

**Morecambe Bay**  
*Academy*

# Parental Evening

## Memory and Revision

25<sup>th</sup> September 2025

[morecambebayacademy.co.uk](http://morecambebayacademy.co.uk)

Makeup

Football

Fifa

Gymnastics

F1

History

Dinosaurs

Flags



Think of a subject you know a lot about (it doesn't have to be school related!)

Write down as many things as you can about it on the A4 piece of paper

Where opportunity creates success

Artists

Book series

Films

# Task 1: Brain Dump

What subject did you choose for your 'mastermind topic'?



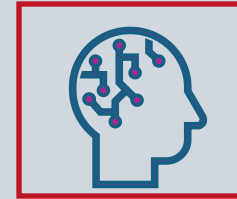
WHAT TOPICS  
DID YOU  
CHOOSE?



WHY CAN YOU  
REMEMBER THIS  
INFORMATION?



HOW LONG HAVE  
YOU KNOWN THIS  
INFORMATION?

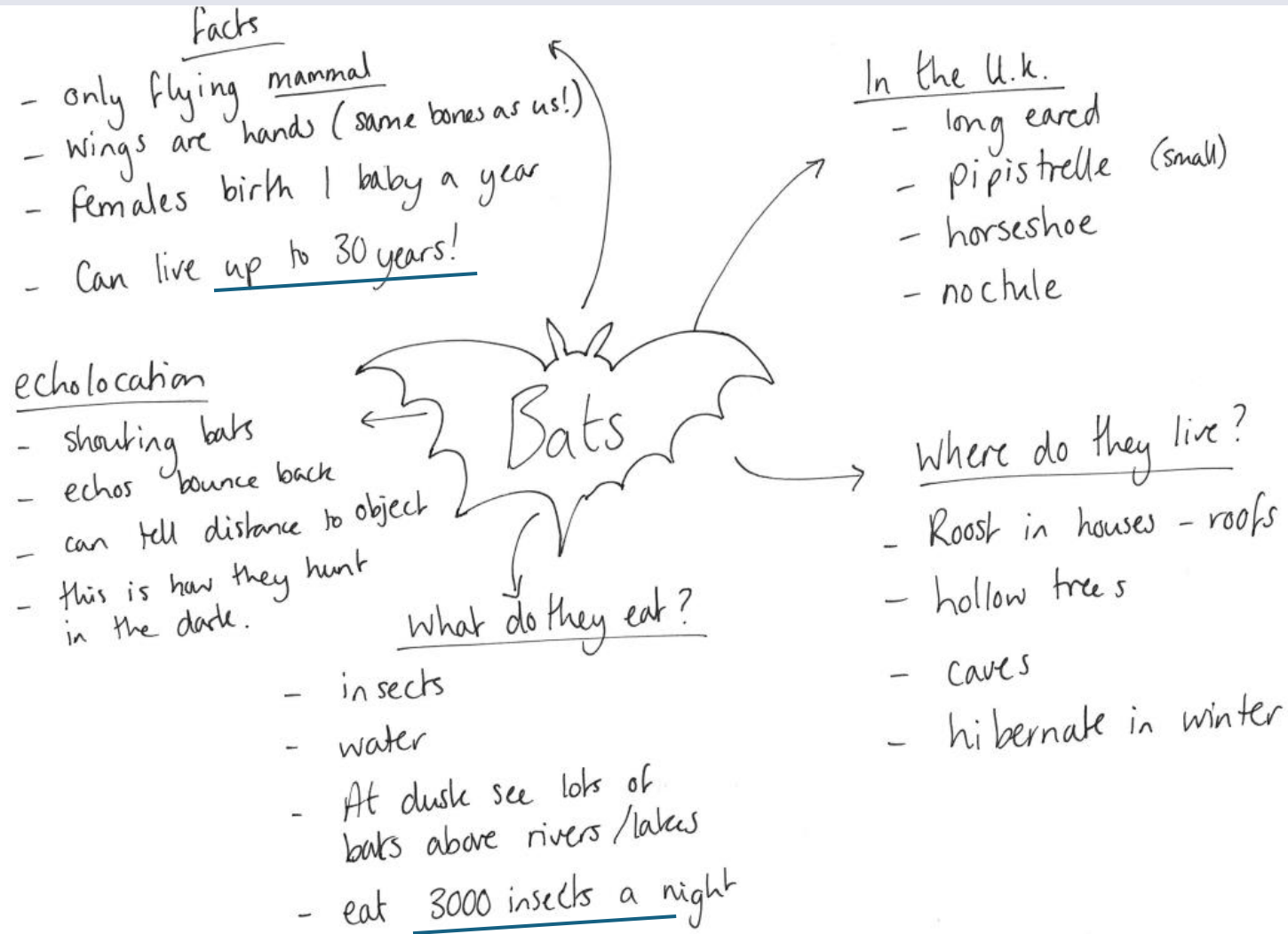


HOW EASY IS IT TO  
RECALL THIS  
INFORMATION?



