



WORKSHOP FEEDBACK



Evaluation report

Steps to Exam Success
Year group(s): 10

Sydenham School

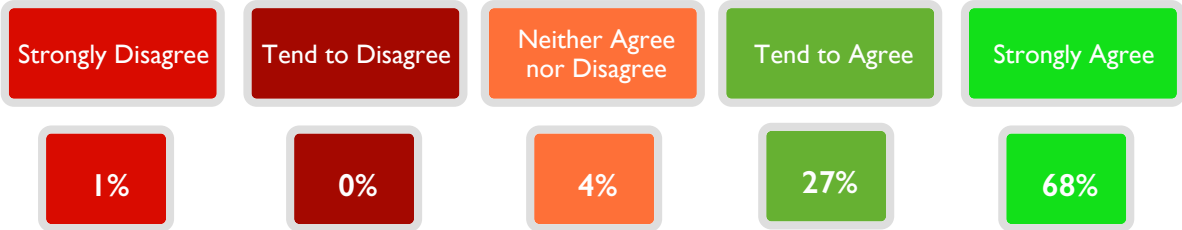
05/06/2025

Report completed by Steve James

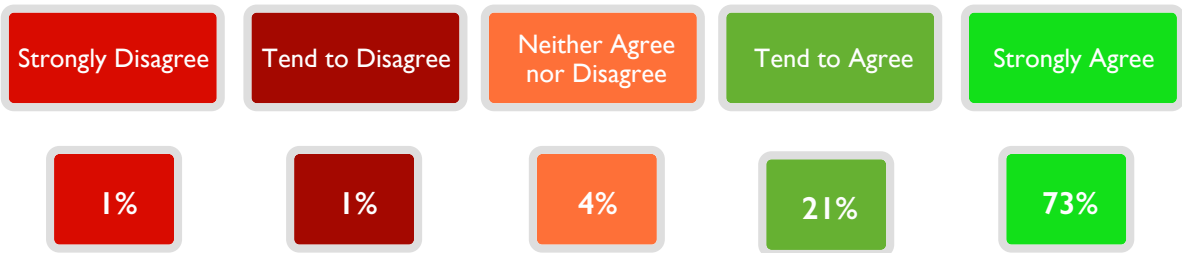


Delegate Feedback

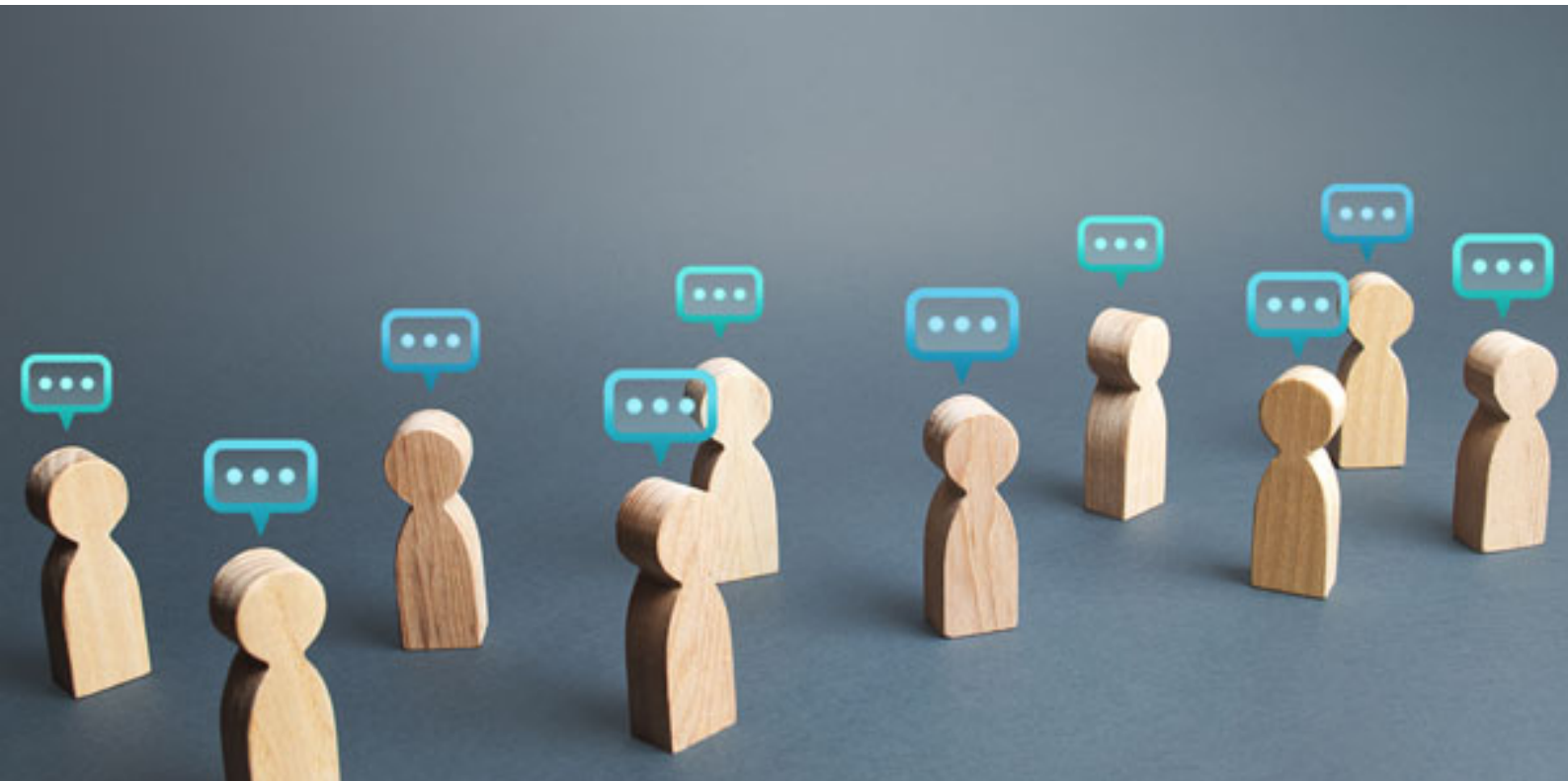
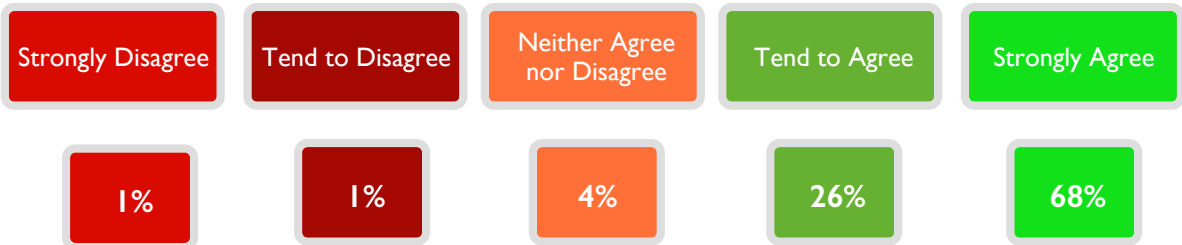
I understood what was presented.



The workshop was well presented.



Overall, this workshop was good.





Delegate comments

What did you find most helpful about the programme ?

Incredibly informative. Feel better about exams and how to approach them. Thank you for giving us booklets and a bunch of activities.

Gave good ideas, clear. Feel more prepared.

It helped us clearly understand time management and how to prepare for the most stressful time in year 11.

Amazing new methods for revision. Revision seems less hard now – reachable.

Different strategies on how to revise and create effective flash cards.

The revision techniques, tips, and expert advice and how to avoid time stealers.

The revision. Everything. The methods are really good. The way the presenter presented was also easy to understand.

The method thing with the boxes and it gave me the motivation to revise.

Identified both problems and solutions and explained why solutions are effective.

