



Blue Coat
Church of England School
& Music College

Project 825 – Session 2

Marginal Gains in Sport & Exams: The Path to Success



What are Marginal Gains?

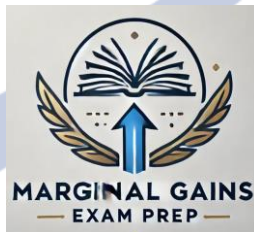
Small, consistent improvements in various areas that lead to significant overall success.

- Example in sports: Improving aerodynamics, diet, or sleep by 1%.
- Example in exams: Revising 10 minutes more each day, practicing past papers regularly.



The Power of Small Changes

- **In Sports:**
 - Team Sky's cycling success: Focused on improving every detail (gear, posture, nutrition).
 - Result: Winning multiple Tour de France titles.
- **In Exams:**
 - Small habits like reviewing notes daily or learning 5 extra key words.
 - Result: Increased confidence and improved test performance.





Shared Key Elements

Sports	Exams
Structured training plans	Study Schedules
Practicing drills/repeats	Practicing papers / retrieval
Nutrition and hydration	Healthy meals, hydration
Mental preparation/ Resilience	Stress management / Resilience
Feedback from Coaches	Feedback from Teachers

Year 11 Mock Revision Timetable

Use this timetable to help you plan your revision in the run up to your mock examination. Good, well planned, and thorough revision will help you secure a great result in the mock examinations.



	Monday	Tuesday	Wednesday	Thursday	Friday
5.00 – 5.45pm	Subject	Subject	Subject	Subject	Subject
	Topic	Topic	Topic	Topic	Topic
6.45 – 7.30pm	Subject	Subject	Subject	Subject	Subject
	Topic	Topic	Topic	Topic	Topic
7.45 – 8.15pm	Subject	Subject	Subject	Subject	Subject
	Topic	Topic	Topic	Topic	Topic

Think the 5 Ps – Prior Planning Prevents Poor Performance!





Breaking Down Marginal Gains for Exams

Strategies for Students

Daily Improvements:

Add 10-15 minutes of focused study to your routine.
Learn/refine key concept(s) every day.

Efficient Use of Time:

Use commute or waiting time for flashcards or audio learning.
Revise notes immediately after lessons to reinforce memory.

Practice and Feedback:

Take timed mock tests.
Review mistakes and focus on weak areas.

Health and Well-being:

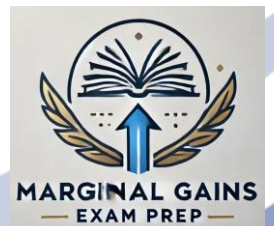
Prioritize sleep for better memory.
Stay hydrated and take active breaks.

Digital Detox:

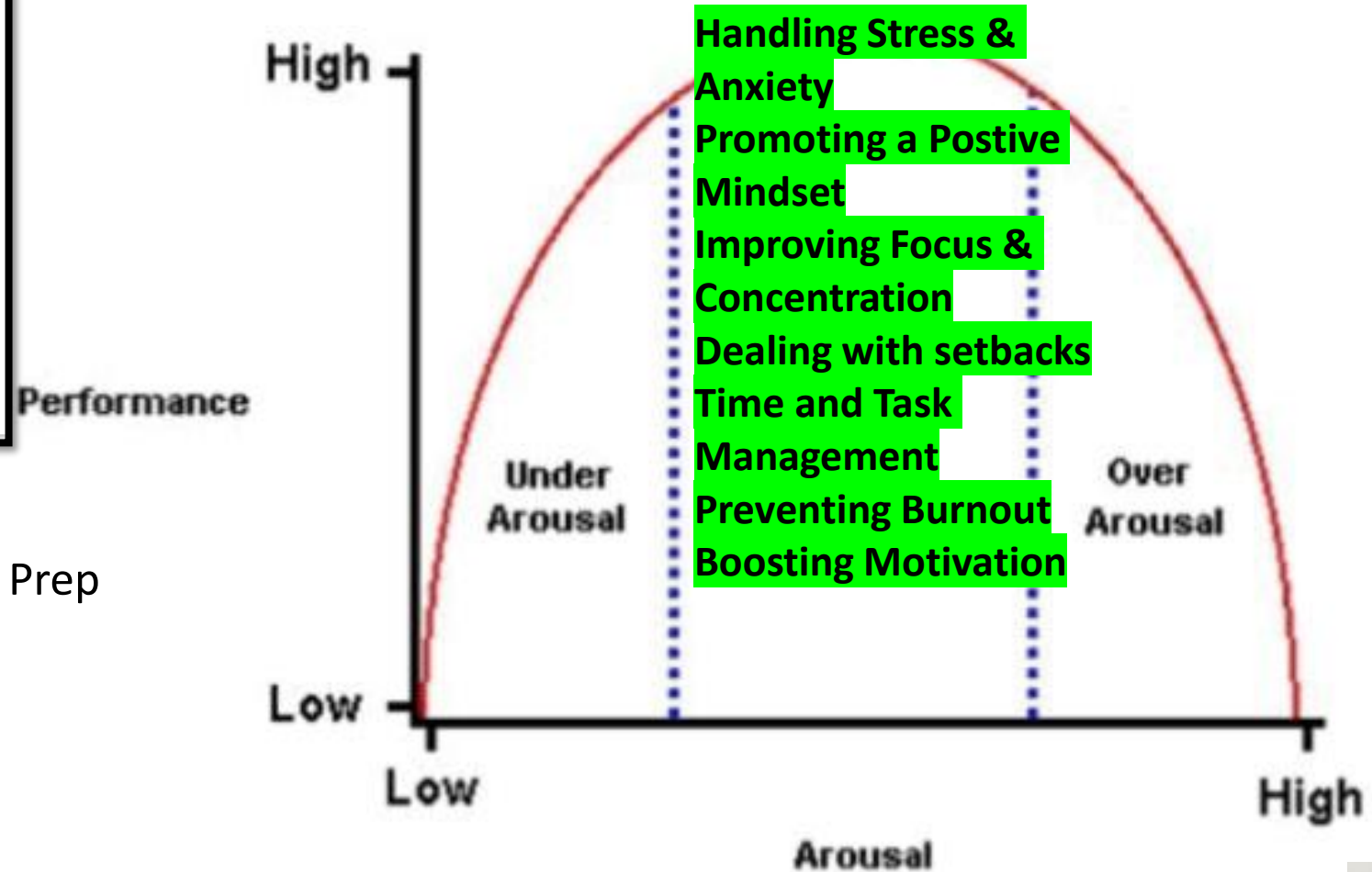
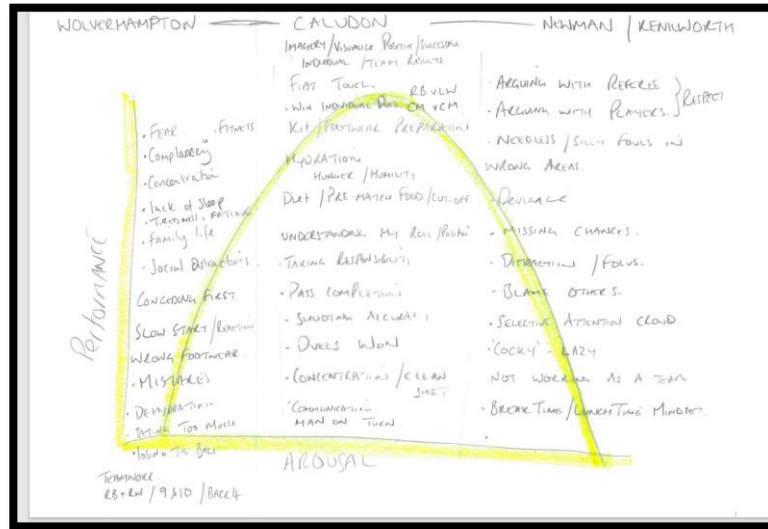
Minimise Social Media
Streaming

