

Developing Good Revision Habits



CHESSINGTON
SCHOOL



Everyone valued • Every day an opportunity • Every moment focused on success

Aim of the session

To introduce ways in which students can become “*better learners*”, developing positive learning habits that will improve outcomes.

To recommend ways in which you can support your child to develop these habits.

How often have you...

Ask your child about something they've learned in school recently?

MARIO
000500

● x02

WORLD
1-1

TIME
354



Shifting

n more

Reducing Cognitive Overload

Cognitive load theory places an emphasis on our **working memory**.

This is where we hold and process new information, such as skills and instructions. If learning is to take place, this information needs to be passed from our working memory to our **long-term memory**.

Our working memory has a small capacity, so it cannot hold large amounts of information. This means a student can only process so much new information at once. Too much can lead to **cognitive overload**, which hinders how much learning can take place.



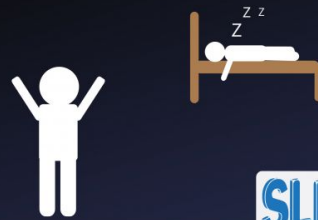
How can cognitive overload be managed at home?



BENEFITS OF STAYING HYDRATED



GET 7 OR MORE HOURS



**SLEEP WELL
BE WELL**

MONDAY-SUNDAY

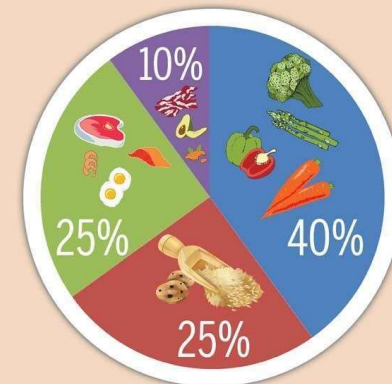
**KEEP A CONSISTENT
SLEEP SCHEDULE**

AVOID BEFORE BED



**SEEK HELP FOR
POOR SLEEP**

Balanced diet



- Fruits and vegetables
- Protein
- Fibre-rich carbohydrates
- Fats

Tools for becoming an independent learner



Focus Friend is a brand new free app to help you focus in short bursts.

It rewards you for not using your phone and setting timers to complete some work.

The timer can be as short as 5 minutes or as long as 2 hours.



Using it successfully



Used for around 20-30 minutes and then have a 5 minute break.

Free from distractions allowing focus on revision or homework.

Little bean will make things that can be sold



Effective Use of Online Revision Platforms

The Internet: A powerful tool for your child's learning.

Navigating the challenges of AI and social media.



Why This Matters

The internet offers excellent learning opportunities, but it also comes with challenges. Many platforms are not endorsed by exam boards.

Social media and AI distractions make navigating online learning tricky for students and parents.



The Complexity of Online Learning

- Not all platforms are equal: Some websites don't align with exam syllabuses.
- Over-reliance on AI: AI-generated content may lack depth or accuracy.
- Social Media Distractions: Constant distractions pull students away from their studies.



How You Can Support Your Child

- Monitor platform use: Ensure websites and apps are relevant to the curriculum.
- Limit distractions: Set boundaries for social media use during study time.
- Encourage balance: Help your child develop a structured study schedule with time for both digital and offline revision.



Choosing the Right Platforms

Recommended, Exam-Approved Platforms

BBC Bitesize: Endorsed by major exam boards, covering a wide range of subjects.

Seneca Learning: Adaptive quizzes and material aligned with UK syllabuses.

Quizlet: Useful for creating custom flashcards, but requires careful content selection.

Sparx maths and Science - tailored to our specification

Should you use AI?



Maximizing Efficiency and Focus

- Set daily goals: Encourage specific targets for each online study session (e.g., completing a quiz, mastering a topic).
- Review progress regularly: Check what your child has covered and understood after each study period.
- Offline revision complements online learning: Incorporate textbook reading, note-taking, and practice papers.



General revision strategies

Stuff that is proven to not work:

- “going over my notes”
- “I need to work harder” – what does this mean?
- Using past papers exclusively to revise

Stuff that does work:

- Self-testing
- Spaced practice – revise it now, practise it now and **practise it later**: mimics an exam

