



# Revision Skills

Year 11, Week 3, Term 4  
2025



# Today

- Marginal gains and study
- Using feedback
- Brain dumps and recognising gaps.



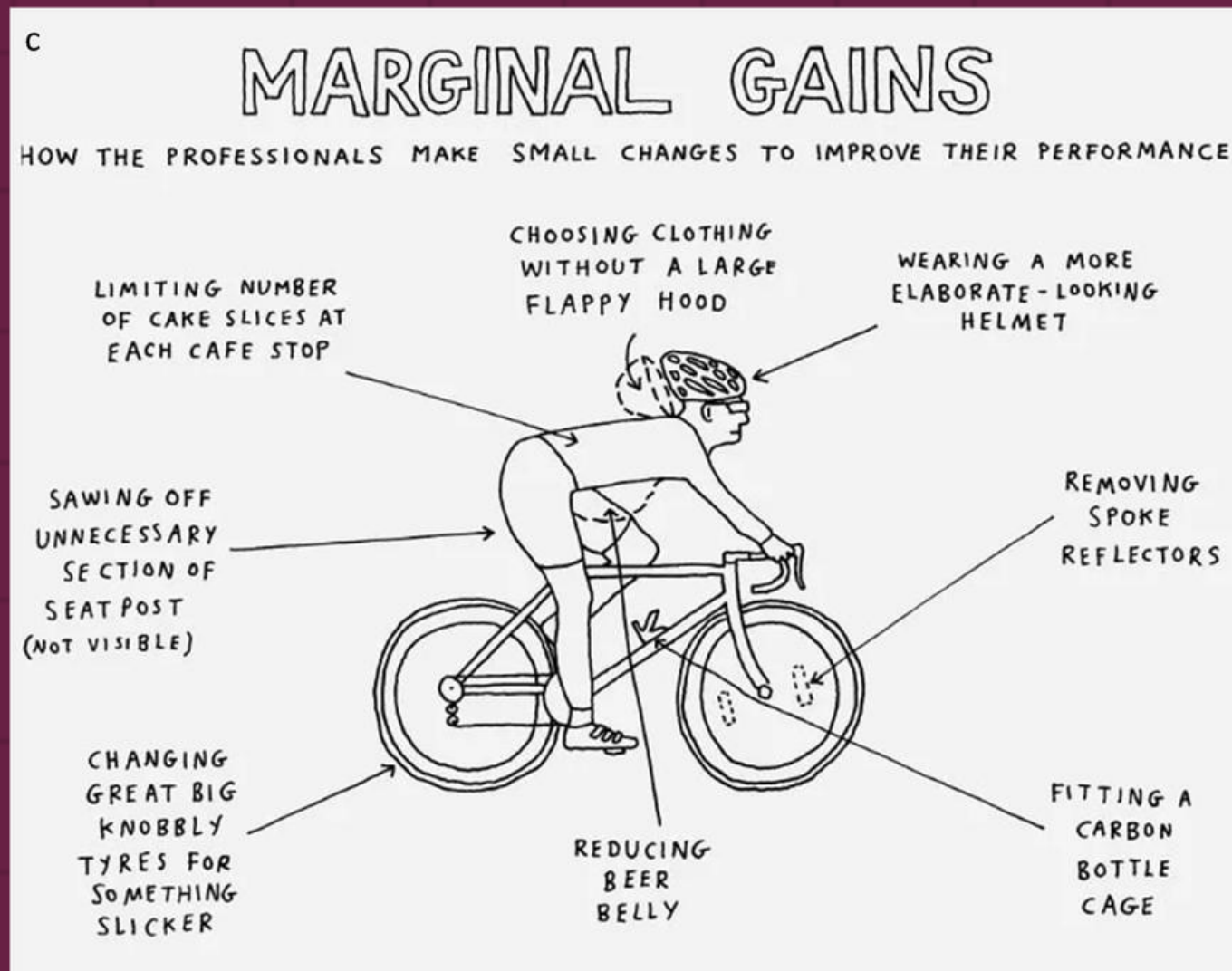
# 1. Marginal Gains

- Team GB Cycling



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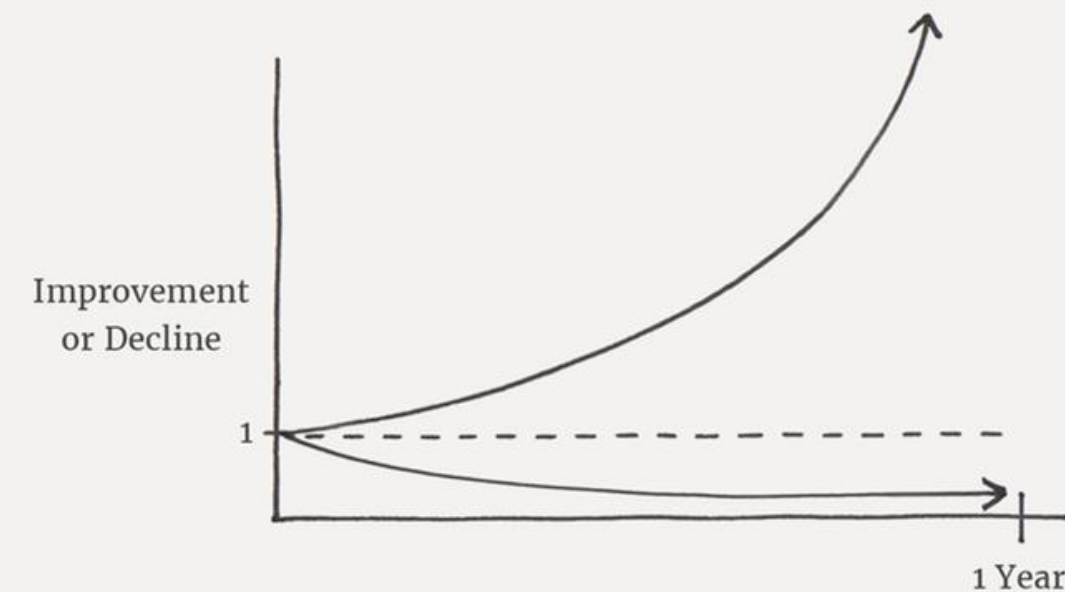
- Team GB Cycling



- Imagine if we could be empowered to improve by 1%

## The Power of Tiny Gains

1% better every day  $1.01^{365} = 37.78$   
1% worse every day  $0.99^{365} = 0.03$



# 1. Marginal Gains

Area of focus	Ideas
Optimise your environment	<p><b>Minimise distractions:</b> Study in a dedicated, clutter-free space. Delete distracting apps from your phone or computer or physically put them in another room.</p> <p><b>Improve comfort:</b> Use the most ergonomic study setup and consider how small adjustments to your chair or desk can reduce physical strain.</p> <p><b>Enhance focus:</b> Experiment with different types of background noise (e.g., instrumental music, white noise) or complete silence to find what works best for you.</p>
Refine your study techniques	<p><b>Active recall:</b> Instead of just re-reading notes, quiz yourself. This could be by using brain dumps, flashcards, attempting practice problems without looking at the solution, or dual coding.</p> <p><b>Spaced repetition:</b> Schedule regular review sessions for previously learned material to move information from short-term to long-term memory. (Weekly planners)</p> <p><b>Chunking:</b> Break down large, complex topics into smaller, more manageable parts to study at a time.</p> <p><b>Purposeful practice:</b> When learning a new skill, focus on what you get wrong and try to fix it, rather than mindlessly repeating the same mistakes. (Feedback and gap analysis)</p>

# 1. Marginal Gains

Area of focus	Ideas
Improve your daily habits	<p><b>Short, focused sessions:</b> Instead of one long cramming session, break your study time into shorter, more frequent intervals, with breaks in between.</p> <p><b>Consolidate learning during rest:</b> Schedule time for sleep, rest, and breaks. Your brain compresses and consolidates memories during these times, strengthening what you've just learned.</p> <p><b>Consistent effort:</b> Even a 1% improvement each day compounds over time. Consistently applying these small gains is more effective than sporadic, all-or-nothing efforts.</p> <p><b>Healthy habits:</b> Ensure you are getting adequate sleep, proper nutrition, and hydration, as these all impact cognitive function. success.</p>
Systematize your approach	<p><b>Define clear goals:</b> Have a clear understanding of what you want to achieve.</p> <p><b>Break goals into habits:</b> Translate your goals into small, actionable daily habits.</p> <p><b>Build systems, not just goals:</b> Focus on building a system of habits that moves you toward your goals, because the system is what drives long-term</p>

