



**Webinar starting soon!**



**SUMMER**



**POD**



**gcsepod**  
education on demand





There's more!

Student

6-7pm

9 /August

### Become the master of habit

Motivational Speaker Cameron Parker is back to share with you the tools and strategies you can develop and create great habits. You don't need to rely on motivation to get stuff done, you can now fall back on your winning mindset, routines and habits.

Motivation doesn't last and will-power will eventually run out. That is why we need to understand the other options that are available to us. So don't miss out!

Parent

6-7pm

11 /August

### Progress over pressure

Guest speakers, [Future Toolbox](#), share tips on how to relieve the pressure of being a teenager and how to encourage your child to enjoy their learning journey.

# Meet the Team!



Finola Wilson  
Director- Impact School  
Improvements Ltd



Jane Miller  
Director – Impact School  
Improvements Ltd



Joanne Winters  
Host



# Webinar outline



## Where do we start?

Using GCSEPod to identify areas for further study

## How do we learn?

The myth of multi tasking, limiting distractions and supporting our students with achievable goals.

## How much is enough?

The importance of returning to our learning.



# Please join in!



Audio Settings ^

Chat Raise Hand Q&A

Leave Meeting

Chat

To: Everyone ▾ More ▾

Type message here...

Q&A

**You asked:** 18:03  
What happens when I raise my hand?

Molly Parker answered: 18:04  
I can take you off of mute.

**You asked:** 18:08  
Oh, thank you for answering. What if I don't want to go off of mute?

Molly Parker is going to answer this question live.

Please input your question

Send Anonymously

Send

# Where do we start?



What should my student learn first?

How do I encourage them to move outside of their favourite topics and stretch themselves a bit?

How can I know where they need the most help?



#webelieveinimpact

Grabbing & Holding pupils' ATTENTION  
@ImpactWales

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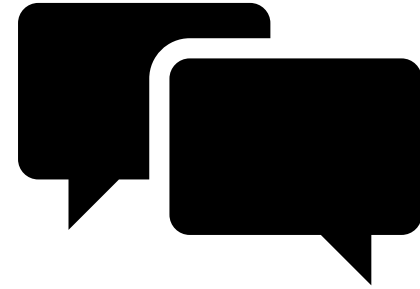
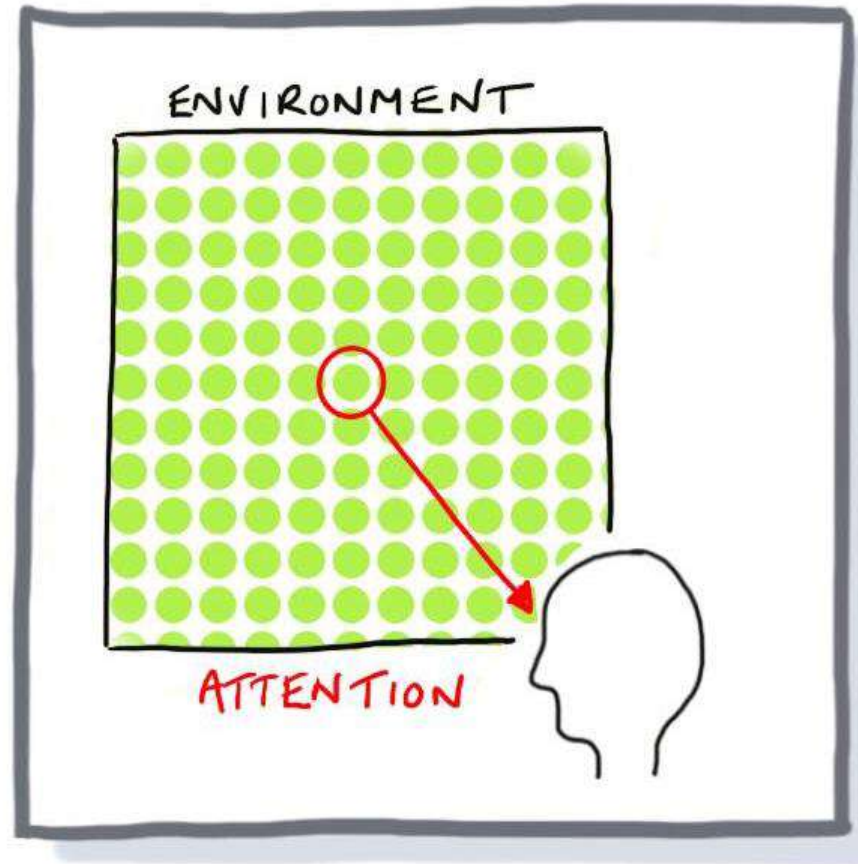


