



Tips to get Revising

Year 11

2017

Miss Saggese and Miss Beeton

Good exam results what is the secret?



- * Stage 1: Learning the content first time round
 - * The process of revision (literally ‘ looking at something again’) does assume that the content of the subject – every lesson counts!

What can go wrong????

- * Not liking the teacher
- * A lack of interest in the subject
- * Finding the work difficult and giving up
- * Deciding you are no good at a subject
- * Not using group work appropriately - hiding
- * Falling behind with homework or coursework
- * Not giving it your all ... right up to the end

Good exam results what is the secret?



- * Stage 2: Revision

- * Even the 'perfect student', who has attend every lesson and paid attention throughout the exam years needs to revise to achieve their potential. Revision can be done in many ways, some of which are more effective than others.

What can go wrong????

- * Not doing any!
- * Leaving it to the last minute
- * Not being sure what to revise
- * Being unrealistic about what can be done
- * Revising the right things but in the wrong ways
- * Being overwhelmed – not knowing where to start
- * Not making the most of revision lessons and teachers at school

Good exam results what is the secret?



- * Stage 3: The exam itself
 - * There are three sets of skills involved in taking exams – knowing the subject matter, organisational skills and ‘exam technique’.

What can go wrong????

- * Getting the wrong time or place for the exam
- * Arriving late
- * Finding out you have revised the wrong exam
- * Being unfamiliar with the exam structure
- * Not having the correct materials
- * Panicking during the exam
- * Answering the wrong sections or questions
- * Not reading the questions carefully
- * Spending too long on one section and too little time on others
- * Not using all the time allocated for the exam (finishing far too early)



1. Try to Get Enough Sleep

- * Getting between 6–8 hours' sleep each night will help you keep focused and concentrate better. Sleep is also a powerful requirement for **remembering information better** as it helps your brain assimilate and retain new knowledge into your long-term memory so you can recall it during your exam.
- * Having trouble sleeping? Keep your revision away from your bed, turn off digital devices at least half an hour before bed and try spraying some lavender on your sheets.



2. Use Mobile Apps

- * The mobile device you carry everywhere can be used for much more than checking Instagram and sending Snapchats every 5 minutes.
- * There's **lots of mobile apps you can download for free** to improve your exam revision and reduce stress levels.
 - * <http://www.memrise.com>
 - * <http://www.gojimo.com/>



3. Eat the Right Foods

- * You don't need to read these tips to know that eating pizza every day won't help you get the most from your brain when revising for your GCSEs. Following a healthy diet and avoiding stimulants such as coffee, will be beneficial for all areas of your life.
- * Eating dark chocolate which **fight**s the stress hormone **cortisol** and **releases endorphins** which act as a natural stress fighter. Green tea is also known for having a relaxing effect on the body. Eating the mandatory dosage of fruit and vegetables is also a good idea if you're serious about reducing your stress levels.



4. Get Organised

- * The sense of calm you feel when you are properly organised to study encourages a positive and productive atmosphere. However, being organised is about much more than lining up your coloured highlighters!
- * Building a revision timetable can help you **add structure to your learning**. Outlining short-term goals that you are regularly hitting will boost your study motivation and help you build a foundation for success.



5. Avoid Negative People

- * Loads of other GCSE students will be dealing with exam stress at the same time so don't let others bring you down. Don't let negative people impact the progress you have made.
- * Everyone is different and others may unload their worries onto you as a way of coping. Make sure to tell you friends how this is making you feel and encourage them to speak to their learning guide, Miss Saggese or Miss Beeton about their worries.



6. Listen to Music

- * Listening to music can elevate your mood and help you revise more effectively. Classical music in particular is recommended for studying as it is known to boost brain power.
- * Music can also **fight boredom and motivate you** to continue studying for longer. Sticking your earphones in can help you get into the right mind set and focus on the task in hand.
- * If you find yourself getting distracted and singing along to your favourite tune, change to mood music which can help you stay on track.



7. Get Some Exercise

- * Many students who feel the pressure of the GCSEs weighing down on them feel as if they should spend every waking minute revising but this simply isn't true. Sitting down for hours at a time desperately trying to revise GCSE maths can be an unproductive waste of time.
- * Studies have shown that taking regular study breaks and exercising can **boost brain activity and improve memory**. Even taking a quick walk around your school will help you concentrate better when you get back to your desk. But be careful not to use this as a distraction or a way to avoid revision!!!!



8. Fit Fun into your Study Routine

- * Spending all of your time stuck to your books can be extremely boring plus it's unnecessary. Of course you will need to dedicate a lot of time to revising but don't go over the top as this could work against you.
- * Take some time out to have fun with your friends or hang out with your family as this will have a positive impact on your stress levels. You could also **try adding some fun elements into your study routine** such as testing yourself with interactive online quizzes, with friends or family members.



9. Keep your End Goal in Mind

- * If you're constantly thinking about the amount of work that's stacked high on your desk, you will start to feel as if it's never ending.
- * Here's a quick tip to bolster your motivation; **write your study goals on a post-it** and stick it up near your study station. You should also write the end date of your GCSE exams so you know that this is the final push and where all of your hard work will end.



How to plan your time effectively

Revision is another word for reviewing.

To understand and remember what you have learned over the year, you need to re-read your course essays, notes and textbooks. Revision requires accurate notes and careful planning to be most effective.