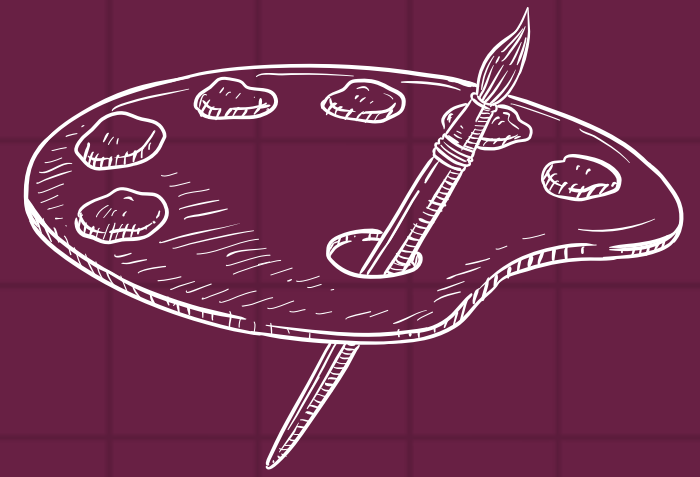
# Using your feedback



To effectively use feedback between to prepare for exams:

- create a personalised study plan based on your identified weak areas
- use an [error journal](#) to track mistakes and knowledge gaps.
- Actively apply this feedback by seeking clarification from your teacher,
- find more practice questions for specific topics
- redoing problems to reinforce concepts.
- Regularly review the syllabus for your subjects to ensure you're targeting the correct content and skills for the upcoming exam

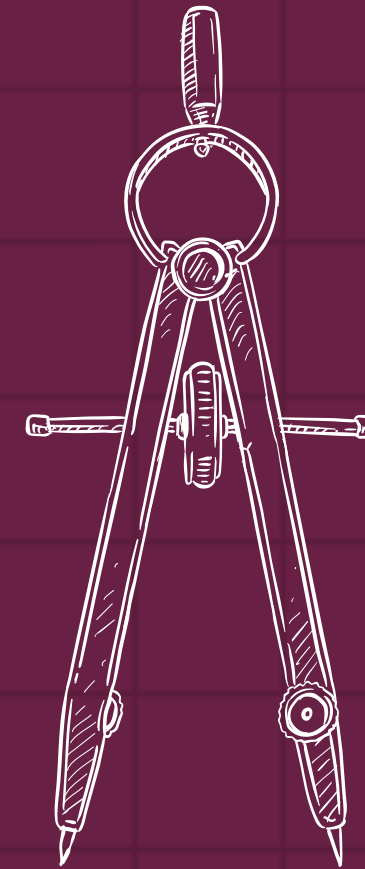
# Using your feedback



## 1. Analyse and Document Feedback

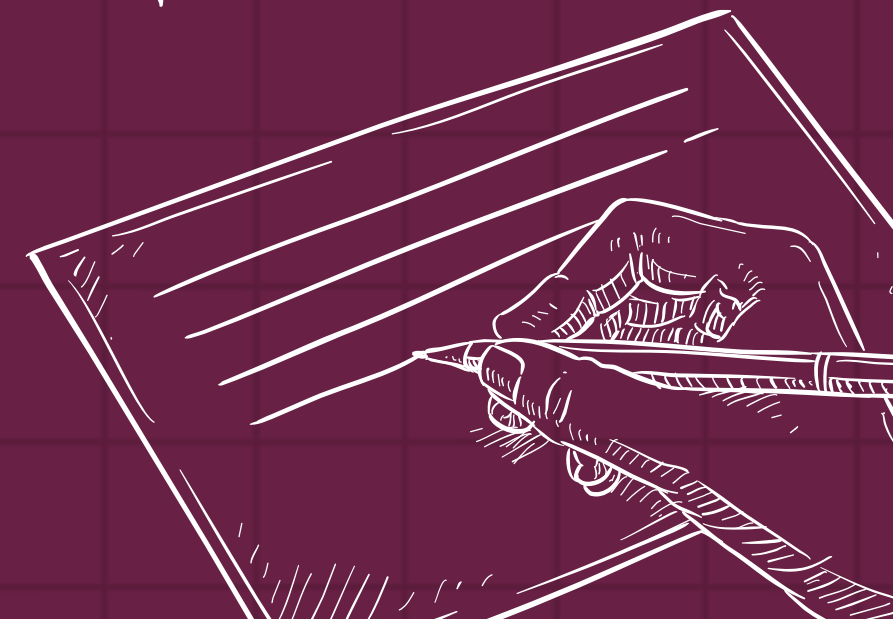
### Create an error journal:

- Keep a record of your mistakes from past assessments and exams and analyse the reasons behind them, such as misinterpreting questions, gaps in content knowledge, or calculation errors.

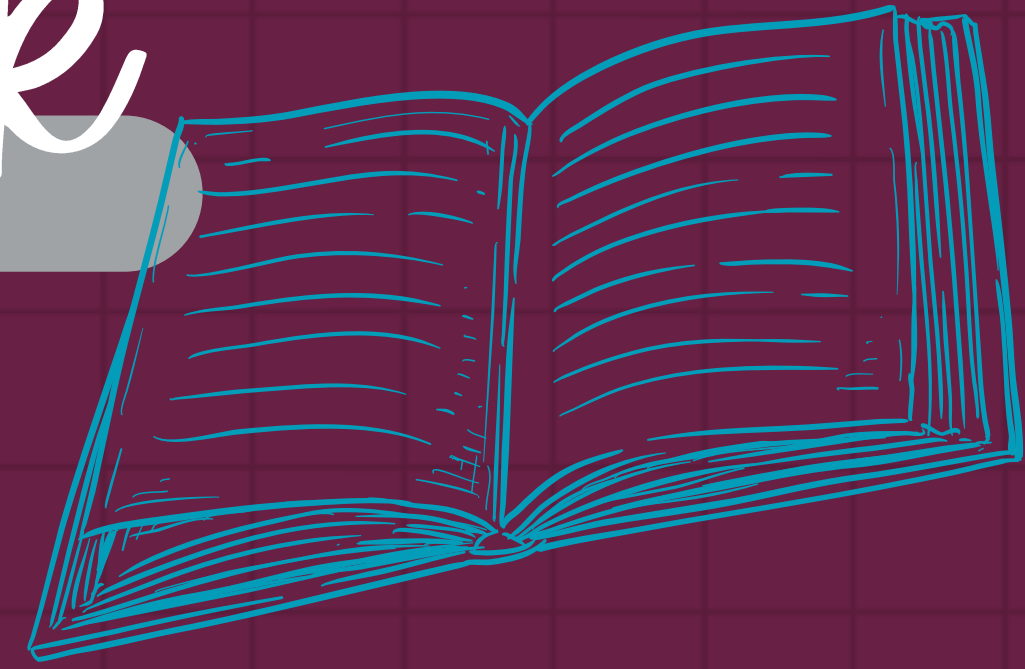


### Identify patterns:

- Look for recurring errors or types of questions you struggle with in your journal to pinpoint your specific weaknesses.



