

Year 11 Assembly

12 Tips for Exam Success



Tip 1

Start revising early – Avoid Cramming!



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The human brain navigates 11 million bits of information per second **but can handle only 40 to 50 bits of information a second**

Too much information at once and the working memory starts to shut down



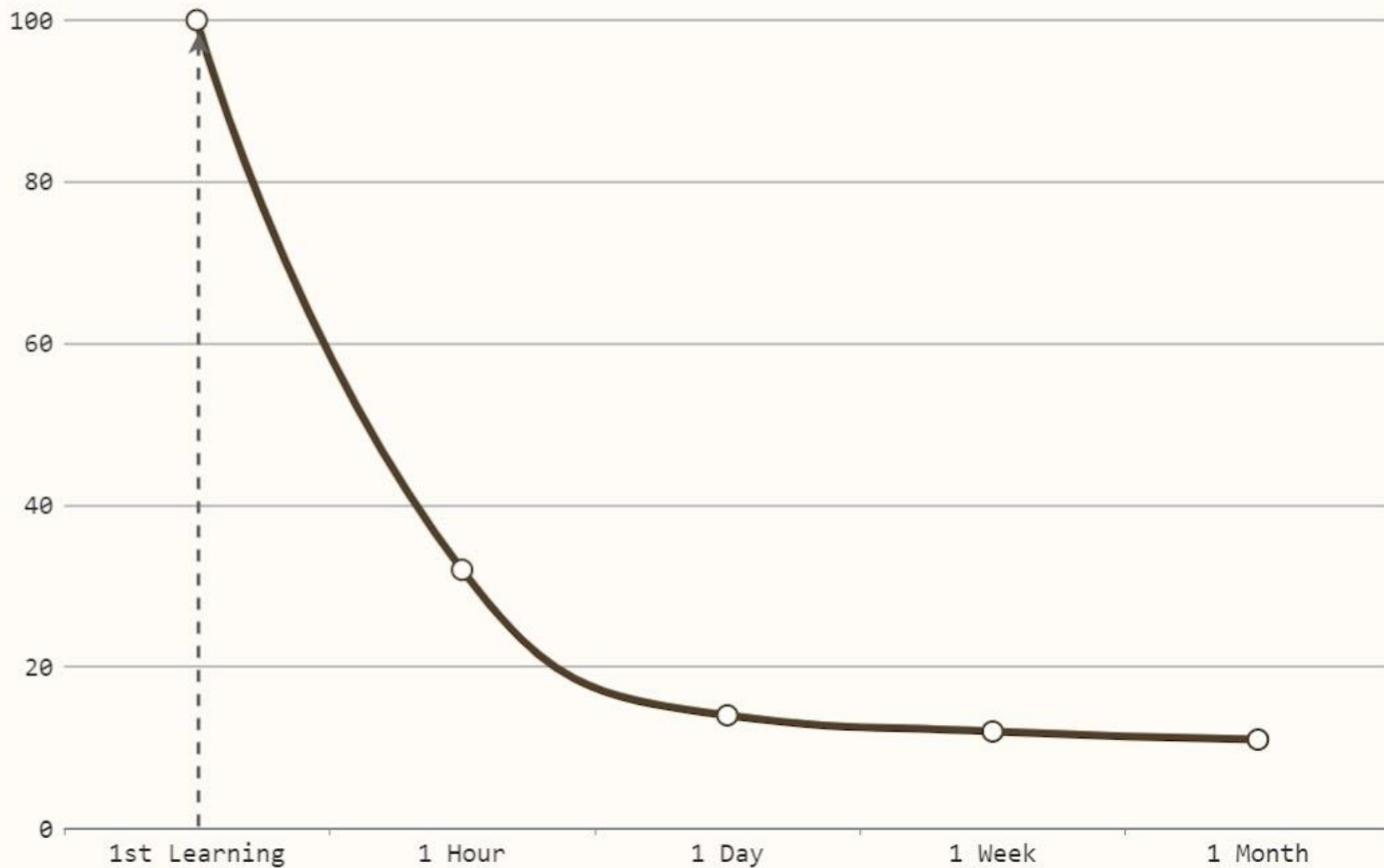
1st

Learning

Learning will be forgotten rapidly in the short term without review intervention.