Controlling a wandering mind

Focussing on learning



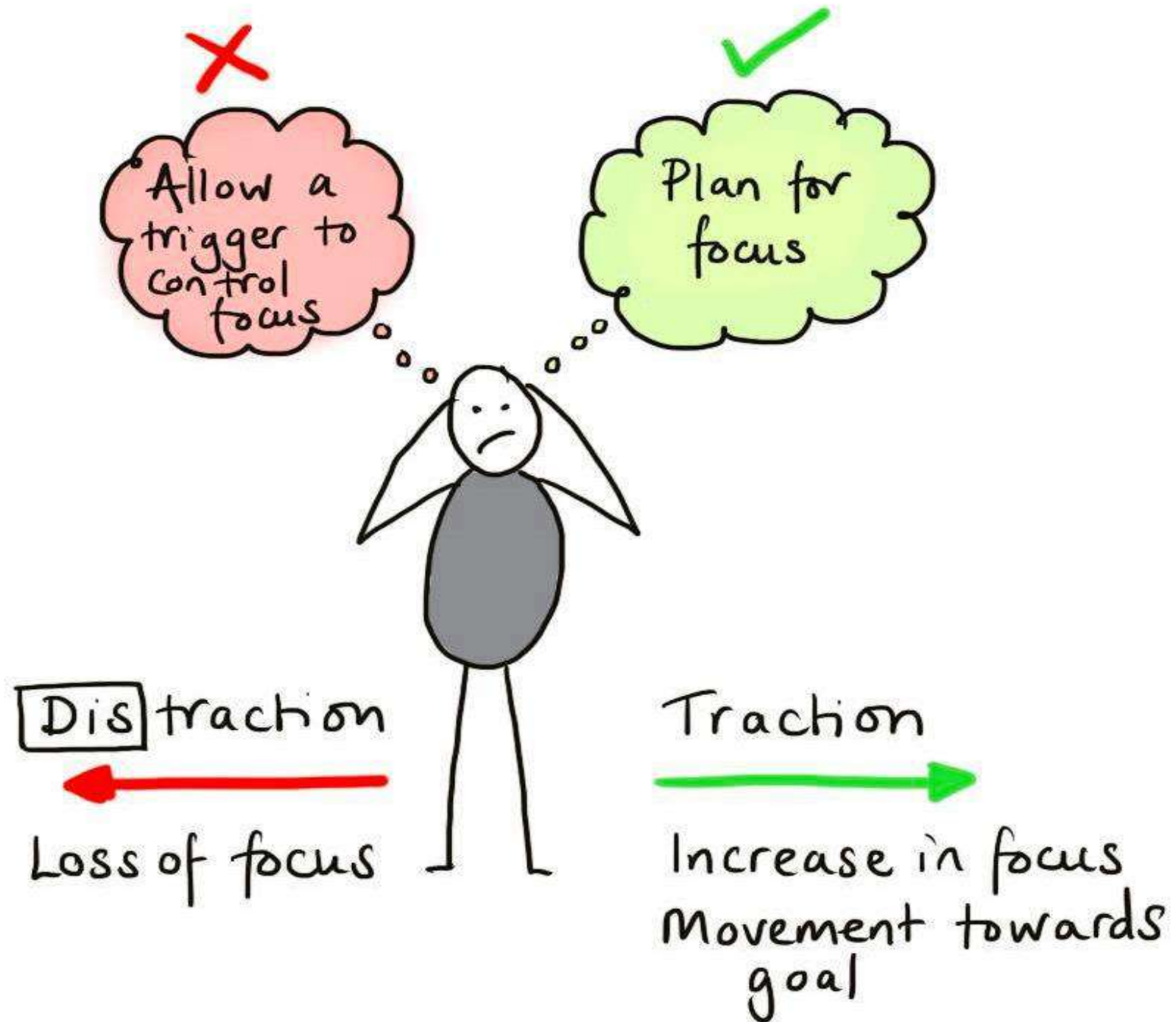
We learn what we attend to



# Myth of Multitasking







X

Allow a trigger to control focus

✓

Plan for focus

Dis traction



Loss of focus

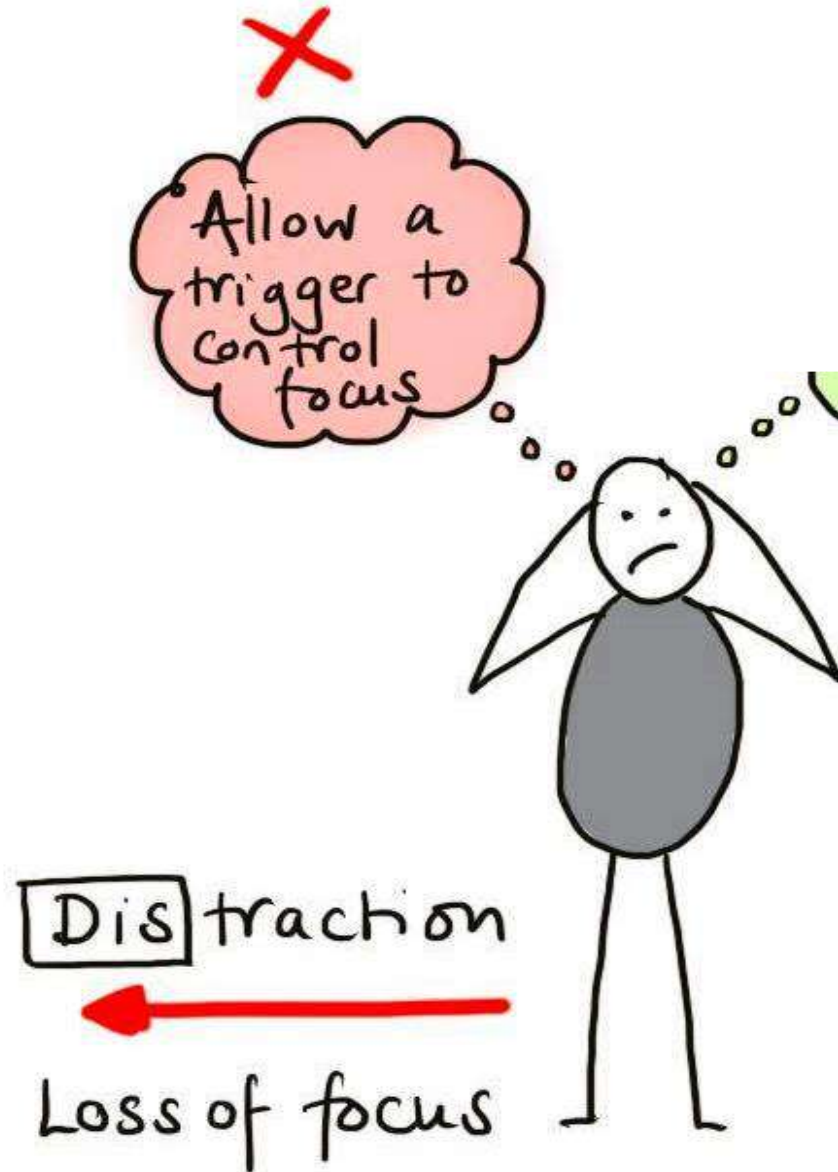
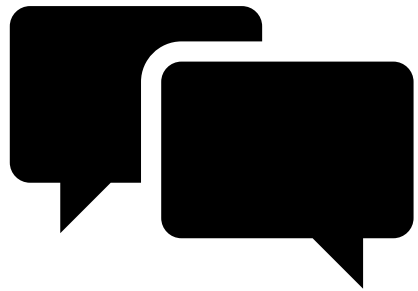
Traction