Strategies for Parents

- Encourage a positive routine.
- Provide a conducive study environment.
- Celebrate small achievements to build momentum.
- Support healthy habits like balanced meals and regular breaks.
- Provide emotional support
- Stay involved without micromanaging (ownership/comparisons)



Mental Health & Resilience *Getting in the Zone...*



5 Ways to Build MH & R for Exam Prep

- Practice Mindfulness
- Set Realistic Goals
- Visualisation
- Challenge Negative Thoughts
- Develop a Routine



825 – Session 2 Agenda

1. Mrs Kershaw- what can I learn from previous mocks & how can i prepare for the up and coming mocks (10 mins)
2. Ms begum – key revision strategies to use (10)
3. Miss Preece- Practical tips for students and parents: (10)
4. Mr Tomlinson - Mocks & Examinations (5mins)



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Ms Begum



What Students Say

- *My number one gold-star advice (and I genuinely believe this is the only reason I got my A* in English language) is this: read the examiners' reports. Then read them again.*
- *Exam-technique wise, this is the most useful and important resource you have. Utilise it. Be all fancy and print it off and highlight key points and make spider diagrams. Stick it on your fridge. Memorise it,*
- *If you're doing an essay subject, you walk into that exam knowing that, for the past five years in a row, examiners have given high marks to pupils who offer criticisms to viewpoints, or who relate to personal research.*
- *One way to structure a revision timetable is to allocate revision sessions and breaks within certain times, such as 45 minutes of revision followed by a 15 minute break, which is repeated.*



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Mrs Kershaw



1. What Can Be Learned from Mocks

Key Insights for Students:

- Identify strengths and weaknesses from previous performance
- Prioritize areas needing focused revision based on analysis
- Avoid common mistakes (timing, application, and analysis)
- Use feedback to redraft and improve responses with mark schemes



2. Preparing for Year 13 Mocks

Preparation Strategies:

- Use past papers and examiners' reports to practice under timed conditions
- Focus on understanding and responding to command words in questions
- Develop a revision plan covering all topics with time for practice exams
- Leverage tools and apps for planning and engaging study sessions

What can you do together?



Focus on timing

- 1 mark 1 minute

Do past questions / essay style answers under timed conditions

- When looking at model answers. Know when to stop!
 - “I'm going to stop here because...”
 - “I don't need to rewrite the question here because...”.
- Imagine that ink is the most precious resource in the world.
 - Practice writing an answer to a question that would get full marks but using the fewest possible words.
 - Use past Mark schemes to create a model answer
 - Make it into a competition.

What can you do together?



Practice makes permanent

If students prepare for exams by completing a huge number of past papers but continue to make the same sort of errors, they will repeat these errors in their exam.

One important part of teaching exam technique is redrafting.

- Keep handing an answer back until all mistakes are corrected and they can show that they know how to write the best possible answer.

Encourage them to use the mark scheme when redrafting their work.

What can you do together?



Exam Technique

- understanding **exam technique** is not about **what** you know, but **how** you **apply** your knowledge under exam conditions.

Whilst **revision** is a vital part to getting good exam results, **examination technique** is also important.

Key to this is the importance of understanding “**Command Words**”.

It is important to **always read the whole question**

Top tip: ALWAYS HIGHLIGHT THE COMMAND WORDS IN EACH QUESTION

What can you do together?



Establish a date for your exams

Divide all the topics and areas you need to cover according to the time you have

Let's say there are **75 days** until an exam and the Computing Syllabus has 14 chapters. I would revise a new topic every **2-3 days from a revision guide**, giving myself two rounds of revision for the entire syllabus and almost **three weeks** of exam question practice at the end.

There's an APP for this!