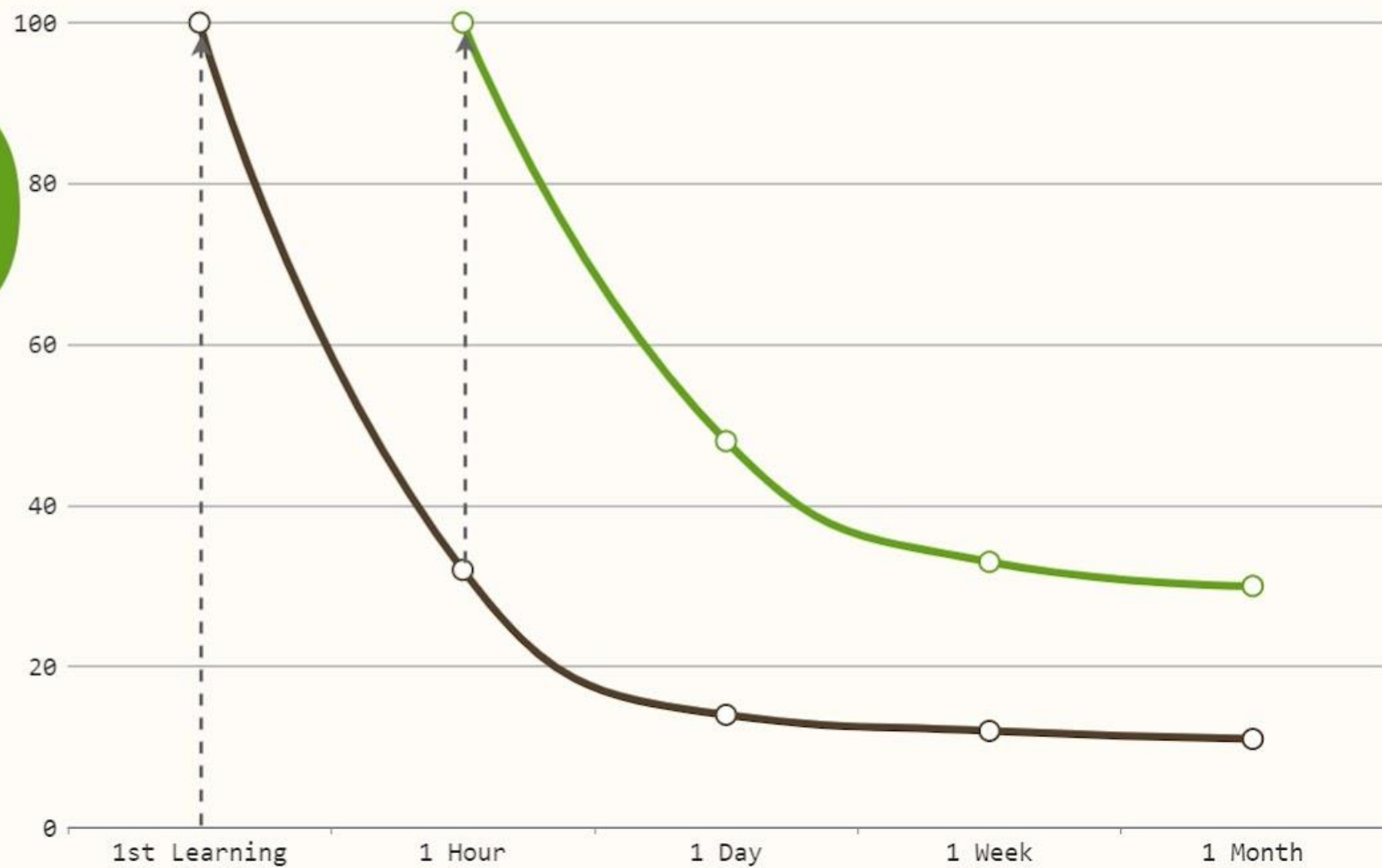
The Curve of Forgetting

Hermann Ebbinghaus



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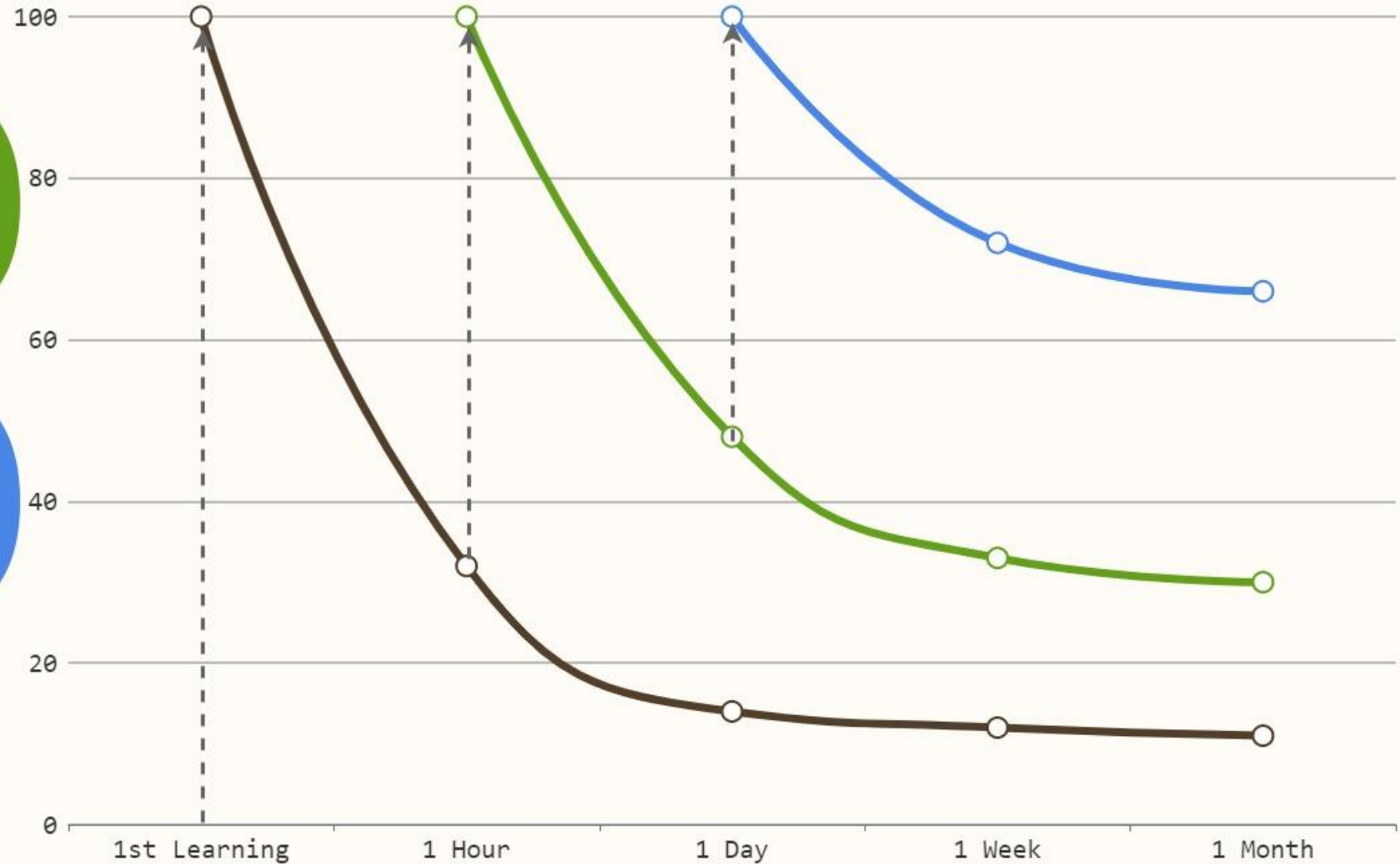


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1 Hour Review 1
Learning is refreshed and the rate at which it is forgotten is reduced. This could be in the form of questioning during the lesson or exit tickets at the end

