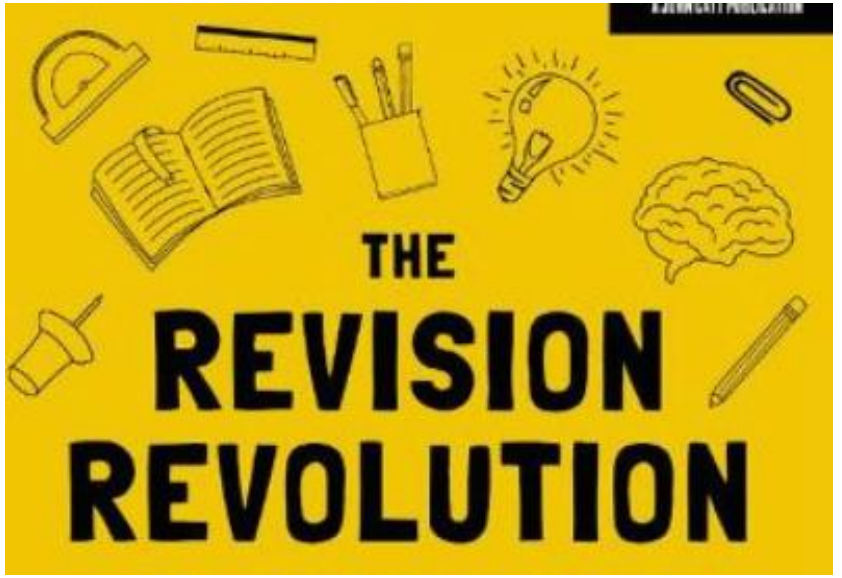
HALL MEAD
SCHOOL



Year 11

Revision session 3 and 4

EMPOWER
LEARNING ACADEMY TRUST

Session 3: Cornell Notes

- Making notes can be a really daunting task. Some people spend hours highlighting an entire page of a revision guide or rewriting it word for word

- Cornell notes is a proven method to make clear, efficient notes.

- The method means that you reflect on the topic and actively summarise your notes. It's really effective when you have to apply the knowledge you are learning – an essential skill for exams!

Let's have a look and see..