	A	B	C	D	E	F	G	H	I
1	←			Year 13 - 31 weeks countdown: tasks and topics					
2	w/b			CPE	HPR	Project			
3	28-Feb			Data structures Linked lists theory / practical	Computational methods (a) Features that make a problem solvable by using computational methods (b) Problem recognition. (c) Problem decomposition.	1 lesson p/w		1 hr after school	
4	07-Mar			Data structures Graphs theory and / learning steps	(d) divide and conquer (e) Use of abstraction.	1 lesson p/w		1 hr after school	
5	14-Mar			Graphs continued	(f) Learners should apply their knowledge of: • backtracking • data mining • heuristics • performance modelling • pipelining • visualisation to solve problems.			1 hr after school	
6	21-Mar			Project finish off	Project finish off	all week		1 hr after school	
7						<u>revision homeworks from exam board guidance U1</u>		<u>revision homeworks from exam board guidance U2</u>	1hr per week revision / t
8	28-Mar			Hash tables / Data structures recap / exam practice	2.1.5 Thinking concurrently (a) Determine the parts of a problem that can be tackled at the same time. (b) Outline the benefits and trade offs that might result from concurrent processing in a particular situation.	1.1.1 Structure and function of the processor (b) The Fetch-Decode-Execute Cycle, including its effect on registers (d) The use of pipelining in a processor to improve efficiency (e) Von Neumann, Harvard and contemporary processor architecture		2.1.1 Thinking abstractly (a) The nature of abstraction (b) The need for abstraction	1hr per week revision / t
9	04-Apr			2.3.1 Algorithms (a) Analysis and design of algorithms for a given situation. (b) The suitability of different algorithms for a given task and data set, in terms of execution time and space.	2.2.1 Programming techniques Recursion LMC Assembly language	1.1.2 Types of processor (a) The differences between and uses of CISC and RISC processors 1.2.1 Systems Software (d) Scheduling: round robin, first come first served, multi level feedback queues, shortest job first and shortest remaining time		2.1.2 Thinking ahead (c) The nature, benefits and drawbacks of caching (d) The need for reusable program components	1hr per week revision / t
	Easter 2 weeks						1.2.2 Applications Generation (d) Translators: Interpreters, compilers and assemblers		

Apps / Websites



Computing Specific – Isaac Computer Science – regular on line booster sessions

- Computing Specific – Physics and Maths Tutor – Great Computer Science Resources
- Craig N Dave YouTube videos – short sharp and insightful, Full Paper Walk Throughs



Deck the halls

Celebrate the holidays with our festive A level Student Boosters!

Whether revising or exploring new computer science topics, these sessions offer a compact understanding of each concept. Gain confidence and the knowledge to sleigh your exams.

Algorithms: Pseudocode and Flowchart

Tuesday 12 December 2023

17:00 – 18:30

[Book your spot](#)



Search & Sort Algorithms

Thursday 14 December 2023

16:00 – 17:30

[Book your spot](#)

Complexity & Big(O)

Thursday 11 January 2024

16:00 – 17:30

[Book your spot](#)



Apps to help with organisation



Adapt – [Here](#)

Improved Time management and Organisation

Unlimited past paper questions with real time feedback

Every Subject and exam board covered

Input subjects and exam boards get a plan to exam day – flexible plan that stays up-to-date even if your child doesn't stick to it!

Has a parent portal to support child's revision

TimeTree

Having a revision timetable and prioritising certain subjects is key to exam success.

TimeTree is a calendar app that's a handy visual aid to see which tasks you need to complete each day and when you have a deadline coming up.

You can colour code each subject or task, create notes and set yourself reminders.

To stay on track:



Forest

Forest is designed to keep you off your phone and focus on revision.

You can plant a tree which will only grow if you leave your phone alone for a set period of time.

If you go on your phone, the tree dies.

It's surprising how motivating it can be to see your forest grow as a result of your hard work!

For revision on the move:



Quizlet

Quizlet is a great way to make sure all your revision is at your fingertips, as you can pop your notes onto digital revision cards within the app.

Once you've uploaded your flashcards, you can use them to play different games and test yourself in lots of different ways, so it's perfect for keeping revision interesting.

Seneca

Has lots of content pre-loaded into the app, so you don't even have to spend time uploading it yourself!

You can complete quizzes, word fills and games whilst being rewarded for the number of tasks you complete.



The Statistics:

66% material is forgotten after 7 days

88% material is forgotten after 6 weeks

Reading notes and text books leads to a mere 10% retention

So how can I find more effective ways to revise?



How to Revise for my A Levels? POSITIVE MINDSET!

Top 6 strategies – worked with my A level Business/Economics students

1. Use and create your own Revision Planners
2. Use your knowledge organisers
3. Videos – YouTube – selection of videos important
3. Practicing Past Paper Questions – lots of them- self marking/teachers/ Essay plans
4. Retrieval Practice – i.e. Mind Maps on each topics, questions/Quizzes
5. Teamwork/Groupwork – planning exam questions together, working with peers, assessing one another
6. Use PLC (Personalised Learning Checklists for your subject) – create your own

Be Organised:

WHERE? Sit at a desk – somewhere designed for study

WHAT? Make task specific & realistic

HOW? Like > Less favoured > Like

WHEN? Alert times of days

WHY? Review and do self reflections

FILLING SYSTEM NOTES? Less is more

FOCUS – WORK ethics (opportunity cost of time organisation)



REVISION ACTIVITIES

Mind-maps

Key words – post-its

Flash Cards

Podcasts

Family and Friends Test

(YouTube, Seneca Learning)

Essay plans

Highlight (command words, key words)

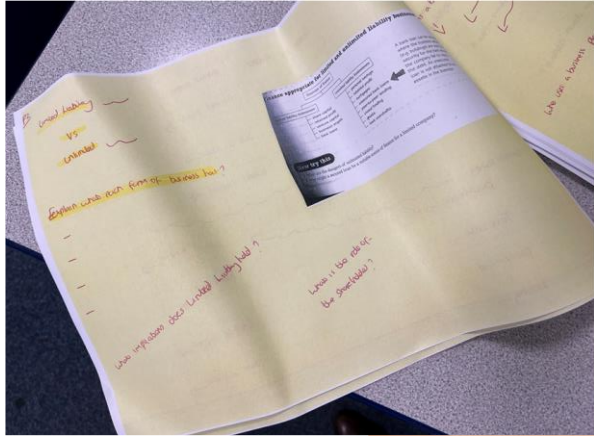
Chant/Rap

Exam questions and mark schemes

Write your own Q's

Mnemonics





KNOWLEDGE

- Mind maps
- Knowledge Organisers
- Create your own revision cards
- Use a textbook or revision guide to create your own summary notes
- Create and play games
- Play quizzes such as: Blooket, Khaoot, Quizziz and others

SKILLS & APPLICAITON OF KNOWLEDGE

- Read around your subject
- Watch/read the news appropriate to your subject
- Watch podcasts
- Know the exam technique
- Create essay plans where appropriate
- Familiarise yourself with the specification and all the command words you need to know.