HOW DID YOU  
PRESENT THIS  
INFORMATION ?

# Bats – My specialist subject!



Familiar topic

Fascinated when younger

Read lots about them

Went on bat walks

They nested in our roof

I couldn't remember the numbers!

Presented in sections


# Why is this important for exams?

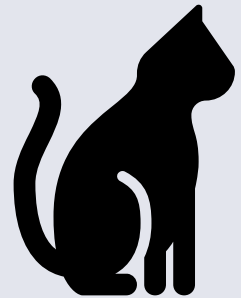
- **Brain Dumping** a topic is a useful activity.
- It shows you what is stored in your **long-term memory**.
- You should use your **revision guides/notes** to look at where the **gaps** are.
- Add the things you missed to your notes in a **different colour** – revise them!



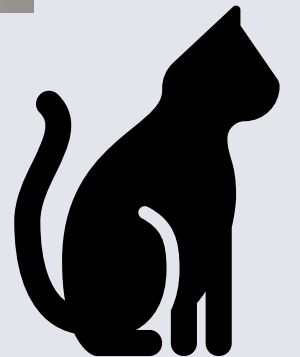
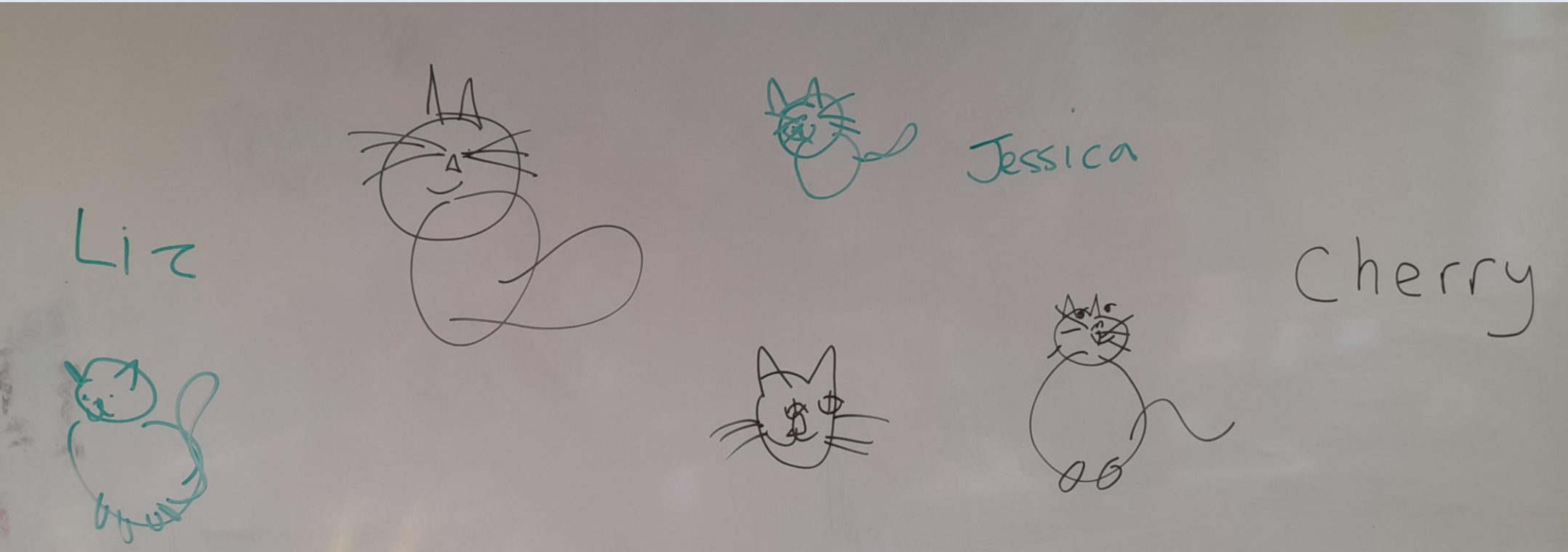
## Task 2

