

Revision for pupils with SpLD

Learning Support at Princethorpe College

Active v passive



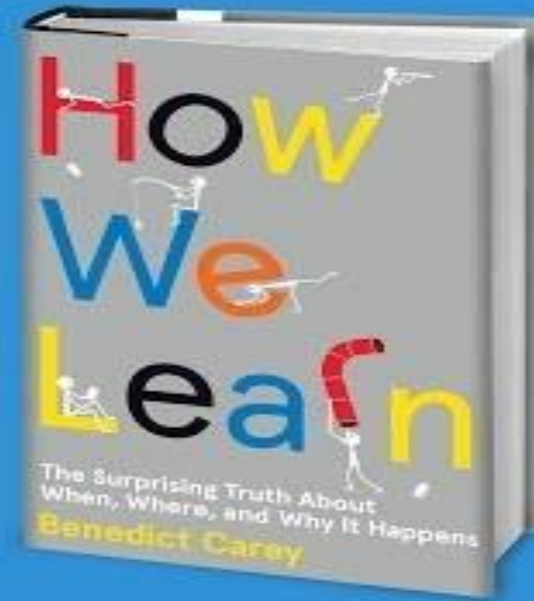
Passive revision means that your child is just sat down reading or watching something and not doing anything else. In general, this doesn't work! People with SpLD often have working memory difficulties that mean just trying to remember is almost impossible.

Active revision, on the other hand, is very effective and works well.

For example, to actively revise when your child watches a YouTube film or video clip

- they would write down what it is they need to learn from that video first
- Pause the video when they want to write a note
- Rewind and replay as needed
- Make a summary of the key ideas at the end

How To Study Smarter,
Not Harder



Where to revise?

When to revise?





Daytime

- 1) **Natural light** - much better for the brain than blue light. Too much phone, tablet or laptop is very disruptive.
- 2) **Morning brain** – the rare teenager that greets the morning with open arms will be able to reap the benefits of morning brain straight away. Others will need to warm up first and get cracking mid morning.
- 3) **No late nights** – better and more sleep
- 4) **It's easier to contact people who can help** – In the day it's more convenient to organise a study group or go and meet a friend to revise with.
- 5) Can go into school - access to subject teachers and clinics.



Evening

1) **Peace and quiet**- quieter houses and fewer distractions.

2) **Sleeping after studying can help improve recall** – Revising before bed can actually help you remember things! According to scientists at the Saarland University in Germany, a short nap can improve the memory five-fold. A good night's sleep might not be a short nap, but the fact is that sleep helps your brain process information. Want to learn how to use sleep to improve your revision?

3) **Stable energy levels** – Blood sugar tends to be at its lowest in the morning and goes through peaks and troughs during the day as you eat. Having hopefully eaten something decent during the day, energy should be at a more constant level later in the day, leading to higher concentration.

4) **Leave the day for procrastination** – Revising at night means you can get all your temptations out of your system during the day. Go out with your friends, binge Netflix and play games.

5) **Teenage sleep patterns**

EAT!

Eat breakfast some food

It is estimated that around 27% of boys and 39% of girls skip breakfast some or all of the time.

It's not called the most important meal of the day for nothing: research has found that skipping this meal significantly reduces students' attention and their ability to recall information.

Simply having a bowl of cereal will give students the concentration and memory boost they need.