When should I start?

It is best to begin your programme of revision two or three months before the exams

Exams start in May – so that means you need to start NOW to get 2 full months in



How do I start?

1. First devise a **revision timetable**. You should use this to remind you about your exams and other important events.
2. Revise in short manageable chunks and take **regular breaks**. Each revision session should last about 40 minutes, with 10-minute breaks between each session.
3. Try not to revise more than **two subjects a day** and don't attempt to do all of a subject in one go.
4. Decide what **time of day** you work most effectively: mornings, afternoons or evenings.
5. Make sure you have time to relax before going to bed and try to get **plenty of sleep**. But don't go to bed so early that you can't sleep - read a book or watch TV first



What subjects am I studying?

Your first task over the next week is to fill out this sheet

Ask teachers/Learning Guide what your course is called, the exam board and the dates of your exams.

	Exam Board	Year 11 Exam Planning			
		Exams	% of GCSE	Topics to revise	Material to Buy
English					
English Literature					
Maths					
Science					
EP					
Computing					
Option A					
Option B					
Option C					



Making revision TT

1. Fill out when you have activities e.g. gym/swimming
2. Plan in 40 minutes a night for homework and 1 session at weekend
3. Plan in revision session should last about 40 minutes, with 10 minute breaks between each session.
4. **No more than two subjects a day**
5. **Plan in 1 night off OR half a day off at weekend**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BED TIME							



40 min – 1 hour slots



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Science - Bio			Science - Physics		Maths	Science - Bio
10:05						Maths	Science - Bio
Break							
11:25				Maths	War and Peace	PE	Shopping?
12:25		Planet Earth			Early Life	PE	Family lunch?
Break							
2:05		Science - <u>Chem</u>				Business	Business
Break	Walk home, dinner etc						
7:00 - 8:30	Maths	PE	PE	English	Night off...	Science - <u>Chem</u>	Science - Physics
Break							
9:00 - 10:30	English	Business	Business	Early night	Night off...	Science - <u>Chem</u>	Science - Physics
BEDTIME							

Be specific



Plan breaks



Plan time off!





Handling stress during the exam period

Miss Beeton



Students: Tip 1

- * Don't stop going to, or working in, lessons you find hard or dislike. Talk to someone early on about any difficulties you are having as there is always a solution!



Students: Tip 2

- * Revise your homework schedule if necessary and stick to the new plan – even when you do not feel like it. Don't wait until you are in the mood ... the further behind you get the less you will be in the mood!



Students: Tip 3

- * Resist the temptation to bury your head in the sand if things are getting out of hand. Talk to your parents/tutor/ subject teacher/ head of year or whoever you feel most confident with.



Students: Tip 4

- * Ignore what friends and others are doing or saying. You are working for an easy life for YOU now and later Let them have the last-minute panics!



Parents : Tip 1

- * Agree the balance between work and social life and stick to the agreement. Again, flexibility is the key ... if a special night comes up, agree that they can make up the work at the specified time.



Parents : Tip 2

- * All students will fall behind, feel de-motivated or overwhelmed, or struggle with the balance of social, work and school demands at times. Talk to them about the issues, acknowledge their feelings and adopt a sensible attitude in wanting to find a solution. Encourage your child to talk to us....



Parents : Tip 3

- * Consider using a reward structure to motivate your child. This is NOT bribery. It is a reward, just as you are rewarded by a salary or bonuses for working even when you don't feel like it.



Strategies for dealing with the excuse 'I'm stuck'

* The best thing I have found to do is:

1. Keep track of why you cannot complete a task or area revision by writing them down with the date and subject.

2. Then speak to the subject teacher to find a solution.

3. Follow up without fail the suggestion made by and show the subject teacher what you have done.

4. Set yourself realistic goals. i.e. I achieved 25% in my test on Marketing ... next time I aim to get 30%

Q: What makes a student SUCCESSFUL?

FIXED MIND-SET

"I'm not good at that.
I will never be good at it"

GROWTH MIND-SET

"I struggle with that at the moment but I'm going to get better"

A: Mind-set

CHALLENGES

Avoid challenges

Enjoy challenges

OBSTACLES

Give up easily

Resilient when faced with problems

EFFORT

See effort as a waste of time

See effort as part of the path to success

YOU

NO MATTER WHERE A PERSON IS NOW, THEY CAN ALWAYS IMPROVE WITH EFFORT, GOOD STRATEGIES, AND HELP!

US

EARLY
REVISION
INTERVENTION
PRACTICE

Revision is...

- * Condensing the information you have learned into more manageable chunks.
- * These form the 'pegs' on which you can hang your wider knowledge.