On your piece of paper

- You need to **close your eyes** 
- Now **write your name** on the top of the sheet and then underneath that **draw a picture of a cat.**



## Task 2 Results – what does this tell us?



# The science of the brain!

## Short term memory

## Long term memory

Hold information for a short time (seconds to minutes)

Holds information for a long period of time  
weeks/months/years

Holds between 4 – 8 pieces of information at a time

Holds vast amounts of information, no limits

Allows you to respond to the immediate situation quickly

Stores knowledge for future use





# Why is this important for exams

- Your brain is **not fixed**
- **EVERYONE** has the capacity to make new memories and strengthen their **long-term memory power**!
- Key words are so important – **condensing a topic** helps with linking topics
- Using **mindmaps** – linking topics together
- Using **flashcards and quizzes** to test yourself and recall information from your memory (**spaced retrieval**)



# How do you revise best?

- Quick quiz
- Answer impulsively with your first answer – write on your paper

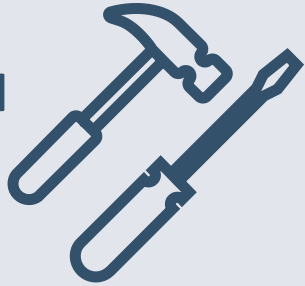
BE HONEST!

# Question 1

- Pick one of these 3 options

Imagine you had to build a desk, which of the following would you rather do:

- A) Listen to someone read the instructions of how to put the desk together to you
- B) Read the instruction booklet for how to put the desk together
- C) Get all of the parts laid out on the floor and start putting it together yourself



## Question 2

- Pick one of these 4 options

You have to revise for a test on cells in Science

How would you do this:

- A) Read the notes you had made out loud
- B) Watch a video clip about cells on YouTube
- C) Build a model cell to show where all the parts of the cell are
- D) Re-write notes – condense them into key words



## Question 3

- Pick one of these 3 options

This question is about reading

Which of the following 3 options best describe you, when you try and read a book:

- A) You love reading, it allows you to relax and escape
- B) You are ok reading for a short time but then get fidgety, you would want to go and talk to someone
- C) You can't concentrate and would rather be outside running around or walking



## Question 4

- Pick one of these 3 options

You are more likely to remember somebodies:

A) Name



B) Hug!



C) Face

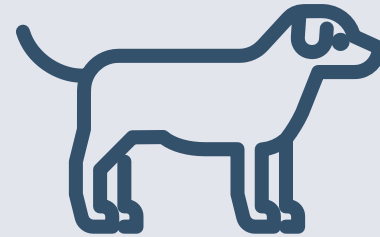


## Question 5


















- Pick one of these 4 options

When I say the word dog what do you do?

- A) Imagine being with the dog, it barking or chasing a ball
- B) Say the word dog out loud
- C) Picture a dog in your mind
- D) See the written word 'DOG'



# How do you revise best?

Question no.	Answer			
1	 A	 B	 C	
2	 A	 B	 C	 D
3	 A	 B	 C	
4	 A	 B	 C	
5	 A	 B	 C	 D
	Overall Preference:			



# Which Revision Strategies to Try?



Listening to revision podcasts, verbal quizzes, saying out loud, revision songs, record your own podcasts, teaching someone else.