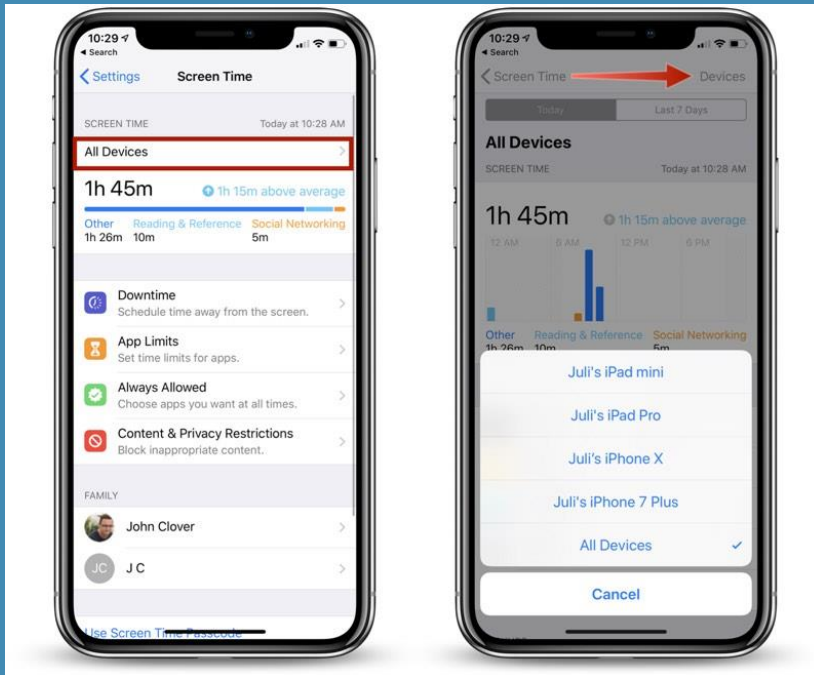


DRINK!

“However, while caffeine may make you more alert, individuals can build up a tolerance meaning this is short-lived. Caffeine can also increase blood sugar and eventually lead to dips causing lack of focus and energy.”



apps-to-reduce-screen-time-iphone-android/



Put the phone away

6 Reasons to Put Your Phone Away



by @Inner_Drive
www.innerdrive.co.uk



Lowens Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.



Reduce the reading workload

- **Reduce the revision workload**
Reading is a fundamental part of revision, but for dyslexic students, revision requires a lot of reading and re-reading of text to decode it. This increases the typical workload for a dyslexic student when preparing for their exams and can significantly increase their levels of stress.
- **Assistive technology** features such as text readers, screen masks, word prediction and scanning can make a huge difference to a student and give them the confidence and independence to succeed. It is important to try a variety of strategies as something that works for one child may not work for the other.
- For example, many dyslexic students are multi-sensory learners and benefit from listening to their revision notes rather than reading them. **Text-to-speech** features in assistive software can be used to read any text aloud on a PC or Mac (for example, in Microsoft Word, on the internet or in pdf documents) and allows the student to listen to their revision notes rather than having to keep re-reading them. It can also **convert text to an MP3 file** so students can play back their notes later.

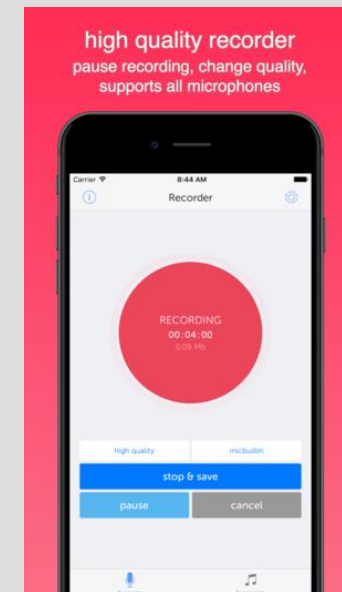
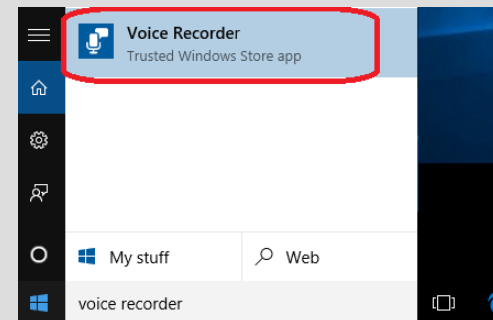
PODCAST IT

Record their own.

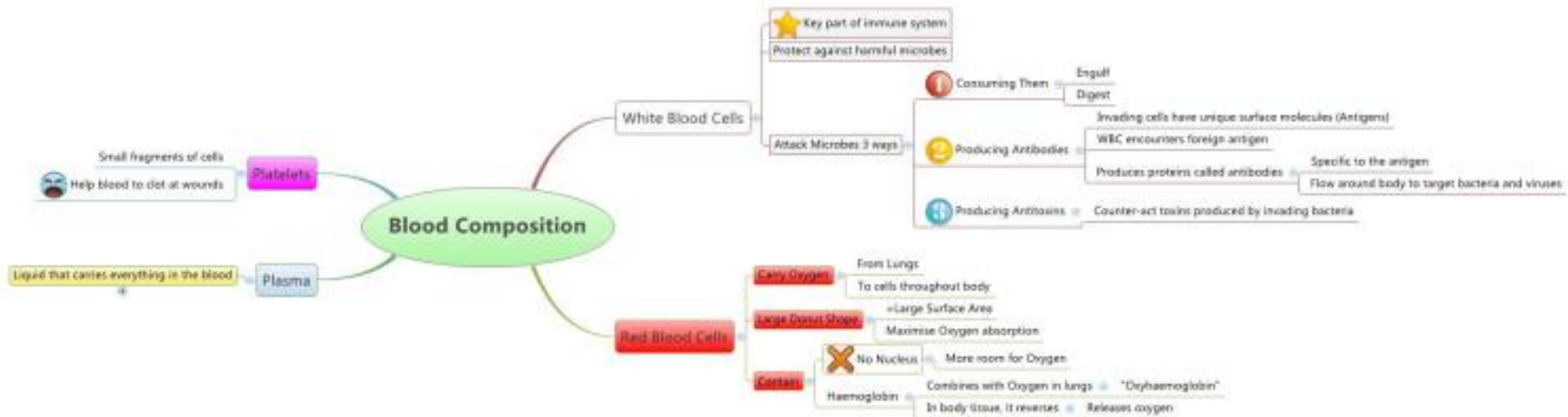
Play it back, reading along from their study guide or text book pages.