Increase in focus  
Movement towards goal

# A wandering mind

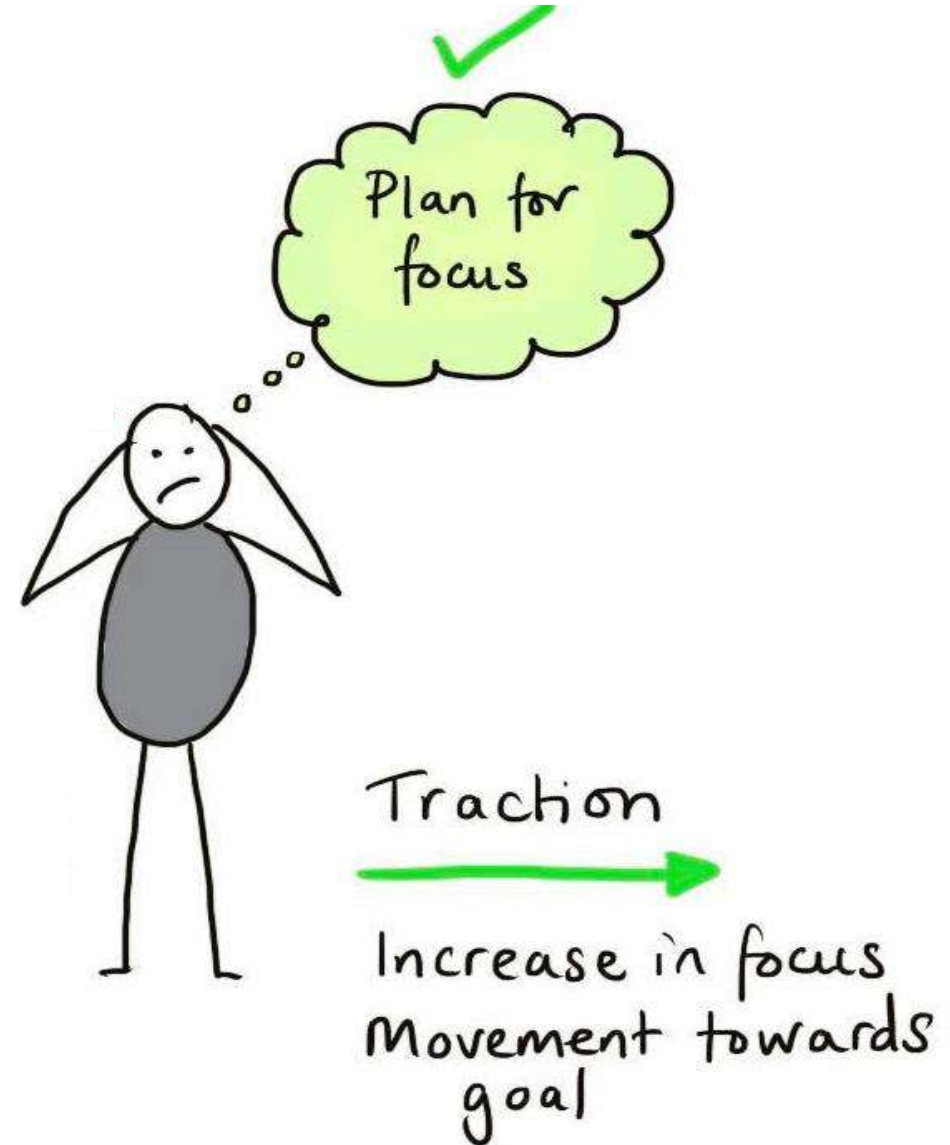
- Do you notice it happening?
- What do you do if it happens?
- What determines your actions?



