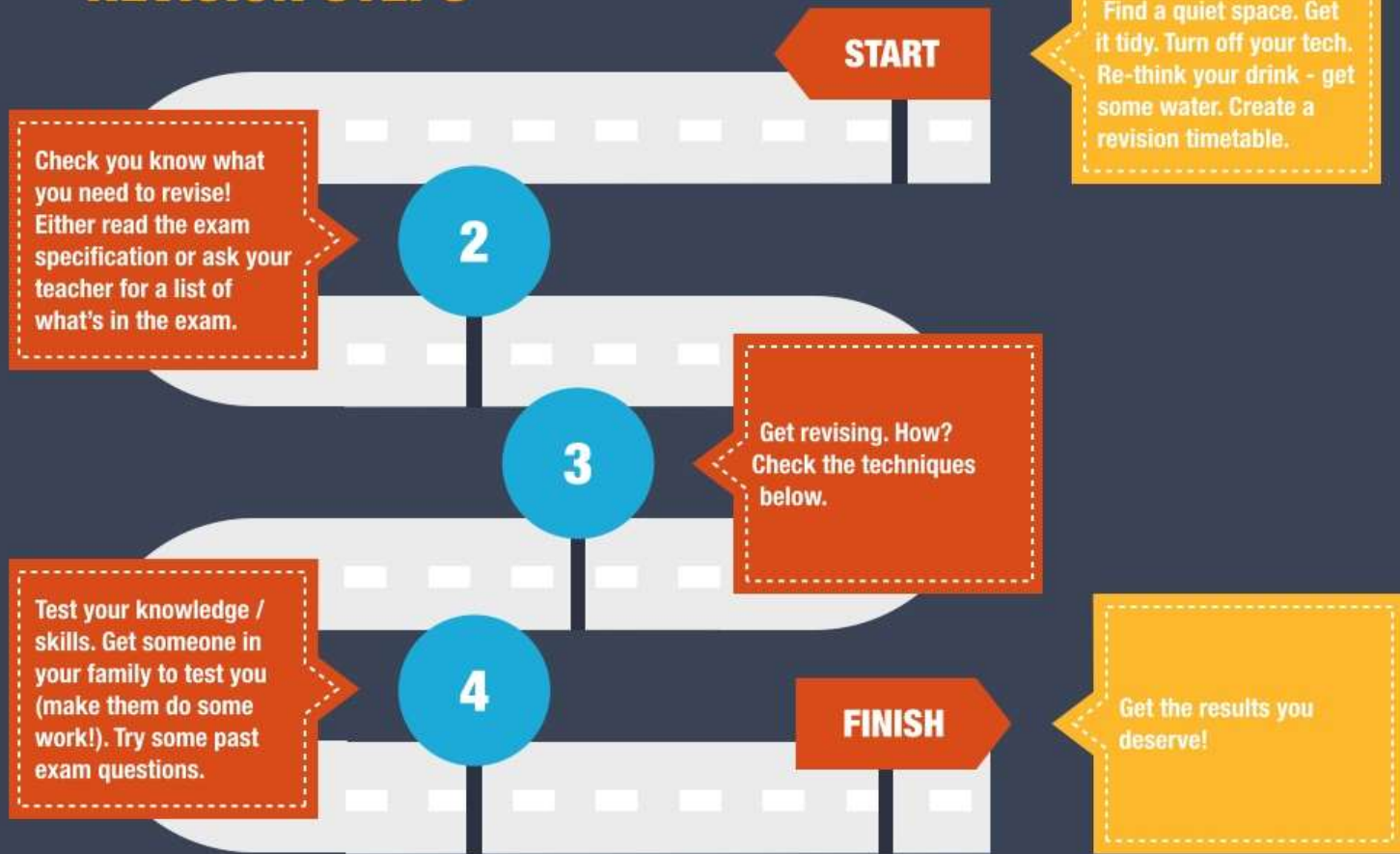
# GCSE Briefing 2020

Andy O'Neill

- Encourage your child to get organised
- Provide a good environment
- Support their revision programme
- Understand the type of learner your child is?
- Looking at resources/examination papers
- Rewards
- Looking at the guidance from the exam boards
- Manage stress

