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SIXTH FORM



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Aims of the session

**1 – Effective time management –
To use your time more effectively**

**2 – Successful revision strategies
To try these out in relation to one of your current
topics**



Our Aim



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1 - Time Management



- Time is the most important commodity we have, we cannot turn it back, slow it down or speed it up.
- How we use our time will almost certainly influence our final grades. If you waste it you may end up being unhappy with your final grades and living with the regret that you could have done more.
- Managing your time isn't easy and takes a certain amount of discipline, welcome to the real world 😊



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Wasting time?



- Find yourself wasting time trying to motivate yourself?
- Watching motivational videos ?
- Faffing around with your headphones before starting to work?
- Scrolling through social media? What is your daily screen time? You may find you spend more time on your screen than you do with your head in the books, ask yourself which one will pay off in the end?

There is no magic wand, no simple solution, you simply have to make a plan of how you plan to use your time and use it effectively.



Your timetable

	1 Mon	1 Tue	1 Wed	1 Thu	1 Fri
1		Mathematic 12B/Ma1 BDWF.101	Genstranhr 12A/Gt1 JML A.215	French 12D/Fr1 SWA I.201	Mathematic 12B/Ma1 BDWF.101
2	Genstranhr 12A/Gt1 JML A.215		Supervised: 12C/Ss1	Genstranhr 12A/Gt1 THA A.216	
3		Mathematic 12B/Ma1 CRA F.213	Mathematic 12B/Ma1 CRA F.213		
4		French 12D/Fr1 KBL I.206	French 12D/Fr1 SWA I.201	Supervised: 12C/Ss1	French 12D/Fr1 KBL I.206
5		Genstranhr 12A/Gt1 THA A.216		Supervised: 12C/Ss1	

BDW: Mrs B Dowdall
CRA: Mrs C E Ramsbottom
JML: Miss J Millington

KBL: Mrs K Baldwin
SWA: Mrs S Williams
THA: Mr T Harman

	2 Mon	2 Tue	2 Wed	2 Thu	2 Fri
		Supervised: 12C/Ss1	French 12D/Fr1 SWA I.201	Mathematic 12B/Ma1 BDWF.104	Mathematic 12B/Ma1 CRA F.213
		Mathematic 12B/Ma1 BDWF.213	Genstranhr 12A/Gt1 THA A.216		
		French 12D/Fr1 KBL I.206	Supervised: 12C/Ss1	French 12D/Fr1 SWA I.201	
	French 12D/Fr1 KBL I.206	Genstranhr 12A/Gt1 JML A.215			
	Mathematic 12B/Ma1 CRA F.213	Supervised: 12C/Ss1		Genstranhr 12A/Gt1 THA A.216	Genstranhr 12A/Gt1 JML A.215

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Time management

Over two weeks you have -
50 hours of time available to you –
Minus -
24 (taught lessons)

Leaves 26 hours within the school day for you to study
(based on a 8.25-3.10pm day)

(this is similar to the amount of time many of you are wasting
each week on your mobile phone....remember the screen
time assembly?)





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Over to you....

- Take the study planner your form tutor gives you (give this a go, it may just help)

Study Planner
Name: _____
Week commencing: _____

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Period	1 Sat	1 Sun	1 Mon	1 Tue	1 Wed	1 Thur	1 Fri
1 8.45-9.45							
2 9.45 -10.45							
3 11.15-12.15							
4 12.15-1.15							
5 2.10-3.10							
3.30 -4.30							
4.30-5.30							
5.30-6.30							
6.30-7.30							
7.30 -8.30							



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Planning your time

- 1) Start with 2Sat / 2Sun (as we are about to move onto Week B)
- 2) Add in your work and social commitments for this weekend – make sure you have at least 4 sessions (hours) free to complete school work
- 2) Add in your lessons for the coming week (this will be a Week B) – do not include supervised study periods (total of 12 hours)
- 3) Add 4 hours per subject for homework time – you may need to use SMH to determine what work you have due in (total of 12 hours)
- 4) Add in 3 hours per subject of revision time (total of 9 hours)
- You should still have plenty of ‘free’ time on your timetable