Exam Technique, Revision and Exam Skills

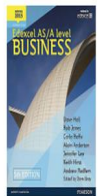
EXAM TECHQNIUE

1. Read the exam questions properly and underline keywords and command words
2. Know your exam appropriate techniques – use acronyms (ie AJIM, PEE etc)
3. Go through model answers and mark schemes
4. Read the examiner’s reports for key strengths, common mistakes students have made in previous series exams

Other help

- Have monitoring mechanism to achieve goals
- Attend intervention sessions – use the help you can get
- Use study periods well
- Use the resources well – selection of what resources to use to revise – see your teacher or a peer for help

THEME 1
Case Studies & Model Answers
9BSO A level Business



1.1.1 Evaluation essay on why Beer Motors has developed a competitive edge. 12 marks

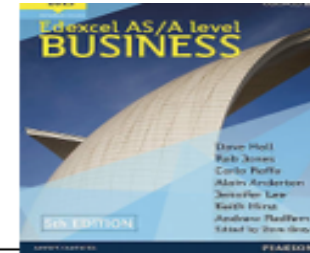
1.1.1 Demand

1.1.1 Evaluation essay on why Beer Motors has developed a competitive edge. 12 marks



Examples of revision materials used in the past – Easter Revision Planner

EXAM TOPIC TRACKER FOR EDEXCEL A-LEVEL



A Level Business Revision Planner 2024

A level Business – Revision Planner
Revision timetable is ~~organised~~:

Theme 1 and 4: Paper 1
Theme 2 and 3: Paper 2

Exam Dates:

Business					
	9BS0 01	Paper 1: Marketing, people and global businesses	Tuesday 23 May	Morning	2h 00m
	9BS0 02	Paper 2: Business activities, decisions and strategy	Wednesday 07 June	Morning	2h 00m
	9BS0 03	Paper 3: Investigating business in a competitive environment	Wednesday 14 June	Morning	2h 00m

- 9BS0 01 Paper 1: Marketing, people and global businesses **Tuesday 23 May Morning 2h 00m**
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Websites:

- [Business | Business | tutor2u](#)
- Seneca
- [Revision Quizzes for A Level Business | Business | tutor2u](#)
- Paper 1 and 2 revision: YouTube [Bizconsesh - YouTube](#)
- Paper 1 Revision Blast Theme 1 - <https://www.youtube.com/watch?v=swG9YP9Unzc>
- Paper 1 Revision Blast Theme 2 <https://www.youtube.com/watch?v=sNiGkMO4TDk>

Revision Guide:

[Pearson REVISE Edexcel AS/A level Business Revision Guide & Workbook: for home learning, 2022 and 2023 assessments and exams \(REVISE Edexcel GCE Business 2015\) \(Packaging may vary\): Redfern, Andrew: Amazon.co.uk: Books](#)

Wednesday	Thursday	Friday	Saturday	Sunday
5 th April Unit 4-5 Demand Pages:23-28 Supply Pages: 27-30	6 th April Unit 7-8 PED Pages: p35-39 YED Pages: 40-43	7 th April Unit 9-10 Prod/service /design Pages:44 -48 Branding/ Promotion Pages: 48-58	8 th April	9 th April Unit 11-12 Pricing Strategies Pages: 57-62 Distribution Pages:63-68
12/4 Unit 17-18 Motivation Pages:99-108 Leadership Pages: 109-113	13/4 Unit 19-20 Role of Ent Pages: 114-120 Ent Motives & characteristics Pages:121-125	14/4 Unit 21& 24 Bus. Objectives Pages: 128-129 Choices Pages 141-144	15/4	16/4 Unit 22-23 & 25 Forms of Bus 1 & 2 Pages: 130-138 Entrepreneur to Leader Pages: 145-148
19/4 Unit70 – 71 Trading Blocs Pages: 424-430 Conditions prompting trade Pages: 431-435	20/4 Unit 72-73 Assessment as a country as a market Pages:438-441 Assessment of a country as a Production location Pages: 442-447	21/4 Units 74-75 Mergers or joint ventures Pages:448-452 Global Competitiveness Pages:453-458	22/4	23/4 Unit 76-77 Marketing Pages: 459-463 Niche Markets Pages: 464-467
28/4 Exam Paper 1 Oct 2020 Question Paper 1 2020	27/4 Theme 2 Managing Business Activities Unit 28-27 Finance (Int/Ext) Pages:149-157	28/4 Unit 28-29 Liability Pages:158-162 Planning Pages: 163-169	29/4	30/4 Unit 30-31 Sales Forecasting Pages: 170-175



Examples: mind maps and essay plans – linked to specification

Application and Analysis:

1.4.1 Approaches to staffing

Approaches to staffing	
Individual methods	
Collective methods	

Video:

Revision Activity:

Application and Analysis:

1.4.2. Recruitment and Selection

Recruitment and Selection: Methods, Costs and Benefits		
Reasons for recruitment	1) Expansion 2) Employees leaving 3) New skills needed 4) Relocation	
Recruitment Methods	Internal Recruitment Methods	External Recruitment Methods
Internal Recruitment	Advantages	Disadvantages

Essay plan

Essay Title:
Case study Evaluate the extent to which companies like Nestle contribute to increased Globalisation. (20 Mark)

