

Throughout KS3 and KS4 students will learn about effective metacognition and revision strategies to ensure all students can become independent learners beyond the classroom and successfully help them to prepare for assessments & external examinations. This will be delivered as part of the Personal Development programme using the below sessions, but also throughout the KS3 and KS4 curriculum.

Year 7	Year 8
<ol style="list-style-type: none"> 1. How does our memory work and how can it help us to revise? 2. How can we improve our memory? 3. Using the BTH Core Four strategies 4. Having a growth mindset 5. Mobile Phones – Do they help? 6. Reflection 	<ol style="list-style-type: none"> 1. Memory: Short/Long-term 2. Brain Dumps 3. Mind Maps 4. Flash Cards 5. Online Revision Resources 6. Using your time and motivation effectively
Year 9	Year 10
<ol style="list-style-type: none"> 1. The Learning Brain 2. Why do we forget stuff? 3. Brain Dumps & Mind Maps 4. Flash Cards & Online Resources 5. Activities that will not help me 6. Thinking hard and getting ready for KS4. 	<ol style="list-style-type: none"> 1. Embrace mistakes and failure, but learn 2. Brain Dumps – Procrastination 3. Mind Maps – Improving motivation 4. Flash Cards – Handling Stress 5. Spacing & Interleaving 6. Getting ready for your Centre Assessments
Year 11 – with additional examination support sessions	
<ol style="list-style-type: none"> 1. Getting it right 2. Creating the right study habits & Time Management 3. BTH Core Four – Brain Dumps & Mind Maps 	<ol style="list-style-type: none"> 4. BTH Core Four – Flash Cards & Online Resources 5. Managing exam and revision stress 6. You have got this!!!

Flashcards

BTH students will be taught how to use flash cards effectively by:

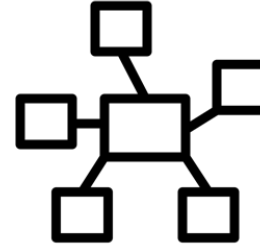
- 1) Identifying knowledge
- 2) Designing effective cards
- 3) Using the cards effectively to retrieve information and develop long term memory.
- 4) Use the cards to improve their knowledge of what their strengths and weakness are across subjects.



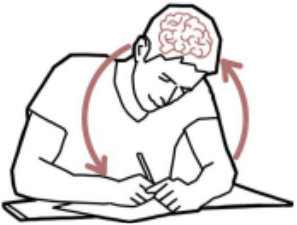
Mind Maps

BTH students will be taught how to use mind maps effectively by:

- 1) Identifying knowledge that needs to be learnt.
- 2) Place the main topic in the centre of the page and identify subtopics that will branch off.
- 3) Branch off your subtopics with more detail.
- 4) Use images and colour.
- 5) When you can't add anymore without prompts, use revision guide and a different colour pen to add in new information.
- 6) Self-test and repeat the process.



BTHCC Core Four Revision



Brain Dumps

BTH student will be taught how to use brain dumps effectively by:

- 1) Identifying knowledge
- 2) Writing it down on a blank piece of paper with no prompts.
- 3) Once complete and pupils cannot remember more, use another colour and revision guide to add new information.
- 4) Self-test and learn the new information.
- 5) Repeat the process.

Online Revision Resources