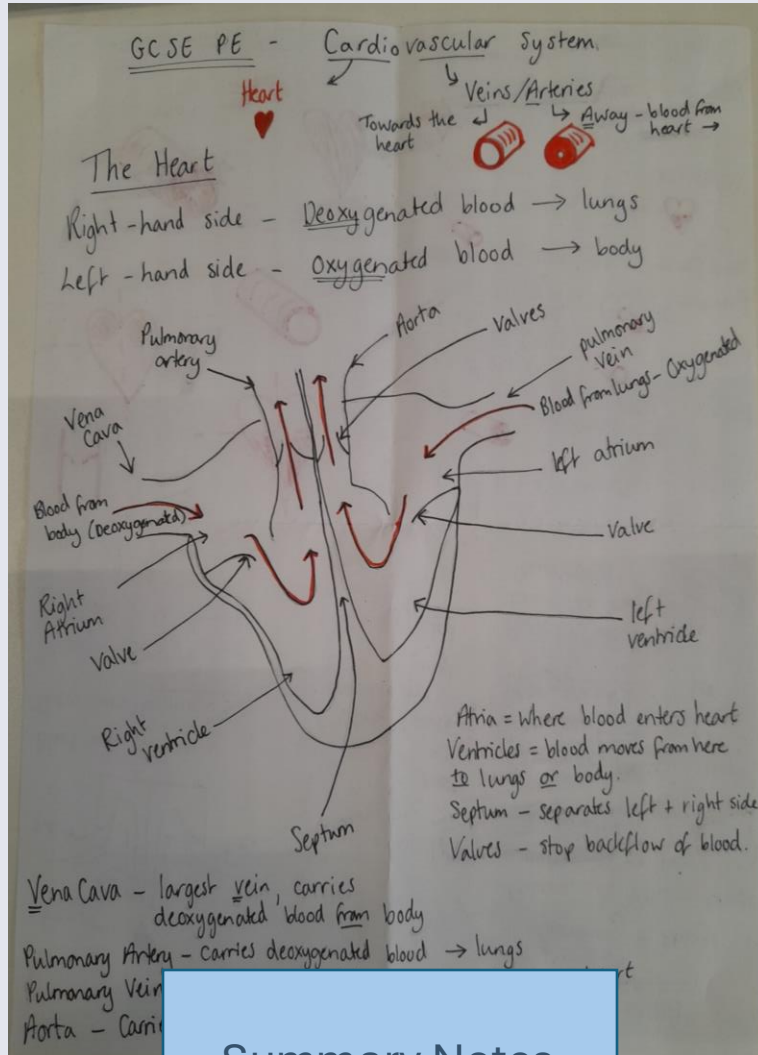


Making models of the learning, using physical revision activities like card sorts, moving post-its into categories, move regularly.



Watching revision videos, using images in revision notes, infographics, mindmaps, flash cards.

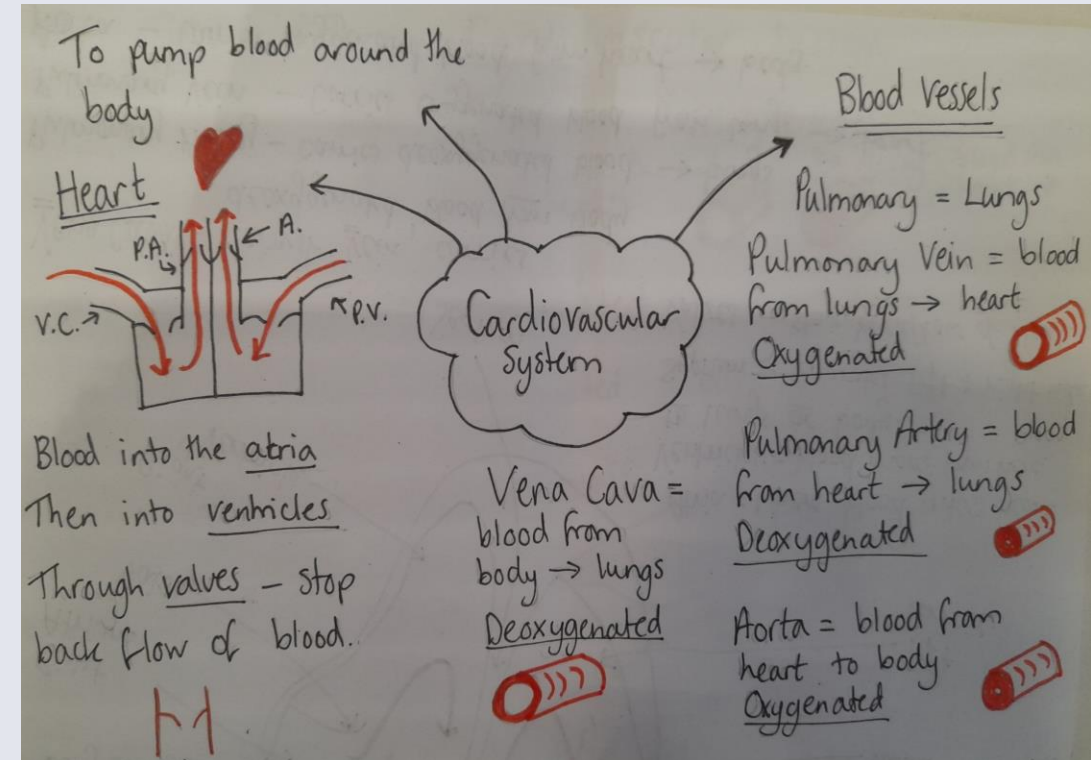
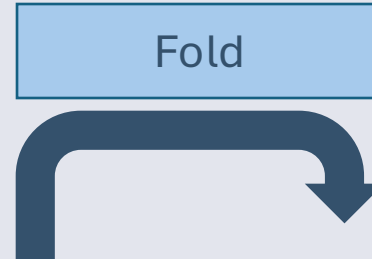
# Folding Frenzy? – Mind Map