Introduction – Knowledge

Define Transnational companies/Multinational companies /Globalisation

Arguments	Point 1	Point 2	Point 3 (Balance)
Point <ul style="list-style-type: none"> State the point (in every paragraph) 	<ul style="list-style-type: none"> How Big is the business – how many operations does it have. 	<ul style="list-style-type: none"> How do transnational help with foreign businesses – i.e. think about partnership they create with foreign companies 	Talk about the counterargument who would disagree with the part they play in globalisation
Analysis <ul style="list-style-type: none"> Logical chains of thought Link to theory and models BLT (Because/leads to/therefore)	<ul style="list-style-type: none"> How does Nestle contribute to growing economies – GDP What are they building in foreign countries/buying What future plans have they got – BLT this all 	Think about how this helps with globalisation – give examples for context What joint ventures have they had What connections do they have suppliers and suppliers do they rely on. Also, how they help create employment	Think about that their contribution to globalisation might be more based on pressure for profits – returns for their owners. BLT – links to expanding their activities for new business opportunities Make link to cost cutting
Evidence <ul style="list-style-type: none"> Application from the case Examples 	How does all this help with globalisation	Give examples from the case study and link it back to increased globalisation Links to Global youth to give evidence to back up huge contributions they make	Add Quantitative Data Add Qualitative Data So How will t
Link <ul style="list-style-type: none"> Back to the question 	Use BLT – Link back to globalisation	Link back to opportunities in different countries (what has aided this growth)	What does this depend upon on the new market? Think about economic cycle/conditions/PESTLE

Conclusion

A	Answer	How important is Nestle contribution to globalisation – think about the size of the business and MOPS
J	Justify Use MOPS	What market is it – Dynamic or static – does it depend on Tech Objective – what is their main objective Product/Service – compare it to competition Situation – Can they compete/Established or new
I	It depends	

DISCOM Conclusion

- D** Decision is (use MOPS)
- I** It depends upon
- S** Short term v Long term
- C** Cost implications
- O** Opportunity cost
- M** Most important consideration

Knowledge organisers – linked to specification



Market research is the collection, presentation and analysis of information relating to the marketing and consumption of goods and services. It helps to identify customer needs and wants.

Qualitative research: based on opinions, attitudes, beliefs and intentions. This kind of research deals with questions such as "Why?", "Would?", or "How?" – open questions
Quantitative research: the collection of data in larger samples that can be quantified and are often represented in numerical form e.g. 15% - closed questions

Edexcel A-level Business Theme 1

1.1 Meeting Customer Needs 1.1.2 Market Research

Sample: a small group of people who must represent a proportion of a total market when carrying out market research

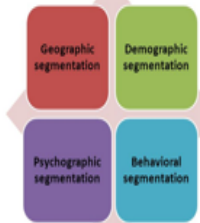


	Definition	Examples	Pros	Cons
Primary Research (field)	Gathering new information that which does not already exist	Questionnaires, postal surveys, telephone interviews, personal interviews, focus groups or consumer panels, observations, test marketing, social networking, databases	<ul style="list-style-type: none"> Specific to individual businesses needs 	<ul style="list-style-type: none"> Expensive Time consuming Bias Human behaviour
Secondary Research (desk)	The collection of existing data	Information externally from competitors e.g. sales, government publications, the internet and internally from sales figures, internal databases and annual reports	<ul style="list-style-type: none"> Relatively cheap (or free) Quick 	<ul style="list-style-type: none"> Not specific to businesses individual needs

Market research is used to identify and anticipate customer needs and wants, how much demand there might be and to gain insight into consumer behaviour

Geographic & demographic looks at different customers have different needs depending on where they live and who they are:
 Age
 Gender
 Income
 Social class
 Ethnicity
 Religion

Segmenting Consumer Markets



Geographic	Demographic	Behavioural	Psychographic
"Customers within 10 miles of the M25"	"A Level & University Students"	"Customers wanting a value for money / impulse buy"	"Customers who prefer to buy fairtrade food"
Customer location Urban / Rural ACORN classification	Age Gender Occupation Socio-economic group	Rate of usage Benefits sought Loyalty status Readiness to purchase	Personality Lifestyles Attitudes Class

Behavioural looks at how customers relate to a product:
Usage rate: customers are categorised according to how frequently and how many products / services they buy
Loyalty: customer are categorised according to their product loyalty

Socio-economic groups: division of people according to social class

Whether a business will be more product or market orientated will depend on:

- The nature of the product
- Policy decision
- The views of those in control
- The nature and size of the market
- The degree of competition

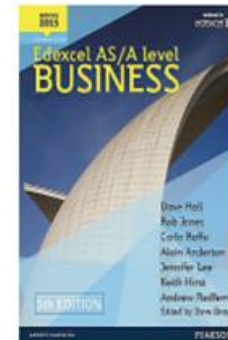
By using segmentation, businesses are more able to meet the needs of customer groups. Benefits include:

- Increase in revenue
- Increased customer loyalty
- Avoid wasting money on promotions by targeting only customers who are interested in the products / services
- Can gain wider target markets by aiming products and several groups

THEME 1

Case Studies & Model Answers

9BS0 A level Business



(c) Explain one way in which Best Western has developed a competitive edge. (4 marks)

Each hotel in the Best Western group is independently owned. Hotels range from 12th-century castles to those that give their own product. To those with 4000 parks and golf courses. By emphasising the individuality and variety of hotels in the chain, Best Western has gained a competitive edge.

According to Tim Wade, head of marketing at Best Western: "Because every hotel is independent, every hotel has its own personality, and we had a real opportunity to extend and agitate the formula: hotel chains and now something very different about ourselves. Rather than going for traditional demographic segmentation, the new product, as Tim explains, targeted independent-minded people, who don't want the same experience everywhere... We already had the product, it was more about getting people to take notice or look at it from a different perspective. This was the approach used by Best Western to gain an edge in the hotel market."

(d) Assess the importance to Best Western of product differentiation in this case. (12 marks)

In order to reposition the Best Western hotel chain it was felt necessary to differentiate its product from those of other chains. The hotel market has become very competitive in the UK. Large chains such as Premier Inn, Travelodge and others have used extensive TV campaigns to win larger market shares. The way forward for Best Western was to emphasise the individuality of their hotels and target a particular market segment. Rather than going for traditional demographic segmentation, the new product targeted independent-minded people who preferred some variety in accommodation choices. Best Western has managed to distinguish itself very effectively from brands like Premier Inn, ibis, Cruise

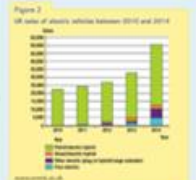
Place and the Holiday Inn. These chains tend to offer standardisation in many aspects of their operations. For example, whichever hotel you stay in, room design, furniture, layout, facilities, pricing and other features are common to all units in the chain. This has advantages, but it was not the approach Best Western took.

