

101

WAYS TO STUDY, REVISE & SUCCEED IN YEARS 10 AND 11





Remember to use the VLE to help you revise!

On the VLE...

Resources in subject areas

In the 'Revision Zone'...

How to revise

A digital copy of this booklet and the infographics inside.

What should I revise?

Including a list of all exam boards by subject and revision lists for mocks and external exams

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Top Ten Revision Tips



1. Short bursts of revision (30-40 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).
2. Find a quiet place to revise - your bedroom, school, the library - and refuse to be interrupted or distracted.
3. Make sure you don't just revise the subjects and topics you like. Work on your weaker ones as well.
4. Make your own revision notes because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them every day.
5. Rewrite the key points of your revision notes; read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.
6. Use different techniques. Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on your phone and listen to them. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a rap song.
7. Practise on past exam papers or revision tests available on the web. Initially do one section at a time and progress to doing an entire paper against the clock.
8. You will need help at some stage, ask parents, older brothers and sisters, teachers or friends. Use websites specifically designed for revision.
9. Don't get stressed out! Eat properly and get lots of sleep!
10. Believe in yourself and be positive. If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen.

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bedtimes



Have inconsistent bedtimes

Get fresh air each day



Stay indoors all day

Exercise regularly



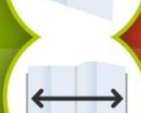
Do no exercise

Do past papers



Mostly revise highlighting 'key' passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise whilst listening to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away during revision



Revise with their mobile phone next to them

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work – revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular mealtimes



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection – it's a myth and doesn't exist

Getting started on revision

Where?

Find a fixed place to study (a particular desk/room at home, a spot in the library, etc.) that becomes firmly associated in your mind with productive work.

All the equipment and materials you need should be within reach, and the room should be well lit and ventilated, but not too comfortable!

Turn your room into a positive learning environment. Keep books and notes on the desk to a minimum and decorate your walls with colourful notes and key facts.



Effective revision techniques

To be effective, revision must be:

- Active - always work with a pen and paper, look for key points, test yourself. Never just sit down and read for a set period. Focus on tasks, not time. If you just read notes you'll only retain about 10% of the information.
- Organised - always ask yourself at the start of a study session "what do I want to have completed in this session?" Have a plan for what you want to cover this week and this month. Have an overview of the priority areas in each subject.

How should I revise?

Try one of these.....

MIND MAPS: Make mind-maps or association maps rather than taking linear notes. Mapping your notes by radiating key words out in a pattern of links from a central point will make best use of your memory. If you use colour and images on the maps, you'll be harnessing the power of both sides of your brain - creative and logical.

How to mind map:

1. Start with the theme in the middle of the page.

2. Then develop your main idea.

3. Each branch must relate to the branch before it.

4. Use only key words and images.

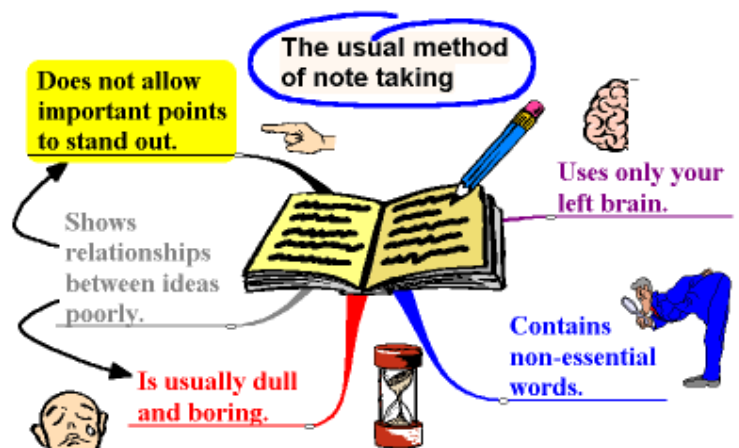
5. Key words must be written along the branches.

