



$$\sin(\theta) = a/c$$
$$\cos(\theta) = b/c$$

$$c^2 = a^2 + b^2$$
$$a^2 + b^2 = c^2$$



$$y = x^2 - 4x + 5$$
$$-(-4) \pm \sqrt{(-4)^2 - 4(1)(5)}$$

$$E = mc^2$$

$$4 \pm \sqrt{16 - 20}$$

$$4 \pm \sqrt{4 - 20}$$



$$\frac{d}{dx}(\Gamma(x)) = \Gamma(x-1)$$
$$X = Y - 1$$
$$a^2 + b^2 = c^2$$
$$c^2 = a^2 + b^2$$
$$3b + 2c = 1$$
$$F(t) = \int \frac{e^{at}}{t^2} dt = -\frac{e^{at}}{t} + \int \frac{e^{at}}{t} dt$$
$$A = \pi r^2$$
$$E(t) = E(x) = \frac{2}{4} E(x)$$

‘Successfully engaging parents in their child’s learning significantly improves the level of achievement.’

Your child needs support in order to achieve the best results possible.

The process of revision is not fun!

All of the following is based on scientific research into memory, information retention, and test/exam anxiety.

Do's ✓ & Don'ts

Lifestyle and environment for effective
revision

Don'ts

- Don't have a phone or tablet in the room.



- Distraction
 - Heavy use of messaging and social media has a negative impact on achievement
 - Even the sight of a phone can reduce a person's ability to focus
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Don'ts

- Don't listen to music



- Students who study in a quiet area are able to recall more than those who revise listening to music
- Silence improves concentration and ability to remember things
- Some insist that music is motivational and helps the revision process – classical, instrumental music only

Don'ts

- Don't study late into the night



- Sacrificing sleep to revise is directly linked to poor exam performance, with good sleep being proven to improve information recall and access
 - Pupils should have a regular bedtime, stop revising 1 hour before bed, and not use their phone for at least 15 minutes before going to bed – studies have linked it to delaying sleep for up to an hour
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Don'ts

- Don't skip breakfast



- Missing breakfast correlated with decreased attention and memory
 - Complex carbohydrates provide slow release energy throughout the morning – cereal, oatmeal/porridge, toast with jam/peanut butter, brown rice
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Do's

- Start revising early



- Spread learning and revising out over weeks rather than days - 6-8 weeks before exams start
- 'Spaced repetition' allows the brain to forget and re-learn, embedding it in the mind
- 10x1 hour sessions are significantly better than 1x10 hour session

Do's

- Start revising early

Studying at Night *VS* Daytime Studying



1. Silence and Tranquility
2. Empty Libraries
3. No Distractions
4. Creativity



1. More Energy
2. Natural Cycle of Nature
3. Engage in your Community
4. Study with Friends

- If the study environment is well managed, 'daytime distractions' are minimalised
- The evening is a more sociable time!

Do's


- Do some exercise and go outside



- Fresh air(AQI permitting!) helps people feel refreshed and proven to aid/improve focus
- Exercise is proven to reduce stress, anxiety, improve self esteem
- Provides a distraction and avenue to socialise

Do's

- Create a revision plan or timetable

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Revision timetable

	Hour 1	Hour 2	Hour 3	Hour 4	Hour 5	Hour 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

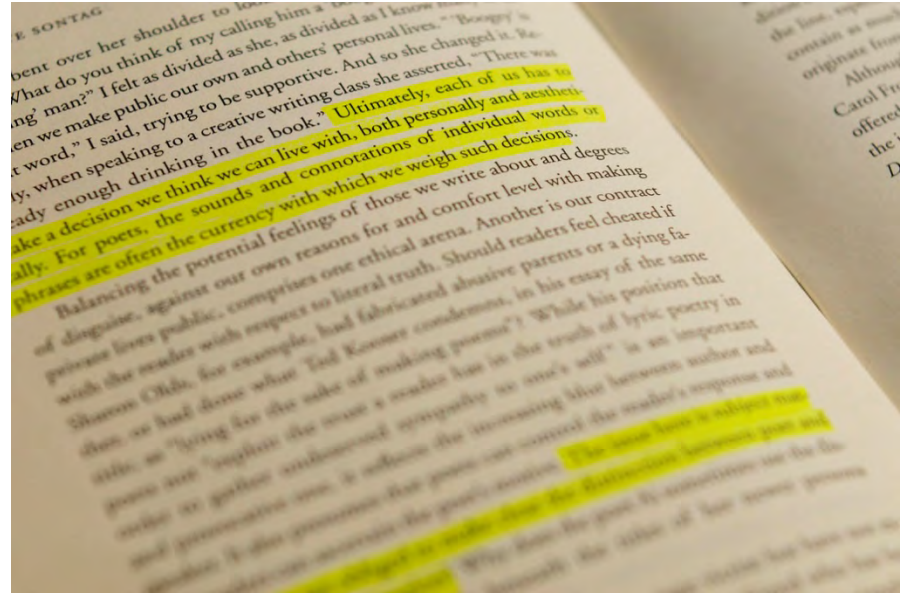
- Helps to formalise and structure revision and focus on strengths and areas for improvement
- Within each hour take a short break. This is proven to help reinforce information
- e.g 25 mins work, 5 mins break x2