Information

Notes on
topic
areas

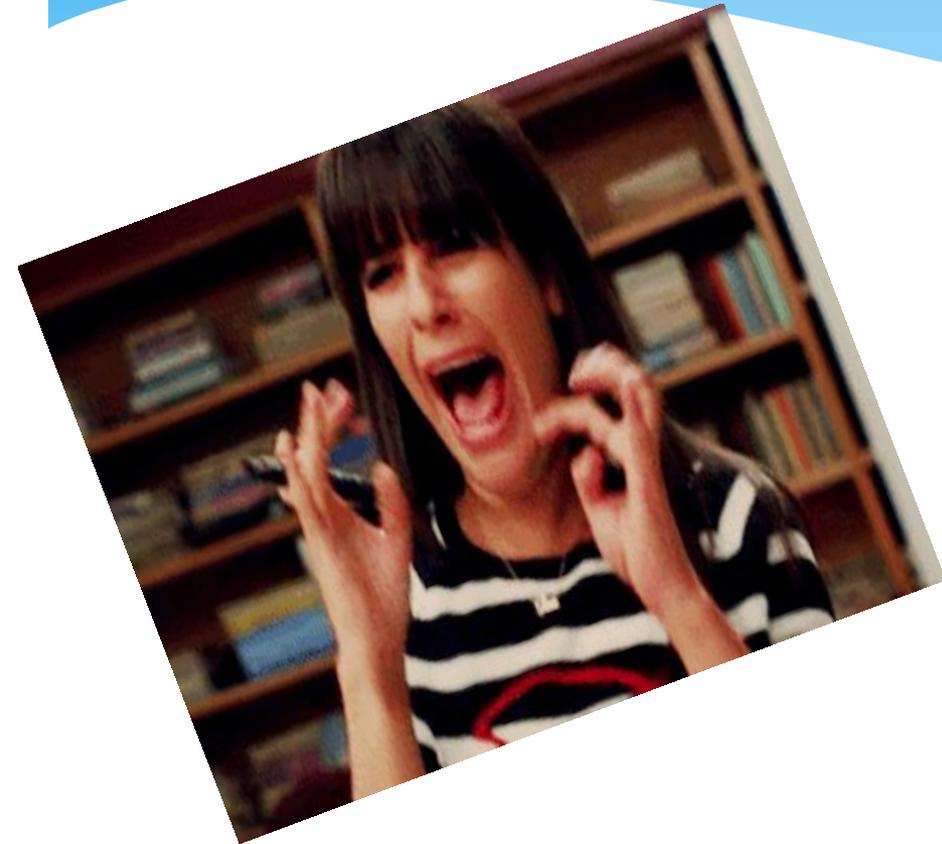
Key
Notes



I don't know how to revise...

What can you do?

- * **Plan ahead and start early to avoid freaking out**
- * **Make sure you know exactly what it is you'll be tested on.**



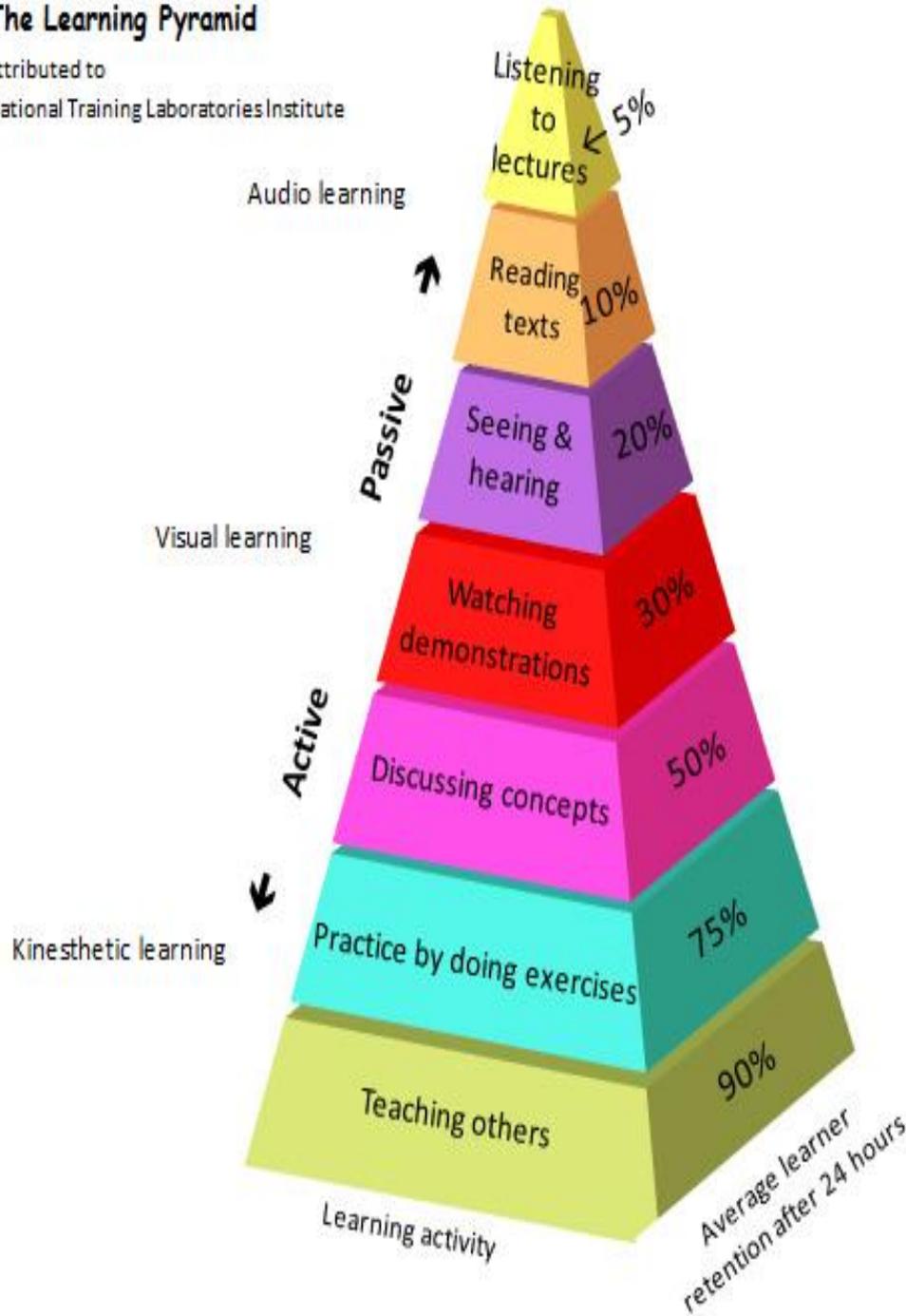


Don't just read – do!