6. Printing your key words makes them more memorable.

7. Use highlighters and coloured markers to colour code branches.

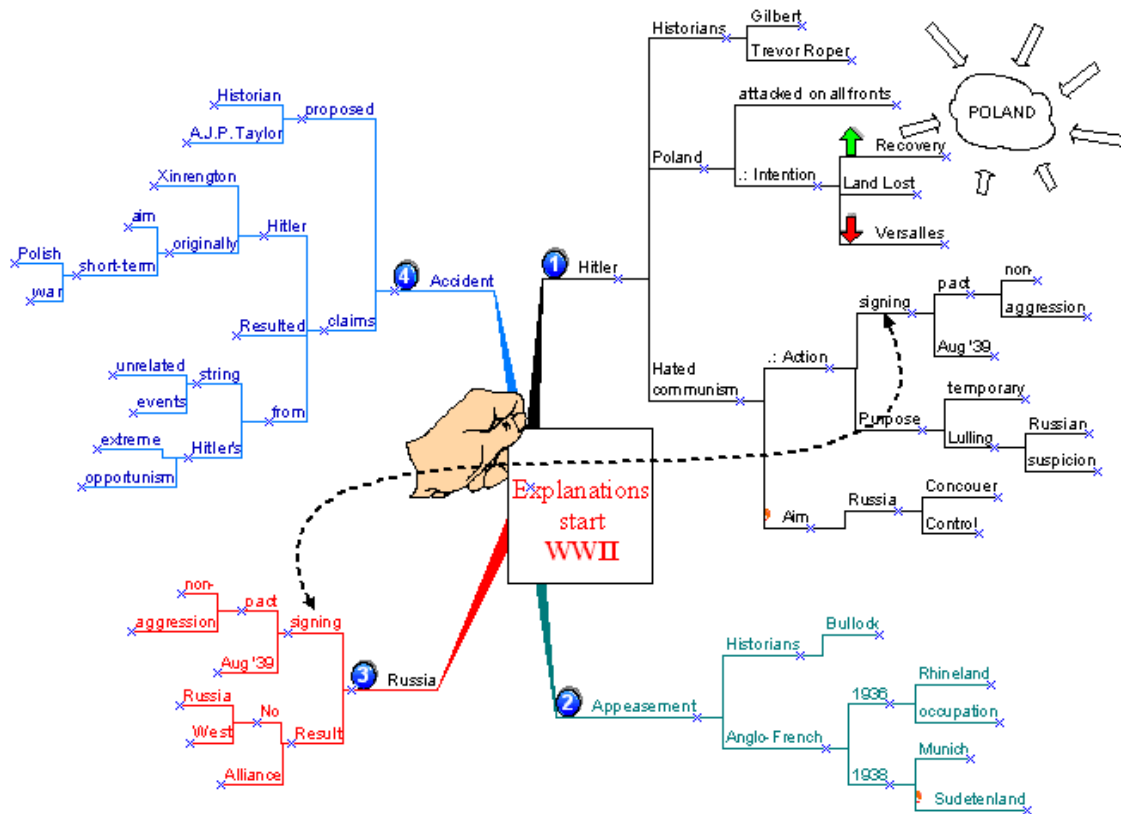
8. Make things stand out on the page so they stand out in your mind. (This doesn't show up well on a black and white photocopied booklet! You should use a different colour for each main branch and all its sub-branches)