The best (and worst!) revision techniques



Ineffective

- Reading and highlighting



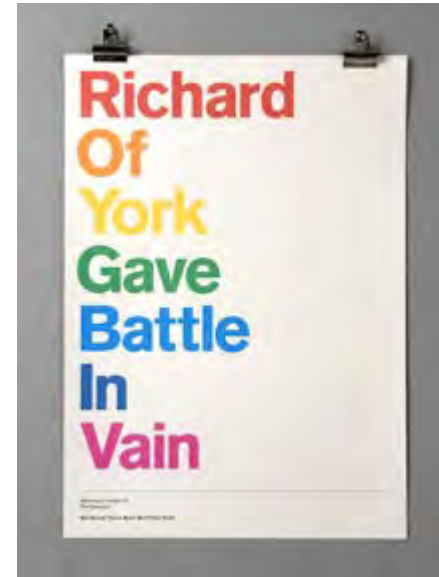
- Re-reading material has a low rate of information retention
- Highlighting material focuses on individual pieces of information rather than a whole concept
- Gives the impression that a large amount of work has been done but is of very little value!

Ineffective

- Summarising/note taking and mnemonics

SUMMARY SKILLS

Writing a good summary demonstrates that you clearly understand a text and that you can make your readers understand what you are trying to say. A summary can be tough to write at first as you might include too much or too little information. However, with the help of this 8-step method, you will be able to summarise texts quickly and successfully for any class or subject.



- Note taking is only effective if learning new information, or 'compacting'
- Mnemonics take a long time to make, memory retention is low, and they only cover key words – this makes them difficult to relate to a whole topic

Effective

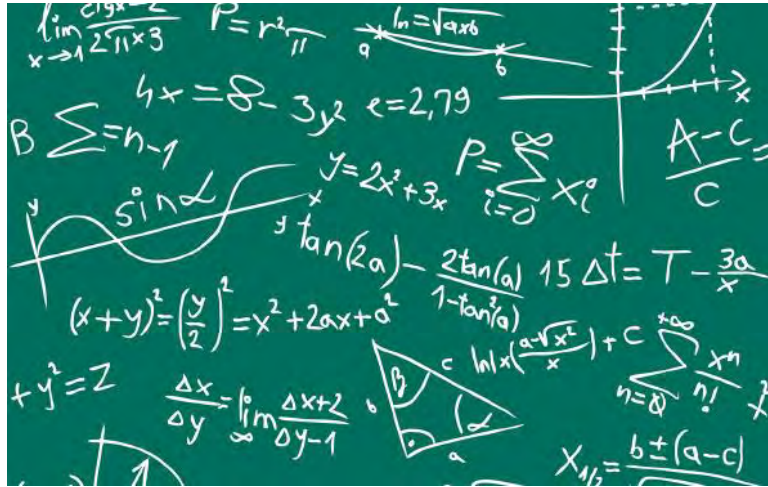
- ‘Elaborate interrogation’ – essentially understanding ‘*why*’



- Being able to explain a point or fact greatly improves memory retention of said fact
- E.g ‘1914 - Archduke Franz Ferdinand was assassinated.’
- ‘1914 - Archduke Franz Ferdinand was assassinated because he was the heir to the Austro-Hungary throne which was oppressing Serbian people. This was a catalyst to WW1 because...’
- Explaining to a friend, mindmapping a topic, making model answers