# Using your feedback



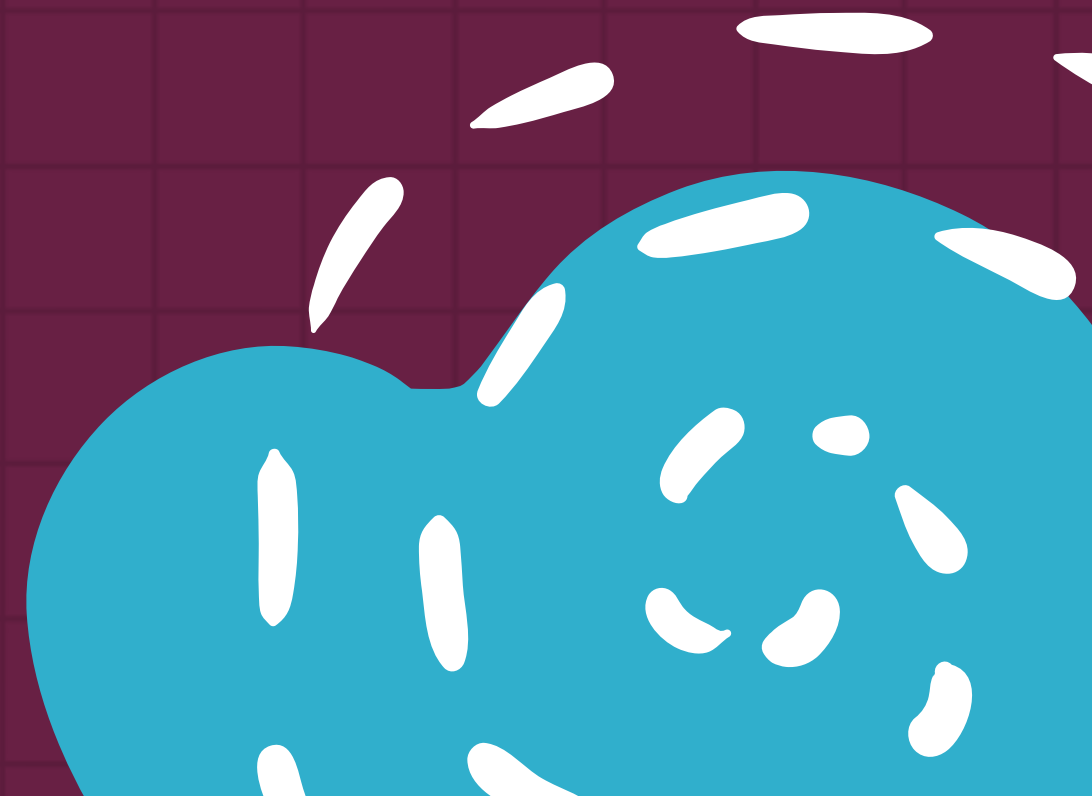
## 2. Develop a Targeted Study Plan

### Consult the syllabus:

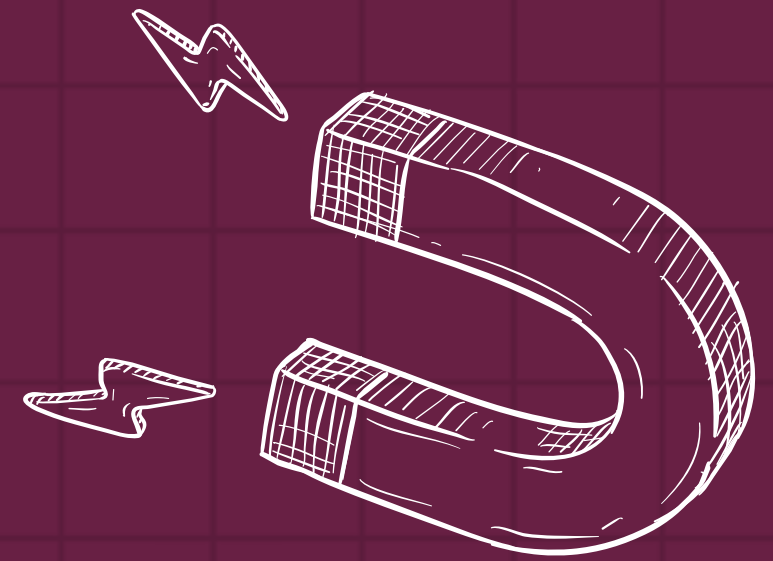
- Use the feedback to highlight relevant sections and skills on the subject syllabus that you need to improve.

### Prioritise areas:

- Focus your study efforts on those weaker areas to make the most impact before the exam.



# Using your feedback



## 3. Take Actionable Steps

### Seek teacher guidance:

- Ask your teachers for clarification on your mistakes and for strategies to improve.

### Find more practice questions:

- Once you've identified an area for improvement, find additional practice questions to test your understanding and build your skills.