The BEST way to take notes #CornellNotes - YouTube

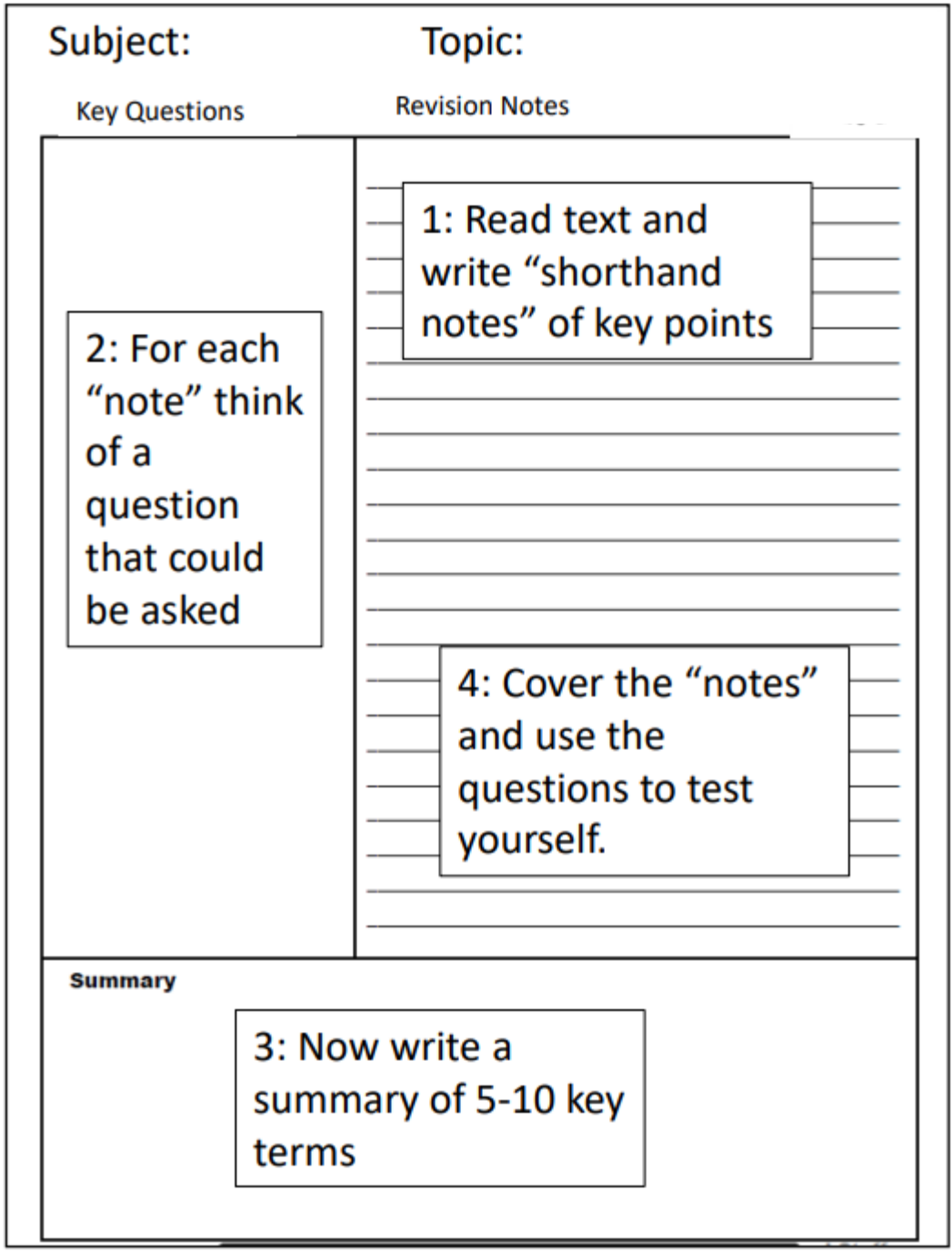
Top Tip: Note taking can be a revision drain if you don't take active notes! Try this method and see if it will help!

Cornell Note Taking Technique

1: Revision Notes Area: Record notes from the textbook, revision book,. Exercise book,. Video clip etc. Keep as short but as meaningful as possible

2. Key Question Column: As you're taking nots, keep the question column empty. After completing the revision notes think of questions that the revision notes are answers for.

3: Summary – Sum up each page of your notes in a sentence or two by recording a summary of key terms, concepts, ideas etc.



How will Cornell notes help me?