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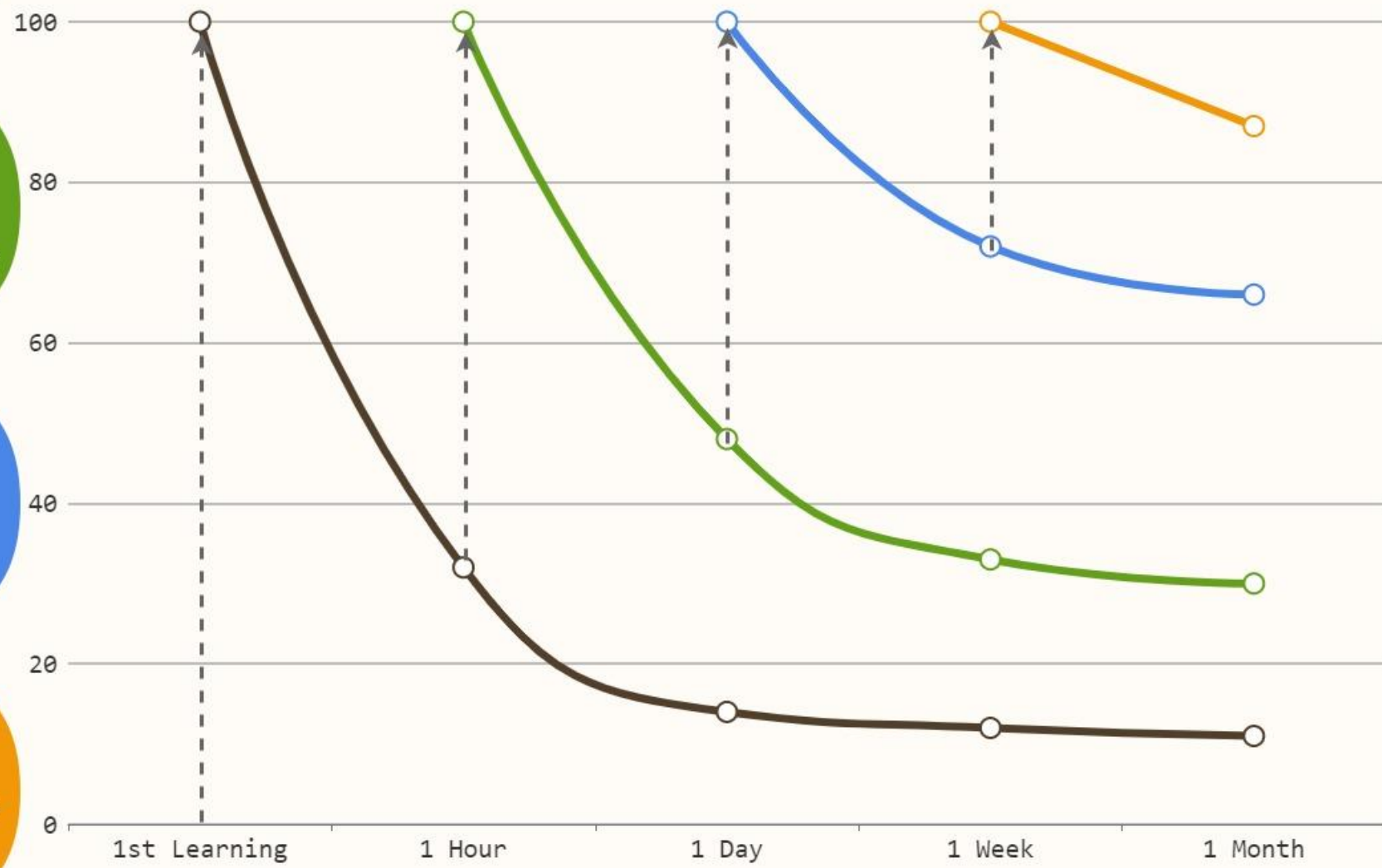
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○ 1st Learning ○ Review 1 ○ Review 2 ○ Review 3