- Ensure your son/daughter gets plenty of rest
- Ensure they have the correct equipment
- Encourage them to forget about exams taken and move on to the next

# REVISION STEPS

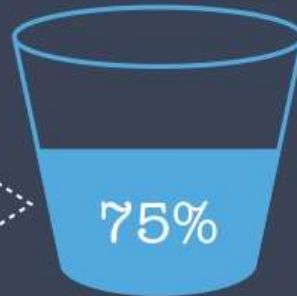


Your revision timetable should identify what you will revise and when. Prioritise subjects/topics you are struggling with.



Break up the time you spend revising take a 5/10 minute break every 15/20 minutes.

Around 75% of your brain consists of water. Keep it hydrated. Avoid energy drinks - the caffeine won't help you get a good night's sleep.



Get some quiet space for yourself



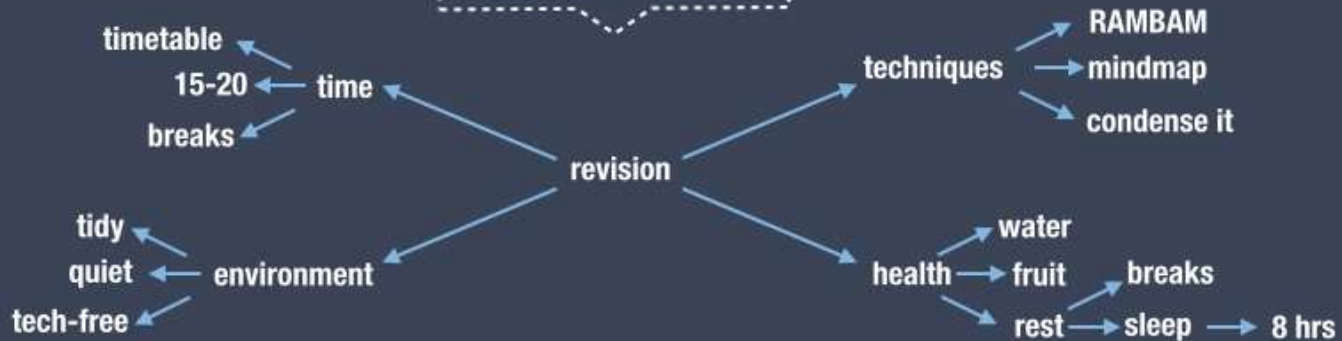
# REVISION TECHNIQUES



Condense information from your exercise books onto Post-It notes or blank post cards.

Mind map to summarise information. Only write one word per branch. Include images and colour to aid memory.

**RAMBAM**  
Read (for) a minute  
Bullet (the information for) a minute



# EFFORT + TIME = SUCCESS

# MEET THE MODERN LEARNER

As training moves to more digital formats, it's colliding with new realities in learners' jobs, behaviors, habits, and preferences.

Today's employees are overwhelmed, distracted, and impatient. Flexibility in where and how they learn is increasingly important. They want to learn from their peers and managers as much as from experts. And they're taking more control over their *own* development.

## OVERWHELMED...

Number of times online every day  
early days of the Internet

5

today

27

41

% of time workers spend on things that offer little personal satisfaction and do not help them get work done.

## DISTRACTED...

Most learners won't watch videos longer than

4

minutes

People unlock their smartphones up to

9

times every hour

Knowledge workers are constantly distracted with millions of websites, apps, and video clips.