It helped me to revise better and to get a good understanding on how to revise.

The way to spread out revision and remember stuff well.

Very informative and easy to understand especially in terms of time management.

How to make flashcards. How to focus.

How to reduce flashcards.

The stress management I was taught. How to simplify studying and summarising. Four methods: keep, cut, shorten, replace.

About the methods with the 'Q and A' flashcards.

It gave you better tips on how to study better and not stress.

I liked the way the information was presented in an easily digestible way such as the Leitner System.

How they went through structured steps on how to properly revise.

It helped me how to revise, and manage stress.

That it was very efficient and easy to understand.

I learnt more about how to properly revise and space out my revision.

The reduce process (keep, cut, shorten, replace).

Identify my weaknesses.

To use flashcards. Identify weaknesses.

Multiple well-presented steps on how to revise effectively.

Learning to manage my time and not stress when tests get closer.

It was well presented. I understood everything perfectly.

To not use my phone when I need to revise and to give my phone to someone so I can revise.

Keep, cut, shorten, replace.

What could we do to improve the programme ?

Everything was perfect.

Presented well and most helpful.

Maybe a better room layout.

Nothing, everything was good and understandable.

In my opinion everything was great.

Make it shorter.

Put info higher on the board because people at the back find it hard to see it.

More methods for revising.

I'd rather spend time revising that learning about it.

Give more chocolate and give more opportunities for others to answer.

Nothing, thank you Steve.

It was all so good.

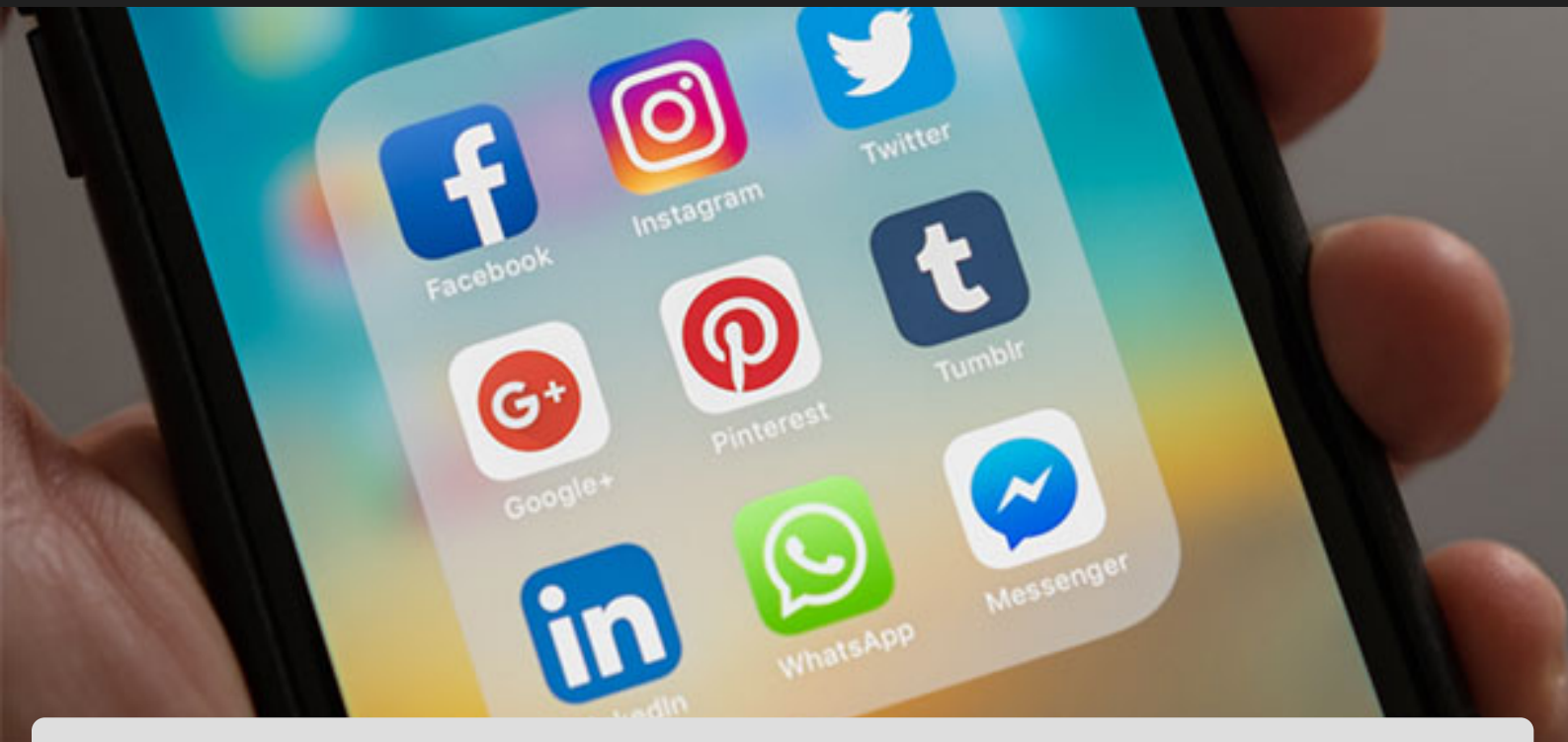
It was perfect.

