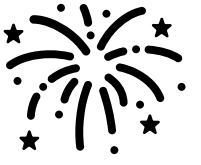




# The Power of Revision



- We only have a certain amount of attention to give...
- We can only absorb a limited amount of information at a given time otherwise it gets crowded and 'lost'.
- Information is processed into our long-term memory through 'learning'

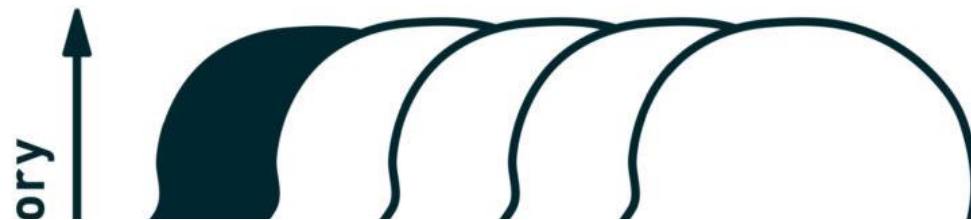


# It's natural to forget...

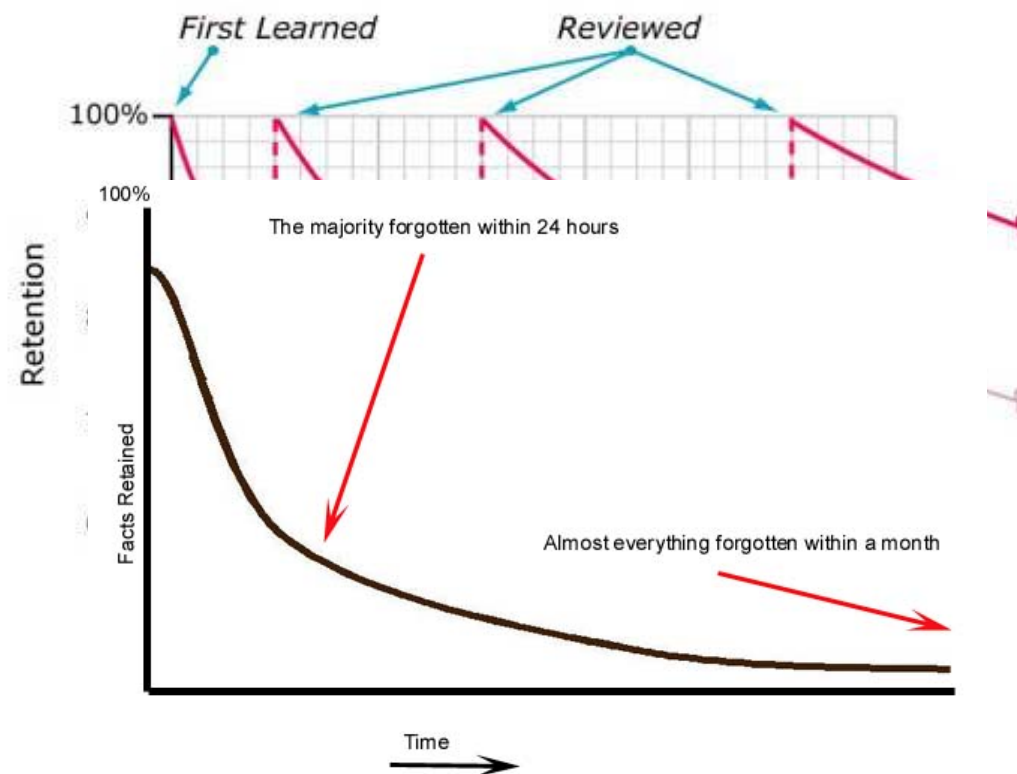
Forgetting is a very natural thing; you can't stop forgetting even if you try, but you can slow down forgetting...

What if you viewed your lessons as a sequence over-time and not one-off events?

