



# Key Stage 3

# Revision Guide



Name: \_\_\_\_\_ Tutor: \_\_\_\_\_



## WHY REVISE?



1. Revision helps learning
2. Revision increases your achievement in tests
3. Achievement in tests give you wider choices later on
4. Achievement will make everyone proud of you!
5. You will feel great!



It is important to be positive about yourself because people who think they can do well find it easier to learn. Think about five things which you felt good about doing – scoring a goal, asking someone out ... think about how you felt when you did those things....and get yourself into a positive frame of mind.

**HOT TIP: get yourself a vision of success**



## WHEN?



Make sure you know when your tests are. Teachers will revise with you and give you advice about how much revision to do, what you should revise and many will give you special notes to help with revising.

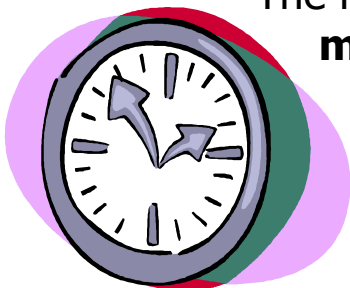
Make yourself a **revision timetable**.



- ★ Fill in leisure, relaxation and family commitments
- ★ Put in some sessions that you can devote to revision
- ★ Share out the available revision sessions between your subjects
- ★ Allow extra sessions if you know some subjects will take longer than others
- ★ Vary the subjects – don't do all your Maths revision on day one!
- ★ Here's an example for *one* weekend:

	Morning	Morning	Afternoon	Evening
Saturday	Football	Maths; geography	Science; RE	Video
Sunday	English; tech	Lunch at gran's	Still at gran's	French; history

The ideal length to revise one topic is **25 to 45 minutes**.



You remember more at the beginnings and the ends of sessions, so create more beginnings and ends by stopping for a brief break or doing a brain gym exercise.

**HOT TIP: stop and start – create brief breaks**

## ❓ WHERE? ❓

The ideal study room is light, airy, quiet, with shelves and a desk. Some people are lucky enough to have this and enjoy working in it. Don't worry if you haven't got this. You can still try to get some of the elements.

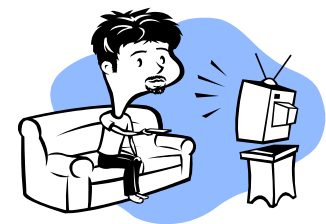


Vary your revision place. It's a good idea to put up posters, lists and post-it notes in other places in the house.



Some students find they revise well with friends and it is a good idea to do this sometimes as a bit of variety and fun.

Ban the television! Television is too distracting, so make sure it is turned off when you are working. Remember to keep a space in your revision timetable for your favourite programmes.

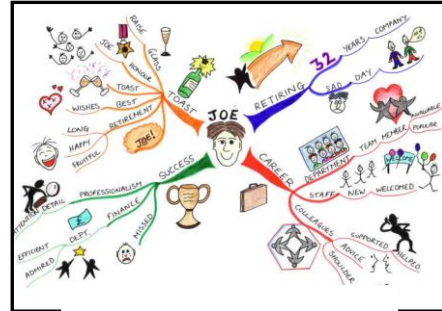


Lots of students find that some background music helps the revision process. Classical music such as Mozart can help to stimulate your brain waves. Avoid music with lyrics as you are likely to concentrate on these rather than your work!

# HOW?

There are three easy steps to doing revision well:

- ★ Change
- ★ Challenge
- ★ Treats

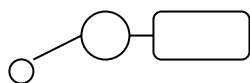
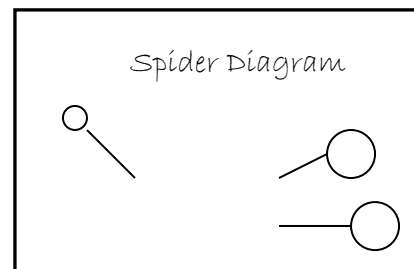
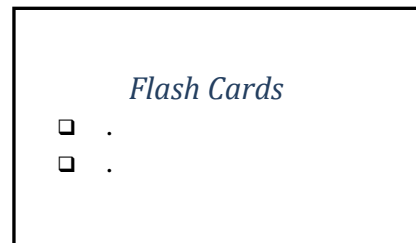


Mind Map

The first step is to try **change**. By changing what is in our exercise books or textbooks into a different form, we kick start our brains into action – we start thinking about new ways of presenting and digesting the information and start learning.

Ways to change things:

- Make diagrams
- Labelled drawings
- Time-lines (for history)
- Mind maps
- Charts and flowcharts (for processes)
- Voice recordings (great for languages)
- Outline cards
- Mnemonics
- Use colours and highlighters



**HOT TIP: Flick through flash cards before the test**



We work best when we are faced with a **challenge**.

