

STUDY ADVICE FOR STUDENTS

- ◇ Get into a sensible study routine - make it become a habit not a chore.
- ◇ Stay focussed in lessons - give yourself the chance to understand topics the first time round.
- ◇ Be organised; make sure you know your deadlines.
- ◇ Bring the right equipment to school every day. Keep all relevant paper, pens etc. in one place at home so you don't waste time looking for them.
- ◇ Check your class work regularly to ensure you can still read and understand it.
- ◇ Manage your time well - leave enough time for coursework, controlled assessments, revision, your part-time job, sports or other commitments ... even a social life!
NB your social life must be in a sensible proportion.
- ◇ Be **POSITIVE**. Say to yourself "Every day I am making progress".
- ◇ Leave time to unwind before you go to bed and get **plenty** of sleep!
- ◇ Focus on your own progress - don't compare yourself to others.
- ◇ Ask for help when you need to. Everyone needs help at some point, so just ask when you need it.

Revision rules – dos and don'ts

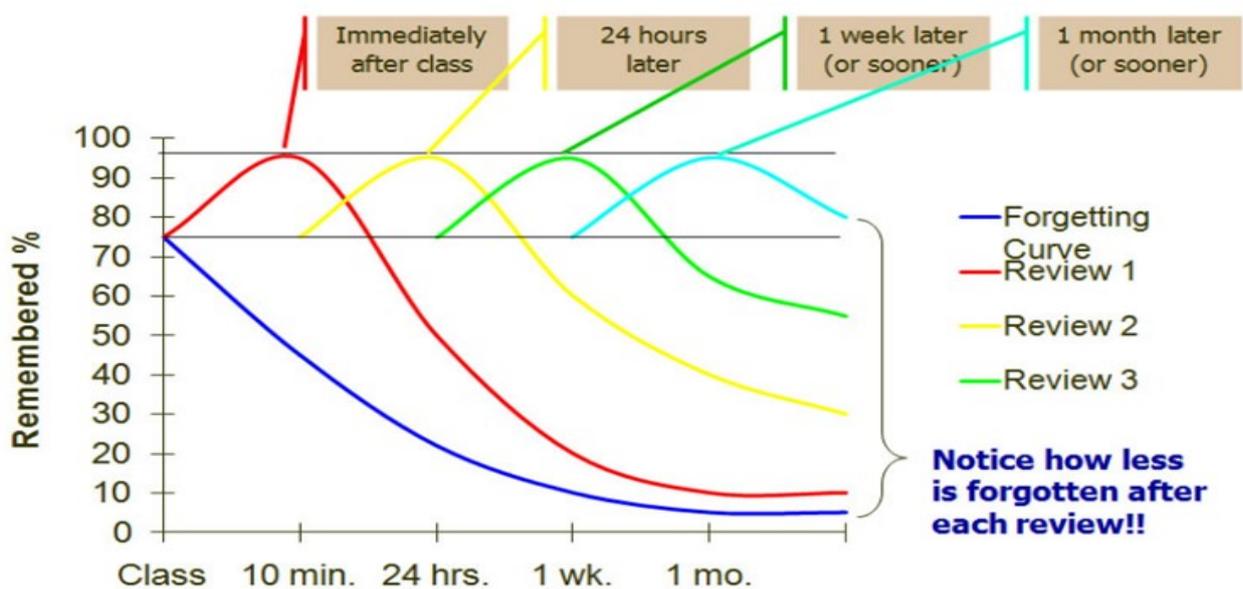
- ◇ **Do** read the syllabus and download past exam papers; you need to know what to expect.
- ◇ **Do** have clear and specific goals for each revision session – stick to the advice about timings. It will work.
- ◇ **Do** get into the habit of following your revision plan – even if you don't feel like it!
- ◇ **Always** make a start, 20 minutes is better than nothing.
- ◇ **Beware** of 'procrastination' e.g. that sudden impulse to tidy your room and avoid studying.
- ◇ **Do** start your revision **early** – avoid last minute stress.
- ◇ **Do** use the correct revision guide for each subject.
- ◇ **Don't** waste time struggling. Just note down the difficult stuff and ask your **teachers** for **help**.
- ◇ **Don't** be influenced by friends who talk about how little they're doing; your results don't matter to them but they are crucial for you!
- ◇ **Finally** give yourself a small reward - time online, text your mates, watch TV, play Xbox etc – **but only when you've finished!**

Why is Revision Important?

