

Notes from the parents talk on 'Helping your Children Learn and Revise' held on 7th November 2013

Content:

- Understanding learning and memory
- Planning revision
- Making a brain frame
- Using technology and other resources to make revision different and exciting
- Developing transferable skills needed for GCSE, A Level, University and Workplace

Understanding Learning

- Learning is experience, everything else is info
- Teachers can't assume they are there to teach and the children's responsibility is to learn
- Student need to LEARN first, summarise main points and then revise
- Exam technique = revision = brain training
- 70% of info is lost within 24 hours; it needs to be written in simple notes and revisited little and often
- Revision – move everything learned from short term memory to long term memory
- **Little and often** is the key

KEY PROCESSES IN REVISION

Receive into through senses

Rehearse in working memory

Retain in long term memory

Review often

Retrieve from long term memory

- Dyslexic children find retrieval most difficult and it gets worse with stress (associate with a picture/music/event)
- Keeping a **Learning journal** (what you've learned today) is really important
- Memory:

Association helps

Working memory is directly linked to academic success

Grouping of info (max 7 in a group from temporary to working memory, max of 7 groups to long term memory) – dyslexic children can only deal with 3 sets of info at one time and can only store one at a time and retrieval of info is very difficult.

Planning is important:

- Find out how much time it will need
- Divide time into stages which are manageable
- Group the info

Long Term Memory

- Episodic (remembering event)
- Autobiographical (info about own life especially emotional events)
- Semantic (stored knowledge)
- Procedural (actions or skills learned through practice)

If info not consolidated/learned by the end of the day/end of the week, it will be lost.

Keeping a learning journal and organising notes and revision material is crucial to retain info.

Highlight what you don't understand.

Preferred learning styles – really important to understand the preferred learning style for new learning

Visual	Auditory	Kinesthetic/Practical
Posters/brain frame	Podcasts (GCSE pods)	Flash card using Ipad
CPG Revision books: questions & answers!		SAM learning
		Cue cards

All 3 routes are better than only one! Independent learning should be done in a preferred learning style.

Multisensory working experience is the best – hear it; see it; do it

Brain waves: beta, alpha (subconscious/LTM), theta, delta-alpha best for reviewing learnt material

Overview (see leaflet)

What every student needs to have:

- Exam board code
- List of topics, evaluate what they know
- Brain frames or other revision material
- Posters at home to look at frequently
- Outlook planner with exams and topics to revise
- Student friendly syllabus with smiley faces and starting with *I can...*

Resources – textbooks; class notes only if extracted and summarised; workbooks; quizzes; testing each other; notes on I pads; posters and brain frames

Evidence

Sample past papers & marksheet!

Students have to mark themselves, this is the most effective strategy

Ownership of learning and evaluation important as students need instant feedback.

Learn terminology

- Organising learning – calendar – put it on and put in brain frame topics
- Brain frame – visualises the process, summarises lots of info, mixture of visual and linear
- Uses higher level thinking skills! **Select, prioritise, link**
- State of mind and self-belief very important

Mind maps are good but could be overwhelming

Brain frame: easier to recall

How to do it (see leaflet)

When finished – look at it, little and often. Add detail if needed

Application of brain frame:

- To decode questions
- To memorise, promote higher level thinking/understanding

Coping with stress

- Breathe in and out 5 x
- Think about something positive
- Discuss purpose
- Reward

Every student in Year 10 and Year 11 will be given a BRAINPOWER booklet; all have access to SAM learning and GCSE pods via FROG.