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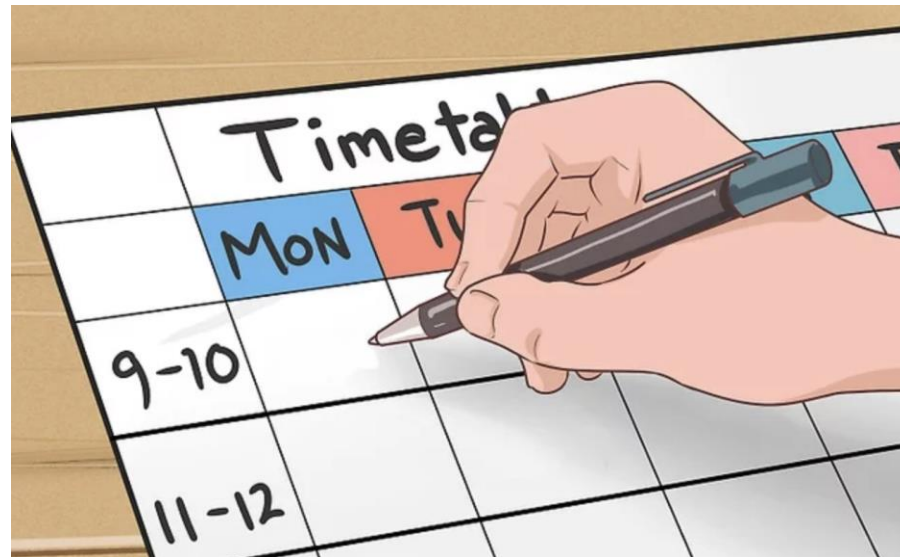
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1 Week + Review 3
This review should feed into a rolling cycle of periodic review to refresh the learning over time. E.g. Regular recall and retrieval practice

Tip 2

Plan your revision using a timetable

Planning out your revision means you can spend more time revising and less time worrying you've forgotten something.



EXAM TIMETABLE

MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

M	T	W	T	F
MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING
AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING	MACBETH	UNSEEN POETRY
CREATIVE WRITING	MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE

Tip 3

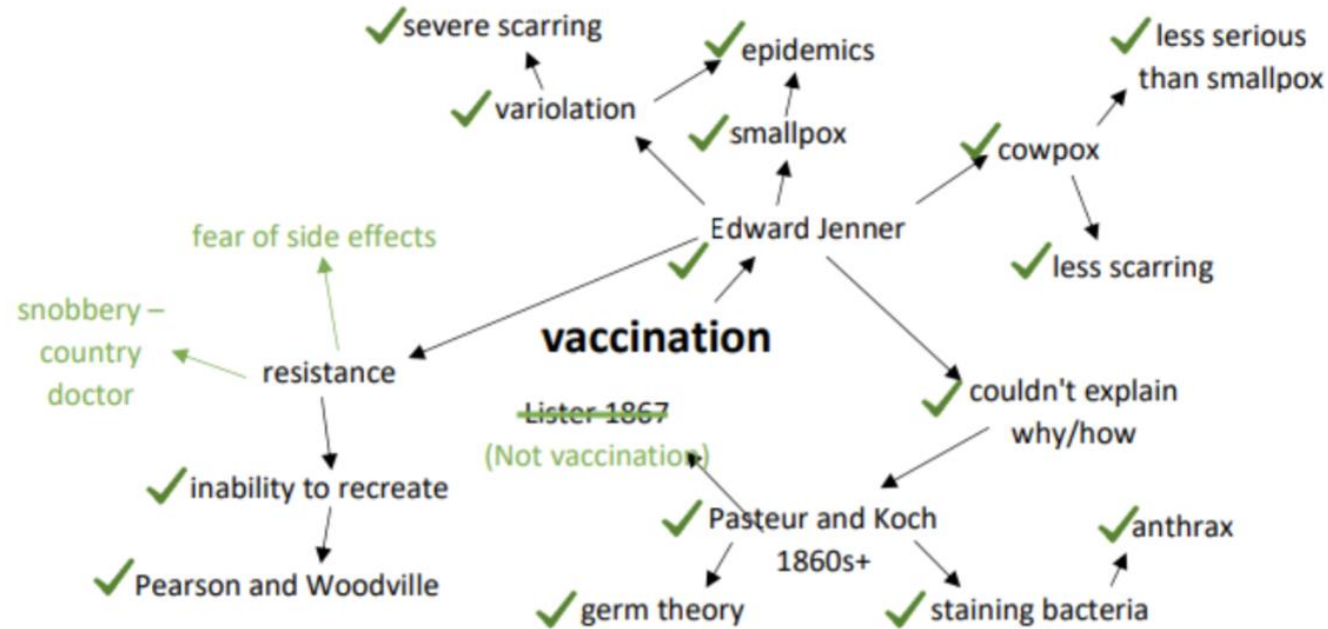
Don't spend ages making your notes look pretty

This is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art.