Effective

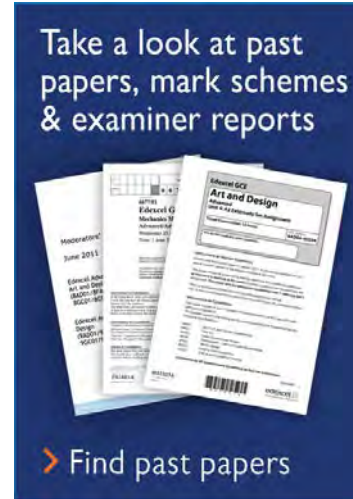
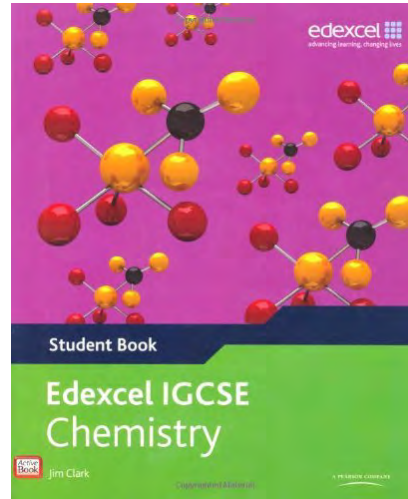
- 'Interleaved practice' – completing different types of problems



- Mostly suited to maths and science. E.g factorising followed by quadratic equations
- Practice questions and use of mark schemes to create model answers

Effective

- Practice testing



- Complete practice papers, past papers, online questions, use flash cards
- MUST evaluate using a mark or answer scheme to further understanding
- Much higher retention of information than re-studying a topic

Effective

- Repetition



- Strengthens the pathways between neurons in the brain, leading to better memory
 - Repeat exam questions/past papers, mindmap a topic after 'forgetting it'
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- Reading, writing brief notes, watching Youtube videos/tutorials, websites are valid ways of refreshing knowledge. However, they should NOT form the bulk of revision
 - Completing exam questions, mindmapping a topic so that it links, collaborating with others to solve problems/work through a topic are MUCH more effective
-

Exam stress and test anxiety

- Quite usual for children (and parents!) to feel stressed during revision/exam time



- Generally promotes feelings of:
 - 'It's all too much!'
 - 'I don't feel in control'
 - 'I'm overwhelmed'
 - 'I can't cope with....'

Exam stress and test anxiety

- Students feel stressed because of several main reasons:
 - Educational and/or occupational consequences
 - Exam results 'define' them, self-esteem is linked to exam results
 - Unprepared for the exam
 - Unrealistic expectations placed on themselves or by parents/teachers
 - Fear of failure
 - Tendency to 'catastrophise'
-

Identifying the signs

- Can be difficult to distinguish between 'normal' teenage behaviour!
- Irritability
- Procrastination
- Loss of interest in work
- Overly negative attitude
- Quiet/withdrawn/change in personality
- Not sleeping well
- Reduced appetite
- Headaches and nausea
- Muscle tension
- Become easily upset



How to deal with it

- Good quality sleep and regular bed times
- Effective revision to reduce feelings of being unprepared
- Exercise regularly – releases ‘feel good’ hormones, distraction from problems



Two functions are defined as follows:

$$g(x) = 4x + 3$$

$$f(x) = \frac{2x + 7}{x + 1}$$

- State the value of x for which $f(x)$ is undefined.
- Calculate the value of $gf(5)$.
- Find $f^{-1}(x)$.

$$\begin{aligned}g\left(\frac{17}{6}\right) &= 2 \times \left(\frac{17}{6}\right) + 3 \\ &= \frac{34}{3} + 3 \\ &= \frac{34}{3} + \frac{9}{3} = \frac{43}{3}\end{aligned}$$

(1 mark)

(3 marks)

(3 marks)



How to deal with it

- Talking



- Parents, teachers, friends - discuss feelings of nervousness and anxiety which are completely natural
- Try to be supportive and not critical or judgemental
- Discuss how the exam went, and future exams – don't dwell on the past

How to deal with it

- Eat a balanced diet and stay hydrated



- Try to eat food groups in moderation
- Cut down on high sugar, high caffeine, high fat food and drinks – these can cause mood swings and irritability
- Drink at least 2 litres of water per day – prevents headaches and even mild dehydration is linked to negative moods

How to deal with it

- Be flexible and understanding



- Bedrooms may be untidy and chores may not be done!
- Try to stay calm when your child inevitably starts feeling stressed or makes bad decisions

How to deal with it

- Meditation/quiet time



- 2-5 mins of sitting in silence to internalize and evaluate, brain is able to process thoughts/emotions more effectively
 - Also helps to regenerate neurons and strengthens pathways, reinforcing knowledge
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How to deal with it

- Offer rewards



- Reward positive attitudes and behaviours with treats
- Not bribes!

Finally

- Effective revision is the best way to prevent stress and anxiety
 - Start revising early and in a structured way
 - Small changes in lifestyle and work habits have a huge impact
 - Stress and anxiety are natural and can be managed
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- www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Coping-with-exam-stress.aspx
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