# What the Research Says

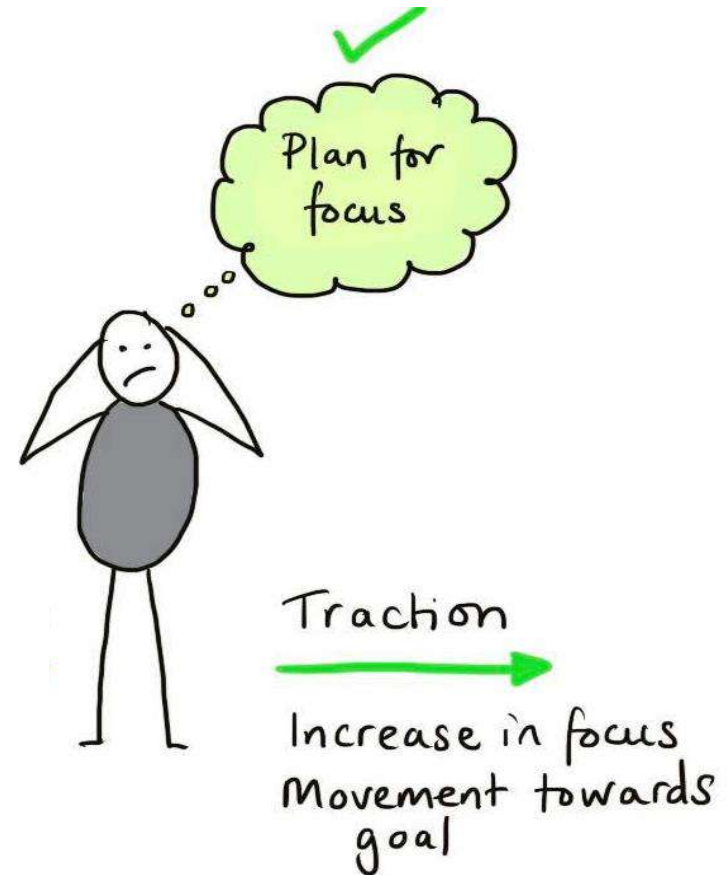
- It is possible to teach cognitive control strategies
- Young people must believe they are able to control their thought

Zedelius et al 2018



# Independent Cognitive Control

- Identify & acknowledge potential distractions
- Limit access to distraction
- Work & reward in chunks
- Engage other's help
- Set your own goals



# How can we help when you are short on time?



## 5 Minutes

Watch one pod together

Create a playlist of subjects you would like to focus on

Set some specific goals – maybe 3 pods a day

## 10 Minutes

Watch one pod separately and write 3 questions to test each other

Complete a new Check and Challenge – highest score wins!

Watch a pod on a new topic – create three flash cards with key facts

## 15 Minutes

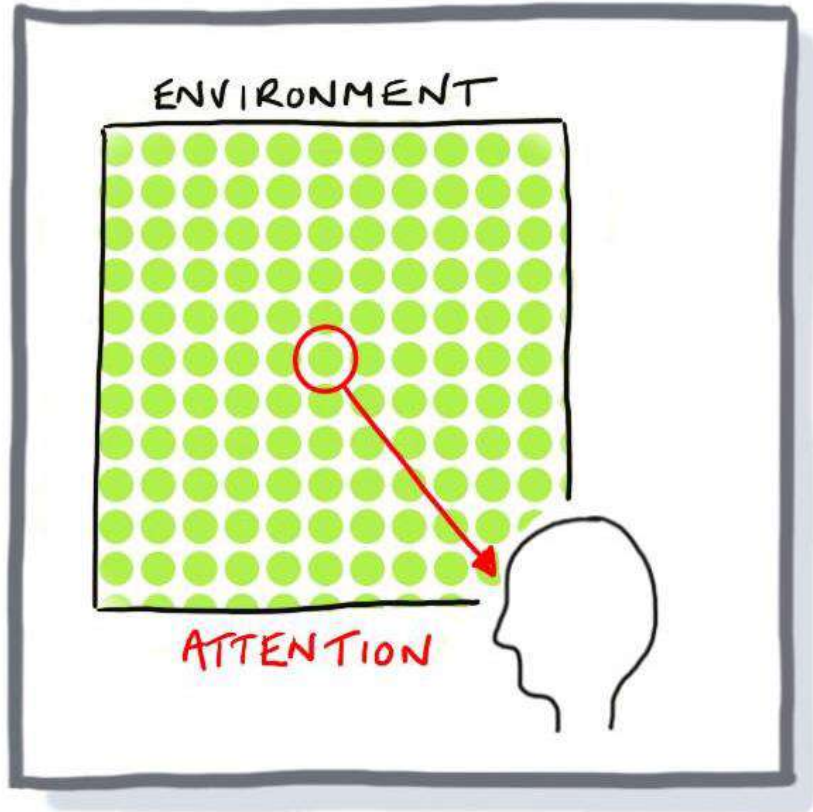
Watch a pod and complete a learning activity together

Watch a Study Smart Pod and apply the technique to a pod from your favourite subject