The Learning Pyramid

attributed to
National Training Laboratories Institute



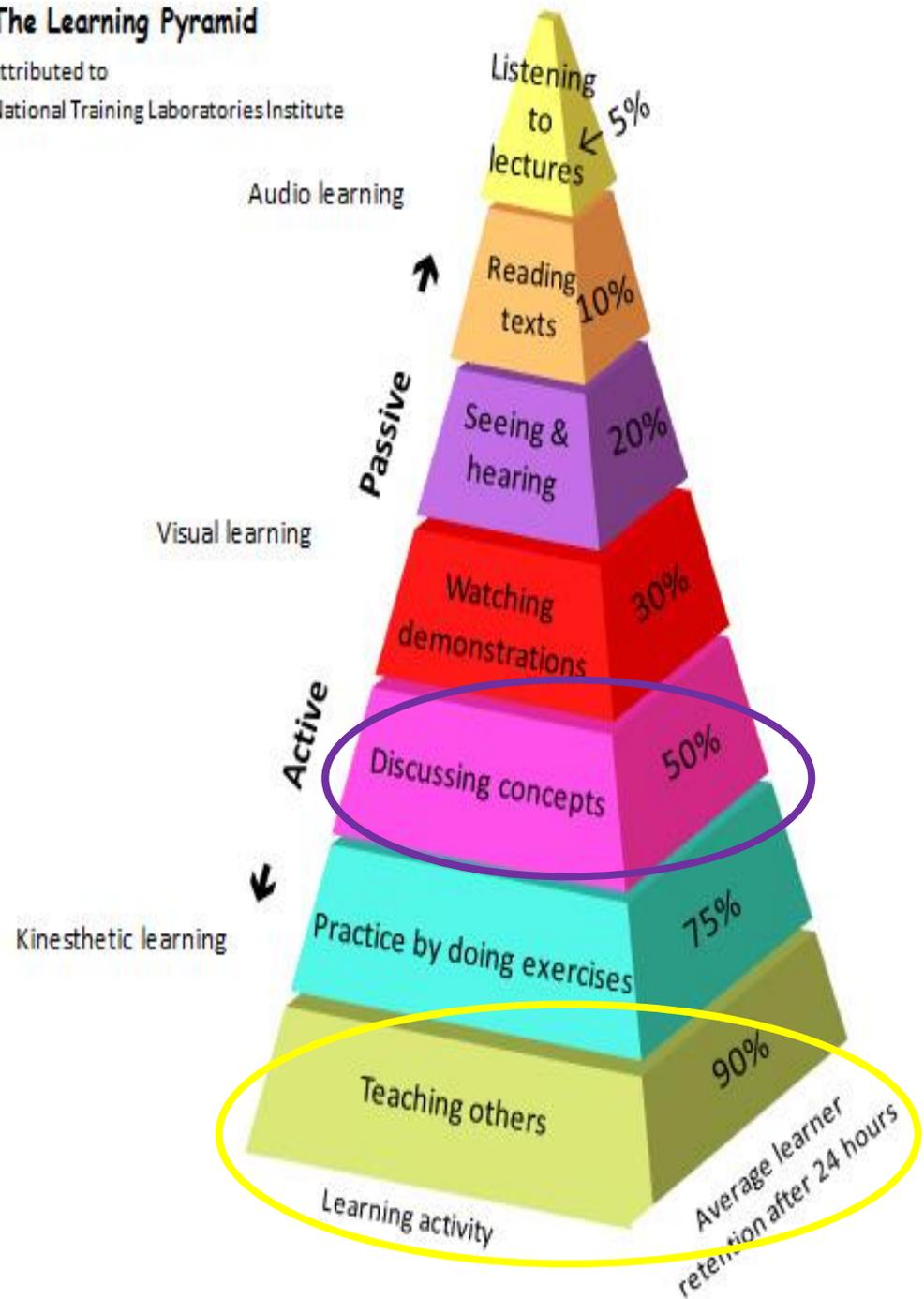
MANSHEAD SCHOOL

Teaching others

- * Revise with friends
 - * Pick a topic area you are confident in and explain it to them
 - * Ask them to explain something you are struggling with
- * Teach your family
 - * Mum, can I explain photosynthesis to you?