1.1.1 The Market

Case study

HYBRID AND ELECTRIC CARS

Growing concern about the environment, and government incentives, have led to a surge in the sale of hybrid and electric cars. In 2014, hybrid cars were the most popular type of car, followed by electric cars. The number of hybrid cars sold in the UK rose from 10,000 in 2010 to 100,000 in 2014. The number of electric cars sold in the UK rose from 1,000 in 2010 to 10,000 in 2014.



As a result of the surge in sales, the government has announced a new incentive for hybrid and electric cars. From 2015, the government will offer a 50% discount on the purchase price of hybrid and electric cars. This is expected to lead to a further increase in sales.

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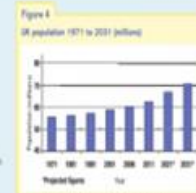


1.2.1 Demand

Case study

BARCHESTER HEALTHCARE LTD

Barchester Healthcare Ltd is one of the UK's largest providers of care homes. It employs over 17,000 staff providing care for over 11,000 residents in over 300 locations. The profit-making company is currently considering a high-quality purpose-built care home at a picturesque site by a river in Dorset, Wiltshire. The home will provide residential and nursing care, including dementia care, to 60 elderly.



The home's publicity states it will employ highly trained staff and provide a home specifically designed to help people with dementia, including memory loss for well-known residents. The company is also considering facilities to help residents to get on with everyday activities including adapted kitchen equipment and sensory gardens.

Figure 3: Bar chart showing the UK population (male and female) over 75 in 1971 to 2011. The number of people over 75 rose from approximately 1.5 million in 1971 to 3.5 million in 2011.



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Project 825 – Session 2
Miss Preece

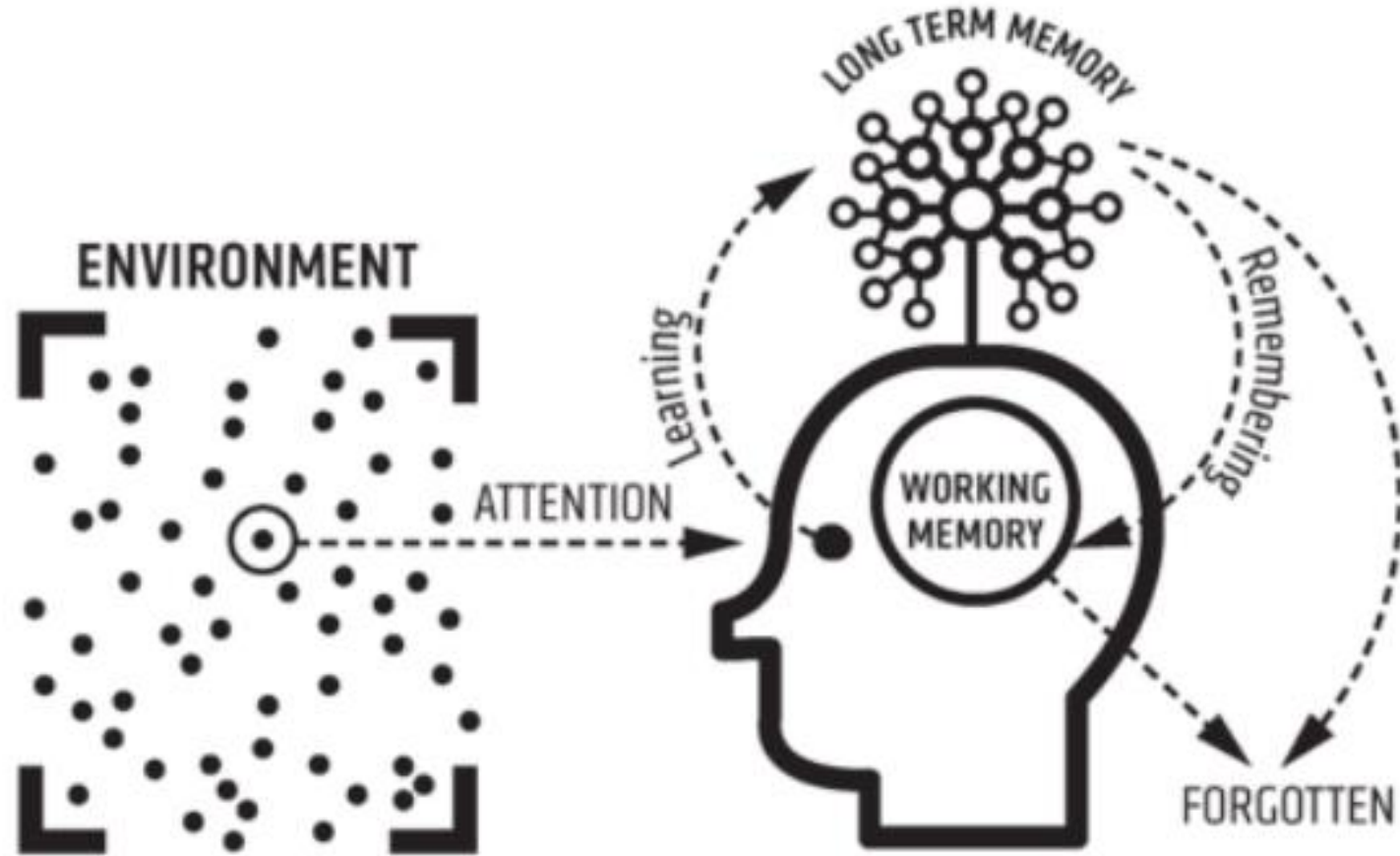


Aim

To discuss how you can support your children's studies at home and how to access useful materials...

...so that you are confident to support with your child's revision.

How we learn





Productivity: Getting things done

- Have a timetable
- Space learning – don't cram it
- Focus and don't multitask – think about where revision is taking place
- Bitesize & track triumphs
- Make it a habit, repeat the habit
- Set goals and take breaks
- Rewards



Timetabling: Fitting it all in

How to do your first Pomodoro:

Take a longer break
(30 minutes).

8

Repeat 3 times.

7

Take a 5-minute
break.

6

STOP when the
timer ends.