$\frac{2}{3}$

**1%**  
of a typical workweek  
is all that employees  
have to focus on  
training and  
development

## IMPATIENT...

Online, designers now have between

5 and 10

seconds to grab someone's attention before they click away

of knowledge workers actually complain that they don't have time to do their jobs

5

Workers now get interrupted as frequently as every minutes—ironically, often by work applications and collaboration tools

Sources:  
"The Overwhelmed Employee: Search for Work Engagement" *Deloitte University Press*  
"The Knowledge Worker's Day" *IBM*  
"Mobile: Road for the Work 'Tweakers'" *Second Step: Business*  
"Collaboration & Social Tools Drive Business Productivity, Cutting Risks to Work Engagement" *Deloitte*  
"We're Creating a Culture of Disruption" *Deloitte*  
"Study Says We Don't Use Email as Often as We Think We Do" *IBM*  
"Unleashing 'Smart' Disruption and Change at Work" *IBM*  
"IT Strategy: Shift in Employee Mobility" *Deloitte*  
"Diverse Performance: Does it Really Matter to Users and by How Much?" *Journal of Management*  
"The Mobile Mobile Worker Population 2011 - 2015" *IBM*  
"Innovation is Not a Strategy" *Deloitte*  
"The Rise of the Disruptive Worker" *Deloitte*  
"Engaging Disruptive Workers" *Deloitte*  
"You're Not Getting Information Through Mobile Computing" *IBM Research*  
"Report: People Don't Use Company Laptops"

# Top Tips for Learning Success

- Know your learning style and strengths
- Concentrate on what you're asked to do
- Participate in lessons – think of questions to ask, join in activities and discussions and listen carefully to what is being said
- Develop your memory – use what works for you: try mindmaps, card games, mnemonics, chunking, spidergrams and so on
- Stay in control of your workload by being organised
- Break bigger tasks into smaller, achievable targets
- Learn how to summarise text into key points – either in words or diagrams
- Make regular work plans with realistic, SMART (specific, measurable, achievable, relevant, and time-related) targets
- Look after your wellbeing



## Revision Techniques:



### 1. Learning Styles ...try blending them all

So learners' preferences can be categorised as mainly:



**Visual** – (people who learn best visually – colour, pictures, charts, diagrams) approximately 29% of people have a visual learning preference.



**Auditory** – (people who learn best through what they hear – discussion, tape recordings)– approximately 34% of people have an auditory learning preference.

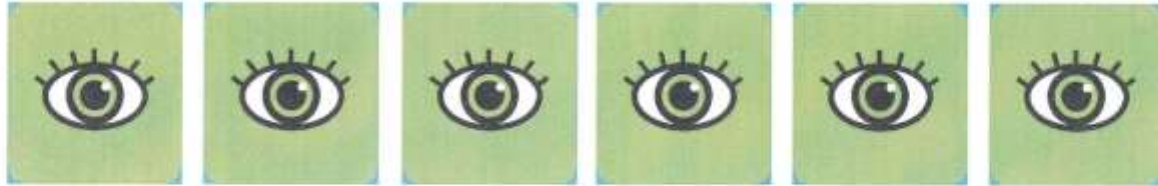


**Kinaesthetic** - (people who learn best through 'doing' – practical activities, drama), approximately 37% of people have kinaesthetic learning preference



Support them with their coursework, ask them what they have to do and what deadlines they had to meet.





**A selection of revision techniques to cater for your child's preferred learning styles:**

### **Visual:**

- Use post its and stick on wall
- Summarise notes
- Highlight or circle important information
- Use a traffic light system to indicate progress in learning and action points
- Draw diagrams, pictures, mind maps, collage
- Keywords displayed around the room

Encourage your child to use revision websites e.g. BBC Bitesize (<http://www.bbc.co.uk/schools/revision/>) and SAM Learning ([www.samlearning.co.uk](http://www.samlearning.co.uk)).



## Auditory:

- Make up mnemonics, rhymes
- Create a podcast and listen
- Test yourself or friends
- Be the teacher – teach someone else something you're revising
- Raps, rhyme, chants and verse, dramatic readings
- Music for energising, relaxing visualising and reviewing.

Talk to your child about what their subjects are about, what they have to do in them, what they feel confident/ less confident about. Talking to you about their learning will help them to think about their learning needs.