Summary Notes

You need to fold the notes page in half

On one of the blank sides draw your mind map  
E.g.



Mind Map

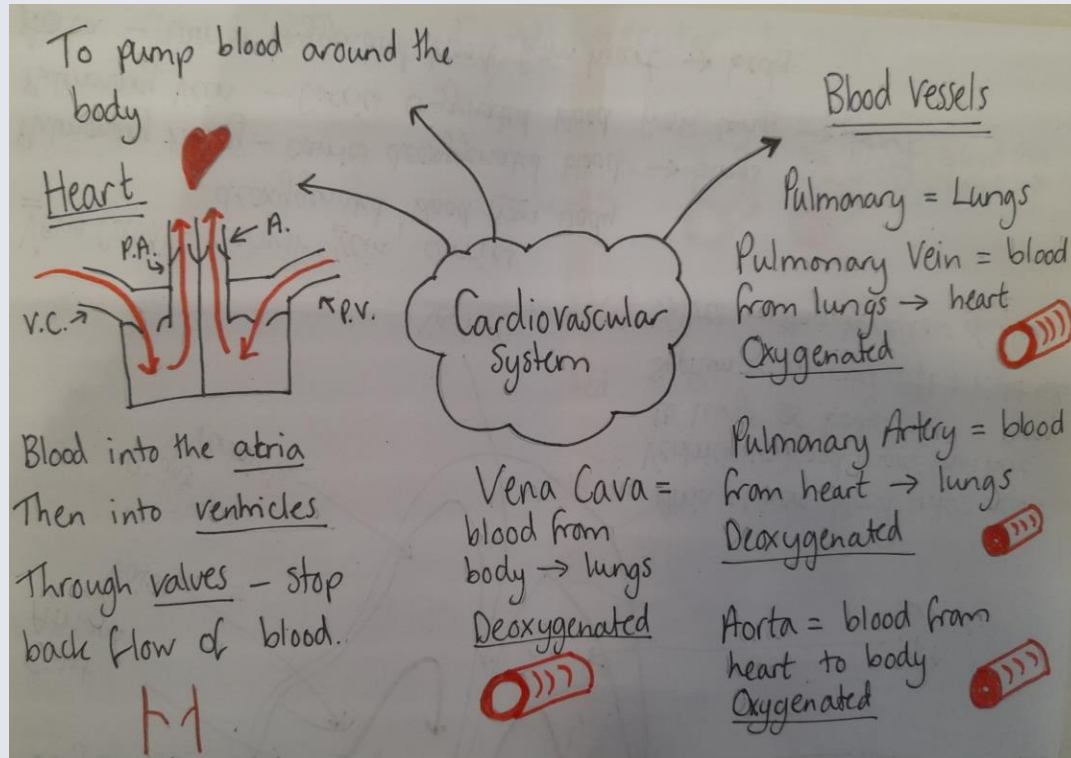
# Folding Frenzy – You do..

- Computer Science – Network Hardware

The notes page of the folding frenzy is from a revision guide, you need to:

- Add symbols/colour to my notes page that link to the topic
- Fold in half – do a mind map on one side
- Fold again – do a key word list on one side and the title of the topic and the symbols on the other

