
BA Revision Strategies



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Metacognition : Our Philosophy

Metacognition is sometimes described as 'Thinking about thinking' or 'Learning to Learn'. On a very basic level, it is about your ability to do three things:

- Monitor your learning
- Direct your learning
- Review your learning

At the Academy we explicitly teach you some of the best-known strategies that can help you to succeed. The strategies we teach you will hopefully give you the edge when it comes to remembering more, understanding more and being able to do more.

The main strategies that we teach you are:

- Revision Cards
- Mind Maps
- Cornell Notes
- The Pomodoro Technique
- Flashcards and the Leitner Method

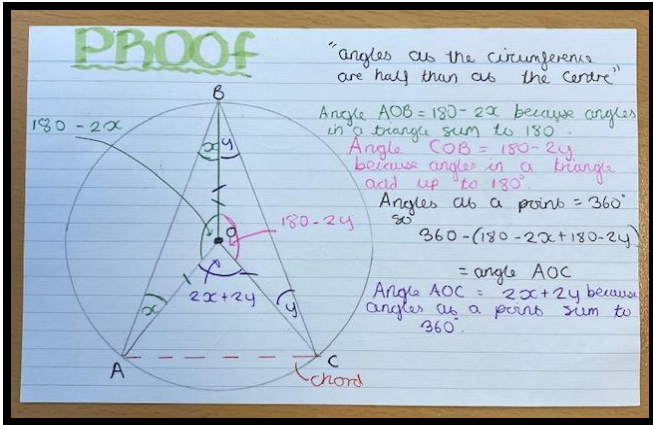
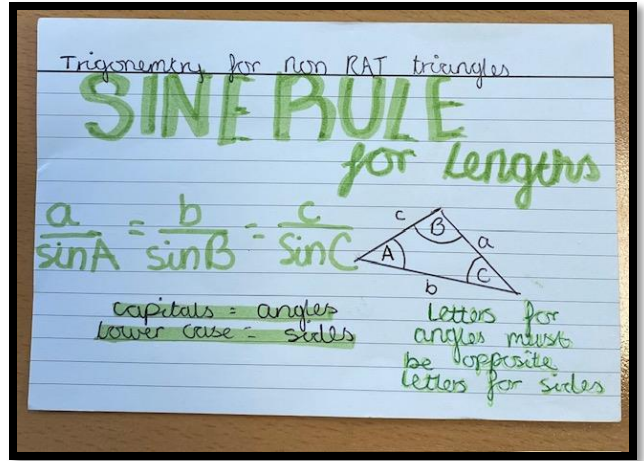
You are engaging in metacognition if...

- You plan what you want to achieve in a revision session. You set a goal for yourself e.g. *I will make three mind maps based on The Cold War.*
- You select a revision strategy that works for you in that subject e.g. *Cornell Notes for History revision, flashcards for Science revision.*
- You monitor how well you are learning using the chosen strategy. You will recognise which ones work for you and which ones don't.
- You reflect on how focused you are during the session and make adaptations if you need to.

Strategy 1 : Revision Cards

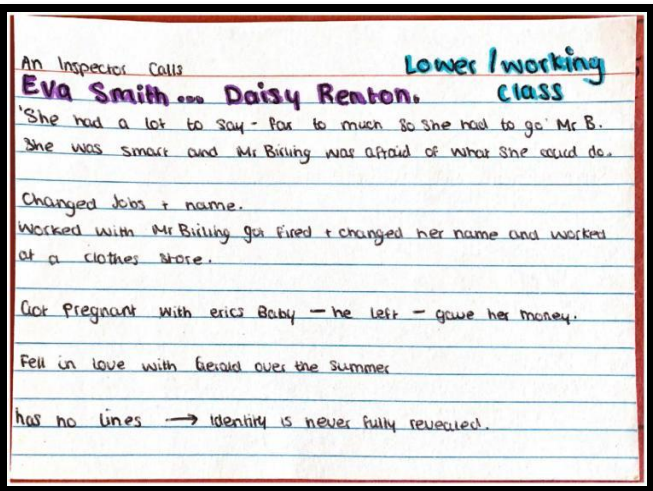
Making flashcards is really simple. In short:

- Read what you need to learn.
- Find and mark definitions.
- Highlight the most important definitions, keywords and key phrases. ...
- Use images and colours.
- Use flashcards to test yourself.
- Use acronyms. ...



How to use revision cards?

- Do not just read them.
- Read the question - Cover up the answer - write as much as you can remember down.
- Once you've finished, look at your card and copy down the bits you've missed.
- Do it all again, and again, and again.
- Get someone to ask you the question and you answer verbally.
- 2 days later do the same card again. Then a week later.
- Once you know it, put it into a 'Green' pile of learnt work.
- Concentrate on the ones you don't know.