HALL MEAD SCHOOL

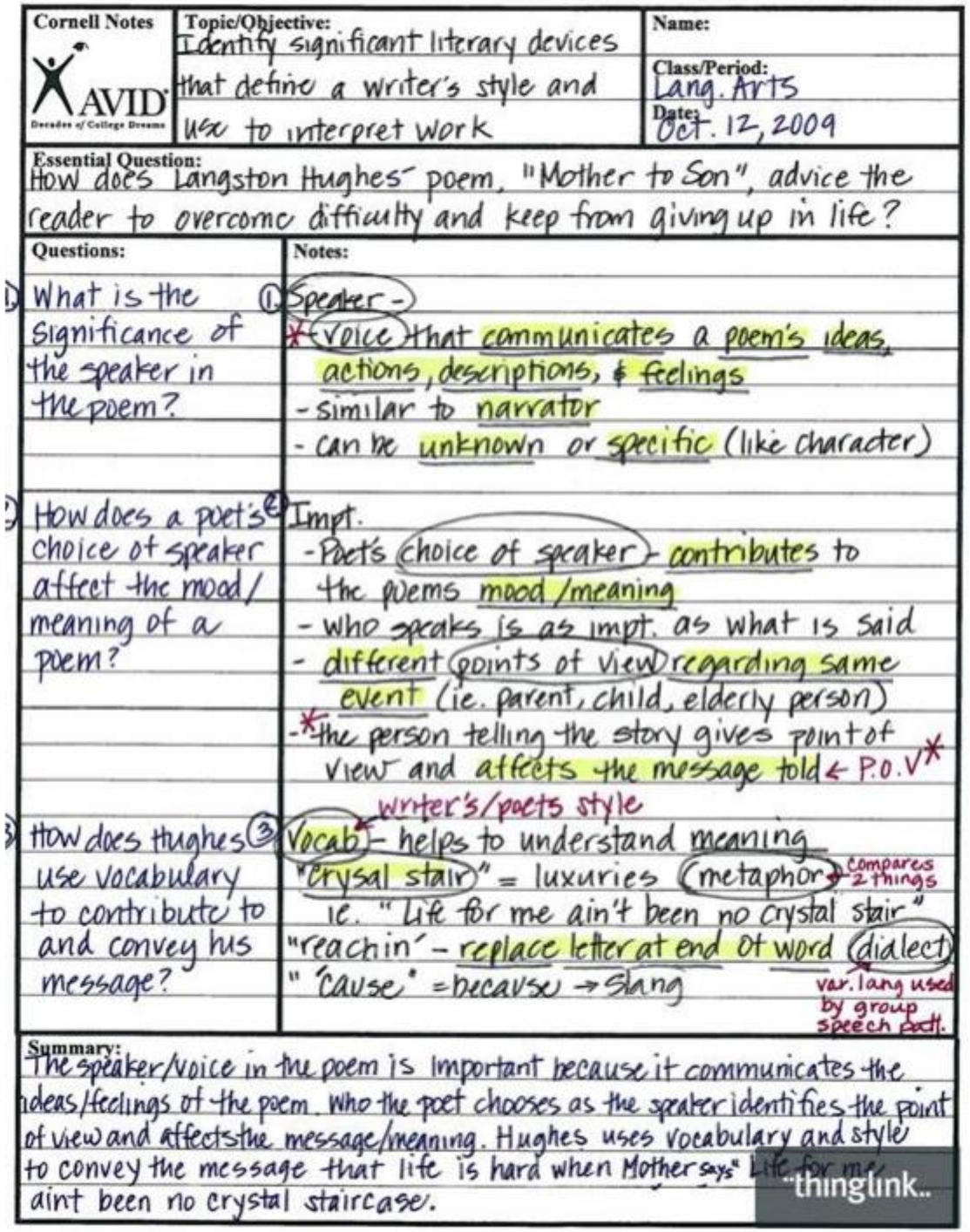
- **Reduce:** Chunk information down by 80%. Summarizing clarifies meanings and relationships, reinforces continuity, and strengthens memory.

- **Recite:** Cover the Note Taking Area, using only your questions in the Question Column, say over the facts and ideas of the notes as fully as you can, not mechanically, but in your own words. Then, verify what you have said.

- **Reflect:** Draw out opinions from your notes and use them as a starting point for your own reflections on the course and how it relates to your other courses. Reflection will help prevent ideas from being forgotten

- **Review:** Spend 10 minutes every week in quick review of your notes, and you will retain most of what you have learned

English Example



Cornell Notes

AVID Decades of College Dreams

Topic/Objective: Identify significant literary devices that define a writer's style and use to interpret work

Name:

Class/Period: Lang. Arts

Date: Oct. 12, 2009

Essential Question: How does Langston Hughes' poem, "Mother to Son", advice the reader to overcome difficulty and keep from giving up in life?

Questions:	Notes:
What is the significance of the speaker in the poem?	(1) Speaker - * voice that communicates a poem's ideas, actions, descriptions, & feelings - similar to narrator - can be unknown or specific (like character)
How does a poet's (2) choice of speaker affect the mood/ meaning of a poem?	Impt. - Poet's choice of speaker - contributes to the poems mood/meaning - who speaks is as impt. as what is said - different points of view regarding same event (ie. parent, child, elderly person) - * the person telling the story gives point of view and affects the message told ← P.O.V *
How does Hughes (3) use vocabulary to contribute to and convey his message?	writer's/poets style Vocab - helps to understand meaning "crysal stair" = luxuries (metaphor) compares 2 things ie. "Life for me ain't been no crystal stair" "reachin' - replace letter at end of word (dialect) 'cause' = because → Slang var. lang used by group speech pattern

Summary: The speaker/voice in the poem is important because it communicates the ideas/feelings of the poem. Who the poet chooses as the speaker identifies the point of view and affects the message/meaning. Hughes uses vocabulary and style to convey the message that life is hard when Mother says "Life for me ain't been no crystal staircase.

thinglink.