## Kinaesthetic:

- Make your own PowerPoint
- Create your own revision cards
- Act topics out!
- Play a revision game on BBC Bitesize/use SAM learning
- Design and build activities
- Gestures or movements to demonstrate a concept

**For more information and examples of how to create the above techniques please contact your school.**

Make sure that their social life/ job is not interfering with their studying. They need rest and sleep to make sure that their brains are active and open to learning.



- Ask your child specific questions, for example, not *'What did you do in French today?'*, rather, look at a page in their book and use it to ask questions e.g. *'What is' white in German?'* *'How do you say...my name is?'*



## We learn:

- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 40% of what we see and hear
- 70% of what is discussed
- 95% of what we teach to someone else



**This means that the best method of learning is having to explain or teach a topic to someone else.**

# Examples of Revision Strategies

## \*TECHNIQUE:\*

### Making study cards

- Take key information from the highlighted text, make yourself a study card on that topic  
- You only need 20% of the words
- Use coloured pens/ highlighters/ pictures
- **MAKE IT MEMORABLE!**
- *Just MAKING that card is revision and is helping your brain to revise.*

### Study card example

Key facts - plants:

Need food



and light.



Plants need:

Nitrogen  
Hydrogen  
Oxygen  
Carbon



**N**ever  
**H**ide  
**O**ur  
**C**ar

## \*TECHNIQUE:\*

### Making mnemonics

Mnemonics that you probably already know:

Never Eat Shradded Wheat

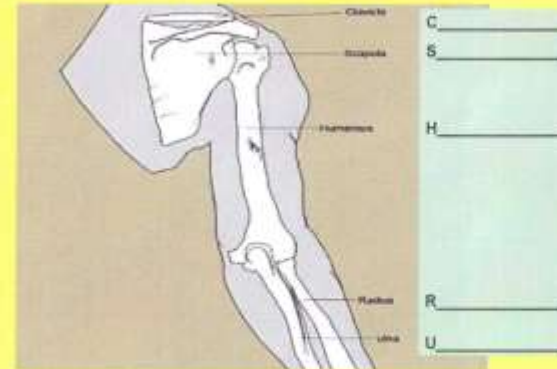
(North, East, South, West on a compass)

Richard Of York Gave Battle In Yain (Red, Orange, Yellow, Green, Blue, Indigo, Violet colours of the rainbow)

Why and How?!

- Mnemonics give your brain a 'hook' to hang a memory on.
- You use the first letter of each word that you need to remember to make up a memorable catchphrase
- Try to make up a mnemonic to help you remember all the bones of the arm in order

### The sections of the arm – use a mnemonic to learn them

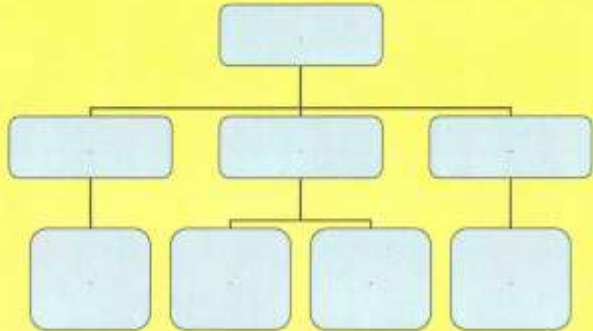


How about using 'CRUSH'?