Tip 3

Don't spend ages making your notes look pretty



Tip 4

Set up a nice, tidy study space

You'll need somewhere with good lighting, your pens close by, your phone out of sight and your TV unplugged.



Tip 4

Set up a nice, tidy study space

Find a quiet, tidy room with minimal distractions – your bedroom, library or classroom.

Put your revision timetable, exam timetable and other documents visible on your wall

Make sure you have a drink and snack with you, staying hydrated and full is important



Put your phone in another room, it is too much of a distraction -

Loud music is a distraction, if you must listen, it needs to be low tempo, without lyrics

Have all your revision materials and stationary on your desk ready to go - make it obvious

Tip 5

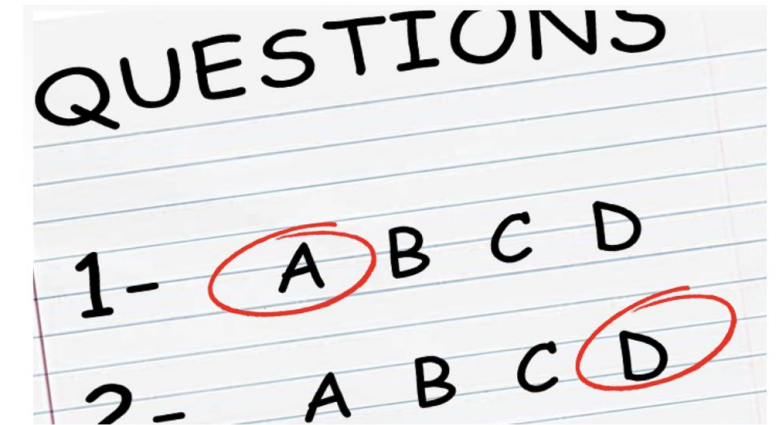
Vary your revision with different activities

Try a variety of different revision techniques — answering practice questions, writing down notes from memory, and using Revision Guides, Flash Cards, Exam Practice Workbooks



Tip 5

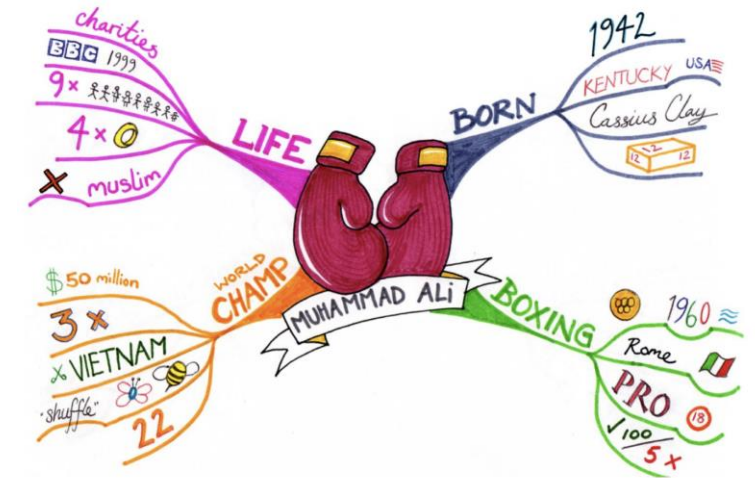
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Tip 5

