



**REVISION GUIDE FOR
PARENTS/GUARDIANS
AND STUDENTS**



To move anything from short-term memory to long-term memory you need to 'rehearse it'. This means you need to do something with the information or processes that you are trying to learn.

In this booklet there are some ideas for rehearsing or revising information and remember, it is really important that students do more than just read through their notes.

How can you help?

- When your son/daughter is revising ask to see their mind-maps, mnemonics, flash cards, practice exam questions and test to check that they are not only reading and looking through their notes.
- Testing your son/daughter on what they have learned is the BEST way of supporting them. You could ask them to describe or explain something to you. The process of talking through an idea/concept to an audience is a really good revision technique.
- Ask other family members to help as well – half an hour of testing on a subject is a really valuable revision strategy.
- Organise a quiet place for them where there are no distractions and they have access to resources (pens, paper, index cards etc.) Ask them to consider turning their phone, TV, music off. When students are distracted their working memory can't cope with processing information.
- The most important thing is offer help and support when you can – even if it is just making them a cup of tea!

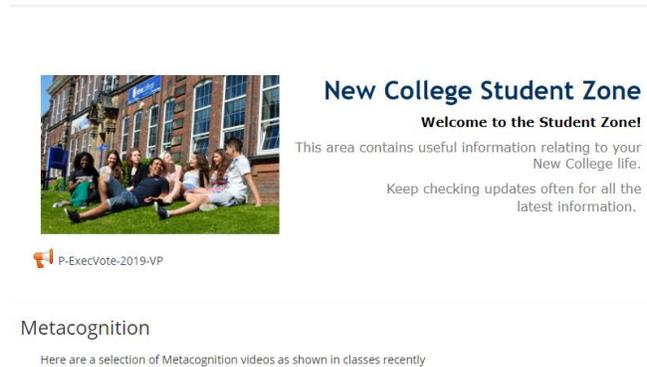
Top tips for students

	Test, Test, Test – retrieval practice is the best form of revision strategy. Ask parents/friends to test you. Remember don't confuse familiarity with actually knowing material
	Avoid cramming – space out your revision. Instead of 5 hours in one sitting do one hour per day. Test yourself and review material that you struggle with more often.
	Interleave your practice - switch revision between topics rather than focusing on one topic at a time (known as blocking).
	Try summarizing your notes and examples in different ways. For example, using tables, charts, mind-maps, Cornell notes, Venn diagrams, flow charts.
	Use words and visuals to support your revision. Create examples that you understand and elaborate on information by making connections to prior understanding and real life examples.
	Create a revision timetable and stick to it. Being organised will stop you feeling unnecessarily stressed.
	Be creative – try out different methods of revising and use ICT to help.
	Look after yourself. Get plenty of sleep. Drink lots of water and try to eat healthily. Exercise is good for the mind as well as the body and is a great way of reducing stress and anxiety. Talking is good – don't bottle things up.

Remember – revision should be hard. It requires effort and the use of effective strategies to see any real impact on performance!

Additional support

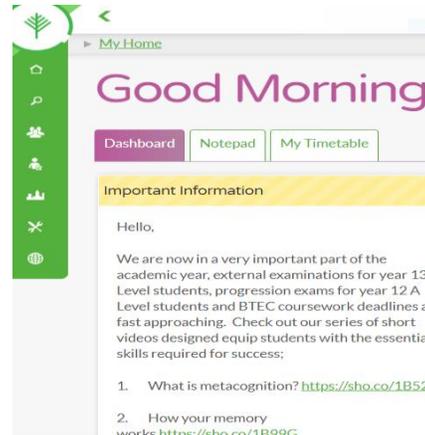
New College Pontefract Moodle and Cedar



New College Student Zone
Welcome to the Student Zone!
This area contains useful information relating to your New College life.
Keep checking updates often for all the latest information.

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Metacognition
Here are a selection of Metacognition videos as shown in classes recently



My Home

Good Morning

Dashboard Notepad My Timetable

Important Information

Hello,

We are now in a very important part of the academic year, external examinations for year 13, Level students, progression exams for year 12 A Level students and BTEC coursework deadlines are fast approaching. Check out our series of short videos designed equip students with the essential skills required for success;

1. What is metacognition? <https://sho.co/1B52I>
2. How your memory works <https://sho.co/1B99C>

There are lots of resources to use on the NCP Student Zone area of Moodle. Each subject has its own devoted area to support independent learning.

The latest metacognition videos are available for all parents/guardians on Cedar

Support in College

- Talk to your teachers if you would like any extra resources or guidance to support your revision
- Don't forget to look out for top revision tips and guidance that will be discussed with you in lessons
- If you know that organisation isn't your strong point, why not talk to your progress tutor who may be able to help you with some tips about managing your revision effectively

College Opening Hours over Easter Holidays

The Learning Resource Centre is open to all students from 8.50am – 4.00pm, excluding Monday 15th, Friday 19th and Monday 21st April. Take advantage of this it's a quiet space to get on with work!

There are also a wide variety of support sessions provided in subject areas over Easter, please view the latest timetable on Moodle and our Website



Useful Revision Sites



New College Student Zone

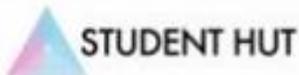
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The Most Powerful Way to Remember What You Study



The Complete Guide to A-Level Revision



Which University
Evidence Based Revision Techniques



COLLEGEINFOGEEK
THOMAS FRAY
Feynman Techniques



The Student Room
Scientific research into the best revision techniques



THE MIX
Essential support for under 25s



kooth
Free, safe and anonymous online support for young people



HEADSPACE



Forest app
Helps you to ignore your mobile and focus

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