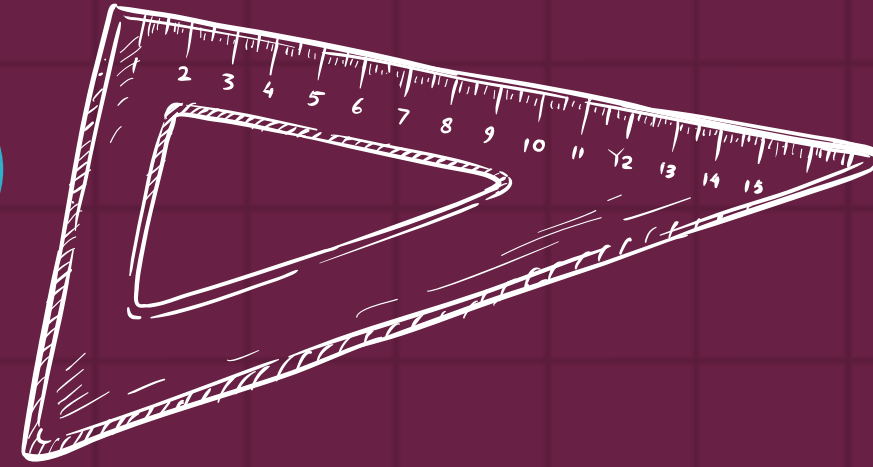
### Redo incorrect problems:

- Work through your mistakes again to ensure you understand the correct process and reinforce your learning.

### Practice exam-style conditions:

- For certain subjects like English, practice under timed conditions, including printing off texts for annotation practice.

# Using your feedback



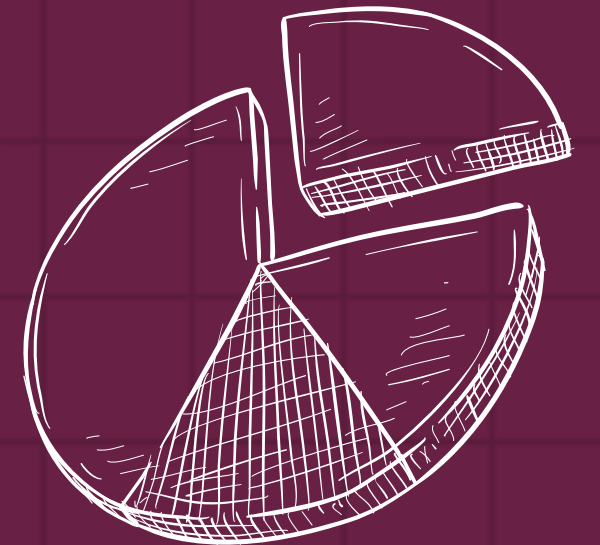
## 4. Integrate Feedback into Your Routine

### Create a game plan:

- Develop a structured study plan that incorporates the specific actions you need to take to address your weaknesses.

### Set realistic goals:

- Set achievable goals for your next assessment, such as improving your speed or understanding a particular concept more deeply.



### Maintain a balanced lifestyle:

- Remember that a healthy balance between study, relaxation, and other activities is crucial for overall well-being and effective learning.



# How to address errors - some ideas

Skill	How to address errors
mathematical errors	complete exercise again either using teacher feedback or after reading the solution, in your error journal
Multiple choice errors	find the correct answer from feedback or marking key, create a sentence, paragraph or diagram in your error journal which explains why that is the correct answer (it may also show why the others are incorrect.)
Science equations	complete exercise again either using teacher feedback or after reading the solution in your error journal
English, History or extended answers in general	Read the teacher's feedback carefully, also look carefully at the marking key on the marks you missed out on. Use the feedback and marking key to re-write the extended answer, using the feedback. eg. If English says more figurative language needed, re-write with figurative language and seek feedback. If history requires stronger Topic Sentences, rewrite with stronger Topic Sentences.