Study Planner

Name:

Week commencing:



Period 1'30 - 8'30	2 Sat	2 Sun	2 Mon	2 Tue	2 Wed	2 Thur	2 Fri
1 8.45-9.45	Work	Lie in 😊	Ψ Hmk	Ψ Hmk	Ψ	SOL	SOL
2 9.45 - 10.45	Work	Ψ Revision	Bio Hmk		Bio	Ψ	Bio
3 11.15-12.15	Work		Ψ	SOL Revision	SOL	Ψ Hmk	SOL Hmk
4 12.15-1.15	Work	Bio Revision	SOL	Bio	Ψ Hmk.		Bio Hmk
5 2.10-3.10	Work		SOL Hmk	Ψ	SOL Hmk	Bio	SOL Hmk
3.30 - 4.30	Work	SOL Revision		Bio Hmk	Bio hmk	Ψ Revision	Bio revision
4.30-5.30	Work						
5.30-6.30				Ψ Revision	Bio Revision	SOL Revision	Relax
6.30-7.30	Relax						↓

Planning your time

- This is the minimum required to get through your A ' levels–
- Prizes for guessing whose timetable I have used here 😊
- In theory, this shows a student using 23 / 25 of the allotted times within the school day to work – they are making the most of their time
- There are ONLY 7 hours of studying at home during the week and 3 hours of studying per weekend!
- To achieve this on a weekly basis is a great starting point, is this how you work?



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Hard work pays off
in the future.
Laziness pays off
now.

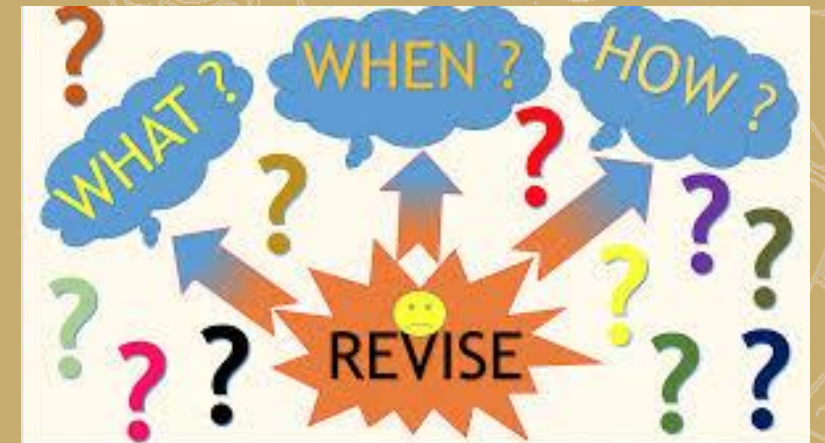
Old Man



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2 – Effective revision strategies

- There is no secret to effective revision. Simply speaking you are trying to get as much information into your long-term memory as possible so you are able to recall it.
- If the material isn't in your long-term memory, you won't be able to retrieve it, leaving you in a difficult position in the exam!





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Sensory
Memory

Capacity: 3-7 units
Duration: 0.5-3 seconds

attention

Working
Memory

rehearsal

Capacity: 7-9 units
Duration: 5-15 seconds
(without rehearsal)

forgotten

ENCODE

RETRIEVE

Long-
Term
Memory

Capacity: infinite
Duration: permanent



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Getting information into your long-term memory

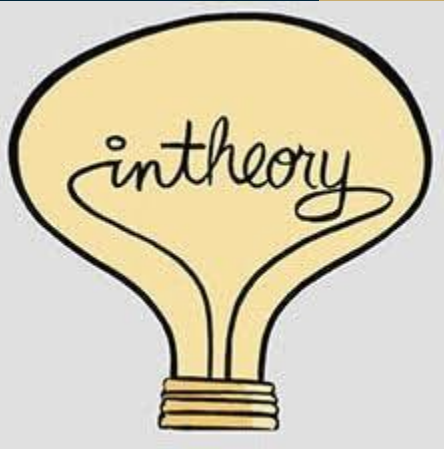
- It's simple..... but requires lots of time and effort 😊
- Take out the topic you have been asked to bring to today's session. Hopefully this is something you are currently finding difficult to remember. (If the issue with this material is that you do not understand it, you may need to ask your teacher for help after the session).
- Let's look at three easy ways



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1 – *Theory* - Cue Cards

- Using cue cards help with revision for many reasons
- 1) When creating them you need to re read your notes, revisiting taught info which is hopefully in your long-term memory
- 2) Summarising the info allows you to select the most important points
- 3) Recalling information on the cue card tests your long-term memory. Repeating this self testing will strengthen the memory, making it much easier to recall in the exam.