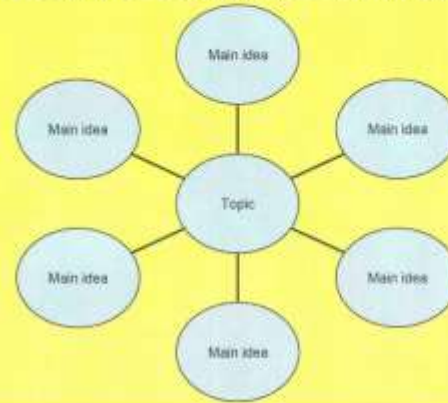




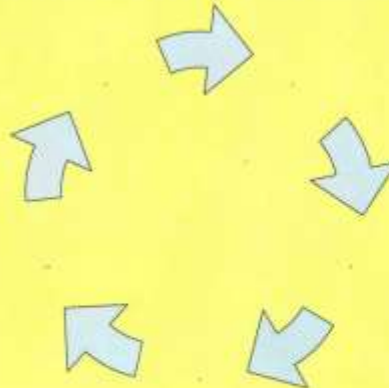
### Useful to show hierarchy

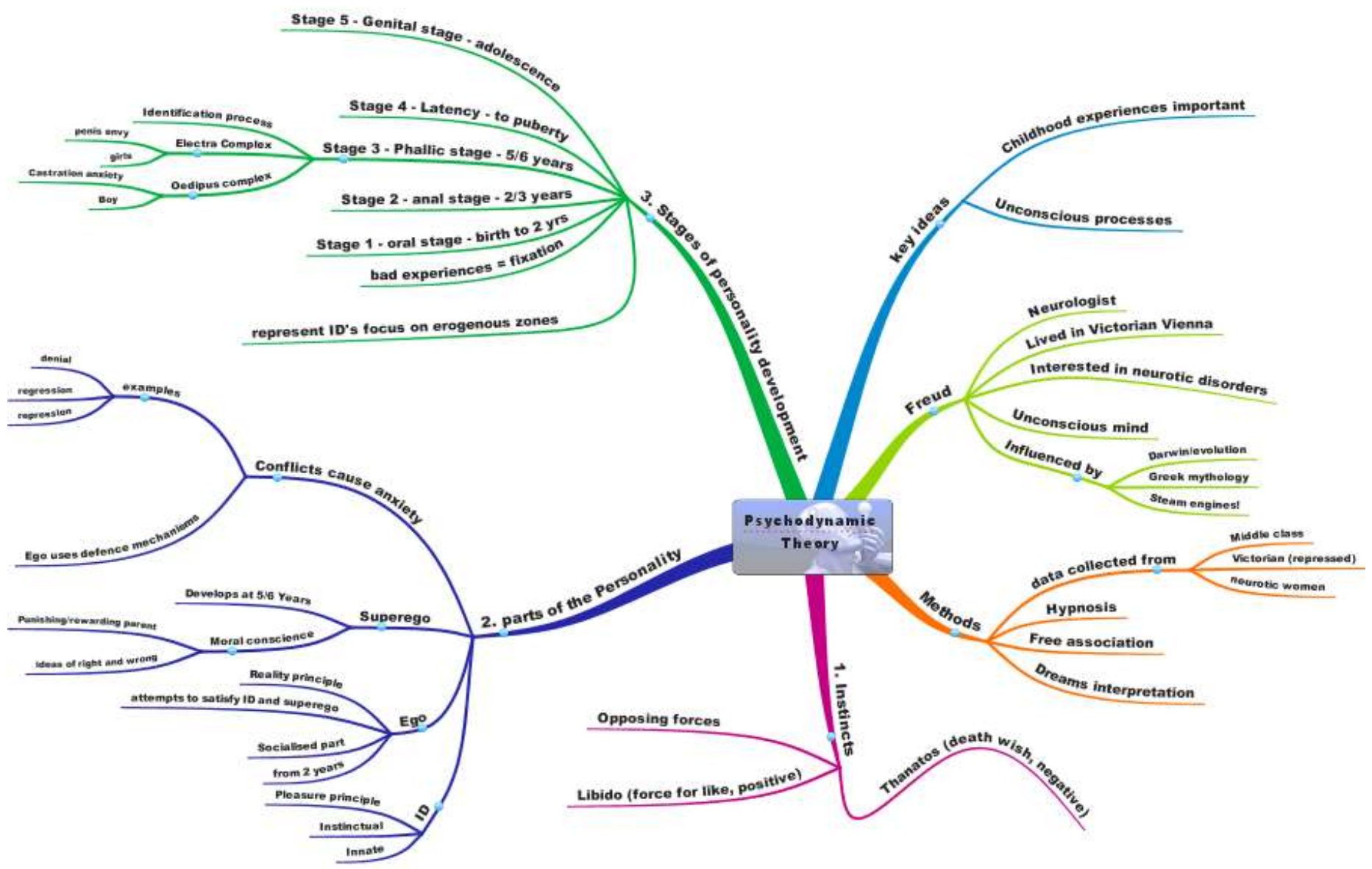


### Useful to summarise main ideas



### Useful for showing processes





**Psychodynamic Theory**

**1. Instincts**

- Opposing forces
- Libido (force for like, positive)
- Thanatos (death wish, negative)

**2. parts of the Personality**

- Ego**
  - Pleasure principle
  - Socialised part from 2 years
  - attempts to satisfy ID and superego
  - Reality principle
- Superego**
  - Moral conscience
  - Develops at 5/6 Years
  - Punishing/rewarding parent
  - idea of right and wrong
- ID**
  - Instinctual
  - Innate

**3. Stages of personality development**

- Stage 1 - oral stage - birth to 2 yrs
- Stage 2 - anal stage - 2/3 years
- Stage 3 - Phallic stage - 5/6 years
  - Identification process
  - Electra Complex
  - Oedipus complex
  - penis envy
  - castration anxiety
  - Boy
  - bad experiences = fixation
  - represent ID's focus on erogenous zones
- Stage 4 - Latency - to puberty
- Stage 5 - Genital stage - adolescence

**key ideas**

- Childhood experiences important
- Unconscious processes

**Freud**

- Neurologist
- Lived in Victorian Vienna
- Interested in neurotic disorders
- Unconscious mind
- Influenced by
  - Darwin/evolution
  - Greek mythology
  - Steam engines!

**Methods**

- data collected from
  - Middle class
  - Victorian (repressed)
  - neurotic women
- Hypnosis
- Free association
- Dreams interpretation

