



JERSEY  
COLLEGE  
*for Girls*

**Aspire • Inquire • Excel • Belong**

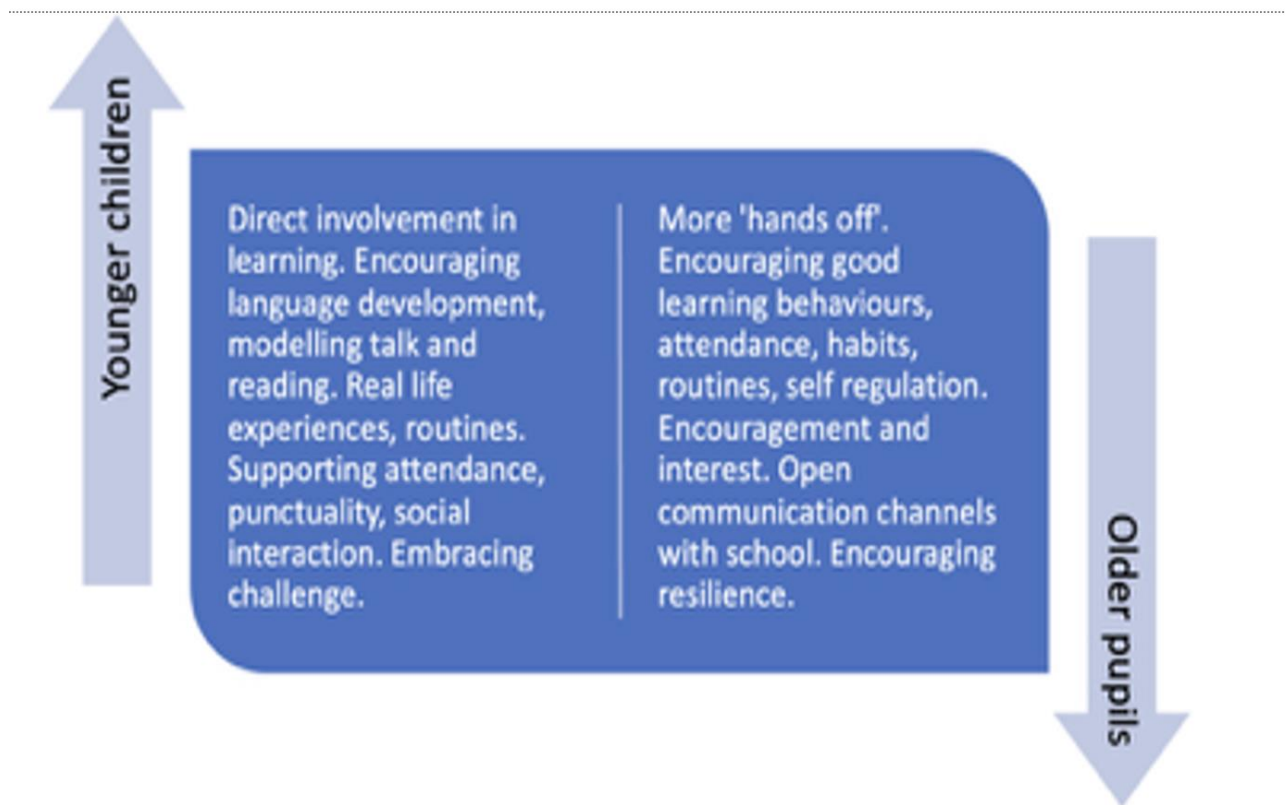


# Helping Young People to Learn and Prepare for Exams

Simon Milner  
(Assistant Headteacher)

**Aspire • Inquire • Excel • Belong**

# Your Changing Role as Parents



# Guidance from Cognitive Science

Students need **several (three or four) different interactions** with relevant content for that content to be **processed in their working memory** and **integrated into their long-term memory** in such a way that it becomes part of their knowledge and beliefs.

*Professor Graham Nuthall*

Memory is the residue of **thought**.

*Professor Daniel Willingham*

Learning happens when people have to **think hard**.

*Professor Rob Coe*

The most effective strategy is to **space out learning**: a little bit every day. Spacing out practice or study sessions allows information to be **permanently imprinted to memory**.

*Professor Stanislas Dehaene*

When something feels comfortable and familiar...we're relaxed, not thinking. Because the deeper processing that encourages the long-term retention is missing that retrieval strength quickly evaporates. The very weird fact of the matter is that **forgetting creates the capacity for learning**.

David Didau (teacher and education consultant)

What works? This works.

(Video coming soon to the JCGG  
website...)

# Key ideas from our students

- Colour-coding key ideas
- Daily review
- Mind-mapping
- Parent carer/ quizzing
- Flashcards and friends testing
- Paraphrasing teacher notes
- Recycling teacher quizzes
- Traffic lighting and revision timetables

# Environment / Attention

Attention is the gateway to learning; virtually no information will be memorized if it has not previously been **amplified by attention and awareness**. Professor Stanislas Dehaene

## Minimise Distractions

- The myth of multi-tasking!
- Manage the mobile phone
- Find a quiet space
- Turn off the music (certainly no music with lyrics)

## Boost Motivation

- Enhance the environment (comfort, snacks etc.)
- Plan to succeed (break it down, start easy)
- Build a habit (same sequence, same time, same place)
- Consider a study group
- Focus on the 'why'
- End with a reward

# For More Information



**Aspire**  
**Inquire**  
**Excel**  
**Belong**

