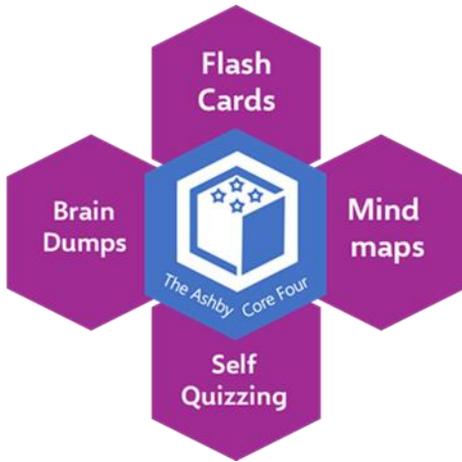


Empowered to Succeed

Focus of the week:

Mind Maps



Mind maps are really useful for revision because they help you organise and remember information better. Here's why:

1. Easy to See and Understand: Mind maps are visual, which means you can see all your notes laid out in a way that makes sense. It's like putting your brain on paper!

2. Breaks Down Big Topics: They help you take big, complex topics and break them into smaller, easier chunks. This makes things feel less overwhelming.

3. Helps You Remember: By linking different ideas together, mind maps help your brain make connections, which makes it easier to remember stuff during exams.

4. Keeps You Focused: Mind maps help you focus on the main ideas without getting lost in small details. It's like having a study guide that keeps you on track.

5. Makes Stuff Stick: Research shows that when you use mind maps, the information stays in your brain longer. The way everything connects visually helps with memory.

6. Quick Review: You can look at a mind map and get the main ideas in just a few seconds. It's a great way to quickly review everything before a test!

Mr Newton has made a video on how to make mind maps which can be found here:

<https://youtu.be/VLQnWHTb8Pg>

Summary: How to create a mind map



1.

Identify knowledge

Select a topic you wish to revise. Have your class notes/knowledge organisers ready.



2.

Identify sub topics

Place the main topic in the centre of your page and identify sub topics that will branch off.



3.

Branch off

Branch of your sub topics with further detail.

Try not to fill the page with too much writing.



4.

Use images & colour

Use images and colour to help topics stick into your memory.



5.

Put it somewhere visible

Place completed mind maps in places where you can see them frequently.

THE ONE ABOUT METACOGNITION

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THE STUDY

Metacognition refers to students' ability to monitor and direct their own learning effectively. It is seen as an essential part of developing independent learners. As such, it is a growing interest for researchers and teachers alike.

Researchers recently tested if improving student metacognition, by having them answer simple study skills questions, would improve their academic achievements. They compared these students with a control group, and then monitored how all the students studied for and performed during their exams.

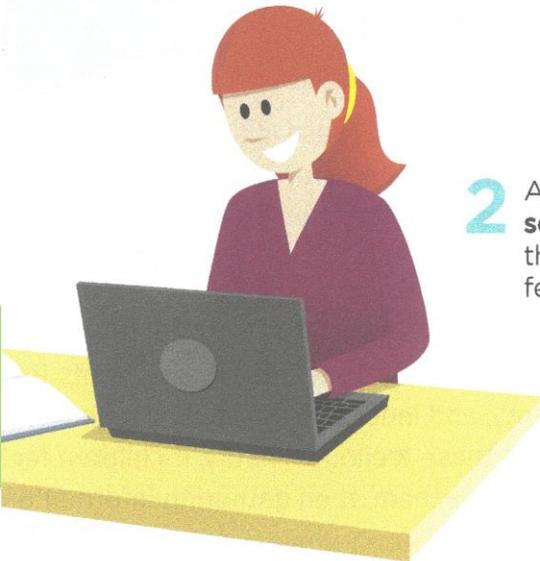
THE MAIN FINDINGS

1 To **improve their metacognition**, students should reflect on **three questions**:

- Which resources do I need to help me study?
- Why are those resources helpful?
- How will I use this resource?



2 Asking these questions improved students' **self-reflection** and how **effective** they found their study resources when learning. They also felt **less stressed** and **more in control**.



3 These students went on to score **a third of a grade higher** in their classes. They also did better on each exam. This was true for **all students**, regardless of their gender, age or academic ability.



Empowered to Succeed

Afterschool Revision

Monday	Tuesday	Wednesday	Thursday	Friday
2nd March	3rd March	4th March	5th March	6th March
Day 6	Day 7	Day 8	Day 9	Day 10
Geography H2 MGR	Psychology H7 MGE Psychological problems: depression	History H2 CLA Stalin's USSR	Independent Study Sparx Maths Seneca GCSE Pod	
Computing M10 LKN Exam technique	Science S1 Biology - Respiration	Maths M5 Past Paper Club		
Music and Media A5 and A3				
Art A1 and A2				

Lunchtime

French fun club - Mon Week A Lunchtime
 For higher grammar revision and listening.
 Bring lunch. **12:25 - 12:50.**



- Food Prep NEA – Monday and Tuesday lunchtimes D2

