



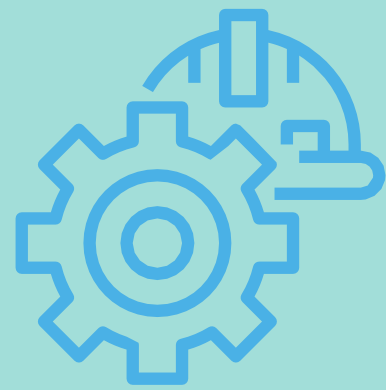
Education Charity

INSPIRING THE
NEXT GENERATION

EXAMS : How to help!



STEM



Construction



Mentoring



Research



Employability

EXAMS

- Part of life when at school
- Different responses – suits some, not others
- What are the exam conditions / what are they allowed to bring in etc
- Does your mentee have any special allowances (extra time/ typing/ use of a scribe)

REVISION

- Many solutions – one size absolutely doesn't fit all
- Ask your mentee how they like to revise – why do they like that method ?
- Availability of past papers?
- People learn in different ways

TYPES OF LEARNER



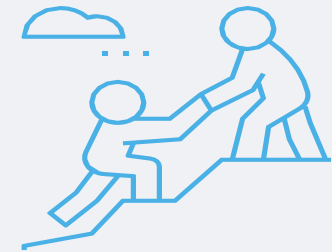
❖ VISUAL

❖ AUDITORY

❖ KINAESTHETIC

- Not a rigid system
- Most people are a mix of styles
- Get your mentee thinking - what might work for them (quiz?)
- Purely indicative – not scientific

VISUAL

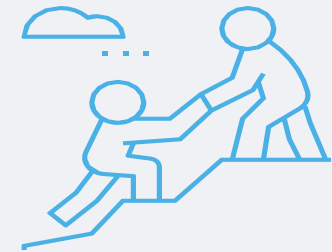


- Learns by seeing or observing
- Pictures/diagrams/films etc
- Read or watch instruction – then can do
- Often need a quiet place to work
- Can overwrite detailed notes

WHAT HELPS?

- Lists!
- Visual organization
- Timelines – mind maps – charts
- Colour coded cards
- Writing and rewriting
- Flashcards – Apps available – Post-It notes everywhere
- Highlighters

AUDITORY



- Likes verbal instructions
- Solves problems by talking them through
- Likes discussion

WHAT HELPS?

- Verbal repetition
- Recording notes and replaying
- Walking / talking
- Rhyme /rhythm
- Mnemonics
- Listening without taking notes

KINAESTIC

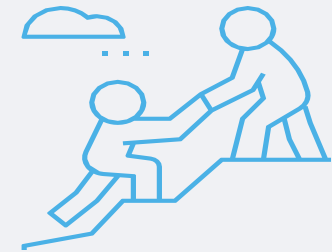


- Tactile Learners
- Touching, feeling, hands-on learning
- Active – may struggle to keep still
- Not desk-bound

WHAT HELPS?

- Using writing and drawing as a memory aid
- Rewriting notes
- Doodling
- Movement! Walking/talking
Exercising/reciting Walking/reading
- Rhythm/music

ORGANISING



- **WHERE DO THEY STUDY?** Should suit the individual – be sensitive to your mentees home conditions (if not good – what about school ?)
- **TIME OF DAY?** What works best for them?
- **UP TO DATE NOTES** - Do they have all the notes that they need?
- **CONSOLIDATE** - after each subject
- **HOW LONG UNTIL THE EXAMS ?** Being conscious of when the exams will start – how long they have – benefits of being ahead
- **TIMETABLE!** Lots of templates available – an option that will suit – some will prefer more details than others (don't spend all the time doing and re-doing the timetable!)

2, 3, 5, 7 METHOD



A revision plan based on the theory that spaced repetition can reduce the amount of information that you forget – ‘distributed practice
Repetition increases recollection . Reinforces what you have learned before you forget!

Month Year

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	ENGLISH REVISE					
	ENGLISH REVISE					ENGLISH REVISE
		ENGLISH REVISE		ENGLISH REVISE	ENGLISH EXAM	

2, 3, 5, 7 METHOD



Month Year

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						MATHS REVISE
	ENGLISH REVISE					MATHS REVISE
	ENGLISH REVISE			MATHS REVISE		ENGLISH REVISE
MATHS REVISE		ENGLISH REVISE MATHS REVISE	MATHS EXAM	ENGLISH REVISE	ENGLISH EXAM	

2, 3, 5, 7 METHOD



Month Year

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						FRENCH REVISE
				HISTORY REVISE		MATHS REVISE FRENCH REVISE
	ENGLISH REVISE			HISTORY REVISE FRENCH REVISE		MATHS REVISE
FRENCH REVISE	ENGLISH REVISE	HISTORY REVISE FRENCH REVISE	FRENCH EXAM	MATHS REVISE	HISTORY REVISE	ENGLISH REVISE
MATHS REVISE HISTORY REVISE	HISTORY EXAM	ENGLISH REVISE MATHS REVISE	MATHS EXAM	ENGLISH REVISE	ENGLISH EXAM	

TROUBLESHOOTING



- **DISTRACTIONS** – Apps to encourage keeping phone switched off/ in a different room/ silence notifications
- **AVOID CRAMMING** (may have got away with it before – too much information too many subjects!)
- **BREAKS** (Pomodoro Method)
- **VARIETY**
- **NETFLIX breaks**
- **MOTIVATION** – what is the end goal?

ESSENTIALS



FOR THEM

- Sleep
- Eat
- Breathe

FROM YOU?

- CONTEXT (including limitations and expectations)
- SUPPORT
- CONFIDENCE

Inspiring the future



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