# Folding Frenzy – Key Words

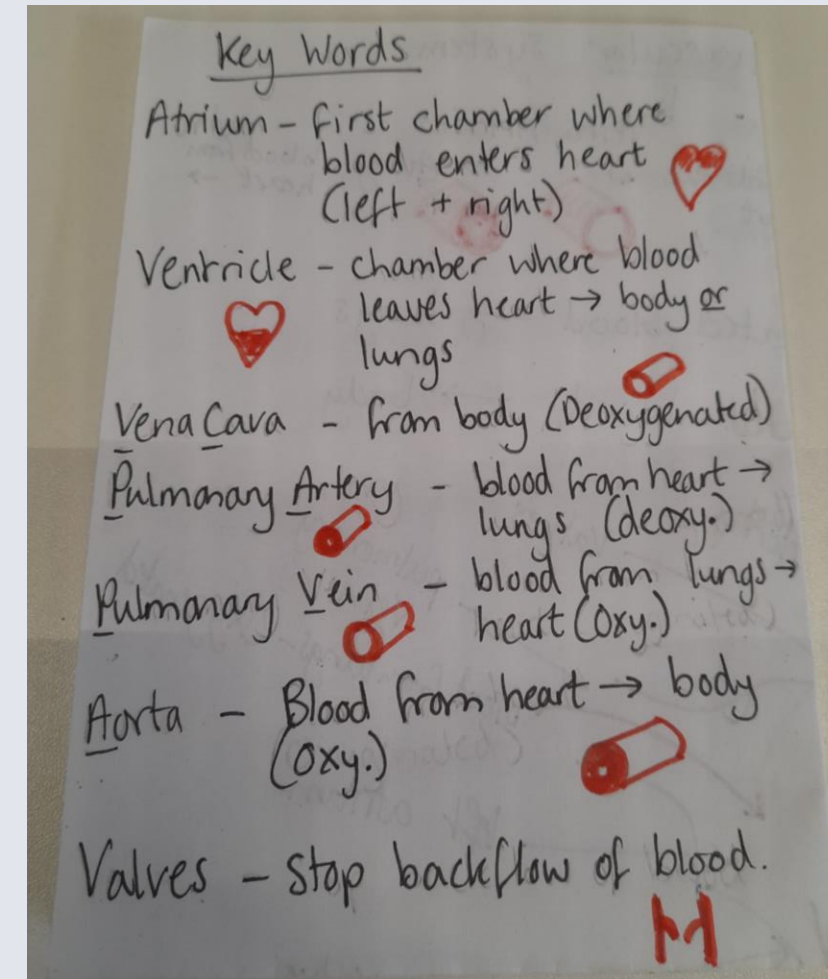


Mind Map

You need to fold the mind map in half. On one of the blank sides write your key words.

