

 **A FOUNDATION**
FOR LIFE...

Internal Examination Week 2025



Princethorpe College
An Independent school for 11-18 year olds
A Princethorpe Foundation School

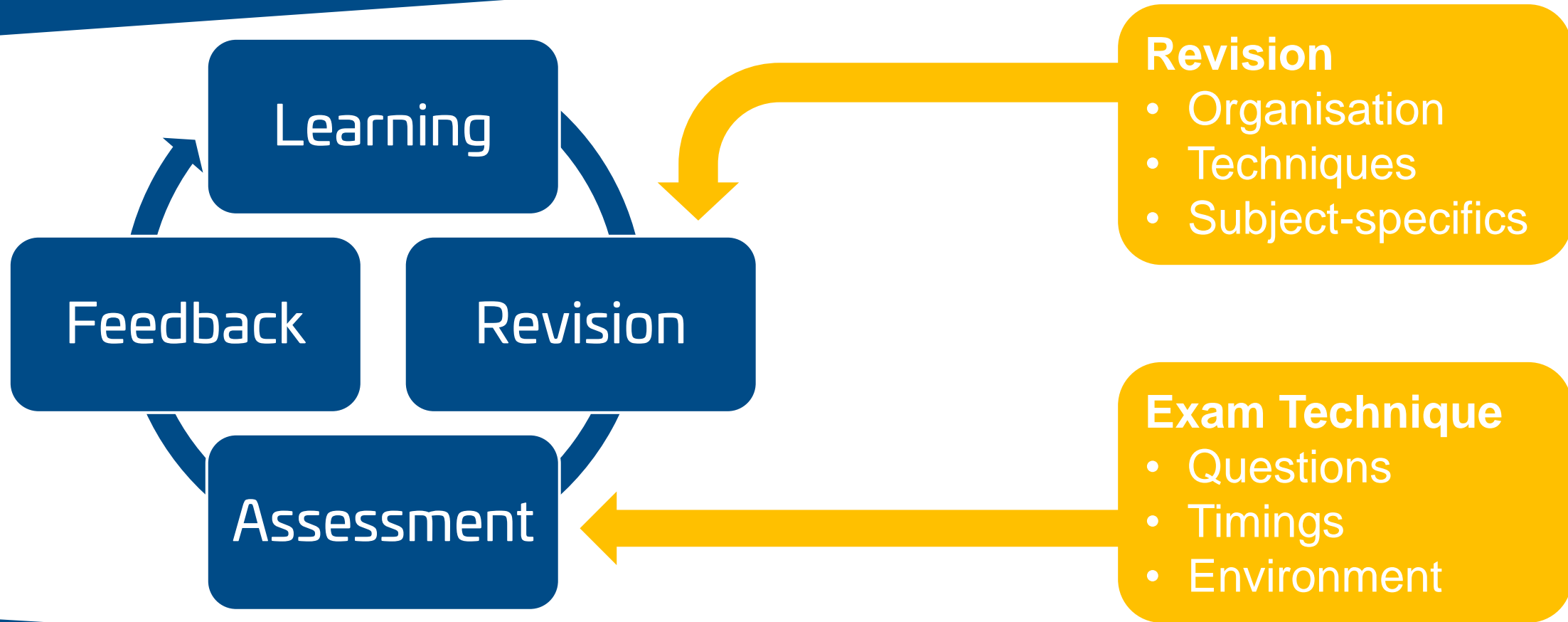
Why have Internal Exam Week?

- Exams are accurate assessments
- Information for your teachers
- Communication to your parents
- Practise revision techniques
- Get used to formal assessments
- Know your own learning

Assessment Process



Assessment Process



How should I approach it?

Take it
Seriously

Don't
Stress

Revision Practice

- Take advice from teachers
- Lists of revision topics
- Complete revision homework
- Revision lessons
- Get into good habits

Revision Advice

■ Retrieval (recall) is the key to effective revision

- The "2 3 5 7 revision rule" is a study technique based on spaced repetition, designed to improve memory retention and long-term recall. It involves revisiting study material at specific intervals: on day 1, then again on days 2 and 3, followed by a break, and then revisiting on day 5 and day 7.
- Here's a more detailed breakdown:
- **Day 1:** Initial reading and understanding of the material.
- **Day 2 & 3:** Review the material, strengthening the initial understanding and identifying areas needing further attention.
- **Day 4:** Take a break to allow the brain to consolidate the information.
- **Day 5:** Revisit the material, solidifying the understanding and highlighting any remaining gaps.
- **Day 7:** Final review before the exam, ensuring a strong grasp of the material.
- The 2 3 5 7 rule is a variation of spaced repetition, a scientifically proven method for improving memory. By revisiting the material at increasing intervals, the technique helps to combat the forgetting curve and promotes long-term recall.

1st

Learning

Learning will be forgotten rapidly in the short term without review intervention.