Create a RAG playlist series to support your learning

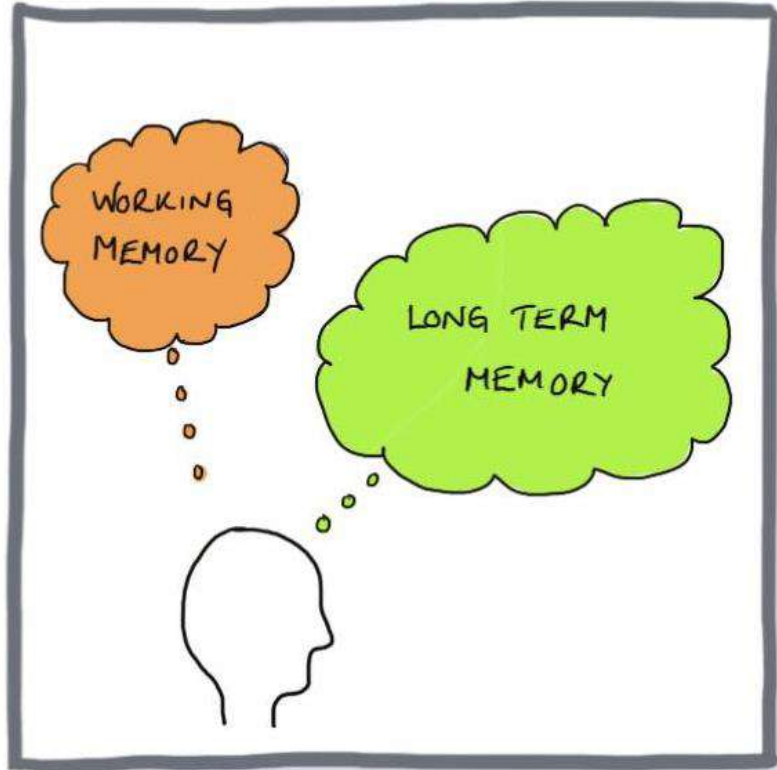


# How does learning happen?



- Attention is focused on the 'to be learnt' content

# How does learning happen?



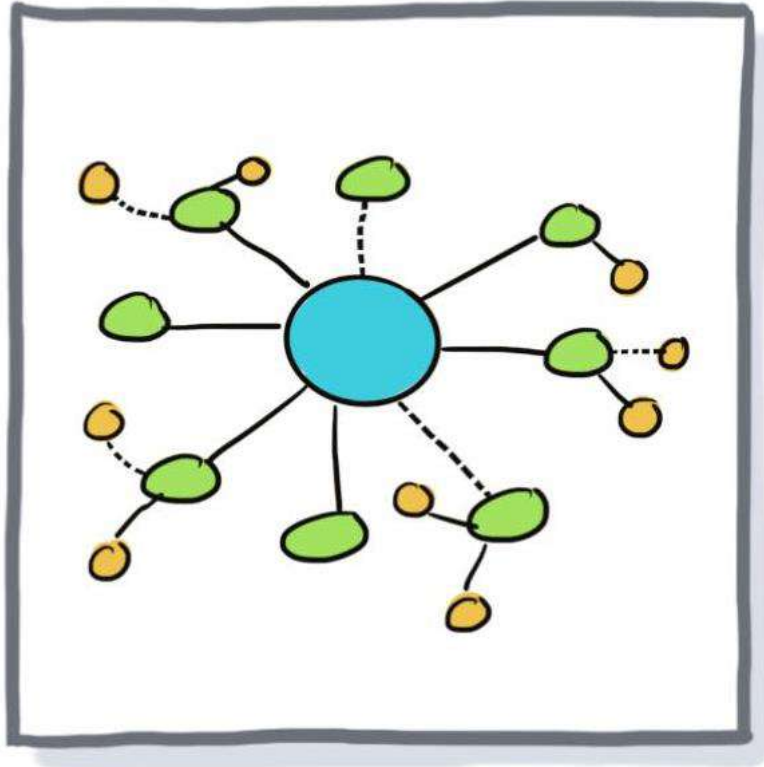
- The working memory 'processes' the 'to be learnt' content
- How much information can the working memory process at any one time?

# How good is your memory?

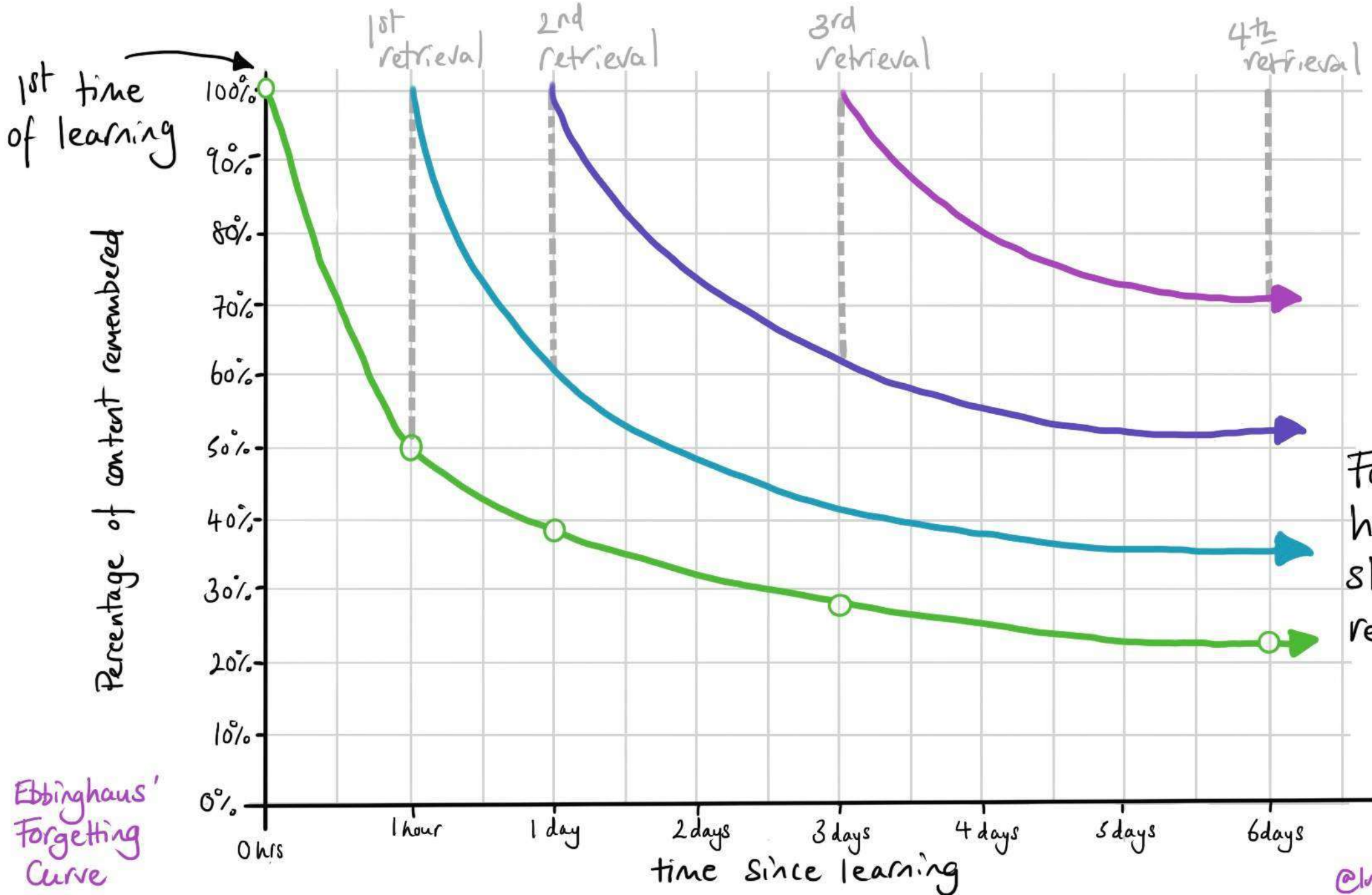
- Listen to all the numbers
- When I have finished, write the numbers down on your post-it
- Make sure they are in the correct order