Vary your revision with different activities

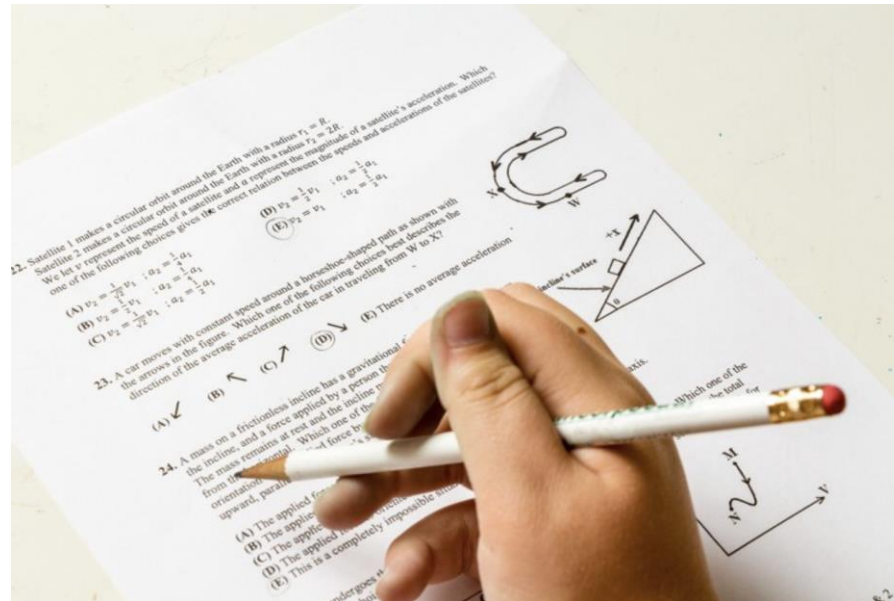
Topic	
Question 1	Answer 1
Question 2	Answer 2
Question 3	Answer 3
Question 4	Answer 4
Question 5	Answer 5
Question 6	Answer 6



Tip 6

Do lots of practice papers and questions

You'll find it far easier to answer questions in the exam if you've tried similar ones at home beforehand.



Tip 6

Do lots of practice papers and questions

DO

- Spend time practising what you will be tested on
- Try to gain better knowledge of what you **don't** know. Review old practice papers and feedback
- Make sure you review your practice – get a teacher to check it or review your notes and answers against mark schemes

Tip 6

Do lots of practice papers and questions

DON'T

- Use notes when practicing. The point is you are doing it from memory!
- Only practice areas you find easy or do well at
- Spend too long on a question – stick to timing and practicing what it will look like in exam conditions

Tip 7

Set aside time to do fun things — don't turn into a revision zombie

Don't totally stop yourself from having fun. This'll help you stay motivated, relax, and allow you to keep up with your favourite hobbies.



Tip 8

Keep your phone and other distractions away

Phones are great, but they're a one-stop shop for procrastination. Heed our warnings and stick it in a drawer while you're revising.

SAY NO
to
FOMO



Tip 9

Don't just read your notes

You have to **WRITE STUFF DOWN**. This is really basic "how to revise" stuff.



Tip 9

Don't just read your notes

Tell me and I will forget

Teach me and I may remember

Make me think and I will learn

Tip 10

Sleep and eat properly

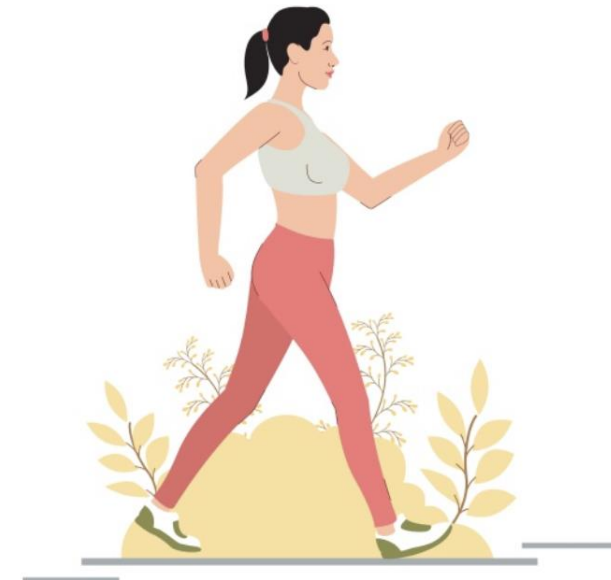
Sleep is more important than you'd imagine — it helps your brain store all the information you've learned throughout the day.



Tip 10

Sleep and eat properly

Drinking plenty of water and eating healthy foods will also boost your concentration throughout the day.



Tip 11

On exam day, make sure you arrive in plenty of time



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On exam day, make sure you arrive in plenty of time

Nothing adds extra pressure to exam day like the fear of being late. Just make sure you set off at a little earlier than usual.

While you wait, if people around you seem stressed about the exam, try to relax and not let their worries affect you.

Pack all the right equipment the night before so that you are prepared.

Tip 12

Relax! – Prepare right and you'll be brilliant



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