



Effective Home Revision

Advice on supporting young people to consolidate their learning at home.



Please remember to mute yourself

EFFECTIVE HOME REVISION - 30 minutes



- Why revise?
- Practical tips to support your child
- Where to start?
- Encouraging a growth mindset
- Wellbeing
- Getting organised
- How to revise?
- Achieve
- Hints and tips
- Useful resources



Why Revise?

Revision should be a long-term, ongoing learning strategy reinforcing school work

- Memorising summarised notes + repeated practice recalling key information
- Improved understanding of key components
- Improved exam technique
- Improved confidence + wellbeing

Practical tips to support your child

- Help with organisation of studying.
- Support healthy living through diet, exercise and sleep.
- Minimise distractions and interruptions.
- Establish routines and good study habits. Clamp down on procrastination.
- Clear boundaries and consequences.
- Be aspirational and reassure your child that they can do it
- Be there for them, supportive and encouraging.

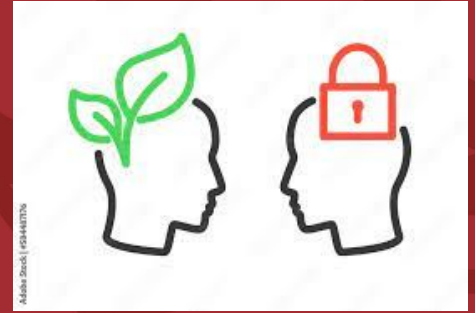
Where to start? ...

With your child:

- Make calendar for your child's main assessments and SQA exams
- Create a timetable and agree on time slots for homework and revision
- Negotiate a study plan. Each specific subject should be given time. Include what will be done in the sessions (e.g. practice questions / flashcards).
- Access SQA Past Papers and Marking Schemes.
- Agree on rules / expectations (phone usage / music / etc).
- Enforce this plan and provide praise and reward when it is followed.
- [Study Timetable template](#)

Encouraging a growth mindset and avoiding unconscious bias

- Foster a positive attitude towards challenges and learning from failures.
- Emphasize the importance of effort and perseverance
- Perception and confidence relating to a subject can be changed by the way others feel about a subject.
- It is important to stay regulated and positive about all subjects, and try not to discuss areas you feel are less important or that were negative in your own experiences.
- Instead, provide praise where a young person deserves it and encourage them to be aspirational for all subjects.



Wellbeing

- Stress and anxiety
- Balancing social life and study
- Quality sleep routine
- Sleep is vital for consolidation - where learning throughout the day is re-organised as long-lasting memories within the brain
- Water - dehydration reduces productivity
- Food = fuel
- Movement breaks

TOP TIPS FOR SLEEP HYGIENE

Do something relaxing between studying and bedtime.

Avoid screen time near bedtime.

Avoid caffeine and high sugar food and drink.

Stick to your routine – sleeping-in or napping can have a huge impact on your sleep pattern for the next few days.

Getting Organised

- Be realistic, set a starting point.
- Stick to it
- Reassess regularly.
- Build a weekly timetable.
- Monitor your progress and schedule.
- Act upon feedback.
- Build in time for relaxation.
- Use a checklist.
- Apps e.g. MyStudyPlan

The collage features several educational planning tools:

- My Weekly Revision Timetable:** A grid for planning study time from 8:00 am to 3:00 pm across the days of the week (Monday to Friday).
- To do list:** A checklist for planets, with radio buttons for selection:
 - ☐ Mercury
 - ☒ Venus
 - ☐ Mars
 - ☐ Jupiter
 - ☒ Saturn
 - ☒ Neptune
 - ☐ Pluto
- Priorities:** A section listing three priorities:
 - 1 Jupiter is a gas giant and the biggest planet in the solar system.
 - 2 Saturn is a gas giant and has several rings.
 - 3 The Sun is the star at the center of the solar system.
- Mobile App Interface (My Study+):** A colorful app interface with various icons for navigation:
 - My Account
 - My Study Plan
 - My Exam Plan
 - 22 Days Left
 - Store
 - Blog & Share
 - Get Your Study Plan
 - Calendar
 - Class
 - My Status
 - Email
 - Booking

Getting Organised

- Get materials organised, notes, folders.
- Where to study - no right answer - everyone is different
- School, library, bedroom, another room in your house, the sitting room.
- What do you need?
 - A desk or table
 - Chromebook with internet access
 - A notepad
 - Pens, pencils, erasers, highlighters
 - Folders with dividers
 - Sticky notes / Flashcards
 - Specialist equipment



How to revise?