**examples**

- denial
- regression
- repression

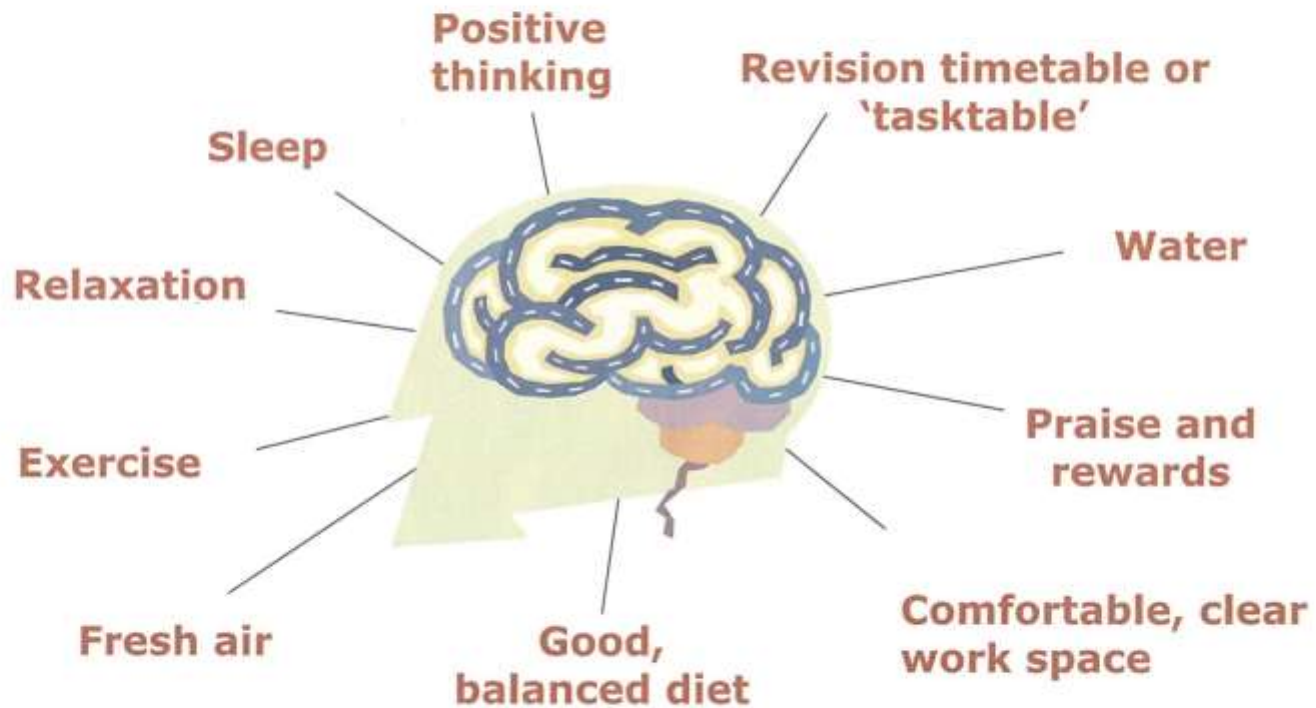
**Conflicts cause anxiety**

- Ego uses