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1 – *Creating cue cards*

- You have 5 minutes to summarise your topic onto a cue card

- 1) Read the material through
- 2) Write the title on the top of the cue card
- 3) Make a note of the key terms / concepts
- 4) Add explanations / definitions of these key terms / concepts
- 5) Add diagrams / images if these help



Tip!



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1 – *Using* cue cards

- Now you have created your cue card do the following

- 1) Read the material you have summarised on the cue card
- 2) Cover the cue card, how much of it can you remember
- 3) Check which bits you haven't recalled
- 4) Cover the cue card again, recall again
- 5) Repeat until you are able to recall all of it
- 6) Leave it to one side, return to this later



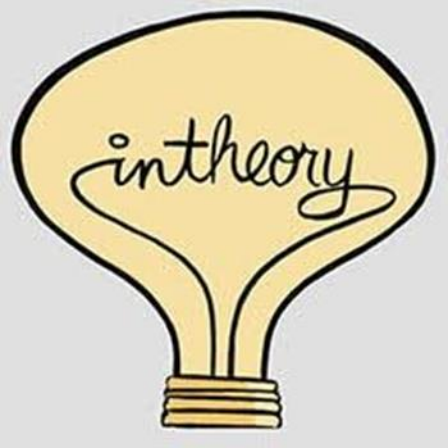
Tip!



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2 – *Theory* – Knowledge organisers

- Using a knowledge organiser helps with revision for many reasons
- 1) KO's summarise the knowledge you need of a topic in one place, no longer do you need to read several textbooks, in many cases teachers have done this for you and selected the most important bits of information – be thankful!
- 2) Allow you to recap topics quickly, and hopefully see links between topics
- 3) Recalling information is easy if you use the read, write, cover, check model