The 'Forgetting Curve' developed by Hermann Ebbinghaus shows the decline of memory retention after something is initially learned, if there is no attempt to retain it.

Effective revision strengthens neural connections in your brain. By revisiting learned content, making links and trying to apply that knowledge, memory retention is improved.

Revision improves memory and helps unlock information when you need it. In other words, revision is 'retrieval practice'.

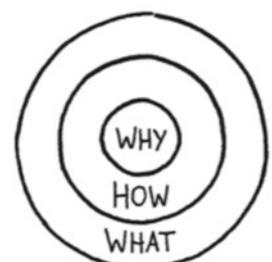


What's your 'why'?

Intrinsic motivation is a key driver when it comes to staying disciplined and focussed with your revision. Having an underlying reason why you want to succeed will help you develop and sustain good revision habits. Such reasons shared by Year 11 include:

- To get good grades.
- To make parents / gran / family proud of me.
- Personal pride in my achievements / satisfaction in knowing I did my best.
- To have a good life / happiness / opportunities and success when I am older / achieve great things.
- For reward: Financial / praise / certificates.
- To get into college (and University) on the course I want.
- To prove I can do it/prove doubters wrong/exceed expectations of others.
- To have a specific job / career.
- To inspire other people / be a role model to siblings.

Make sure you have a 'why'?



How to...Revision Strategy

Gather	Filter	Learn	Test
10% of your time	30% of your time	40% of your time	20% of your time
<p>You will need: Class books / notes Text books Revision guides Previous revision notes / resources Previous tests / exams Revision websites Old exam papers / mark schemes Model answers</p> <p>Most can be found on the Y11 USB stick.</p> <p>Before you start, rank the topics you need to cover from most to least confident. Begin with topics lowest on the list.</p> <p>Read through and become familiar with the information you need to know in order to be successful.</p> <p>Identify any areas of knowledge you have missing.</p>	<p>Reduce the amount of information you have down to the essential knowledge you will need.</p> <p>You could do this by:</p> <p>Creating flash cards or mind maps.</p> <p>Creating summary sheets similar to notes in a revision guide that contain all the essential information.</p> <p>Identify some likely exam questions and write "perfect" exam answers from your notes.</p>	<p>Use a range of strategies that work best for you.</p> <p>Use these strategies to learn the information so that you can recall it easily:</p> <p>Look/cover/write/check</p> <p>Read and repeat information for 2-3 minutes, do something different for 10 minutes and then try to recreate from memory.</p> <p>Complete exam questions and then go back and self-mark with the mark scheme. Fill in the gaps in a different colour pen. Revise the bits you missed again.</p>	<p>As you approach your exam date you should be spending more and more time on the testing phase and making the tests more challenging.</p> <p>Low Stakes Testing Quick quizzes which test small pieces of knowledge. This works well for simple facts, dates, quotes, key words or important formulae. You must complete some low stakes testing within 24 hours of revising a topic to anchor learning in your memory.</p> <p>High Stakes Testing These are longer exam style questions which apply knowledge as you would have to in an exam. These should be completed within 48-72 hours of revising a topic and then repeated regularly to keep your revision "fresh".</p>
<p>Gathering helps you get organised but IS NOT REVISION, don't spend ages on this stage.</p>	<p>Copying out information word for word IS NOT filtering or learning.</p>		<p>Testing MUST be in silence. No support. Timed.</p>