The Learning Pyramid

attributed to
National Training Laboratories Institute



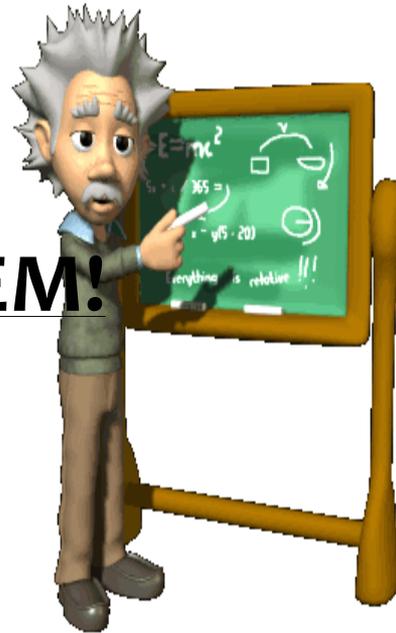
■ These can include:

- Key questions
- Key Words

■ Can be taken with you in the car

■ Tested by your family, friends,

TEACH THEM!

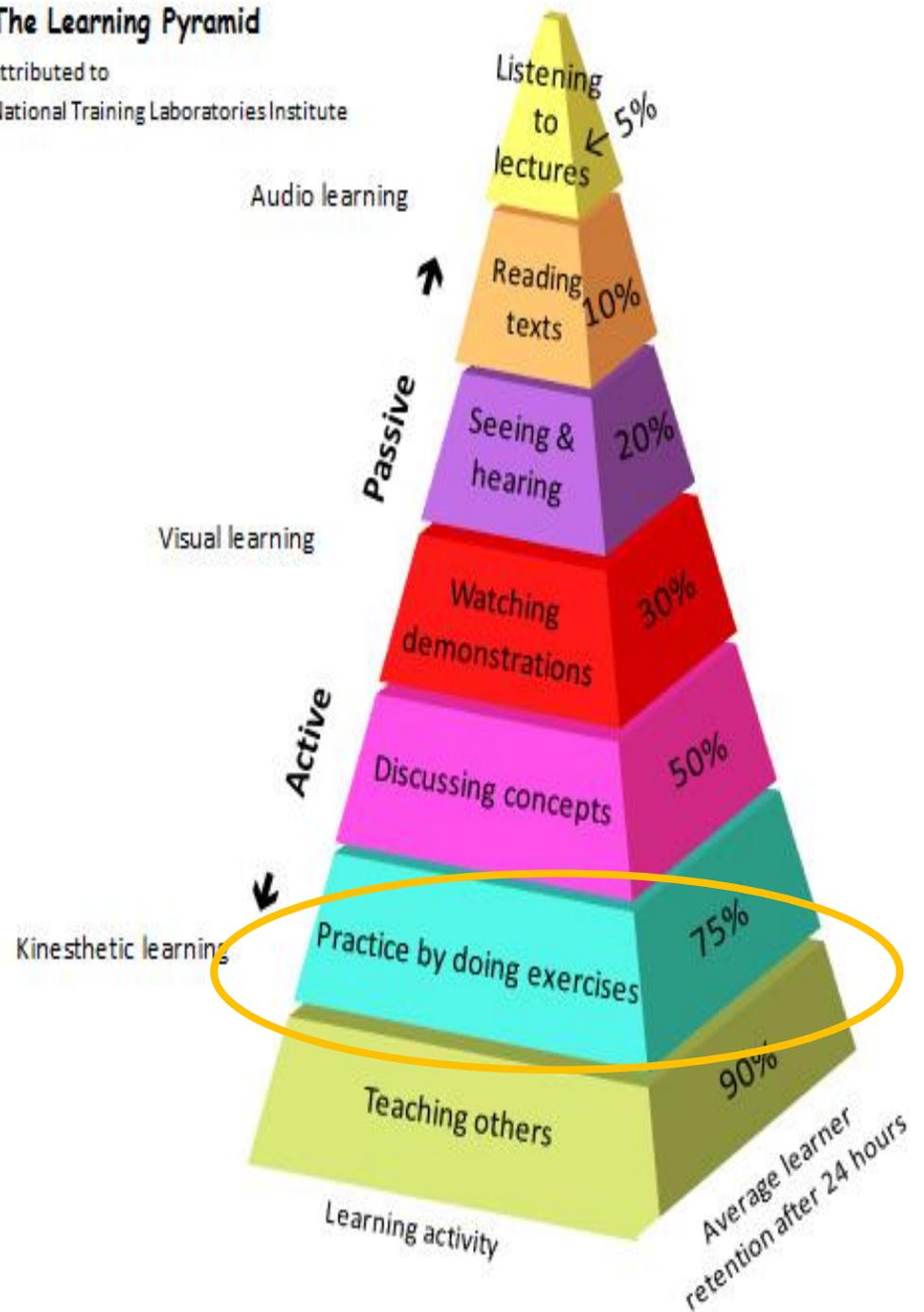


Exam questions

- ⇒ Revise a topic and then attempt an exam paper;
- ⇒ Get your head round the skills needed for each question;
- ⇒ Recognise the question types;
- ⇒ Make a note of the question you have no idea about.