These may not be your spec examples, but have a look at the structure!

Geography Example

Essential Question: What is water scarcity? What are the causes and consequences of water scarcity?

Questions/Comments:	**Notes:** → Not all places have the same levels of access to a water supply
What is water scarcity?	→ Some countries have little spare water beyond that for essential uses
	→ Water scarcity occurs when the demand for water exceeds the amount available.
water footprint (WF): volume of	→ Water scarcity can be **physical** (not enough water for demand including the
fresh water used to produce the	ecosystem) or **economic** (not enough investment in infrastructure to store and transport
goods and services consumed by	Water).
humans	
What is water security?	Factors which influence water security:
	▫ climate change resulting in drought
hydrological hazards =	▫ climate change resulting in flooding
Floods, droughts	▫ political change threatening supplies that cross national boundaries (conflict)
	▫ economic change threatening maintenance of expensive supplies
	Over-abstraction: Taking more water from a source than is capable of being replenished
	Two Effects of Over-abstraction:
	1. severe drop in the water table
	2. In coastal areas, a lowering of the water table so that salt seawater seeps
	into the underground store of fresh water to make the stored water unsuitable for use.
What are the effects of	→**Lack of Access to Drinking Water:** Water scarcity results in people having to rely on
water scarcity?	unsafe drinking water:
(Social Impacts)	→ **Sanitation Issues:** not enough water to bath or clean clothes
	→ **Diseases:** contaminated water increases infection from waterborne diseases
	→**Hunger:** If there is no water that can be used in order to help water the crops, then
	you are going to have people that are going hungry

Summary: Water is one of the most essential environmental resources on Earth. Without it, no living things can survive. Water scarcity is the lack of access to adequate quantities of water for human and environmental use. Lack of water can result in: unsafe drinking water, sanitation issues, increase in diseases and hunger due to a lack of food/crops which require water to grow.

Science Example

Stomach

What is the anatomy of the stomach?

Stomach= muscular sac with thick walls

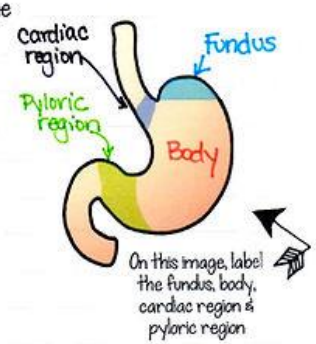
The stomach continues the processes of mechanical and chemical digestion.

What are sphincters and what is their function in the digestive system?

Thick rings of muscle that act as gatekeepers to regulate food movement

What two sphincters are located in the stomach?

- Cardiac sphincter = separates esophagus from stomach
- Pyloric sphincter = separates stomach from small intestine



On this image, label the fundus, body, cardiac region & pyloric region

How does mechanical digestion occur in the stomach?

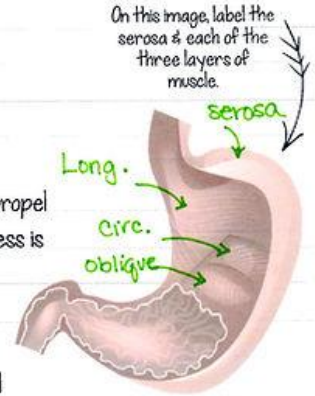
The stomach has a slippery outer layer of serosa, followed by 3 layers of muscle:

- Longitudinal muscularis
- Circular muscularis
- Oblique muscularis

These muscles help to churn food and propel it towards the small intestine. The churning process is known as maceration.