How many did you remember?

# How does learning happen?



- New learning is stored in the long-term memory.
- New learning doesn't just float free, it is always connected with what you already know
- Learning can be forgotten if you don't practice remembering it



Forgetting will happen unless slowed by retrieval

Ebbinghaus' Forgetting Curve

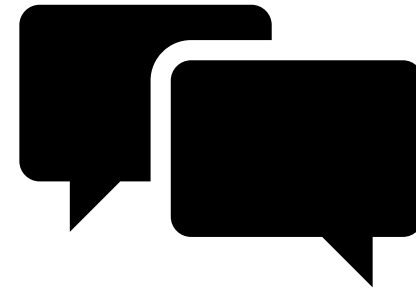
# LEARNING & MEMORY

or forgetting & implications for teaching

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		RETRIEVAL STRENGTH	
		Low	High
STORAGE STRENGTH	High	Childhood phone number	Current phone number
	Low	Hotel room number from last year	Current hotel room number

- Which of these are easy for you to remember and why?

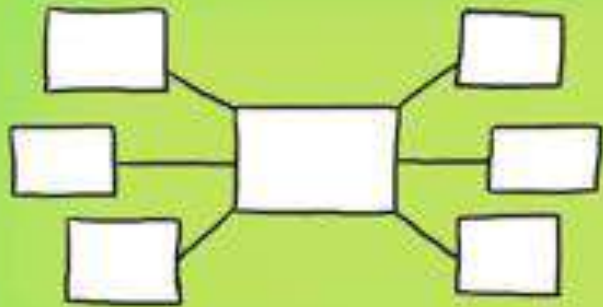


# 4 Methods of Retrieval Practice

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## BRAIN DUMP

Write, draw a picture, create a mind-map on everything you know about a topic.



Give  
him  
the  
you  
fe

## QUIZZING

Create practice questions on a topic. Swap your questions with a partner & answer.

Question - What is a metaphor?

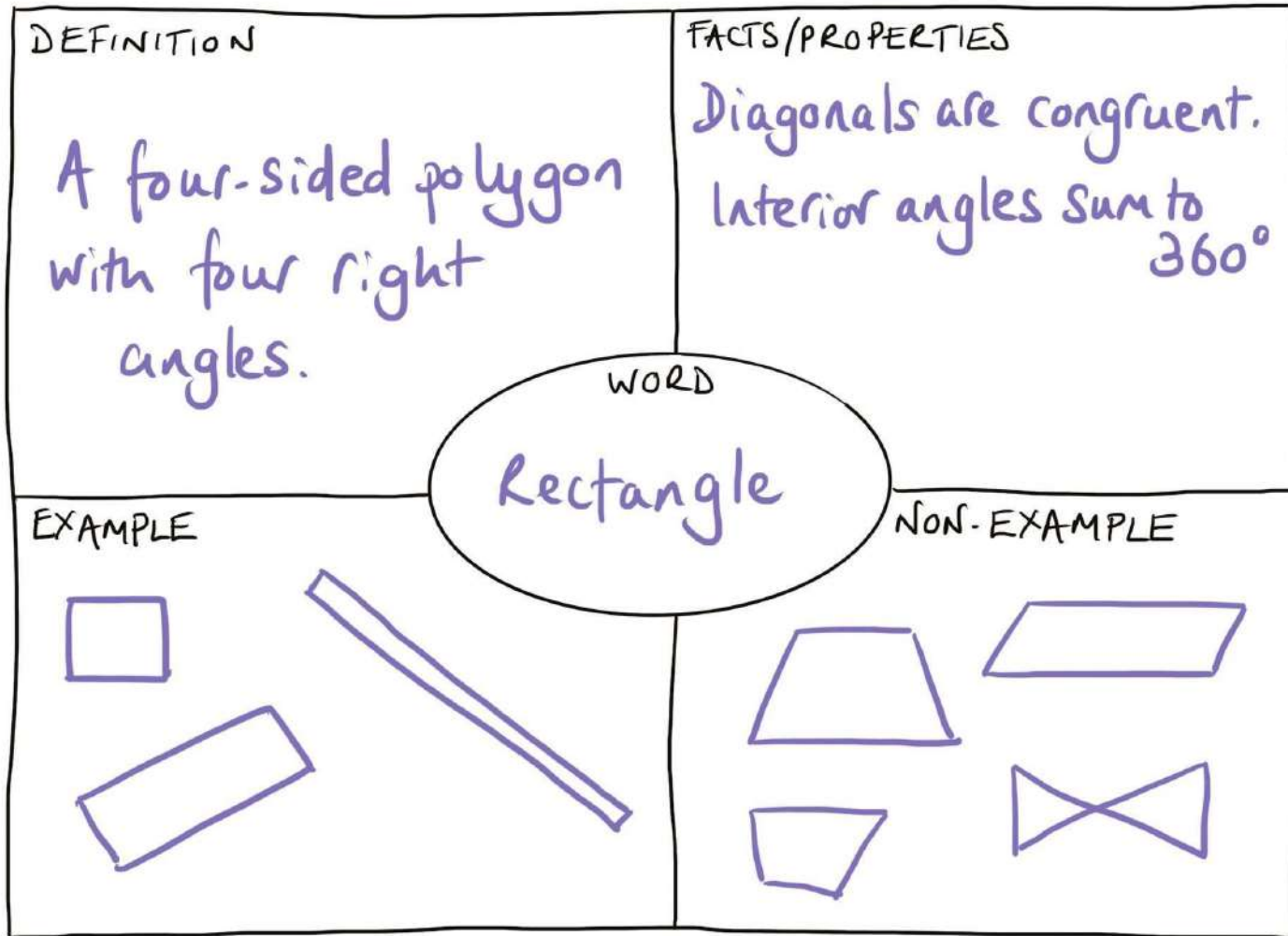
- A comparison using 'like, as, than'.
- A comparison where one thing is another.
- A comparison with a human attribute.