The Learning Pyramid

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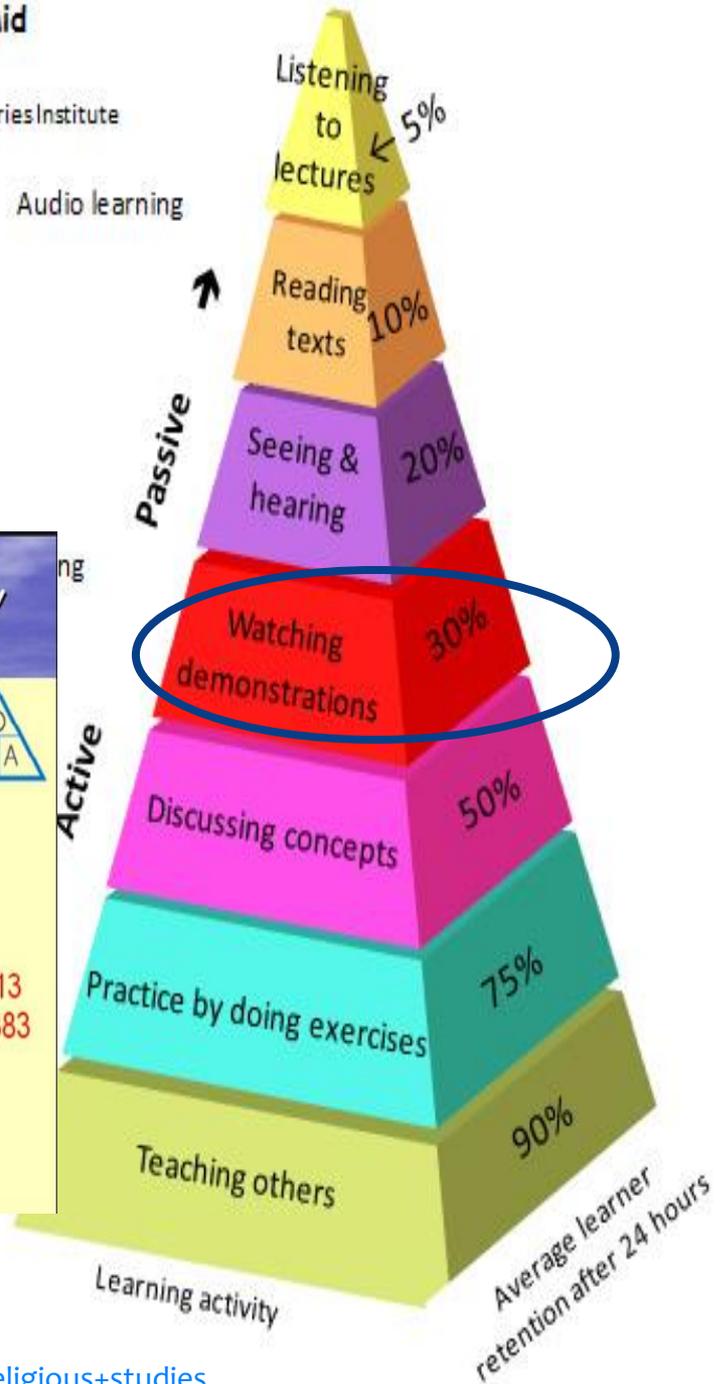


Watch some videos...

The Learning Pyramid

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Audio learning



MathsWatch

SH CH TA

Right-angled triangle with hypotenuse H = 13cm and angle 48°. The side opposite the angle is labeled x and A.

$$A = C \times H$$

$$x = \cos 48 \times 13$$

$$x = 8.698697883$$

$$x = 8.70$$

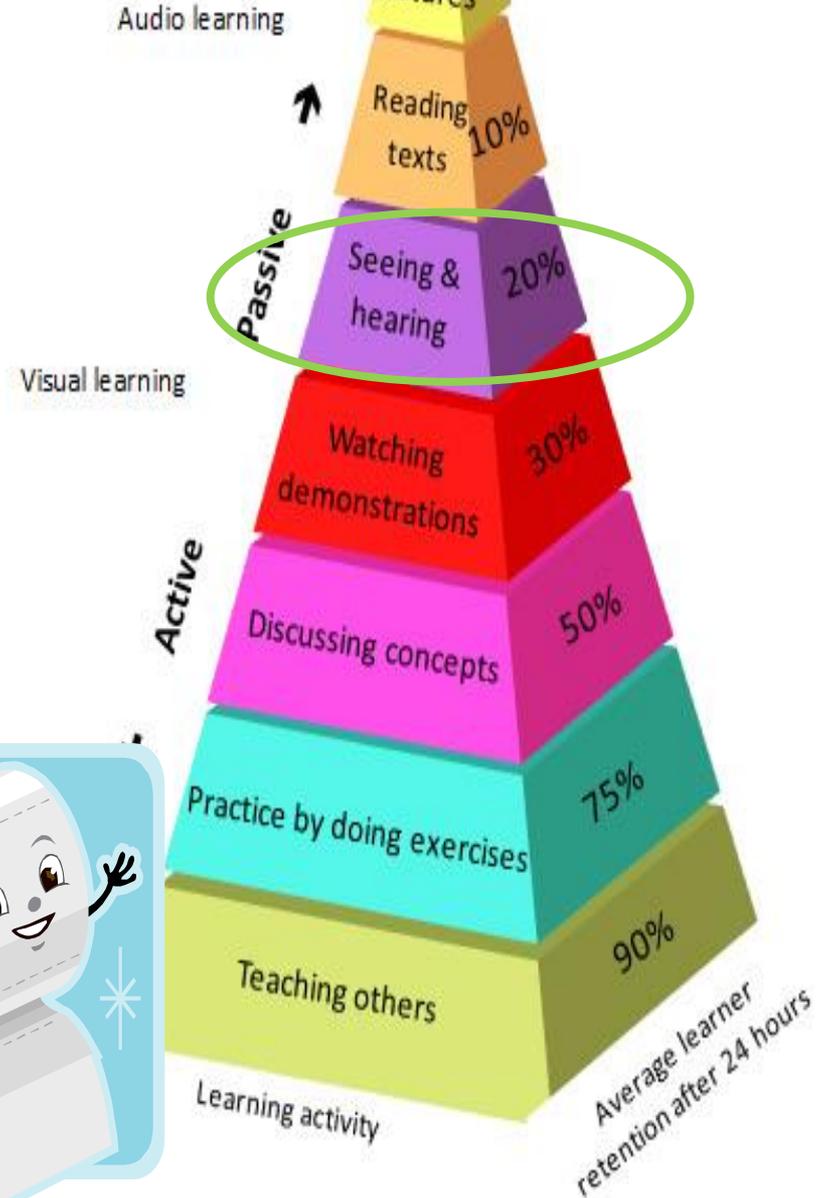
<https://www.youtube.com/watch?v=77gpTOCdQoo>