5



1

Get into an optimal
work space without
distractions.

2

Choose ONE
task to focus on.

3

Set your timer
for 25 minutes.

4

Do your work.



Don't put off the hard stuff

How To Eat The Frog



1. Identify Your Frog

Find your hardest task of the day or the task that scares you the most.

2. Eat It

Don't procrastinate any further. Eat the frog! a.k.a. do your most important task first thing in the morning.

3. Repeat Every Day

Stick with it! You'll be amazed by how this method lets you accomplish impactful work.

Presidential management: What to do & when

The Eisenhower Decision Matrix





Remember

- You do not need to be a superhero.
- There are times when we all need help– it is ok to ask for help.
- Don't forget to celebrate all the things you do well. Make a 'Bravo' list



Strategies

- Self Quizzing
- Practice Explaining
- Summarising
- Flashcards
- Mapping
- Brain Dumps
- Exam Questions & Practice

Self-Quizzing

Why:

- Enhanced Memory Retention
- Identification of Knowledge Gaps
- Improved Exam Performance
- Increased Cognitive Effort

How:

- Gather or generate quiz questions
- Answer the questions unaided
- Check answers
- Identify areas for restudy.
- Test again. Repeat

Practice Explaining

Why:

- To explain something you have to pull together all the relevant knowledge, put it in the correct sequence and connect it up so that it makes sense to yourself and others!
- This strengthens connections and helps to identify areas of weakness.

How:

- Study the material
- Run through explanations with prompts
- Run through explanations without prompts
- Reviews success: check for accuracy
- Repeat the explanation, adding detail.

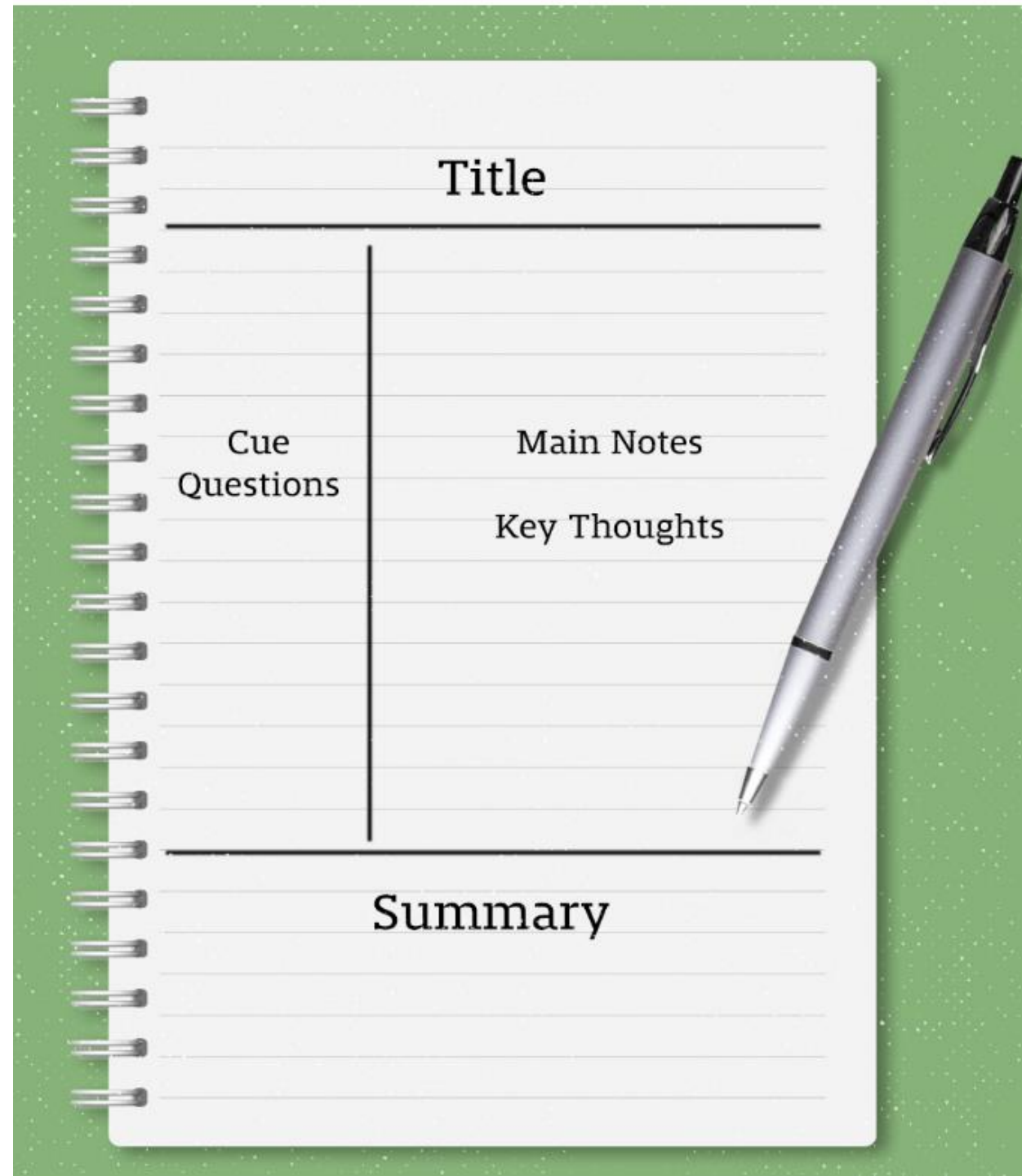
Summarising

Why:

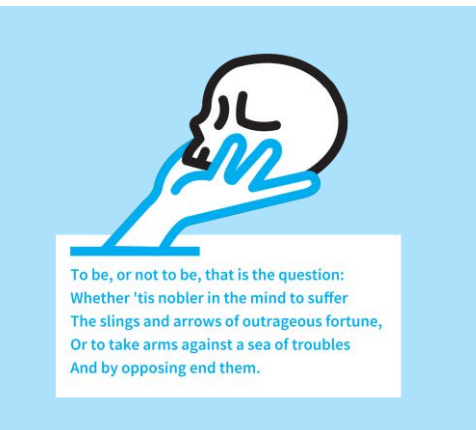
Filtering and Reducing down learning to memorable chunks to support knowledge consolidation.