# 4 Methods of Retrieval Practice

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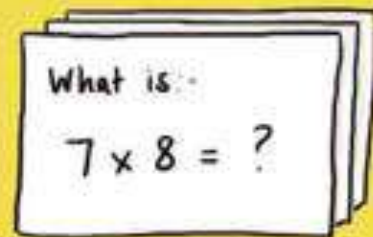


## 4 Methods of Retrieval Practice

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### FLASHCARDS

Create your own flashcards, question on one side answer on the other. Can you make links between the cards?

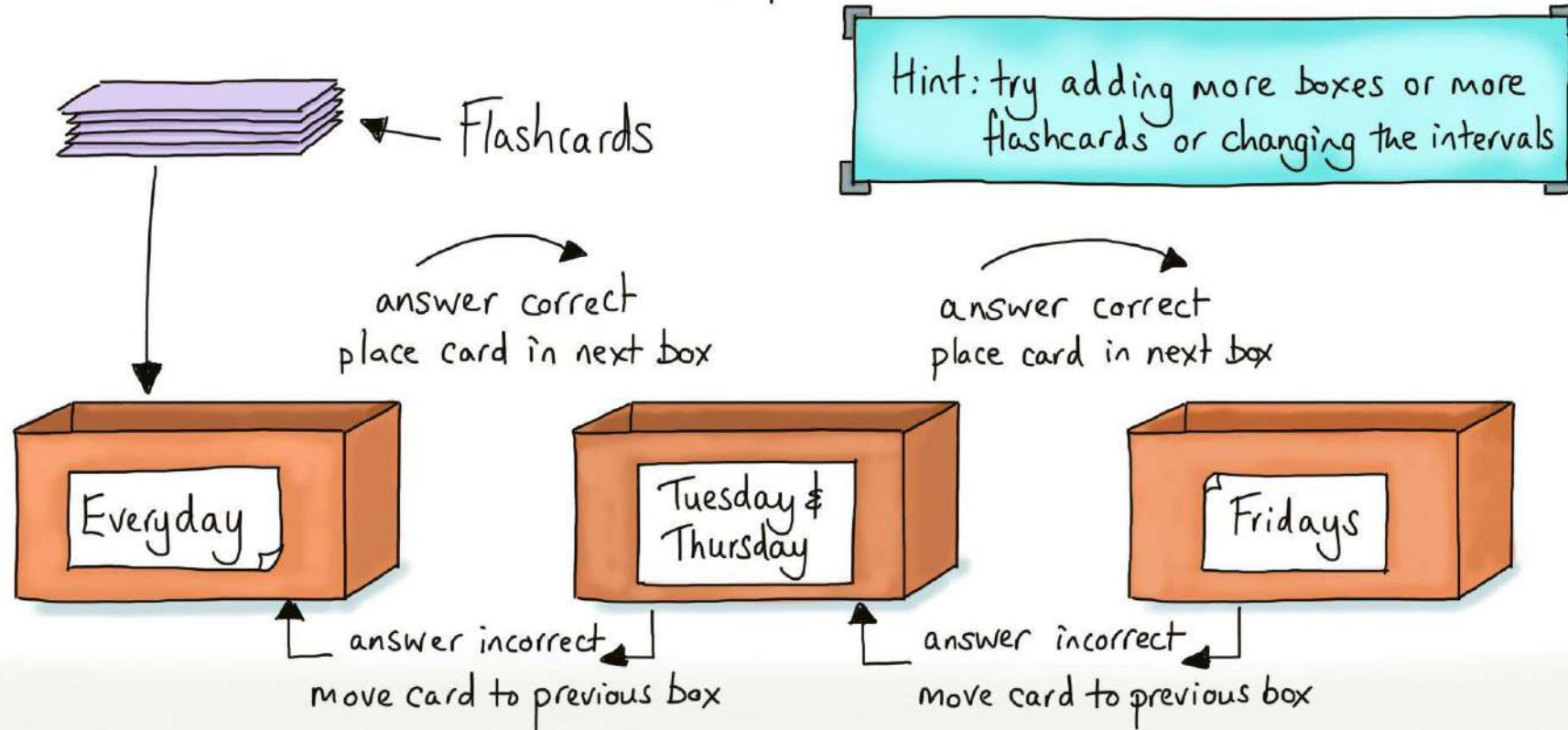


You need to repeat the Q&A process for flashcards you fail on more frequently & less frequently for those you answer correctly.