What are rugae? "wrinkles" in the mucosa that can stretch when full

On this image, label the serosa & each of the three layers of muscle.



How does chemical digestion occur in the stomach?

The mucosa layer of the stomach contains several specialized gastric gland cells:

- Mucous cells- secrete mucus to protect stomach lining
- Chief cells- secrete pepsinogen (inactive enzyme)
- Parietal cells- secrete HCl to kill microbes in food & convert pepsinogen into pepsin, which breaks down food proteins.

The soupy mixture formed from the squeezing of the stomach and the addition of these gastric juices is known as chyme.

Summary: The stomach is made of 3 muscular layers and an outer layer of serosa. During maceration, the stomach churns the food and gastric gland cells add chemicals and enzymes leading to the formation of chyme.

Maths Example

Topic: Graphing Linear Equations

Name:
Class: Algebra 4
Period:
Date:

Questions/Main Ideas	Notes
Standard form -	$Ax + By = C$ ex. $4x + 3y = 9$
Slope intercept form -	$y = mx + b$ ex $y = 2x + 1$
slope -	rise = change in y value = $y_2 - y_1$
	run change x value $x_2 - x_1$
$2x + 4y = 20$	
find the slope:	$2x + 4y = 20$
subtract $2x$	$-2x \quad -2x$
	$4y = -2x + 20$ slope = $-1/2$
divide by 4	$\frac{4}{4} \quad \frac{4}{4} \quad \frac{4}{4}$ y-intercept = 5
	$y = 1/2 - 1/2x + 5$
How do you graph a slope?	* Graphing
	1. Plot y-intercept
	2. follow slope
	3. connect line.
Find the slope:	(6,4), (3,2)
find slope	$y_2 - y_1 = 2-4 = -2 = 2$
	$x_2 - x_1 \quad 3-6 \quad -3 \quad 3$
	$y = 2/3x + b \quad y = 2/3x + 0$
substitute	$4 = 2/3(6) + b$ slope-intercept = 0
	$4 = 4 + b \quad b = 0$ y-intercept = 0

Summary: Today in class we learned the standard form (ax + by = c.) the slope intercept form (y = mx + b) and what a slope is (rise over run) we also learned that when graphing, you plot the y first then follow the slope.

Session 4: Self & Peer Quizzing

HALL MEAD SCHOOL

The 4 word pin code for your exams

Study – test – test - test

- Research about study tells us that one of the most effective techniques for revision is to self-test.
- We know that this is what the most successful students do!
- Self-testing for revision should not be relatively quick and simple, and it isn't a big deal if you get a question wrong!

Testing doesn't have to be long, difficult exams that are stressful!

A History Example with Flashcards

HALL MEAD SCHOOL

You looked at flashcards in session 1 – how can we use them to properly self-quiz?

Self quizzing techniques - YouTube

EMPOWER LEARNING ACADEMY TRUST

PE Example – Knowledge Organizer

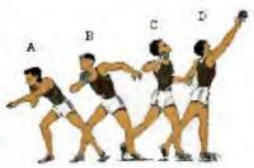
Keyword	Definition
Drive	The part of the race where the athlete keeps low and has short powerful strides.
Maximal	The largest amount possible.
Pace	The speed at which someone moves.
Power	The speed at which strength can be used.
Angle	The direction something is released at.
Stride	The length of step.
Relay	To send something from one person to another.
Performance	The way in which an activity is completed.

Throwing

Javelin technique
Grip the javelin in the middle
Turn sideways and extend arm backwards
The javelin tip should be next to your cheek
To throw, bring arm forwards so javelin moves in a straight line
Lean back and rotate chest
Release at 45 degree angle

Throwing

Shot putt technique
Hold shot in fingers against your neck 'clean palm, dirty neck'
Face backwards
Align toe, knee and chin, and have a high elbow
Rotate, opening out chest, releasing at 45 degrees



Athletics

Sprinting technique

The sprint start:
'On your marks' – set feet with lead leg in front
'Set' – move forward with weight on shoulders raising hips
'Go' – push out off lead leg driving legs and arms forward
Keep head down and body at 45 degree angle
Sprint technique
Running on toes and lifting knees high
Use of 'drive' when getting out of the blocks
A straight arm action
Stand tall after 'drive' phase

Jumping

Long jump technique
Mark out your run up to stop your stuttering
Jump of lead leg [strongest leg]
Use arms to project body forward
Stretch legs as if jumping over a box
Push forwards on landing

Middle distance and long distance

Middle distances such as 800m and 1500mand long distance e.g. 500m and 100m usually focus on pacing
Pacing is where you don't set off too fast in order to have enough energy to finish the race strongly.