9. Brainstorm ideas. Be creative.

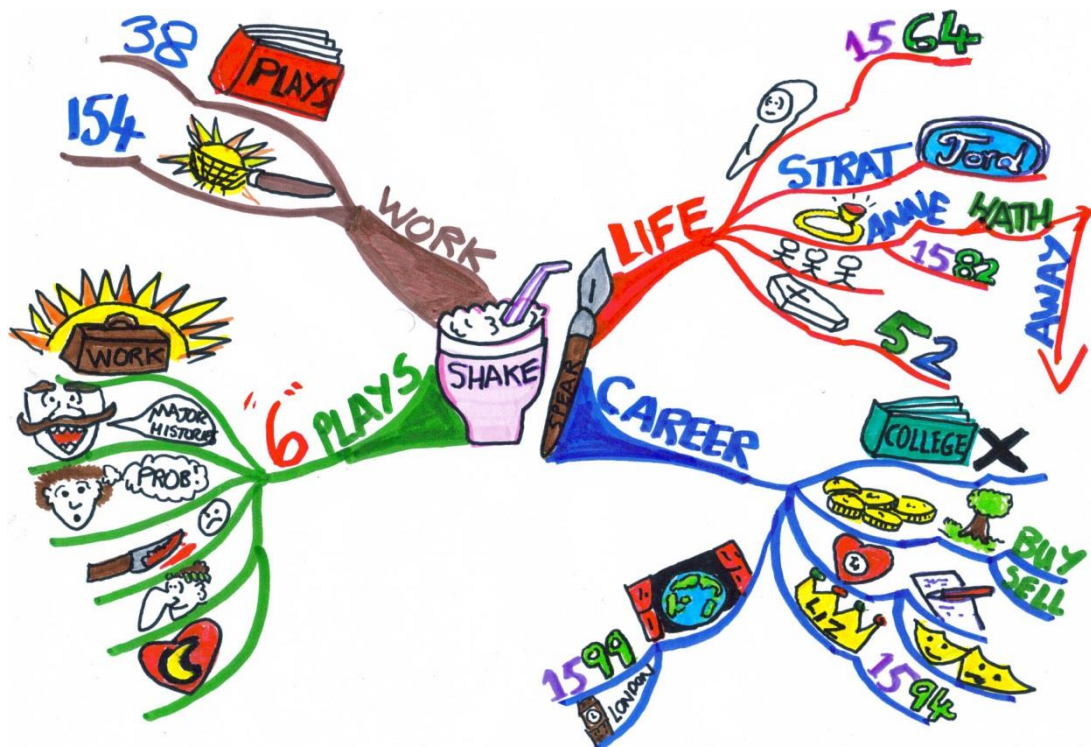


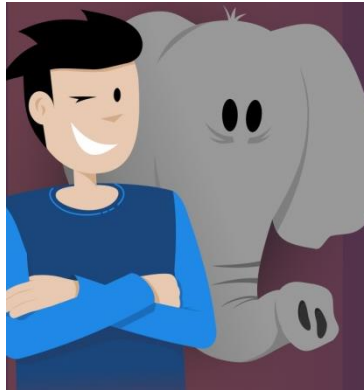
10. Design images you can relate to which will help you remember key information.

Mindmaps can be mostly text...



Or they can include more images (much easier to remember!) Look at this one summarising William Shakespeare's life..... (again – much better in colour!)





Use cards.

Write questions on one side and answers on the other. Then get your family to test you. Merely creating the cards will help your recall. You can also use them to test yourself when faced with 'dead' time at bus stops or waiting for someone.

Condense.

Fitting notes onto one side of paper makes them easier to stomach, so rewrite and cut down as you go.

Highlight.

Target key areas using colours and symbols. Visuals help you remember the facts.

Talk.

Read your notes out loud, it's one way of getting them to register.

Test.

See what you can remember without notes, but avoid testing yourself on subjects you know already. Why not ask someone else to test you?

Time.

Do past exam papers against the clock, it's an excellent way of getting up to speed and of checking where there are gaps in your knowledge.

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 (Movement, Reproduction, Growth, Respiration, Irritability, Excretion, Feeding). You can devise many more of these to aid your personalised recall of items in your subjects.

15 Ways to Improve Memory

by @inner_drive | www.innerdrive.co.uk



Write things down



Chunking

RTW
KISS OMG
S.C.U.B.A.

Acronyms



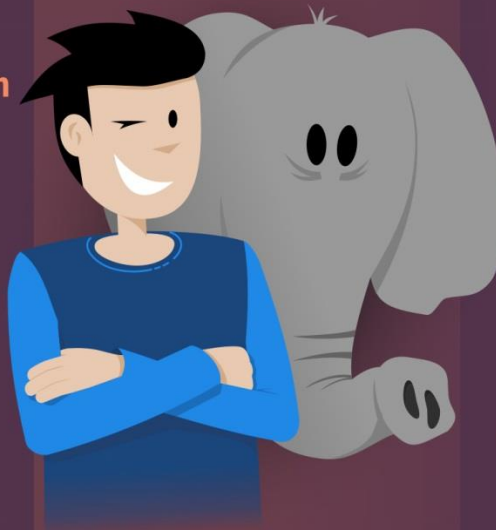
Practice, practice,
practice



Superior focus



Test yourself



Silly sentences



Teach it to someone else



Drink water



Read more



Little and often



Make it a story



Say things out loud



Ask why



Get enough sleep

Making Your Notes Useful

The purpose of making summary notes on a topic or section is to aid your overall understanding of material, to help you distinguish between what is really important information (*depth*) and what is merely supporting *detail*. Reference to the main syllabus topics will help the process of discernment within each subject.