defence mechanisms



## Ten Top Tips

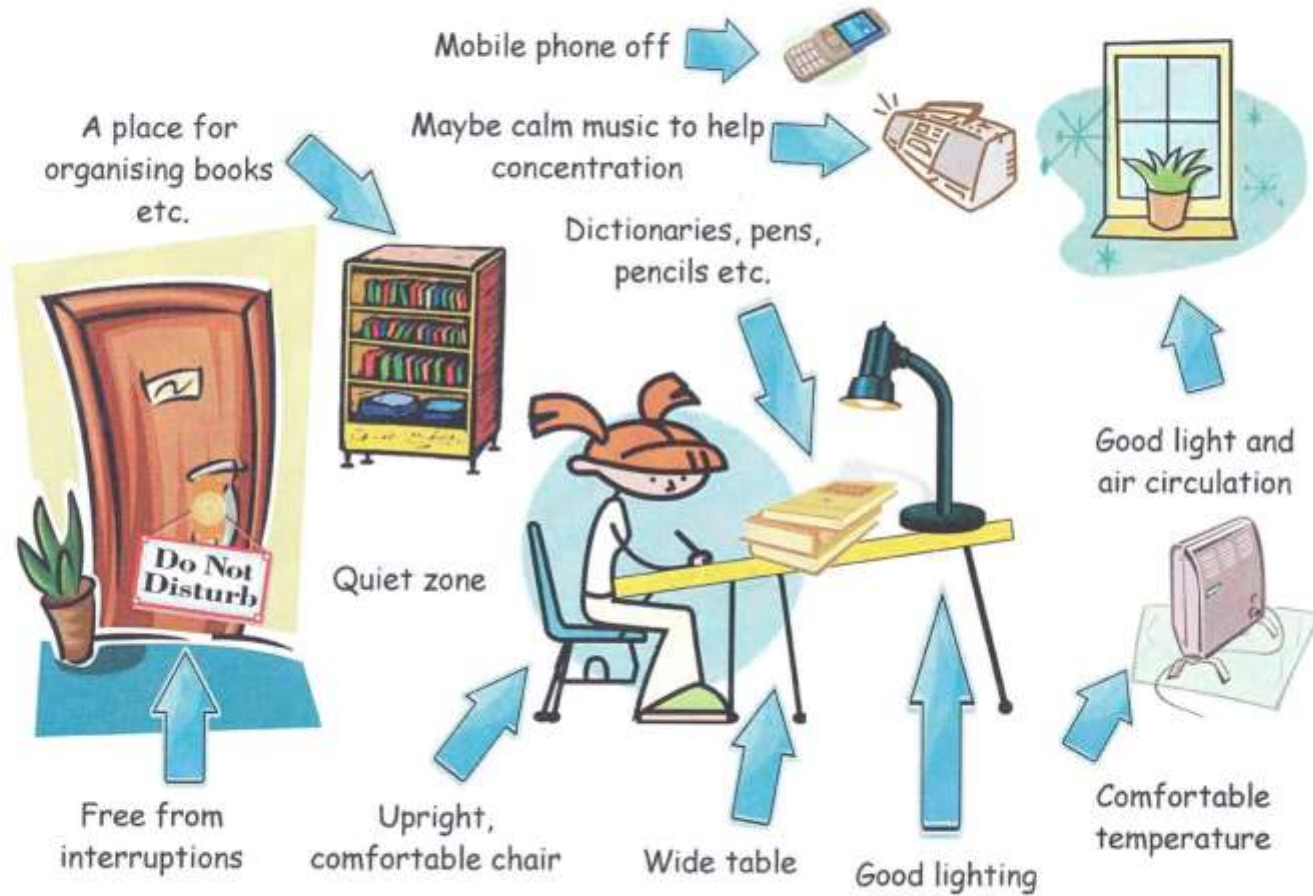
### ... For keeping the Amazing Brain Happy