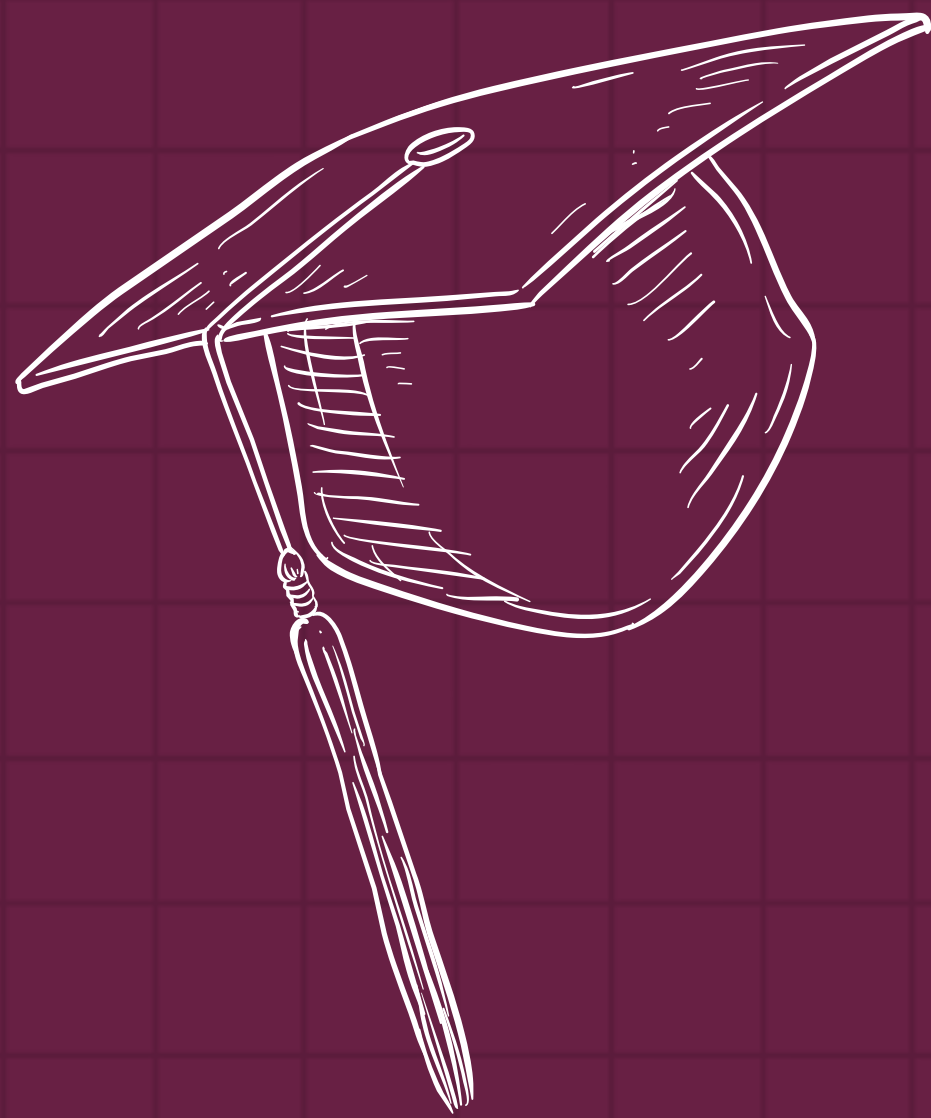
Then seek some similar examples so you can apply the skill

# Do now: identifying areas of weakness:

**Step 1:** Write down your ATAR subjects, one to a line.

**Step 2:** For each subject, write down an area of weakness like **skills** eg. composing, multiple choice, chemical equations, extended answer or **specific topics**; eg. linear equations, Hitler's rise to power, organic chemistry, the nervous system.

**Step 3:** Create a list of priorities for your study, this could relate to the portion in the exam. e.g. essays in History account for 60 marks, Source Analysis for 40 marks, I would preference any skills shortage in essays.



# Do now: brain dumps to boost confidence

**Step 1:** Turn over your A3 sheet and in the middle, write a topic area for extended responses in ANY ATAR SUBJECT

**Step 2:** The timer will be set for 10 minutes, write as such as you can about the topic.

**Step 3:** Use your notes or text to add information and detail that you may have missed in the 10 minutes.

**Step 4:** Keep it. Use it to:

- LOOK COVER WRITE CHECK AMEND to improve long term memory retention.
- create a plan for a practice extended response
- give to a parent or sibling to test your knowledge