You could apply this to your revision...  
Study -> test -> test -> test



Typical Forgetting Curve for Newly Learned Information

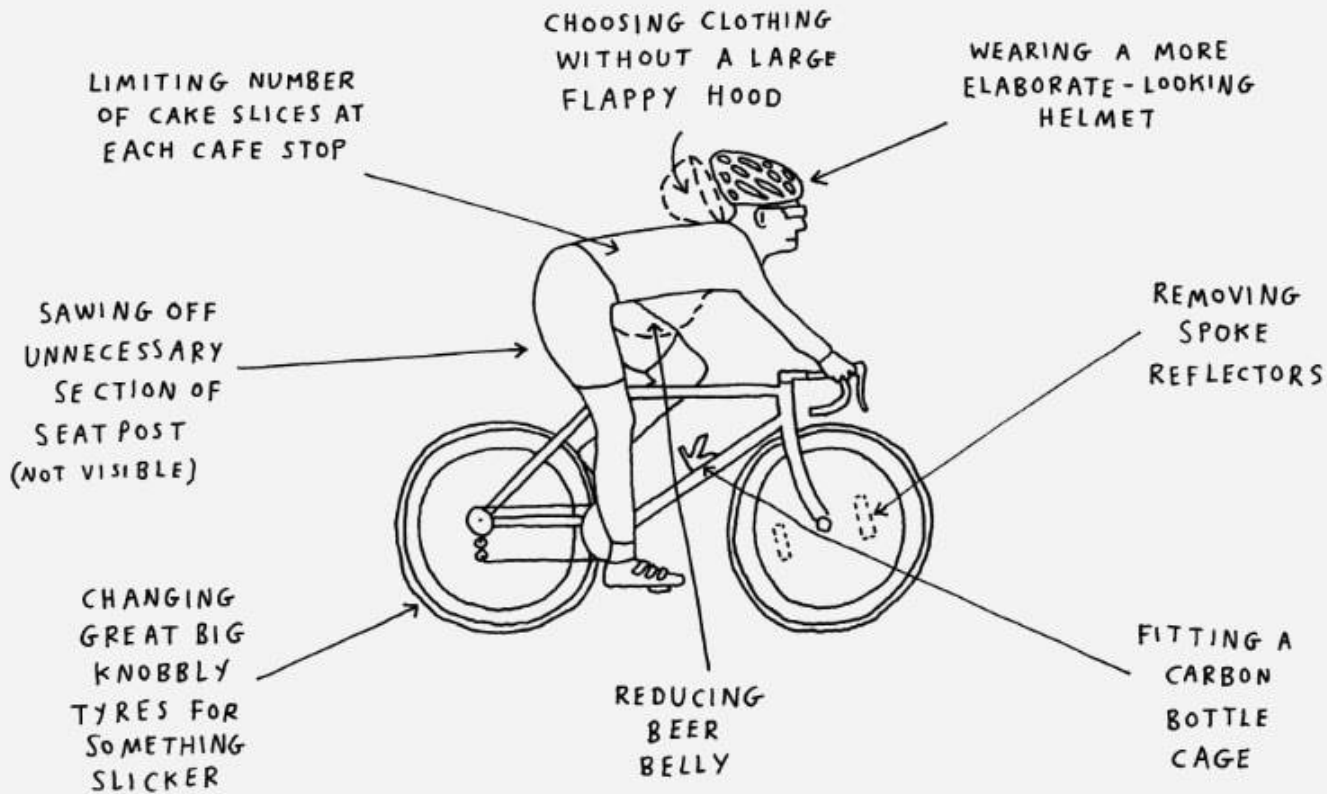


The Curve of Forgetting

# Be the 1%

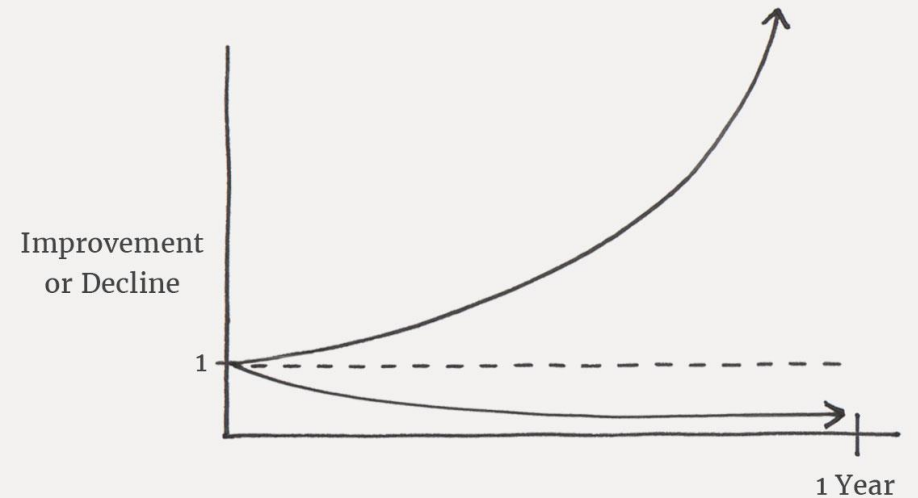
## MARGINAL GAINS

HOW THE PROFESSIONALS MAKE SMALL CHANGES TO IMPROVE THEIR PERFORMANCE



## The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$   
1% worse every day  $0.99^{365} = 0.03$



JamesClear.com

# The Hall Mead Revision Revolution

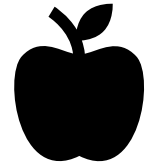
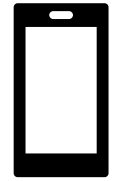
What are we going to be doing for you?

Publishing of exam timetables <b>early</b>	Targeted intervention sessions <b>before</b> PPE2	Targeted intervention sessions <b>following</b> PPE2
Curriculum Support Evening	February, Easter and May Masterclasses	Learning checklists for <b>all subjects</b>
Dedicated revision space <b>in school</b>	3 weeks of exam techniques during <b>form time</b>	Tutoring programmes and smaller group sessions

Creating the perfect environment for revision...

# What else helps?

- Get some **sleep!** 8-10 hours a night.
- Limit your **screen time**- the impossible task!
- **Look after yourself**- take breaks, get some exercise/fresh air, eat breakfast.
- Find time to **do things you love**, reward yourself for your hard work.



**If not now, when?**

**If not you? Who?**