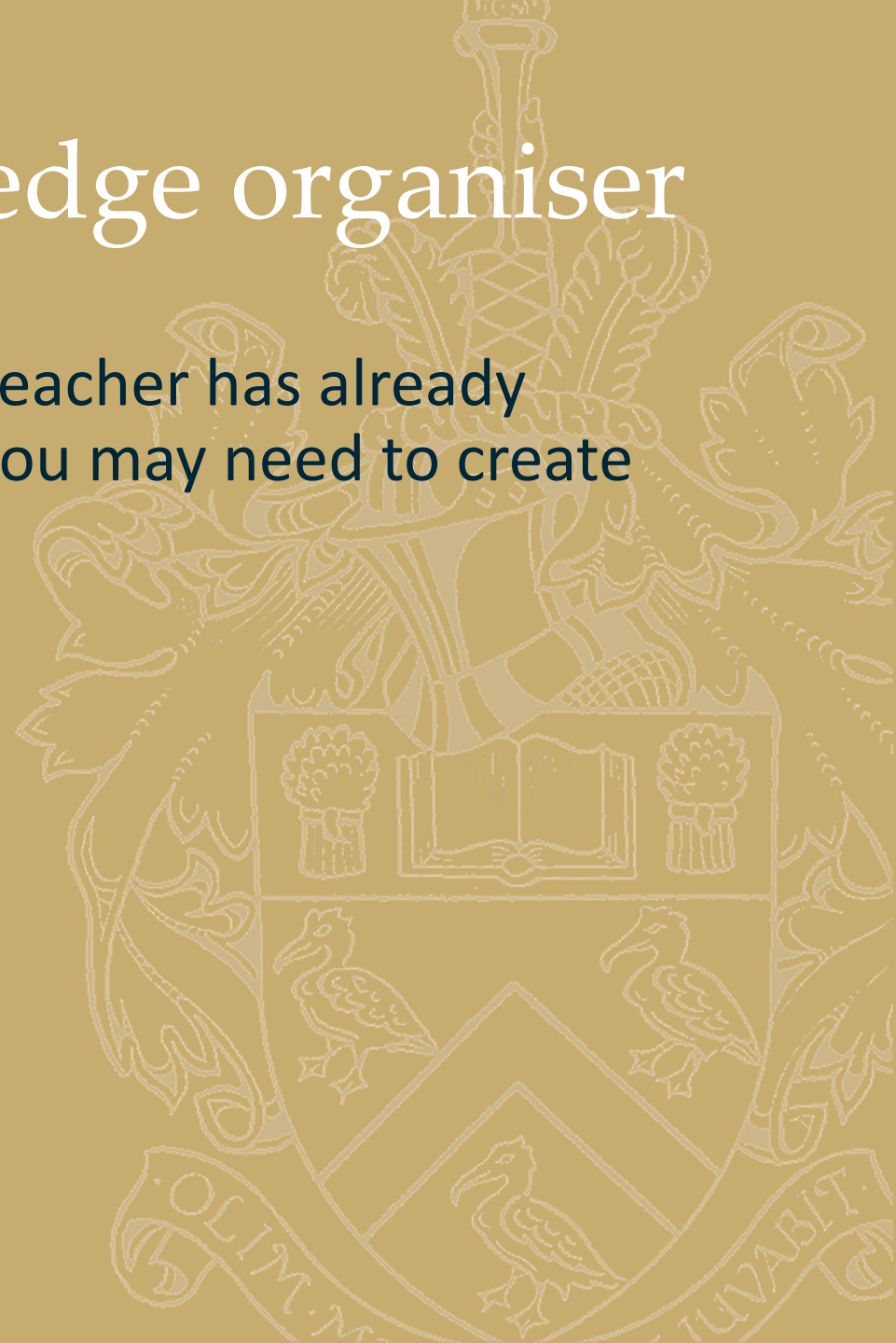
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2 – *Creating* a knowledge organiser

- You may be fortunate that your teacher has already created a KO for your topics, or you may need to create your own.
- Here's one I made earlier



Tip!





A Timeline of Apartheid in South Africa		Anti-Apartheid Activists	
1948	1. National Party is elected into government and creates apartheid	1. Nelson Mandela	Lawyer, defendant, prisoner, President
1952	2. The African National Congress (ANC) launch the Defiance Campaign	2. Winnie Madikizela	South Africa's first black social worker
1955	3. Mandela is put on trial for treason at Pretoria	3. Walter Sisulu	African in Robben Island prison to 1989
1960	4. Sharpeville Massacre: 69 South Africans shot and killed by police	4. Chief Albert Luthuli	President of the ANC from 1952-1967
1960	5. Mandela and ANC burn their passbooks, and 100,000 Africans join in	5. Oliver Tambo	President of the ANC from 1967-1992
1960	6. The National Party apartheid government ban the ANC	6. Ahmed Kathrada	Indian in Robben Island prison to 1989
1961	7. Mandela forms Mkhonto we Sizwe, Spear of the Nation, for sabotage	7. Desmond Tutu	Archbishop won 1984 Nobel Peace Prize
1963-4	8. Mandela is put on trial at Rivonia for treason, violence and sabotage	8. FW De Klerk	President who ended apartheid in 1990
1964-1990	9. Mandela is put in Robben Island prison with Sisulu & Kathrada	MANDELA QUOTATIONS	
1969-1978	10. Mandela's son Thembi and mother die, and daughter Zeni marries	Freedom Charter, 1955	"A free, democratic South Africa belongs to all who live in it, black, white and Indian. Every man and woman shall have the right to vote. The people shall govern!"
1976	11. Soweto Uprising: hundreds of children shot and killed by police	1. Rivonia Trial Opening	"Why did we form Umkhonto we Sizwe? What were we, the leaders of our people to do? Were we to give in to force, or were we to fight it and if so, how?"
1990	12. Mandela is released from prison by FW de Klerk	2. Middle (20th April 1964)	"Africans want to be paid a living wage... African men want their women and children to live with them... African women want to be allowed out after 11"
1993	13. Mandela wins the Nobel Peace Prize	3. Rivonia Trial Closing	"I have fought against white domination, and I have fought against black domination."
1994	14. Mandela is elected first black President in South Africa's history	4. Rivonia Trial Ending	"Freedom is an ideal which I hope to live for and achieve. But if needs be, it is an ideal for which I am prepared to die."
1995	15. South Africa win the Rugby World Cup, held in South Africa	LEGAL VOCABULARY	
POLITICAL VOCABULARY		1. defendants	The people charged in a trial
1. apartheid	racial segregation of schools, hospitals, parks, beaches, buses	2. verdict	The decision if the defendant is guilty or not guilty
2. segregation	systematic separation	3. sentence	The punishment for the crime if the verdict is guilty
3. government	the political party with the most MPs in parliament	4. judge	An experienced lawyer who decides the sentence
4. political party	a group organising to win an election to parliament	5. jury	inexperienced people who decide the verdict
5. oppression	cruel denial of rights		
6. sabotage	destruction of property, avoiding murder		
7. strike	A refusal to work in protest		
8. authorities	the government, state or people in charge		
9. defiance	refusal to obey orders		
10. treason	illegal violence against the government		



