

REVISION GUIDE

2019



Name:

Form:

PREPARING TO REVISE

Before you start to revise for a mini assessment, quick test, end of unit test and /or mock exam you need to make sure you have:

- The syllabus / specification
- A revision guide / textbook if the subject have one
- Checklists for your unit(s)
- All of your notes – any missed work photocopied or caught up
- Your mock exams / end of unit tests / practice questions
- Your past exam questions which have been done in class / homework

All the above is 'admin'. It is not revision.

The following will be useful to have at home

- Folders
- Plastic wallets
- Highlighters
- Coloured pens
- A3 / A4 paper and card

Key point – you cannot revise effectively if you do not have the above things organised - checklists so that you know what to revise, detailed notes, practice questions or equipment to do it. They're the basics and easily sorted – so sort.

WE ARE EQUIPPED TO LEARN

CONSTRUCT A REVISION SCHEDULE

Construct a schedule so that you give yourself enough time to revise. This is dependent upon what you have to revise, how many other subjects you currently have to revise. A few things to bear in mind.

- Be disciplined – self discipline is crucial for you to be success in life not only in exams. Stick to what you say you will do.
- Put away the phone - The phone gets put away. I cannot emphasise enough how the phone has to leave your side. If you keep looking at the time, messages as they pop up your whole revision that you are doing is ineffective – interference will occur and the information will not go in memory. The mere sight of the phone is enough to reduce your ability to focus.
- Get in a routine – use the same times each evening and weekends to revise. If it's a daily routine you are more likely to stick to it.
- Revise effectively – there is no law or rule for this. You will ultimately find your own way. But a general one to follow is work for 45 minutes then have a 5-10 minute break. The most crucial thing to remember is that revision should be spaced out.
- Spread out your revision – Spreading out your revision sessions on a particular topic (e.g. 1 hour sessions over 10 days) is more effective than spending 10 hours in one go (i.e. 10 hours in one day). This is called spacing and is a secret revision strategy – it is the one that works. Spacing allows you to forget and then relearn the material. Make sure you tackle all your subjects in a week. SPACE OUT THE TOPICS.

You need a suitable working environment. Your study environment should be:

- Calm and quiet.
- Well lit – 'big' lights need to be on. Natural light is best so open your curtains / blinds.
- Somewhere you will sit and revise – table, desk, chair etc.
- You should have your stationery to hand.
- Some water / snacks.
- School has quiet spaces and it is open until 5.30.

WE TAKE RESPONSIBILITY OF OUR ACTIONS

THE HARD BIT – REVISING

FACT – IT WILL MOST LIKELY BE BORING

This is by far the most boring and hardest thing to do. There are no short cuts, no secrets. It really is hard graft. Your subject teachers will always give you general tips and ways to revise. You may have even practiced these in lessons. As a general rule this is how you revise / memorise content:

1. Check you have all your notes and read over them like a book in the first instance. That will cue / remind you of the different lessons you have had and allow you to check you have everything against the checklists.

2. You then start to redo your notes. You need to chunk down into topic areas. You can use a variety of strategies to redo your notes. The key here is variety and what the subject / topic area lends itself to. Some areas of work can be redone into a spider diagram, others into a diagram.

You could do:

- Mind map
- Spider diagram
- Flashcard
- Poster
- PP
- Etc
- Add post its on to your materials above

Key here is that it is simplified. It has less information on than your original notes.

3. Read over your redone notes (see number 2 above), add to them. Highlight the key points, underline things as you are reading them. This is repetition / rehearsal and needed to put things into your long term memory.

4. Test yourself as you are doing number 3. Again adding things, underlining things you can't remember.

5. Get someone else to test you – parents, guardians, grandparents, sister, brother, cousin, friends.

6. After you have done steps 3, 4, 5 start to look at past questions.

7. Answer past questions.

8. THEN REPEAT STEPS 2 (YOU MAY REDO AND SIMPLIFY FURTHER), 3, 4,5, 6, 7 UNTIL THE DAY OF YOUR EXAM. Revision is never done until you have done the exam in that subject.

And another reminder for step 3 – repetition, repetition, repetition. Remember to 'space' it out. Re read over different days and never believe that its done and in memory. You may forget it again before the exam!

WE WORK HARD

THE OTHER SECRET TIPS TO KNOW

Performance in your GCSE is about how many marks you get. Every mark counts. Aim for as many marks as possible in all tests and exams.

Some of your GCSE's are ultimately memory tests. Make sure you have done the revision steps outlined in this guide otherwise you're not doing the right thing to prepare for the test.

Do not listen to music when revising....I hear gasps when I hear you read this. This will not help your memory, it would only help memory if you could listen to music in your real exams which you can't. I don't recommend you do this at all, it doesn't work effectively.

Some common issues...

There is so much to learn

- Have a revision schedule
- Divide the subject into topics
- Make sure you start revising as soon as your teacher tells you

'I can't concentrate'

- Begin working for short periods and increase to 45 mins
- Use a range of strategies – flashcards, spider etc. Don't just use one
- Focus on the end goal – I need my GCSEs for life. Every one counts.
- Phones put away
- All distractions away
- Well lit room

'I can't remember anything'

- This is just panic.
- Test yourself – use your revision sheets
- Get others to test you
- Go back to the repetition part and do again and again

'I don't understand it'

- Go and see your teacher
- Make sure you are attending all lessons and catch up on any missed work

WE LISTEN TO OTHERS

FINALLY...

- Build in relaxation – TV, films, reading, go out.
- Sleeping is crucial – 7-8 hours per night is needed otherwise your memory will not work properly.
- Don't imagine life will be as 'normal' during your revision and examinations. It won't be. This is a critical time in your life that will have huge implications for your life. You have to make sacrifices to make sure you can do the best you can do.

So to summarise:

- Attendance is crucial. If you miss a lesson, you miss work which will be on your exam.
- Follow the steps on how to memorise – it works. But give it time.
- Timings that work once you have completed your revision notes – 40 mins revising, 10 mins testing, 10 mins resting.
- Stay physically healthy – eat well and get enough sleep.
- Stay psychologically healthy – avoid any toxic situations, don't overthink what negative things could happen in the exam, plan in relaxation time. Stay in the here and now.

The best of luck with your revision.

WE ARE PROUD OF OUR ACHIEVEMENTS