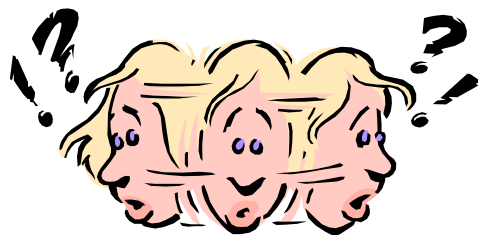
Challenge yourself to really sort out a topic that you have found difficult.

- Will taking a new approach and turning it into a chart, diagram or Mind Map help?
- Get someone to test you after you have learned something new.

- We learn extremely well when we have to teach someone else – why not try teaching one of your parents, a brother or sister, your grandparents or even your friends?



- Get them to ask you questions about what you have just taught them – can you answer their questions?



**HOT TIP: Believe in yourself – you CAN do it!**

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Don't forget to allow yourself some **treats**. Break up your revision sessions and plan some treats to look forward to: fruit, a drink, ten minutes in the garden, glancing at a magazine, going for a walk...whatever will motivate you.

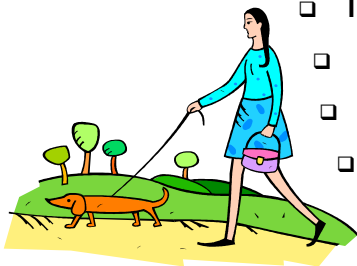
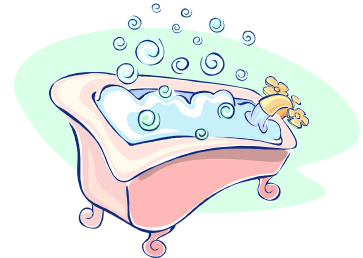


Remember, breaking up your revision gives you more stops and starts and more stops and starts increase your learning.



Relaxation is important to help you stop feeling the pressure of tests and getting stressed. Find a simple technique that works for you and practice using it when you are stressed or can't sleep. Have you tried:

- A warm bath
- Visualising yourself passing the test
- Brain gym exercises
- Stroking a pet
- Deep breathing
- Meditating
- Going for a walk
- Asking someone to give you a head massage
- Yoga
- Losing yourself in some soft music?



**HOT TIP: Feed your brain! Fresh fruit, water, fish and vegetables give you brain power!**

## Try these techniques to improve your memory...

- **'Chunking'**: as the average person can only hold seven 'items' in short-term memory, grouping items together into 'chunks' can increase capacity. This is generally used for remembering numbers (think of how you remember phone numbers by grouping the seven digits into 2 or 3 chunks) but can be applied to other listings in various subjects.
- **Repetition**: Studies indicate that 66% of material is forgotten within seven days if it is not reviewed or recited again by the student, and 88% is gone after six weeks. Don't make life harder for yourself - build in a brief daily and weekly review of material covered. It will save you having to re-learn material from scratch!
- **Use of mnemonics**: these are various word games which can act as memory aids and which allow personalisation and creativity. Think of *stalagmites* (come down from the ceiling) and *stalagmites* (go up from the ground); the colours of the rainbow - **Roy G. Biv** ('Richard Of York Gave Battle In Vain' to remember red, orange, yellow, green, blue, indigo, violet); the seven characteristics of living organisms - **Mr. Grief** (**M**ovement, **R**eproduction, **G**rowth, **R**espiration, **I**rritability, **E**xcretion, **F**eeding). You can devise many more of these to aid your personalised recall of items in your subjects.
- **Weird Pairs!** This technique allows you remember lists of things in order.

Your brain likes to make connections and picks up on unusual things. This mnemonic technique uses both these facts to help you learn lists of things in order.

Have a look at the list of words opposite. The weird pairs technique will enable you to:

- remember all of them
- remember them in the same order
- remember them so well that you could list them backwards.

You need to put a little time in to get the results, but it is a very powerful way of getting information into long term memory.

1	scout	11	mob
2	lunch	12	prison
3	tyre	13	balcony
4	trousers	14	court
5	watch	15	tea
6	soap	16	escape
7	church	17	Halloween
8	sister	18	ham
9	rabid	19	knife
10	rifle	20	boo

### How the weird pairs technique works

You link the first two words on the list in some memorable way. For example, here are **scouts** having **lunch**.

Then you link the second word with the third word – for example, this woman is tucking into a tasty lunch of **tyre**. The weirder the link, the easier it will be to remember.

And so on – so the next link is **tyre-trousers**.

Top tip



This technique might seem to be taking a while at first, but it is something you get quicker at with practice.