15 Revision Strategies

1	De-clutter. Spring clean all your files and class notes to simplify the revision process. This will allow you to focus on what is important.
2	Check the subject specification. Make sure you know which topics will be examined in each paper and how much they are worth?
3	Focus on your weaker areas and how to improve them. Ask your teacher if you are not sure. This will allow you to prioritise your revision.
4	Cue cards or index cards. Summarise key information / terms. Write a question on one side of the card and the answer on the other side. Pick a card and test yourself.
5	Mind maps. A great way to link topics together. The subject is in the middle of the mind map and the surrounding branches can be used for different sub headings / key ideas.
6	Test and re-test using: Look, cover, write, check. Test yourself on how much you can remember. While you are doing this practise your hand-writing at speed.
7	Exam Questions. Practice applying your subject knowledge and exam technique. Remember to check the mark scheme so you know how many marks you would achieve for each answer. You should also read previous examiners' reports to see what was effective / not effective in previous years. These resources can be found on exam board websites for free.
8	Get on-line: Videos and Apps. Refer to videos on the internet which explain key content such as Primrose Kitten for science tutorials. Popular Apps include Memrise and Quizlet which are linked to GCSE exam board specifications. Don't forget Seneca or revision podcasts.
9	Post it notes. Use post its to record key words or facts. Stick the post it notes around your house where you will see them regularly.
10	Posters. Use A4 or A3 paper to record key content. Stick posters up around your home where you will see them regularly. Remember to include key terms, pictures and diagrams, not all writing.
11	Key word log. As you complete each topic keep a record of key words and definitions. When you revise you can look back through the log to ensure you impress the examiner.
12	Peer testing. If you and your friends are revising the same topic, test each other. Your subject knowledge may be stronger in different topics so you can support each other.
13	Teach someone. We remember 5% of what we hear, 10% of what we see, 20% of what we discuss, 50% by doing and 90% by explaining to others.
14	Diagrams and flow charts. For example, showing the route of blood through the heart or the formation of a geographical feature.
15	Reading out loud / recording yourself and playing it back. Read information out loud several times. Then try to recall the information without looking. Both work well in languages.

Command Words

Command words are the words and phrases used in exams and other assessment tasks that tell students how they should answer the question.

Analyse

Break down the content of a topic, or issue, into its constituent elements in order to provide an in-depth account and convey an understanding of it.

Annotate

Add to a diagram, image or graphic a number of words that describe and/or explain features, rather than just identify them (which is labelling).

Assess

Consider several options or arguments and weigh them up so as to come to a conclusion about their effectiveness or validity.

Calculate

Work out the value of something.

Critically

Often occurs before 'Assess' or 'Evaluate' inviting an examination of an issue from the point of view of a critic with a particular focus on the strengths and weaknesses of the points of view being expressed.

Define..., What is meant by...

State the precise meaning of an idea or concept. There is usually a low tariff of marks for this.

Describe

Give an account in words of a phenomenon which may be an entity, an event, a feature, a pattern, a distribution or a process. For example, if describing a landform say what it looks like, give some indication of size or scale, what it is made of, and where it is in relation to something else (field relationship).

Form and express a view as to the merit or validity of a view or statement after examining the evidence available and/or different sides of an argument.

Discuss

Set out both sides of an argument (for and against), and come to a conclusion related to the content and emphasis of the discussion. There should be some evidence of balance, though not necessarily of equal weighting.

Evaluate

Consider several options, ideas or arguments and come to a conclusion about their importance/success/worth.

Examine

Consider carefully and provide a detailed account of the indicated topic.

Explain..., Why..., Suggest reasons for...

Set out the causes of a phenomenon and/or the factors which influence its form/nature. This usually requires an understanding of processes. Explanation is a higher-level skill than description and this is often reflected in its greater mark weighting.

Interpret

Ascribe meaning.

Justify

Give reasons for the validity of a view or idea why some action should be undertaken. This might reasonably involve discussing and discounting alternative views or actions. Each of the views present or options available will have positives and negatives. For the outcome(s) chosen, the positives outweigh the negatives. Students should be able to explain all of this review process.

Outline..., Summarise...

Provide a brief account of relevant information.

To what extent...

Form and express a view as to the merit or validity of a view or statement after examining the evidence available and/or different sides of an argument.

SURVIVING EXAMS

Think positively!

- ◇ Believe in yourself.
- ◇ Use positive affirmations – *I can do this, I know my subject, I am calm.*

Manage your revision time

- ◇ Be prepared by revising well. Plan your revision on your exam timetable – don't put off your most difficult subject until last!
- ◇ Recognise when you are at your most alert and use that time to revise.
- ◇ Give yourself mini-goals and reward yourself for working hard.

Take care of yourself

- ◇ Drink plenty of water so you don't get dehydrated.
- ◇ Try to exercise every day to work off excess adrenalin.
- ◇ Work daily on relaxation.
- ◇ Get enough sleep.



The night before your exam, and before you leave for school on the day, take time to relax

Close your eyes and imagine yourself in a relaxing situation. Enjoy a few moments of calm

In the exam room, settle your nerves by taking a deep breath in through your nose and out through your mouth

Remember to relax your shoulders while you breathe

Look straight ahead at something inanimate and focus your mind on positive thoughts. Take another deep breath and release slowly