## Hints for an Ideal Revision Area

providing some of these will go a long way to helping your child...





## Help provide the right resources for your child to revise actively:

- post-it notes
- pen, ruler, paper, scissors & glue
- internet access if you have it
- dictionary
- highlighter pens
- coloured pens
- revision guides, revision CDs and podcasts.



## Help your child by asking the right questions:

- When is your exam...?
- What are you likely to be tested on...?
- What do you need to take on the day...?
- What strategies are helping you most..?
- You've been studying...What can you teach me...?
- What support do you need...?



Encourage your child to use a variety of appropriate revision methods and equipment. Discuss with them how these methods work, and help them choose the best one for their learning style



## Stress Free Support

- Be positive about your child's attempts. Make an appointment with school if you are concerned about their progress.
- It's a good idea if your child has a break and something to eat before starting revision.
- Be patient! Help your child to become an independent learner. Explain how to look up information or find a word in a dictionary rather than simply giving them the answer in order to get the task finished.
- Don't let working together become a chore. Make it a special time that you can both enjoy.
- Turn off the television while revision is underway, but do let your child work to music if they find it helpful.
- Agree a place and a time for help - listening while you do another chore can work too.



- It doesn't need to be a marathon session; little and often is usually best.



- Recognise your own emotional state - if you are tense or worrying about something else, it might not be a good time to work with your child.



- Don't be afraid to STOP if it isn't going well. Try to agree what the difficulty is and when to come back together later.



- ALWAYS end with praise (they'll feel good, you'll feel good) It should be enjoyable... for both of you!



'That's a hard thing to explain. Well done.'

'Be proud that you didn't give up when you were stuck...'

'You're really good at ...'



# Key Exam Question Phrases Pupils Need to Understand

- Compare and contrast
- Describe in detail
- Explain
- Evaluate
- Calculate
- Simplify
- Show how
- Sum up
- Identify problems and disadvantages
- Explain the difference between
- Investigate closely
- Weigh up the strengths and weaknesses
- Demonstrate
- Prove/make certain
- Debate from different viewpoints
- Support (with facts, figures, examples, references) and so on
- Give a concise statement of meaning and identify the main characteristics

Mnemonics

Bullet  
Points

TIPS ON REVISION STRATEGIES

Role play

Internet/  
BBC Bitesize

Mind Maps

Recite

Make a  
revision plan

Past Papers

Posters

Write it out

Revision  
Cards

Revision  
Buddies

Condensed  
notes

Use  
highlighters

Post-it notes  
around the room

Joke

Rhyme

Revision  
Study Groups

Make up your  
own questions  
then answer them

Small chunks of  
information

Get plenty of  
sleep and eat the  
right food

Colour code  
subjects in notes

Create  
Powerpoint  
Presentations

Under the  
spotlight!

Understand your  
learning style

Spider  
diagrams

Plan breaks

Make list of  
key points

Exercise to make a  
sharper mind!