<https://www.bbc.co.uk/bitesize/articles/z6pv3k7#z3gwqfr>

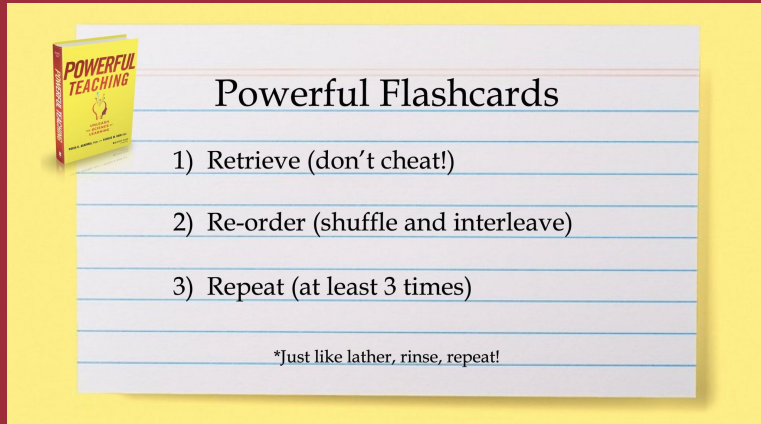
- **Set targets** - learners should know what they are going to study before the study session begins. Have clearly defined times for a variety of revision techniques including practicing questions, marking answers, condensing notes, completing past papers and using memory aids such as flashcards.
- **Switch off distractions** (TV, phone, internet, music?)
- **Multi-tasking is a myth!**
- **Maintain focus** - use timers (Pomodoro technique) - short bursts of concentration - train - extend
- If your child is struggling and wasting time with a task, move on and come back to it. However... they shouldn't avoid areas they don't like or find difficult.

Flash Cards

Have a question or topic on the front and key information, such as themes, headings, answers or definitions, on the back.

Read the front, attempt your answer verbally/written and then check the back.
Get family/friends to quiz you.

Online versions; Quizlet, Brainscape, Cram



Powerful Flashcards

- 1) Retrieve (don't cheat!)
- 2) Re-order (shuffle and interleave)
- 3) Repeat (at least 3 times)

*Just like lather, rinse, repeat!

How to Use Flashcards Correctly



Make each flashcard set unique



Revise information regularly



Use spaced learning



Don't lie to yourself



Find a flashcard study partner



Keep old flashcards after using them



Alternate your flashcards



Try other study methods

Note Taking

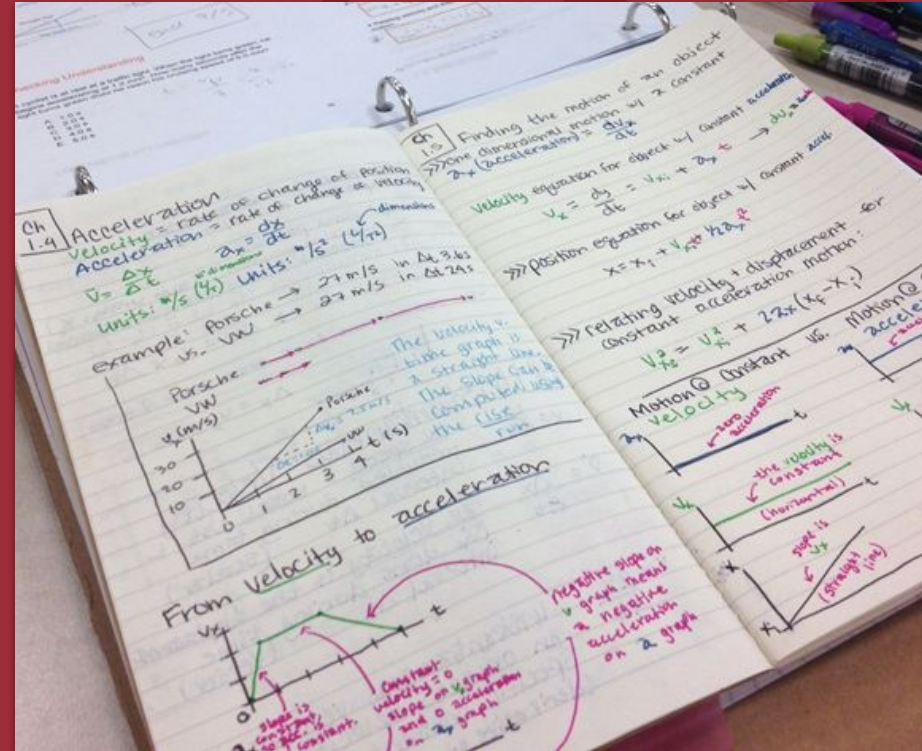
Bullet points and abbreviations will help to minimise reading and writing time