In addition, good summary notes make retrieval of information quicker and easier.

Sort out your filing system

If you haven't already done so, get your subject folders and notes organised immediately. Invest in some ring binders, dividers, plastic pockets, etc. Have a separate folder for each subject (a permanent reference point) and then keep a 'current folder' for managing notes in progress.

Less is always more

When writing notes, remember they should contain a summary, not an extensive repetition of what is in the textbook. Don't crowd the page. Stick to main headings and sub-headings. Use abbreviations where appropriate. Try to reduce what you need to know on the topic down to one A4 sheet. Once you have an overview, it is easier to fill out the detail.



Make your notes visual

Ensure your notes have a memorable appearance so that you can recall them easily. Use illustrations, diagrams, graphs, colours, and boxes ('a picture is worth a thousand words'). Arrange the material in a logical hierarchy (title, sub-point, explanation, example). Ideally, you should be able to close your eyes in an exam and visualise a particular page of notes.

Beware of transcribing and highlighting!

Merely re-writing the text from the book into your notes does not ensure retention. Try to put things in your own words and devise your own examples - this will make the material more meaningful. Only use the highlighter pen AFTER you have previewed and questioned a text, thus ensuring you identify the most important material and you avoid the creation of a fluorescent textbook!

'Save' your notes carefully

Practice following the logic of your computer files, when storing information. Think - "Where does this material best fit (subject, section, topic, sub-topic, etc.)?" In this way, you will ensure that it is efficiently processed and easily retrieved both physically (during revision) and mentally (when you need it in an exam).

Making an online revision timetable

Instructions

Activity 1

Go to <https://getrevising.co.uk/planner>

1. Click on the “Get Started. It’s Free” button on the screen.
2. You will be asked to register. Do so – it will allow you to log-in at home and edit their planner whenever you need to.
3. Click on the “Get Started. It’s Free” button on the screen.
4. Follow the instructions in the pop-up box that appears
 - Add all of your subjects – you can check the details on the school VLE in the ‘Revision Zone’ (What should I revise? Section)
 - Add your school details
 - Select your study priorities: Not the subjects you like but the ones you need to work on the most!

Study priorities [X]

My study priorities are: [Reset Sliders]

Subject	Priority (0-100)	Lock	Reset
English	50	[Lock]	[Reset]
English Literature	50	[Lock]	[Reset]
Mathematics	50	[Lock]	[Reset]
Science	50	[Lock]	[Reset]

[Back] [Save and continue]

- Fill in the times of the school day (these will then be blocked out as you cannot revise in lessons yet)
 - On the next screen you need to add any commitments you have (you can go back later and add things that you forgot or don't know about yet).
 - If you've been given an Exam Information Sheet telling you when each of your exams are, you can add these details. This will take some time but is well worth it. You can choose when you start revising (eg you may only start revising for Paper 2 after Paper 1 is over. You can also set the number of hours to spend).
5. You should now see a revision timetable. It doesn't have the school holidays added, so you should add these. They can be found on the school website www.range.sefton.sch.uk (Key information).

7 Things to Think About the Night Before an Exam

by @Inner_Drive
www.innerdrive.co.uk

1 POSITIVE IMAGERY
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.

2 YOUR BEST PERFORMANCE
Think about a previous good performance. What helped you do well that time and how will you apply that tomorrow?

3 YOUR PREPARATION
Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.

4 FOCUS ON YOU
Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.

5 THE CHALLENGE
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.

6 OVERCOMING SETBACKS
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.

7 A GOOD NIGHT'S SLEEP
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.



7 Ways to **STOP** Panic Taking Over During an Exam

by @inner_drive | www.innerdrive.co.uk



- 1. TAKE SOME DEEP BREATHS**
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY?**
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.

EXAM COUNT DOWN

USE YOUR TIME WISELY

by @inner_drive | www.innerdrive.co.uk



TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



ONE WEEK TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



THE MORNING OF

Eat breakfast to fuel you for the day.



AN HOUR BEFORE

Get to school early and spend time with relaxing people.



1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.