# LEITNER Flash card method

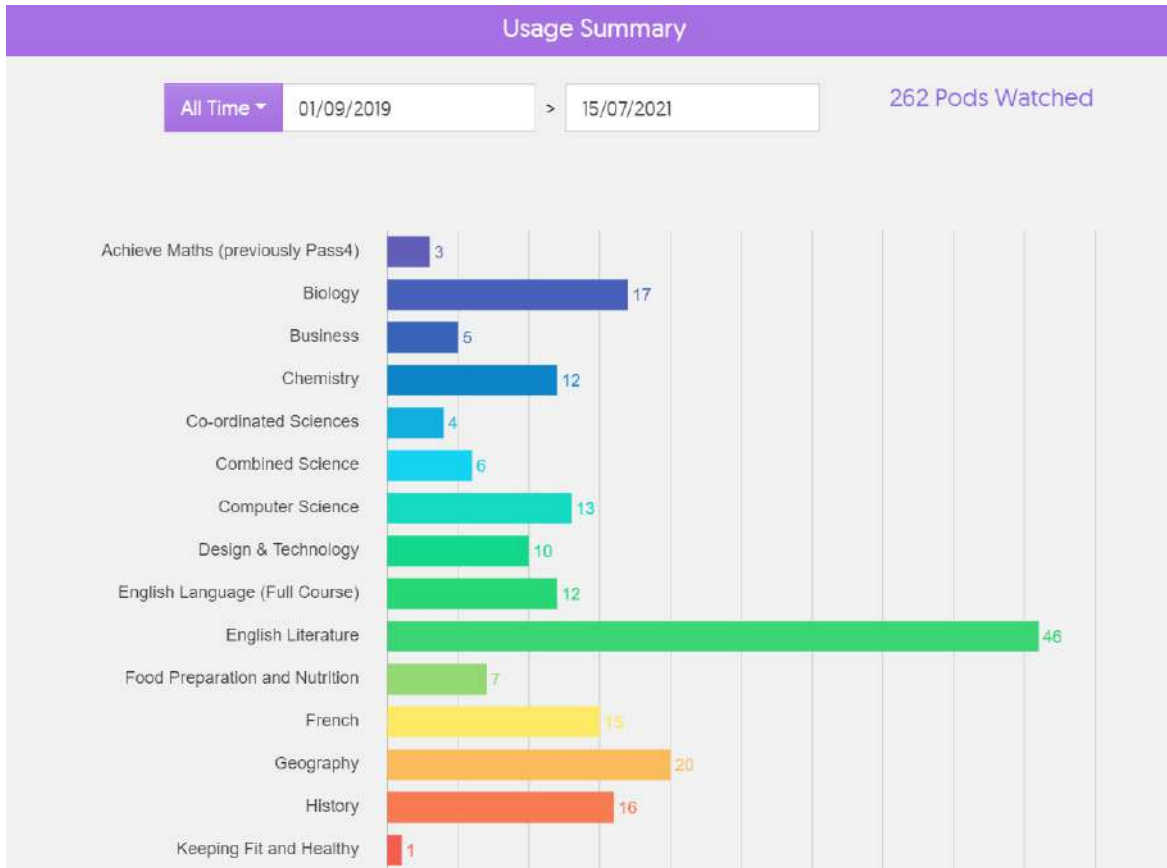
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informed by the most relevant research  
find out more at [www.impact.wales](http://www.impact.wales)



An effective use of flashcards to prompt & recall learning using spaced practice proposed by Leitner in the 1970s. It focuses on the proficiency of recall of the learner. Information which is easily recalled has a longer time lapse before the next recall opportunity.

# Returning to your learning with GCSEPod



### Recently Watched [View All](#)

**Spectroscopy**  
Used to study matter

CHEMISTRY  
Flame Testing & Spectroscopy  
Duration: 03:02

$-4 - -6$   
++ } = +  
-- } = -  
+- } = -  
+ - } = -

MATHS (FULL COURSE)  
Negative Numbers  
Duration: 03:55

Archer does work

PHYSICS  
Work Done  
Duration: 02:55

Different

BIOLOGY  
Cell Differentiation  
Duration: 03:07

Nucleus is biggest organelle

BIOLOGY  
Cell Structures and Microscopes  
Duration: 04:56

### My Playlists

Here you can select Pods across topics or even subjects and create your own personalised playlists.  
Try creating a playlist of topics you find tricky and listen to it as you travel to school

[Create Playlist](#) [Table](#) [Gallery](#)

essential phy  
Duration: 13:35 - 4 Pods

Essential Geog  
Duration: 02:54 - 1 Pod

GREEN  
Duration: 14:50 - 4 Pods

High fever

AMBER  
Duration: 14:37 - 3 Pods

Micro data

RED  
Duration: 28:58 - 7 Pods

# Coming up next week!



## THE FUTURE TOOLBOX

**The Future Toolbox is the hub of life skills for students,** equipping them with everything they need, from motivation tools to revision techniques, to help them feel more confident in education and their future beyond school.





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education on demand



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