Given out flashcards at the end.

Maybe longer



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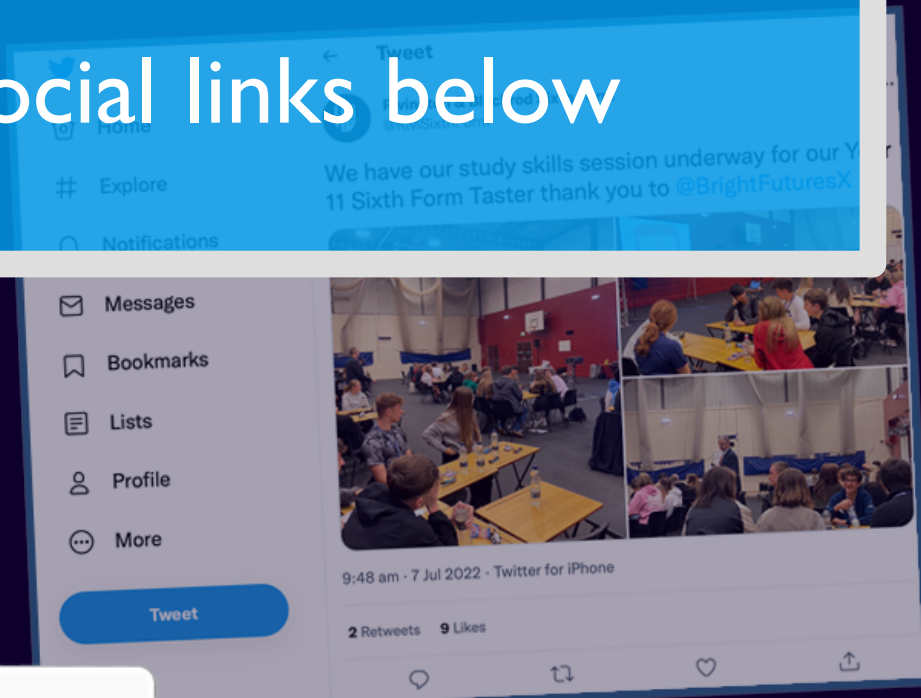


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Study Skills Zone workshops are primarily based on the following research:

Varying conditions, retrieval practice, spaced learning, and interleaving by R & E Bjork.

The levels of processing model by Craic & Lockhart.

The Testing Effect by H. Roediger & D. Karpicke.

Memory techniques from international memory champions Ed Cooke and Joshua Foer.

Simple time management techniques supported by the work of Stephen Covey, Huda Akil, and Daniel Goldstein.

Making stress your friend by Kelly McGonigal.

Eustress (beneficial stress) by endocrinologist Hans Selye.

Carol Dweck's research on Mindset.