<https://www.youtube.com/channel/UC7VEyPTojoGDq7CLAfTSXuW/search?query=religious+studies>



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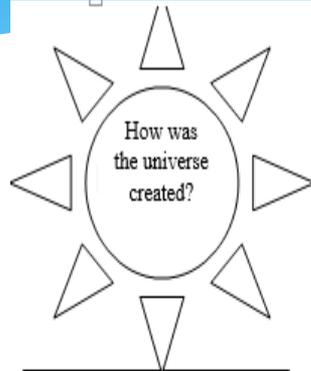
Use post-it notes,
strategically placed
around your home,
to remind you of
tricky facts/key

You need to choose places you go
to regularly.





Graphic organisers – visual aid



Creation story

Big Bang theory

We love our planet

2. Conservation Projects (Define and give examples)

What can we do to protect the Earth?
5 ways....

3. Rio de Janeiro

DEFINE STEWARDSHIP

1. Set targets to reduce carbon emission

4. Kyoto

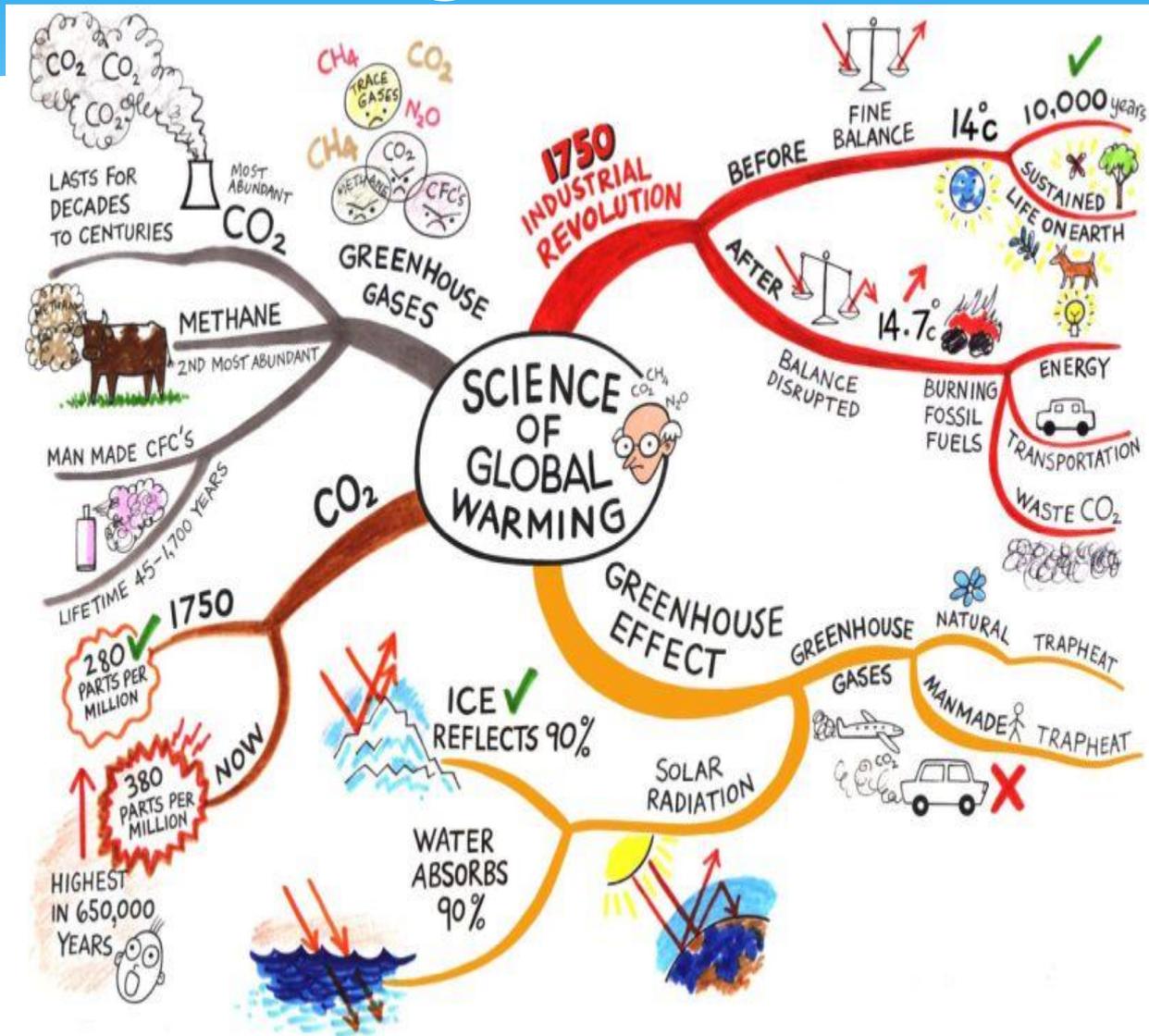
What quote can you use as EVIDENCE for stewardship?