Strategy 3 : Cornell Note taking

Cornell Notes - How To

Step 1

Name Date Subject Topic

Step 3

This is where you will make your notes even smaller.

What are the notes about?

Key questions

Sub-topics

Key dates etc

Step 2

This is where you will add your main notes using

- Your Book*
- Your Revision Guide*
- Your flash cards*
- Online learning platform*
- Etc*

Skip a line between each

Step 4

Summary

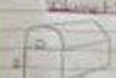
This is where you summarise the key learning from this page.

What are the key takeaways that sum up the knowledge

Strategy 3 : Cornell Notes – Examples


3902

Volume of a cone




Volume of a cone = $\frac{1}{3} \pi r^2 h$

Volume of a sphere




Volume of a sphere = $\frac{4}{3} \pi r^3$

Volume of a cylinder



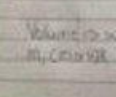
Volume of a cylinder = $\pi r^2 h$

Volume of a pyramid



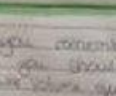
Volume of a pyramid = $\frac{1}{3} l^2 h$

Volume of a rectangular prism



Volume of a rectangular prism = lwh

Volume of a cube



Volume of a cube = s^3

As long as you remember and know how to use the equations you should be able to remember how to derive them quickly.

Name: Clodagh Carroll

Subject: English language

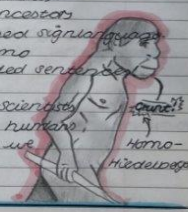
HUMAN LANGUAGE

Language is any system of communicating in words.

What is a linguist?
A linguist is a person who scientifically studies a language and its structure. This could include a historian or a speech teacher!


The English language:
English is a west Germanic language in the Indo-European language family.

1,000,000 years ago, we were classified as apes and spoke in grunts.
600,000 years ago, our ancestors homo Heidelbergensis used sign language.
200,000 years ago, Homo Sapiens used fully formed sentences.
Why?
From fossils and DNA, scientists know that the early humans evolved to speak like we do now.



SUMMARY:
During human history, humans communicated with each other in different ways throughout the ages.

Holly Bickley 29/09/23 Science Acids and Alkalis



The pH scale ranges from 0 (very acidic) through 7 (neutral) to 14 (very alkaline).

pH can also be measured using an indicator and comparing the colour with a comparison chart. Dark green = neutral.

It can be measured using a pH meter which gives a numerical value.

Strong acids such as hydrochloric acid and nitric acid are dangerous acids that have been mixed with a lot of water.

Strong acid bottles are labelled with a warning sign to show they can be harmful.

Concentrated acids are mixed with very little water. They're much more dangerous than diluted acids. They are also corrosive which means they can attack metals and destroy skin if spilled.

Alkalis are good: vinegar, tea, lemon.

Alkalis are the opposite of acids. They include things such as soap, washing up liquid, toothpaste.

An alkali is any base substance that will dissolve in water to produce OH⁻ ions. Acids and inorganic acids. Alkalis have a pH of 8 or above, where 7 is neutral.

In the pH scale, 7 is neutral. It is in between acids and alkalis.

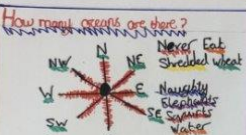
Examples of neutral would be water or saline.

Acids are below for the pH scale. Alkalis are above for the pH scale. Neutral is in the middle.

Summary:
Overall, the pH scale is a really good way to measure acids and alkalis, and you find acids and alkalis in lots of everyday things.

(Name) Sierra (Date) 23.9.23 (Subject) Geography (Topic) Oceans

How many oceans are there?



The earth's surface is 71% water.

Interesting facts:
Sound travels 4x faster compared to air.
Climate Change is warming our oceans. This causes sea levels to rise due to melting ice caps and water expanding.
Carbon dioxide levels are rising. This dissolves in our oceans making more acidification. It can harm the ocean plants and animals.
Fish population are melting because humans are overfishing. There are regulations to control how much fish fishermen catch every day. Bluefin tuna is one of the most endangered fish.

There are five oceans:
Pacific - This is the largest and deepest ocean.
Atlantic - We swim in the Atlantic ocean of Sauntery.
Arctic - This is the smallest ocean.
Indian - This is the warmest. Temperature is 28°C (82°F).
Southern - This is the stormiest.
29% land.
71% Oceans - we have only explored 5% of this.
33% Pacific = 165 million km²
17% Atlantic = 14% Indian = 4% Southern
3% Arctic = 14 million km²

Summary:
There are five oceans: Pacific, Atlantic, Arctic, Indian, Southern. Across the whole planet Earth 71% is ocean. Sound underwater travels 4x faster than air. Climate Change the Oceans are getting warmer, more Acid and Sea levels are rising.