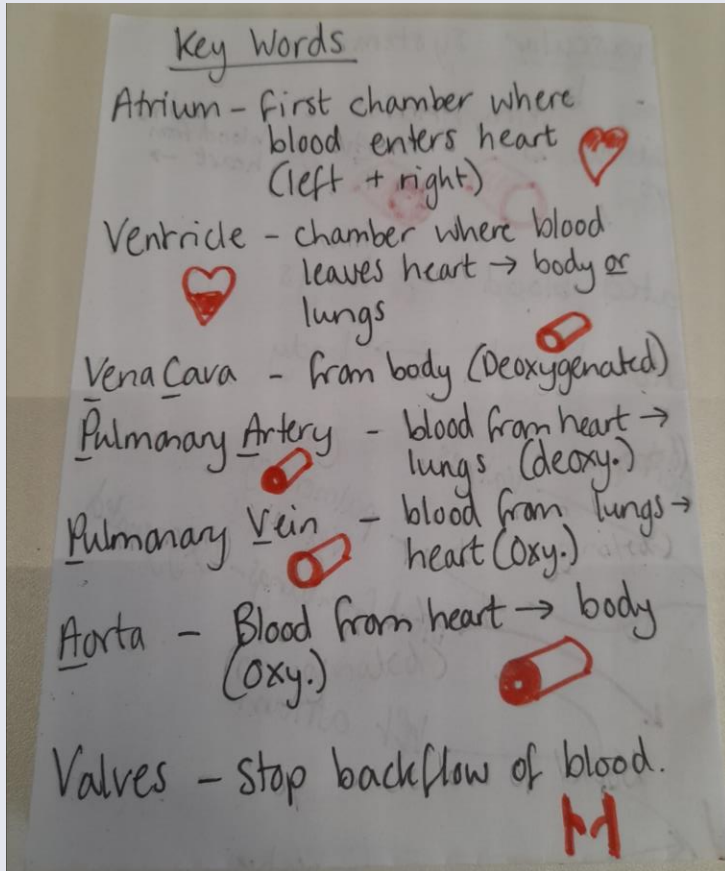


Fold



Key Words

# Folding Frenzy – Symbols

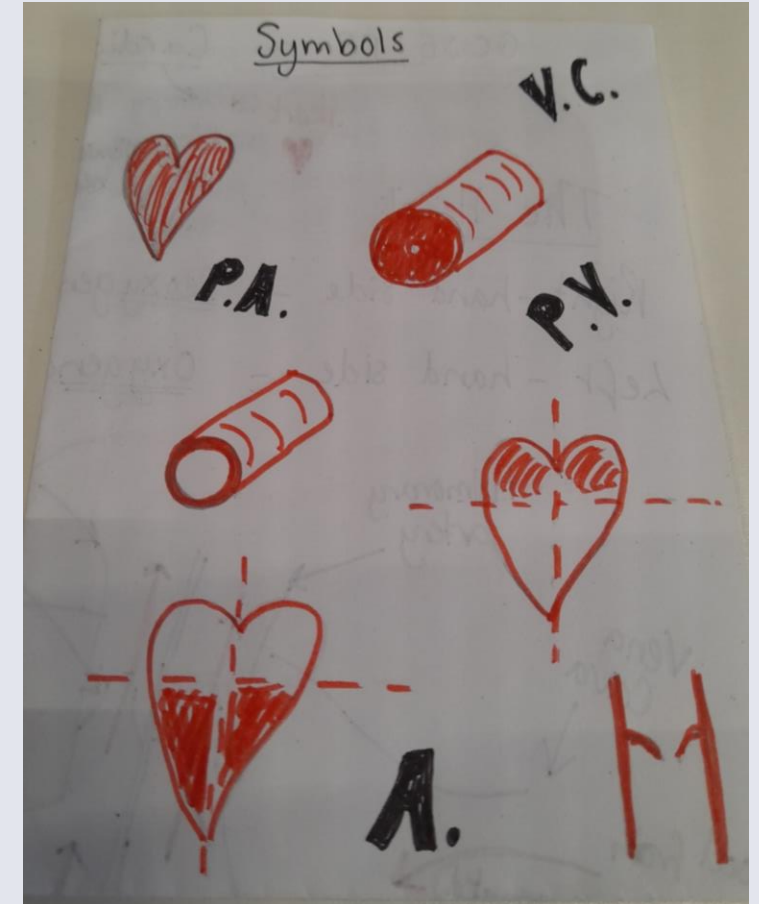


Key words

You need to flip the key words over.

On the final blank side draw your symbols.

Flip



Symbols



# Making Flashcards from the Frenzy!

How to make a good flashcard:

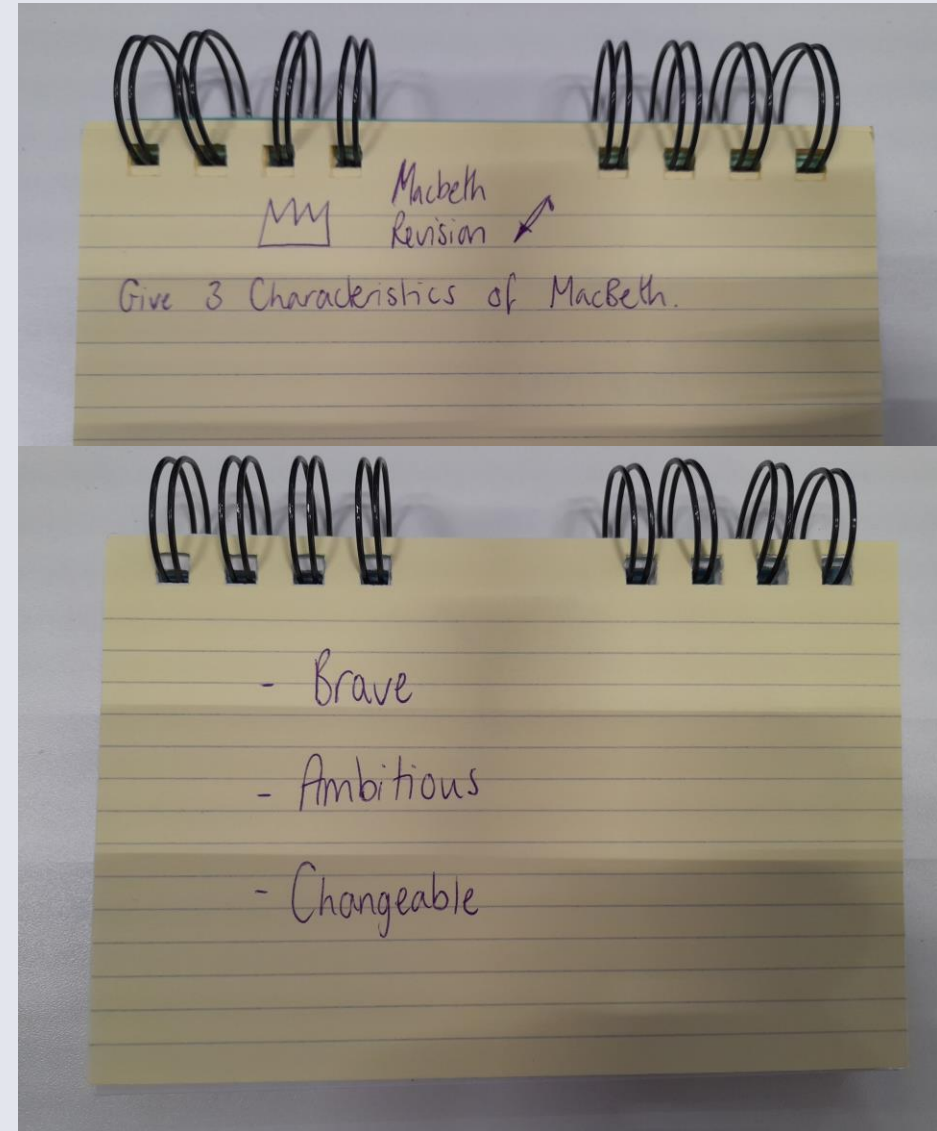
They are **NOT revision cards** – not condensed notes

They ARE a **question** on one side, then an **answer** on the other

How you use them:

**Read the question out** to your partner

Get them to **tell you the answer**, tell them if it is correct

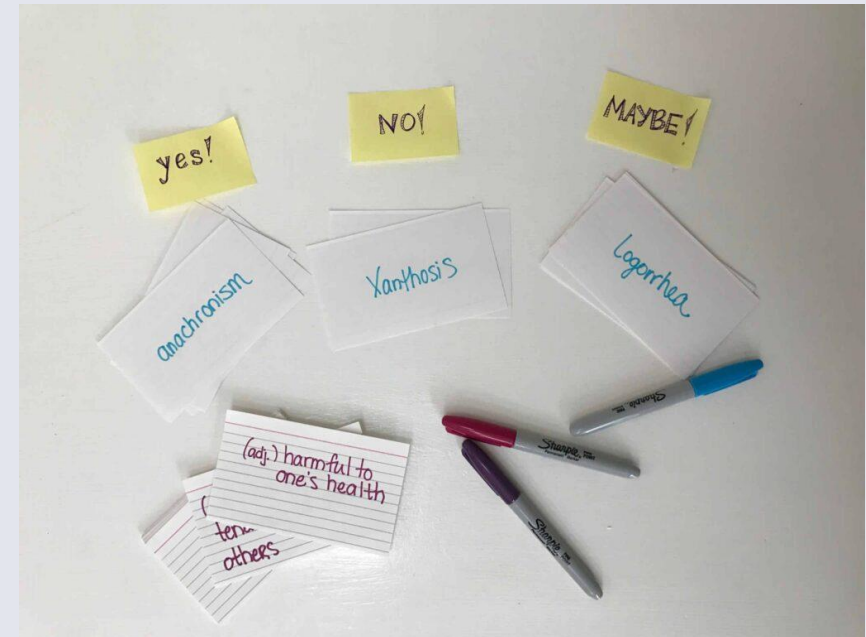


# Using Flashcards in your revision

When you do this at home you should write your answer out (no cheating) don't turn it over and go 'oh yep, knew that!'

## SPACED RETRIEVAL

- 3 pile method – YES (can answer easily)
- NO (can't answer at all)
  - Maybe (not 100% sure)



# Barriers to your success

What stops you from achieving your academic goals?





# Barriers to your success

How poor sleep impacts brain function:



Short Term	Long Term
Difficulty concentrating	Poor work performance
Decline in mood	Cognitive decline
Impaired memory	Heightened risk of dementia
Visible signs of fatigue	