The Curve of Forgetting

Hermann Ebbinghaus

1 Hour

Review 1

Learning is refreshed and the rate at which it is forgotten is reduced. This could be in the form of questioning during the lesson or exit tickets at the end

1 Day

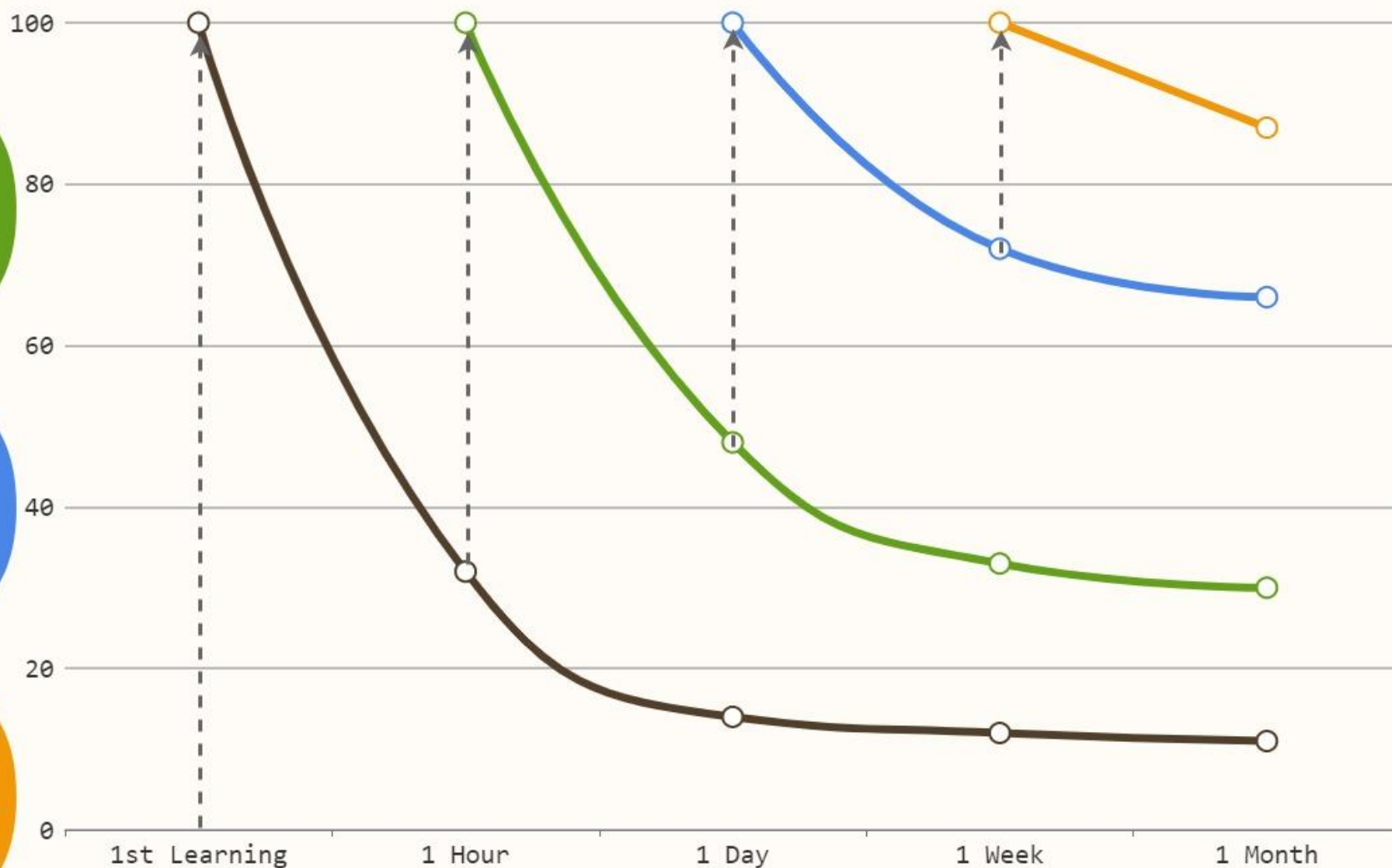
Review 2

Learning is refreshed and the rate at which it is forgotten is reduced. E.g. Summarizing the Key Points from last lesson using Cornell Notes

1 Week +

Review 3

This review should feed into a rolling cycle of periodic review to refresh the learning over time. E.g. Regular recall and retrieval practice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5 Revise Maths	6 Revise English
7	8	9	10 Revise Biology	11	12 Revise Maths	13 Revise English
14	15	16	17 Revise Maths Revise Biology	18 Revise English	19	20 Revise Maths
21 Revise English	22 Revise Maths Revise Biology	23 Revise English Maths exam	24 English exam	25 Revise Biology	26	27 Revise Biology
28 Biology exam	29	30	31			



Revision Advice

- Quiet revision time
- 20-30 minute chunks with breaks
- Apply knowledge (reading/re-writing is not revision!)
- Create mind maps
- Practice questions
- Watch Youtube clips then create a revision card
- Discussion around the dinner table

Revision Advice



- There is no need to have a mobile phone to revise!

1. Avoid Fluffy Revision



2. Get Organised





3. Aim for Lots of Small Wins



Integrity

uk/ɪn'teg.rə.ti/ us/ɪn'teg.rə.ti/

NOUN [U]

the quality of being honest and having strong moral principles that you refuse to change

Academic Integrity

“...committing to honesty in academic work, **giving credit where we've used others' ideas** and being proud of our own achievements.”



Internal Exam Week Malpractice

- Do **your** best

Logistics

- Individual timetable
- Consistent rooms
- Consistent seating plan
- Tutor time and Games as normal
- DT & Art lessons