A **different colour** of pen for each component will help you visualise content

Drawing boxes around key words will make them stand out

Underlining or **highlighting key words** will deepen your understanding

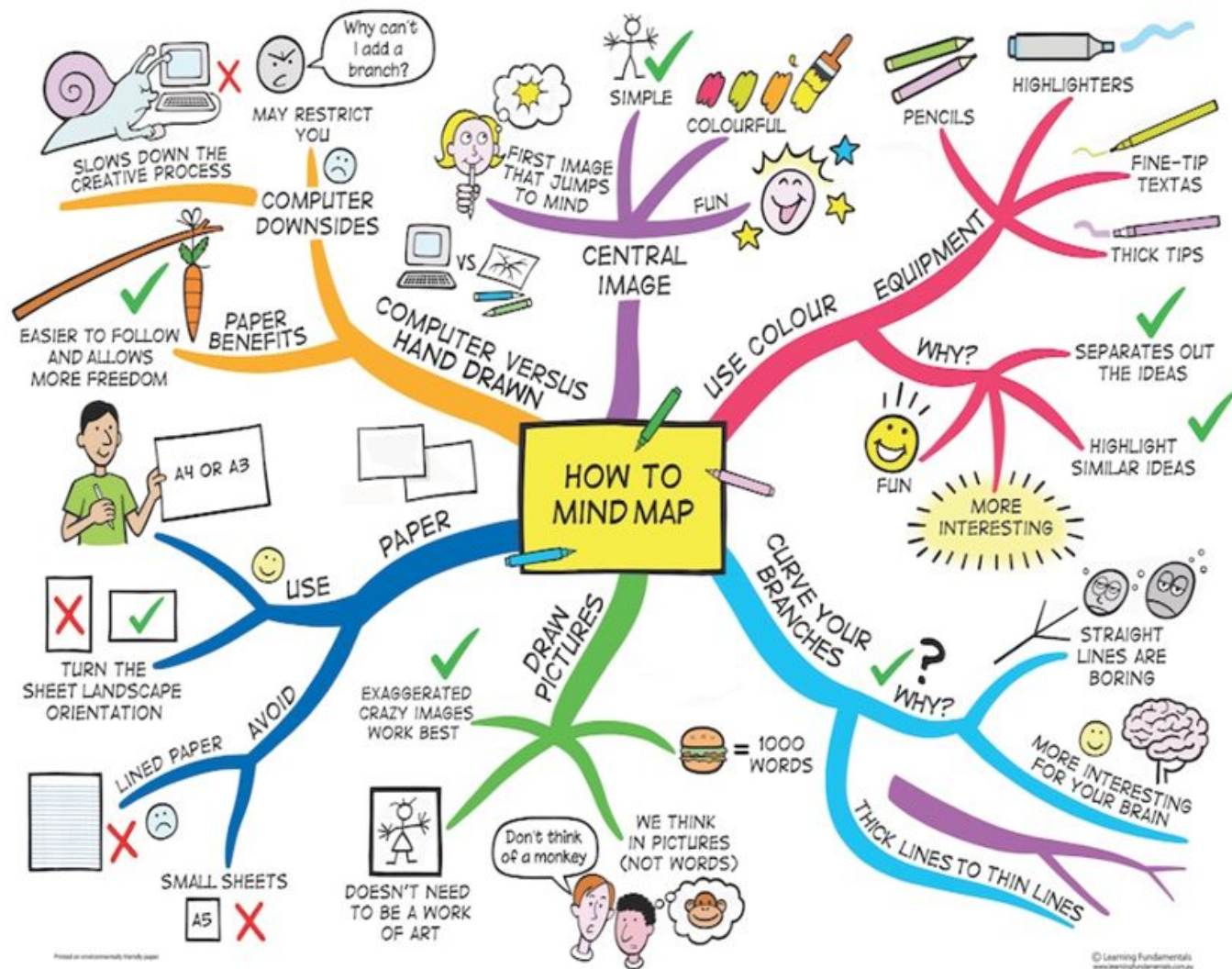
Writing notes should not be the main focus of revision. It will, however, make it easier to review topics and revisit specific areas of weakness.



Mind Maps

Great for visual learners.

Bright and colourful images and text can improve the brain pathways for information recall.



Other Revision Techniques

Revision Aids – Have key information around your study room to help you memorise it

Revision Videos – Take key points down in note form, create your own

Tests/Quizzes – Achieve, Bitesize, Kahoot, Wordwall etc. or homemade tests

Teach someone else – This will allow you to organise key points

Acronyms – E.g. **SMART** Targets

Specific / **M**easurable / **A**chievable / **R**ealistic / **T**ime-bound

Mnemonics – Can you make up a phrase to help you remember a key concept?

