

# POST 16 BULLETIN (10)



Week Beginning 11<sup>th</sup> February 2019

Year 13 Mock Examination Timetable - Updated

	<b><u>Monday 25th February</u></b>		<b><u>Tuesday 26th February</u></b>		<b><u>Wednesday 27th February</u></b>		<b><u>Thursday 28th February</u></b>		<b><u>Friday 29th February</u></b>
Periods 1 & 2	English Lit/Lang 1 (3 hours)		Biology		Drama		Psychology Media Studies		3D Design Philosophy History(2)
Periods 3 & 4	English Lit/Lang Mathematics				H & S C (Y12)		Economics		Dance
Periods 5 & 6			Geography History (1)		English Lit Business Eng Lit/Lang(2)				

## Revision Planner

Please find attached the PiXL 'Prepare to Perform' Daily planner which may help to organise your revision over half term and in the lead up to mock examinations / final examinations (Year 13 students, your form tutors have 'hard' copies of these that you can have).

## Revision Strategies

The Student Room has developed 57 study tips and habits from top students – please see the link below:

<https://www.thestudentroom.co.uk/revision/57-study-learning-and-revision-habits-of-a-students>

## Using Flashcards as a Revision Tool



## FLASHCARDS: WHAT, WHEN, HOW, AND WHERE?

When revising, many students spend hours re-reading their notes and highlighting the most important phrases. However, such revision practices are ineffective as they do not allow for good retention of the material for later recall in exams.

Instead, a more efficient strategy would be to encourage students to use flashcards (where students write questions and test themselves at a later date). To help with this, we have put together a guide looking at the what, when, how and where students should use flashcards to thrive in exams.

### ***Flashcards: The What***

The majority of students understand that flashcards can aid revision as they help them recognise what they have learnt and what they still need to work on.

But recent research has found that only 34% of students reported using flashcards extensively. Furthermore, most of them don't appear to realise that flashcards can be used to learn a wide range of material. Whilst 83% of students report using flashcards to learn vocabulary, only 29% use them for learning key concepts.

**USING FLASHCARDS TO REVISE**  
by @inner\_drive | www.innerdrive.co.uk

- 1** Split a box into 5 different compartments and label them 1 to 5.
- 2** Place all your flashcards in compartment 1.
- 3** Test yourself on a flashcard
- 4** If you can correctly recall the information move the flashcard into compartment 2, if not then put it back in compartment 1.
- 5** Continue to test yourself and each time you correctly recall the information, move the flashcard into the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.
- 6** Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory.

### ***Flashcards: The When***

Students understand that for information to be recalled in exams, it should be practiced over and over again; but they are often unaware that the timing of their practice is just as important. Research has shown spacing (where students implement a lag either within or between practicing material) to be a powerful technique. This works because allowing time for information to be forgotten and re-learned actually cements it in the long-term memory. The longer they want to remember something, the more spaced out it should be.

### ***Flashcards: The How***

To revise more efficiently with flashcards, students should interleave their revision. This means mixing up the topics on their flashcards, so that they don't get stuck recalling the same information on autopilot.

The key here is not to stop when they first get it right, but to do so when they don't get it wrong.

### ***Flashcards: The Where***

Students need to revise in a quiet environment, as research has shown that those who revised with distractions nearby (such as music) often perform worse. The benefits of revising in silence were further highlighted by another study which found that those who revised in quiet conditions showed more proficient recall in their final exams,

Similarly, when participants were made to feel a specific emotion when learning material, they were found to recall more information if a similar emotion was induced during their exam. This all suggests that having a similar context for revision as will be present in the exam can improve outcomes.

### **FINAL THOUGHT**

Flashcards offer a potentially very useful tool for students during their revision sessions. However, to be used skilfully and for maximum effect, there are some simple strategies students should use.

This include using them regularly, mixing up the topics within them and doing so somewhere free of distractions. If they do this, they have the best chance of doing well in their upcoming exams.

### A Level Biology Revision Tools

A link to 'Sliding filament theory' in action:

<https://twitter.com/il0vemyj0b/status/842635882498854912>

A link to Muscle contraction: Sliding filament model animation for A level biology:

<https://www.youtube.com/watch?v=aUc3h6LvdJ4&feature=youtu.be>

### A Level Biology Overview Sheet

Miss Day has created an A level Biology overview sheet – please find it attached

## Apprenticeship Opportunities

Apprenticeship Guide 2019

<https://www.notgoingtouni.co.uk/blog/apprenticeships-2019-2637>

Digital Marketing Assistant Apprentice in Watford, £192.31 per week.

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-388432>

RAF Cyberspace Communication Specialist:

<https://www.raf.mod.uk/recruitment/roles/roles-finder/technical-and-engineering/cyberspace-communication-specialist>

RAF Weapon Technician Apprenticeship

<https://www.raf.mod.uk/recruitment/roles/roles-finder/technical-and-engineering/weapon-technician/>

SCANIA Heavy Vehicle Maintenance apprenticeship in Potters Bar

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-387609>

Virgin Atlantic Engineering Apprenticeship

<https://www.crawleyobserver.co.uk/news/business/virgin-atlantic-seeks-apprentices-to-work-at-crawley-hanger-1-8807156>

<https://careersuk.virgin-atlantic.com/>

Level 3 Veterinary Nurse Apprenticeship in St Albans, £148 per week

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-386551>

Level 3 Science Manufacturing Technician in Potters Bar, £18,000 per year

<https://www.findapprenticeship.service.gov.uk/apprenticeship/-385662>

## Lessons from Auschwitz Project

**One space remaining!**

Please see information below – if you are interested in this amazing opportunity, please see Mrs Johnson asap.

We have received an invitation for two students from our school to participate on the Holocaust Educational Trust's Lessons from Auschwitz Project.

The four stages of the course are:

1. Orientation Seminar – Thursday 14<sup>th</sup> March 3.00pm-7.00pm (London) – to learn about pre-war Jewish life, hear a Holocaust survivor’s testimony and prepare for the visit to Poland.
2. One-day Visit to Poland – Tuesday 19<sup>th</sup> March 2019 departing from Stanstead Airport – focusing on visiting the Auschwitz-Birkenau Museum and Memorial.
3. Follow-up Seminar – Sunday 24<sup>th</sup> March, 1pm-4.30pm (London)– reflecting on the visit and its lessons and encouraging participants to plan their “Next Steps” Project.
4. “Next Steps” Project – in which participants pass on to their peers and communities the lessons they have learned.

Participants must be between 16-18 years old and are expected to attend and complete all four parts of the Lessons from Auschwitz Project.

The total cost of the project is £59.00.

For more information about the Lessons from Auschwitz Project, please visit the website at [www.lfaproject.org.uk](http://www.lfaproject.org.uk) or speak with Mrs Johnson.

#### Forthcoming Important Dates

Year 13 Mock Examinations – week commencing 25<sup>th</sup> February

Year 12 & 13 UCAS & Apprenticeship Fair, Arena UK, Milton Keynes – Friday 8<sup>th</sup> March 2019

#### Post 16 Contact Details

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