Jumping

High jump technique
The Fosbury Flop is the most effective way to complete the high jump:
Approach on a curve
Take off outside leg, driving the other leg as high as you can
Rotate in the air to land on your back with feet facing the ceiling

PE Self Quiz

PE Self Quiz Questions	
1. What are the 3 categories of running events? 2. Describe the correct sprinting technique 3. What is meant by the term pacing? 4. Describe the correct javelin technique 5. Why is it important to lean back when throwing? 6. How do you hold a shot putt correctly? 7. Why do you measure out your run up for the long jump? 8. Describe why falling forwards is important 9. Describe the technique for the Fosbury flop in the high jump 10. How do you generate the most power when completing the high jump?	1. What is the difference between a high catch and a low catch? 2. Describe two ways the fielders can get a batter out 3. Describe one of the three batting strokes 4. When would you play the defensive drive? 5. Describe how a batter can score runs 6. How do you hold the ball when bowling? 7. Describe the correct bowling technique 8. Explain how the batting team might include tactics during their game
Answers:	
Middle, long and short distance races The correct sprinting technique involves lead leg first, driving out of the blocks, and moving arms in a 'pocket to socket' movement. Setting off in a long distance race so you can maintain that level of performance for the whole race Draw the javelin back, tip to cheek, rotate the body and bring arm over releasing at 90 degrees Lean back to gain power 'clean palm, dirty neck' You measure your run up so you don't stutter Falling forward is important because you measure the long jump from the point furthest back Take off outside leg, driving knee high to gain height. Rotate the body and kick feet in the air, landing on your back You generate power by driving up with your arm and leg.	A high catch comes above your eyes, and you need your thumbs together to cushion the ball. A low catch, your little fingers should be touching Catch the ball without it bouncing, hit the stumps when the batter is running **Grip** – axe grip **Stance** – side on, feet shoulder width apart, bat raised to waist height **Footwork** – step towards the ball **Stroke** – hit in straight line, high front elbow, follow through straight and up to head height Defensive stroke is to stop the ball hitting the stumps, rather than trying to score runs Getting to the opposite stumps without the ball being returned Grip the ball with two fingers, draw a G with your arm, release at ear Hit the ball where there are no fielders, play defensive shots when you are winning to stop yourself from getting out.

RS Example – Key Terms

HALL MEAD SCHOOL

Key Vocabulary:

Amrit – sugar that is mixed into water using a sword; it is drunk at the Amrit ceremony

Amrit ceremony – ceremony to become part of the Sikh Khalsa

Caste – a series of social classes that determine someone's job and status in society

The Five K's – five articles of faith worn by the Khalsa: kesh (uncut hair), kangha (wooden comb), kara (a steel bracelet), kacheri (special cotton underwear) and kirpan (a short sword)

Granthi – people who read from, and look after, the Guru Granth Sahib; Sikhs do not have religious leaders or priests and anyone can read from the Guru Granth Sahib

Gurdwara – the Sikh place of worship; literally means 'doorway to the Guru'

Gurmukhi – a language created by the Gurus and used to write the Guru Granth Sahib

Guru – a religious teacher or guide who leads a follower from spiritual ignorance

Guru Granth Sahib – the Sikh holy book

Initiated – made a member of a particular group through a special ceremony

Khalsa – the community of Sikhs founded by the tenth Guru, Gobind Singh

Langar – 'free kitchen'; a communal eating area found in every Sikh place of worship