Give 3 examples of Christians being good stewards?

5. Johannesburg



Spider diagrams – visual aid





Audio revision guides

GCSE

Bitesize



BBC Radio 1

<https://www.collins.co.uk/page/letts-gcse-revision/audio>

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History

Science (core)

Science (additional)

Spanish

Compassion – *show kindness e.g. the Good Samaritan*

Observe the **Sanctity of Life** – *it's precious, God has plans*

Never hold grudges, **forgive**, *'turn the other cheek'*

Created in the **'Image of God'** – *Humans are unique*

Everyone: **Love God & Love your neighbour**

Pactice **Justice** – *creating a fairer and more peaceful world*

Temple of the Holy Spirit: *respect your body*

Stewardship VS Dominion: *care or rule?*



Acronym

The first letters in a list of words are used to form a word.



Story Acrostics

The first letters in a list of words are used to form words that tell a story.

My

very

Educated

Mother



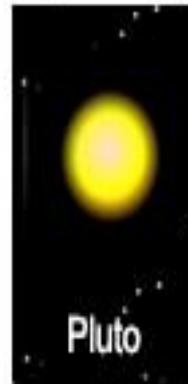
Just

showed

us

Nine

planets





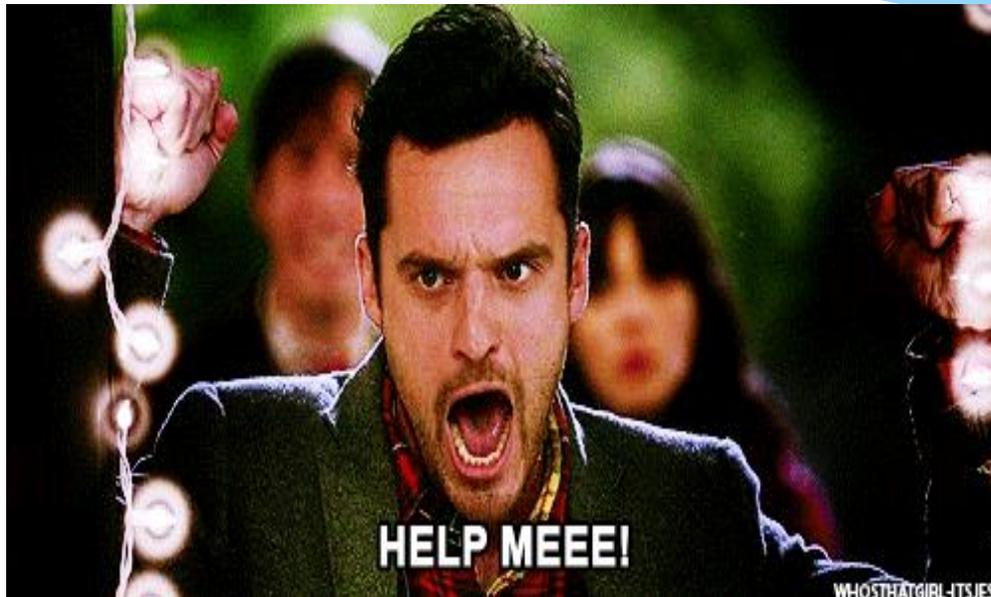
During the exam

- * Read through ALL of the exam paper, marking those questions you feel confident about. **Answer these first.**
- * **Plan out your timing**
- * Read question carefully underline key words and symbols.
- * Spend a few minutes planning your answer in rough. In maths exams, you should show all your working-out; you can get marks for your working-out, even if the answer is wrong.
- * Write as quickly but as legibly as you can. In exams where marks are awarded for spelling, be more careful **and copy the spelling of words used in the question paper.**
- * Spend longer answering questions with more marks.
- * If you are unsure about a question which requires a short answer, come back to it later.
- * Do not speak or hand anything to anyone while in the examination hall, even at the end of an exam. A simple misunderstanding could lead to disqualification.



Ask for help

- ✓ Teachers
- ✓ After School Study Club
- ✓ Learning Guide
- ✓ Me
- ✓ Hub



	Day	Lunchtime	After School
Week A	Monday	Option C	Maths
	Tuesday	Science	Science
	Wednesday	English	Ethics/Computing
	Thursday	Options B	English
	Friday		Options A
Week B	Monday	Ethics/Computing	Maths
	Tuesday	Science	Science
	Wednesday	English	Options B
	Thursday	Option A	English
	Friday	Maths	Options C



The exam season

- * 5 week period – 2 weeks before half term and 3 afterwards
- * The first exams are in week commencing 15th May.
- * The W/C 5th June is the busiest week
- * All exams are complete by 23rd June
- * Results day is 24th August (9-11am in the 6th form block)
- * Timetable is on the website under students section