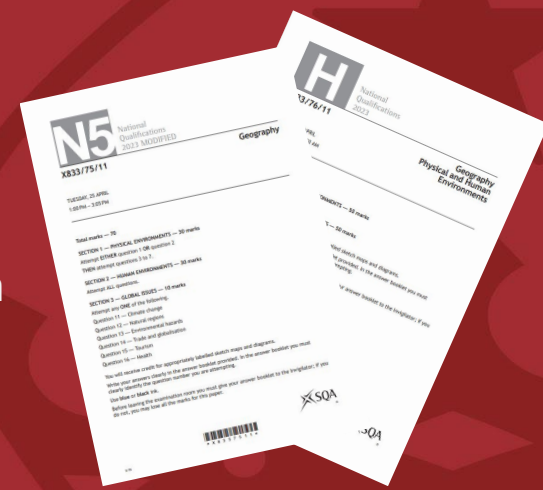
Richard **o**f **Y**ork **g**ave **b**attle **i**n **v**ain

Red **O**range **Y**ellow **G**reen **B**lue **I**ndigo **V**iolet

Image assisted mnemonics - using visualisation to recall facts

Past Papers

- A key part of exam preparations.
- Students should check with their teacher what content they can answer questions on.
- As your child approaches their exams, try and complete full or chunks of past papers.
- Practice time management.



- Students may arrange to give completed practice paper to their teacher to be marked but could also benefit from marking their work themselves, using the mark scheme. This will let learners see where marks are given, and how to structure their answers to access as many marks as possible.
- Students should make clear and definite arrangements to get feedback to discuss areas that need further revision.

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

Practice, practice, practice

- Good revision begins on day one.
- Good practicing
 - Has to challenge
 - Has to be the right sort (variety is good)
 - Has to be regular
- Work on the problems that are difficult and force you to think.
- Study for a decent length of time, pushing yourself, but employing best study techniques. What is the best way of getting information into long-term memory?
- Regular practice gets information into your long-term memory from which it can always be retrieved.
- LRP x 3 (learning, revising, practicing)

Why is practice so important?

- Research tells us that the right brain cells (neurons) connect through a network of branches (dendrites) so that electric signals can pass along the networks.
- New skill = weak pathways
- More practice = stronger connections as signals can move more efficiently
- Task becomes easier / Learning happens
- **Practice makes perfect!**



Achieve

<https://achieve.hashtag-learning.co.uk/>

- One stop revision shop
- Covers most subjects - pupils should ask their teachers.

The screenshot displays the Achieve website interface. At the top is a purple navigation bar with a logo on the left and links for Home, My Courses (with a dropdown arrow), Learn, Assess, Self-evaluate, and Quizzer. On the right side of the bar are a globe icon, a yellow 'More #' button, and a settings gear icon. Below the navigation bar is a 'My Courses' section with a dark blue header and an 'Add Course +' button. It contains two course cards: 'National 5 Geography' (green) and 'Higher Geography' (orange), each with a globe icon. Below this is a row of four activity cards: 'Learn' (dark blue header, white body), 'Assess' (dark blue header, white body), 'Quizzer' (dark blue header, white body), and 'Self-evaluate' (dark blue header, white body). Each card contains descriptive text and a corresponding action button: 'Learn' (orange 'Learn' button with a laptop icon), 'Assess' (pink 'Assess' button with a list icon), 'Quizzer' (green 'Join' button with a plus icon), and 'Self-evaluate' (blue 'Self-evaluate' button with a bar chart icon). At the bottom is a dark blue 'Help' section.

FAQ

Should I ban ICT/Phones?

Some of the most valuable resources are located online. It is advantageous to use electronic devices to access these, but only when it is not a distraction. Follow strict rules when using ICT such as – no phone / phone on 'do not disturb', no social media, and stick to the study plan at all times.

How long should students be studying for?

45 - 90 minutes per day.
(increasing in the build up to the exams).

Importance of breaks

Should I allow my child to listen to music while studying?

There are advantages and disadvantages to letting young people listen to music. It can block out other noises in the household, can relax them which can stimulate the brain and increase the chances of the information being absorbed into memory. However, loud music can be distracting. They may become more interested in their playlist than their work. And it can sometimes lead to day-dreaming... try and find a rule that works for the individual.

Useful links

- Google Classroom - each subject has one.
- The SQA provides a range of Information for Learners as well as Past Papers and Marking Instructions for every subject and level. This includes advice on study timetabling and an exam-timetable builder.
- Parentzone, from Education Scotland, provides a wide variety of information and support for learning at home and revision. It also offers '*in a nutshell*' summaries for National 4, National 5 and Higher courses.
- BBC Bitesize has learning and revision tools for many subjects at National 5 and Higher level. Many subjects utilise Heriot-Watt University's SCHOLAR resources and will have provided students with login details.
- Childline, NHS, REACH and YoungScot have some tips on dealing with exam stress. Check out Young Scot's 5 Ways to Chill Out in 5 minutes.
- Maddie Moate is a British television presenter, writer and YouTuber. She has produced some helpful videos focusing on exams, including What's the Best Way to Study? and Dealing with Exam Stress. YouTube offers many useful videos – however make sure it is specific to Scotland's National Qualifications.

Questions and Thanks

- Top tips for your child...