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2 – *Using* a knowledge organiser

- Choose one section of the knowledge organiser
- Read it carefully
- Cover it up, how much can you remember?
- Read it again, this time highlight the bits you were unable to remember
- Cover it again, recall it again, either in your head or write it out
- How much can you remember now? You should be getting better! Imagine the impact this will have on your long-term memory if this is done regularly!



Tip!



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2 – *Using a knowledge organiser*

- Using the knowledge organiser on the previous slide answer the following question –

Describe Nelson Mandela using the terms oppression, defiance and segregation.

In your answer, make reference to at least one historical date and one famous quote.



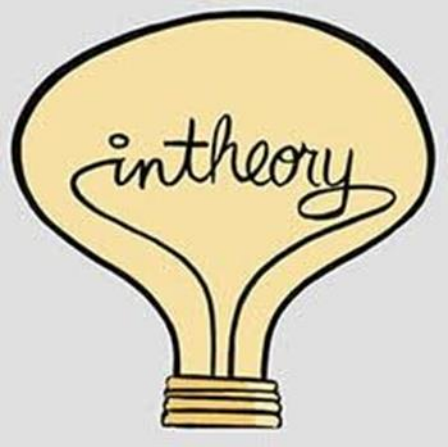
Tip!



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3 – *Theory* – Test yourself

- Testing yourself allows you to see how much information is in your long-term memory (it's why if you prepare for assessment weeks and mock exams properly, that this can be really helpful to strengthen those neural pathways)
- There's no kidding yourself here either, if you don't know it, you don't know it and need to revise it again!





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3 – *Creating tests*

- Write three questions based on the topic you brought with you to today's session



Tip!





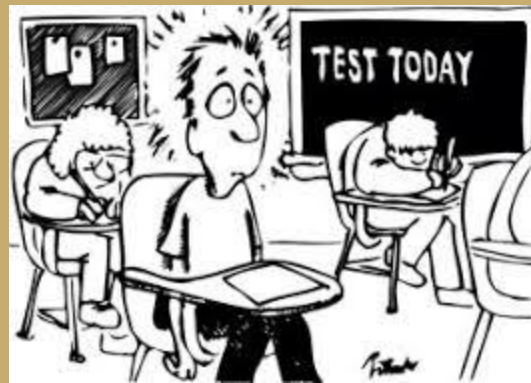
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3 – Using tests

- Cover your topic up
- Now ask yourself the three questions you have just written, can you answer these?
- Before any exam you should have completed EVERY past question in existence, after all, this is the only way to test your recall and allow you to practise working in timed conditions.



Tip!





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Summary

By taking part in today's session, you should now have –

- A plan of work for the next week, it is up to you to stick to this now
- Three ways to revise effectively (cue cards, using KO and testing yourself)
- Now, get started!