Monotheistic – someone who believes in only one God

Mool Matra – the first hymn written by Guru Nanak; it summarises Sikh beliefs about God

Naam japna – repeating the name of God over and over as an act of worship

Panj pyaare – 'the blessed ones'; the first five men who volunteered to join the Khalsa

Waheguru – the most common name used by Sikhs to describe God meaning 'wonderful Lord/Guru'

RS Sikhism

Atma – the soul

Gurmukh – someone who puts God and the teachings of the Gurus at the centre of their life

Karma – the force that influences people's future rebirths

Maya – the temporary and illusory nature of the world

Mukti – union with Waheguru; to escape the world of illusion and the cycle of life, death and rebirth

Sewa – selfless service to others

Key Facts:

- When Nanak was 30 he received a revelation in which he understood that although there are many different religions here is only one God. God loves people all equally, whatever religion they follow.
- The story of the miracle of milk and blood emphasises one of Guru Nanak's important teachings – that of working hard and honestly.
- The last of the human Gurus was Gobind Singh, who established the Khalsa, a brotherhood of Sikhs established to protect their people from persecution.
- Before he died, Gobind Singh said the collection of Sikh holy scriptures, the Guru Granth Sahib, would be the eleventh and final – eternal – Guru.
- The Guru Granth Sahib is a collection of scriptures collected over 150 years that is highly revered by Sikhs, who look to it for guidance and leadership.
- The Mool Mantra is a text that describes Sikh beliefs about God, including that he is the creator, immortal, without fear or hate, and beyond birth and death.
- A key similarity between Hinduism, Buddhism and Sikhism is that they all believe in the cycle of birth, death and rebirth. They believe how you are reborn is affected by your karma you build up during your life.
- A key difference between the three religions is they have different beliefs about the aim of leaving the cycle.

Religious Studies: Self Quiz

Questions:

1. When and where did Sikhism begin?
2. When was Nanak born?
3. What is the Janam Sakhis?
4. What is a monotheist?
5. What is a Guru?
6. What is the Mughal Empire?
7. What is a caste?
8. What does the miracle of the blood and milk teach?
9. When did Guru Nanak die?
10. Who is a disciple?

1. who was the first Guru?
2. Who was the second Guru?
3. Who was the third Guru?
4. Who was the fourth Guru?
5. Who was the fifth Guru?
6. Who was the sixth Guru?
7. Who was the seventh Guru?
8. Who was the eighth Guru?
9. Who was the ninth Guru?
10. Who was the tenth Guru?

Questions

1. What is the Adi Granth?
2. What is the Guru Granth Sahib?
3. What is langar?
4. What is amrit?
5. What is the Khalsa?
6. Who are the Panj Pyare?
7. Who are granthi?
8. What is the Gurdwara?
9. What is Gurmukhi?
10. What is the Mool Matra?

1. What is naam japna?
2. What is Waheguru?
3. What is the first K?
4. What is the second K?
5. What is the third K?
6. What is the fourth K?
7. What is the fifth K?
8. What is sewa?
9. What is the Zafarnama?
10. What do Sikhs believe about war?

Revising with others...

HALL MEAD SCHOOL

Depending on the subject, group revision (from pairs to larger groups) has been found **highly effective** as a study method during exam periods.

It increases motivation and mutual support, feeds similar expectations and allows can reduce the stress.

You're all here for the same thing, so why not help each other along the way?

Top tips: revising with others

HALL MEAD SCHOOL

1. Allocate topics & share your ideas: assign different people a group to revise and present to each other. Who really understands different concepts? Who is the expert in nailing that exam technique?

2. Become a teacher: it's not just about knowing the subject, but delivering your knowledge in an organised, understandable way is important.

3. Keep each other accountable: Don't waste each other's time – punctuality, preparation and concentration.

4. Go online: Although face-to-face group study is normally seen as a better option, why not use TEAMS/Facetime/Whatsapp Video for an occasional meet.

HALL MEAD
SCHOOL

Good luck Year 11.

Take action, close the gaps.

EMPOWER
LEARNING ACADEMY TRUST