Strategy 4: The Pomodoro technique

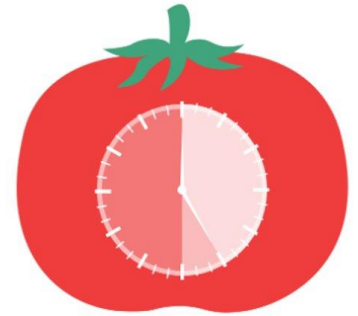
History

Invented in the early 1990's by Francesco Cirillo. He found great difficulty in focussing when he had work to do.

He found that if he set himself a short period of time, with a short rest afterwards he could get more work done.

He named it after the tomato shaped timer he used to track his work as a student at university.

Pomodoro Technique



25 min working
5 min resting

How do you do it?



The Theory:

Any large task can be broken down into short timed intervals called Pomodoros.

Each Pomodoro separated by a short break.

Adapt to suit you;

- Keep going after 25 mins.
- Increase the time if it suits you.
- Alter the timing intervals.
- Repetitions.

Strategy 5: Flashcards & The Leitner System

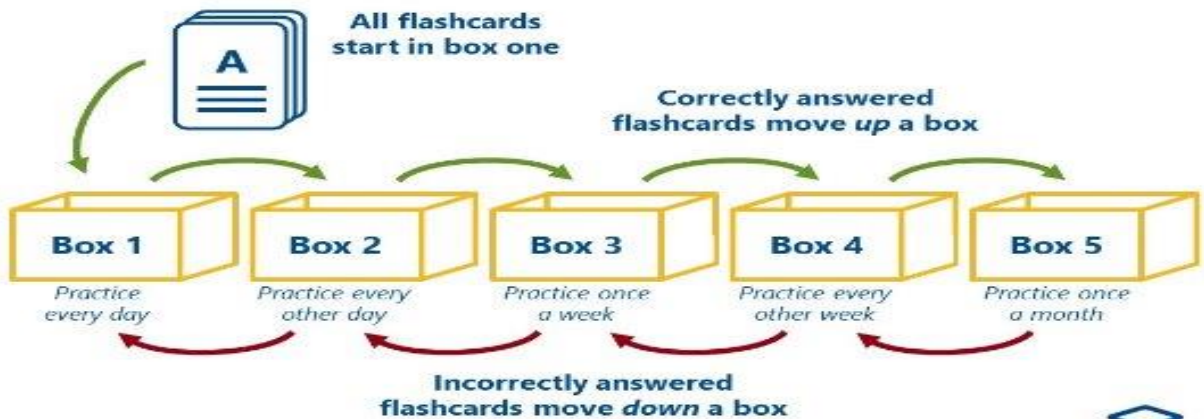
Flashcards

- Small cards with a question or prompt on one side and the answer or information on the other.
- They're a great way to test yourself and find gaps in your knowledge.
- Flash cards are useful for learning things like;
 - a. Important dates in History
 - b. Language vocabulary
 - c. Key words and definitions
 - d. Labelled diagrams



How to use the Leitner system for flashcards

Increase your memory with spaced repetition and active recall



Why is it effective?

- By continually reviewing information that *just won't stick*, you can focus less on stuff you already know and instead allocate more time to the cards that are causing you the most trouble.
- It also helps you to focus and build up confidence on the tricky topics!
- It forces you to tackle difficult topics until you're confident with them.

How to use a revision list.

Revision planning:

To plan what you want to do in each Pomodoro take your Revision lists and RAG the topics.

Red: the topics you need to learn first.

Amber : the topics you need to go over more

Green: You know the topic and only need to scan over the work.

Maths Revision List

Year 9 Paper 1 – Non Calculator

- Listing possible outcomes
- Solving problems involving money
- Probability
- Reading timetables
- Expanding brackets and simplifying
- Factorising
- Highest Common Factor
- Lowest Common Multiple
- Proportion (problem solving)
- Percentages
- Scale and bearings

Year 9 Paper 2 - Calculator

- Fractions, decimals and percentages
- Percentage change
- Theoretical and experimental probability
- Calculations with standard form
- Linear inequalities
- Factorising and solving quadratic equations
- Rearranging formulae
- Constructing bisectors
- Circles and cylinders

Now I have my list of topics to revise;

1. Proportion
2. Scale & bearings
3. Factorising & solving quadratics
4. Circles & cylinders

5. Probability
6. Factorising
7. Experimental probability
8. Linear inequalities