How:

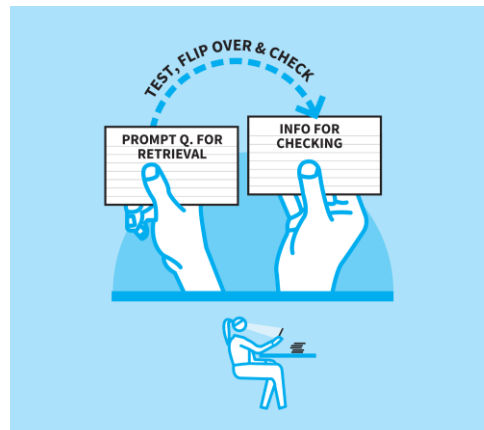
Cornell Method: Note taking that is focused on chunking learning, summarising and analysing key enquiries



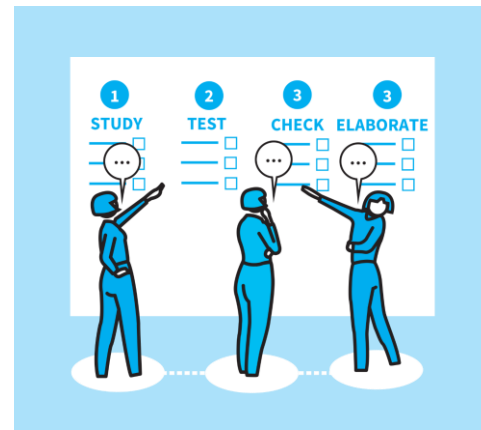
Flash Cards



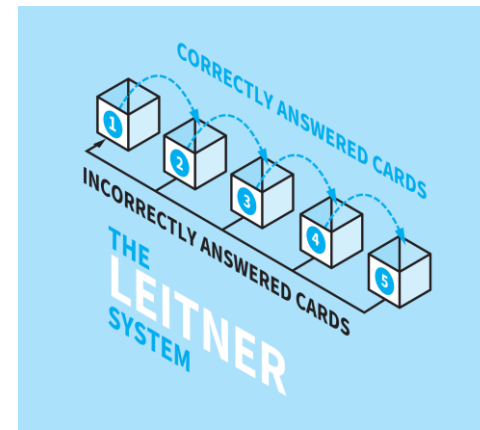
ESTABLISH QUIZZABLE
KNOWLEDGE ELEMENTS



CREATE TWO-SIDED FLASH
CARDS



ESTABLISH THE CHECKING
PROCESS



BUILD FLUENCY THROUGH
REPETITION



VARY THE CARDS AND CHECKS

Why:

Increasing the spacing slightly each time the information is correctly recalled is the most effective way to ensure that the information enters long term memory – students are testing themselves just before they forget it.

This works on building mental models – adding more knowledge and reducing cognitive load.

Brain Dumps

Why:

- As we mentally scan our schema, we might activate knowledge connected in a range of ways.
- The free flow of a brain dump can help flush out a more expansive set of ideas.

How:

- Select a topic & related prompt.
- Write down any key concepts.
- Organise and connect ideas
- Check for accuracy & gaps
- Extend depth & range.

Mapping



Why:

- Our mental models often have a spatial element to them.
- We can capture these on paper with word diagrams: lists, tables, flow charts etc.
- They help to organize ideas and remember.

How:

- Organize ideas
- Categorize & compare
- Sequence & timeline
- Hierarchies & branching trees
- Recreate & check for accuracy.

Resources

PHYSICS & MATHS TUTOR

HOME REVISION COURSES PAST PAPERS GCSE / IGCSE FIND A TUTOR A-LEVEL UNI ADMISSIONS SHOP TEACHERS' AREA CONTACT

Find a Tutor

Find an online or in-person tutor

Revision Courses

Courses for GCSEs, A-levels and University Admissions

Revision

Revision notes, key points, worksheets and questions by topic from past papers

Maths | Physics

Biology | Chemistry

Economics | Geography

English | PS

Computer

Past Pa

Past GCSE/IGCSE a

Solution Banks

Solution Banks for A-level Maths

PMT Education Blog

PMT Education's advice blogs for students, parents and teachers.

SENECA

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Parents, use for free

STUDENTS
& PARENTS

LEARNING WALKTHRU'S | BETTER LEARNING STEP BY STEP

70+ 5-STEP
TECHNIQUES
FOR SUCCEEDING
AT SCHOOL



TOM SHERRINGTON
OLIVER CAVIGLIOLI

HOW WE LEARN
IN THE CLASSROOM
FEEDBACK & IMPROVEMENT
STUDY HABITS & TECHNIQUES
READING & WRITING
INDEPENDENT LEARNING
LEARNING IN SUBJECTS

JOHN CATT
FROM HOOPER EDUCATION

Join class

Login

Sign up





Blue Coat
Church of England School
& Music College

Project 825 – Session 2
Mr Tomlinson



Summer Exams – Do

- Go to the toilet before the exam
- Take the correct equipment required for the paper
- Remove lids from calculators
- Switch your phone off and put it in your bag in the Sports Hall and place it in the phone cabinet when in the Main Hall
- Allow the examiners to check for headphones if wearing a head covering or if you have long hair
- Follow all instructions given by the invigilation team



Summer Exams – Don't

- Write or draw on the candidate card
- Verbal or none verbal communication with another candidate
- Take a watch, phone or smart device of any kind into the exam
- Leave labels on bottles
- Doodle or write anything offensive on your exam paper as you may be disqualified



Summer Exams – Key Message

- Any broke rules must be refered to the exam board
- Blue Coats Exams Officer, SLT or invigilation's have no choice but to report infringements
- Do not waste 2 years of study for a poor choice on the day



NEA & AI



- You can use but you **MUST** reference and not make out its your own work – you have signed a declaration
- **Detection software will be used** when we suspect it has been used
- It has given is **100% identification** where AI has been used
- Board take a 0 tolerance for the none referenced use of AI and you could be sanctioned by the exam board – potential loss of the qualifications
- Not referencing other peoples work including AI is **PLAGARISM**





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Thank you for your time