Re-record, with any reading errors fixed.

For pupils who really struggle with reading, record it for them.



Mind map it



MIND MAPPING APPS

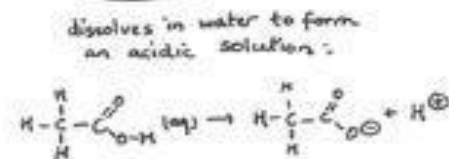
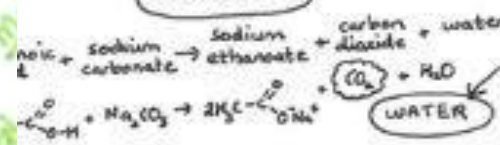
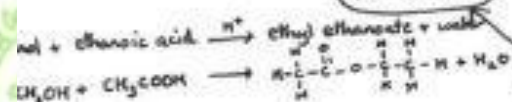
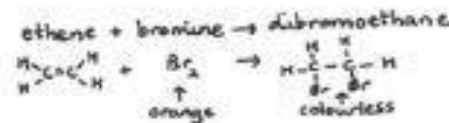
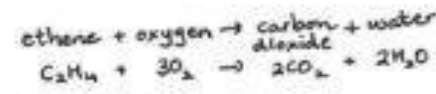
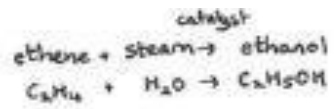
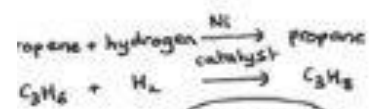
<https://www.xmind.net/download/>

<http://www.inspiration.com/i9download>

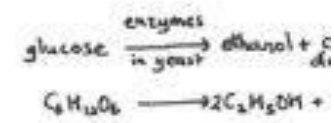
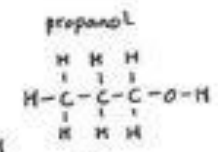
<https://www.mindmup.com/>

CARBON CHEMISTRY: GCSE Chemistry only

ALKENE Reactions

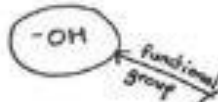


1. Methanol CH_3OH
2. ethanol $\text{CH}_3\text{CH}_2\text{OH}$
3. propanol $\text{CH}_3\text{CH}_2\text{CH}_2\text{OH}$
4. butanol $\text{CH}_3\text{CH}_2\text{CH}_2\text{CH}_2\text{OH}$



- Needs:
- water
 - enzymes in yeast
 - temp. 25°C - 50°C
 - no oxygen

ALCOHOLS



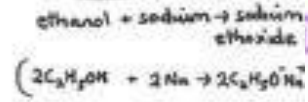
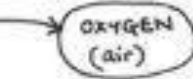
used as solvents, fuels, drinks

displayed formula

Alcohol REACTIONS



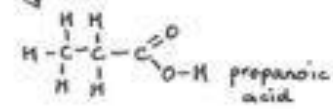
dissolves in water to form neutral solution: pH 7-0



CARBOXYLIC ACIDS



1. methanoic acid HCOOH
2. ethanoic acid CH_3COOH (= vinegar)
3. propanoic acid $\text{CH}_3\text{CH}_2\text{COOH}$
4. butanoic acid $\text{CH}_3\text{CH}_2\text{CH}_2\text{COOH}$



Why are they WEAK ACIDS?
 pH & ionisation

Carboxylic acid REACTIONS

CARBONATES

dissolves in water to form an acidic solution:

