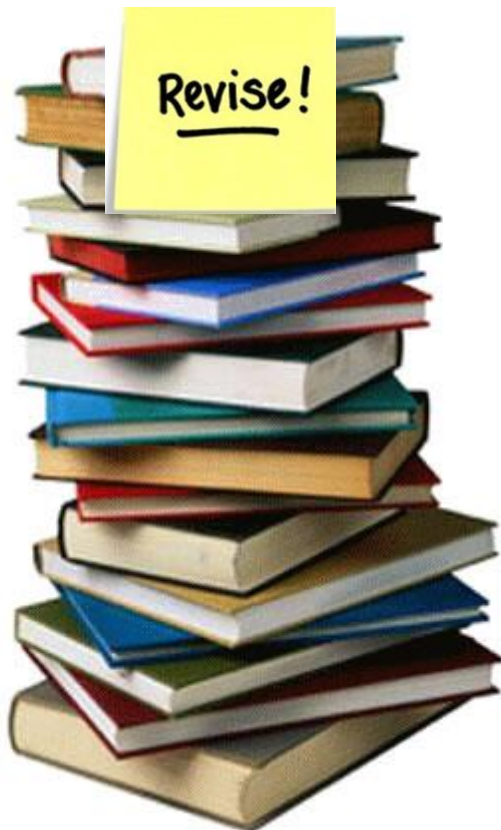




YEAR 10 REVISION PROJECT FOLDER- 2022-23: HOW TO REVISE SUCCESSFULLY FOR EXAMINATIONS



Student revision guide for preparing and
succeeding in the GCSE examinations

Revision project:

- It is vital to get organised and begin revising early to ensure you're as prepared as possible for your exams in Year 11.
- As such, **every pupil in Year 10 will be expected to complete some exam practice work and general revision over the summer holiday.**
- We will also be providing you with a '**loyalty card**' and for **every hour of independent exam practice you complete** you will be awarded a signature. **Your teacher will check your work** to verify it represents 1hr of revision work. Once you collect a complete line of stamps you **win different prizes for your hard work.**



What we expect you to do: Complete as much revision as you can and try out different revision techniques. Speak to us about this if you struggle or need help. Complete a minimum of 8hrs revision over the summer holiday. That is less than 2hrs a week or about 12 minutes a day.

What we are not expecting you to do: spend all your time revising. This wouldn't be fair on you and it wouldn't be productive. Please do make sure you revise sensibly and recharge when necessary. Year 11 is a long and challenging year and you need to find a balance in regards to preparing for mock exams but also looking after your own well-being.

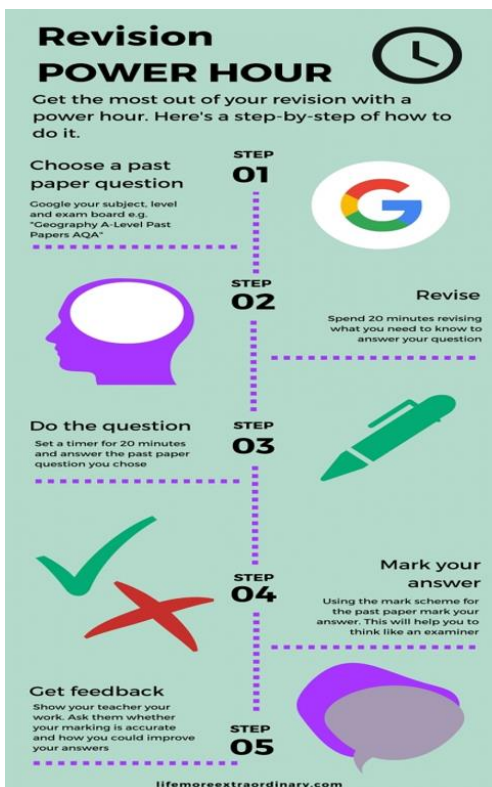
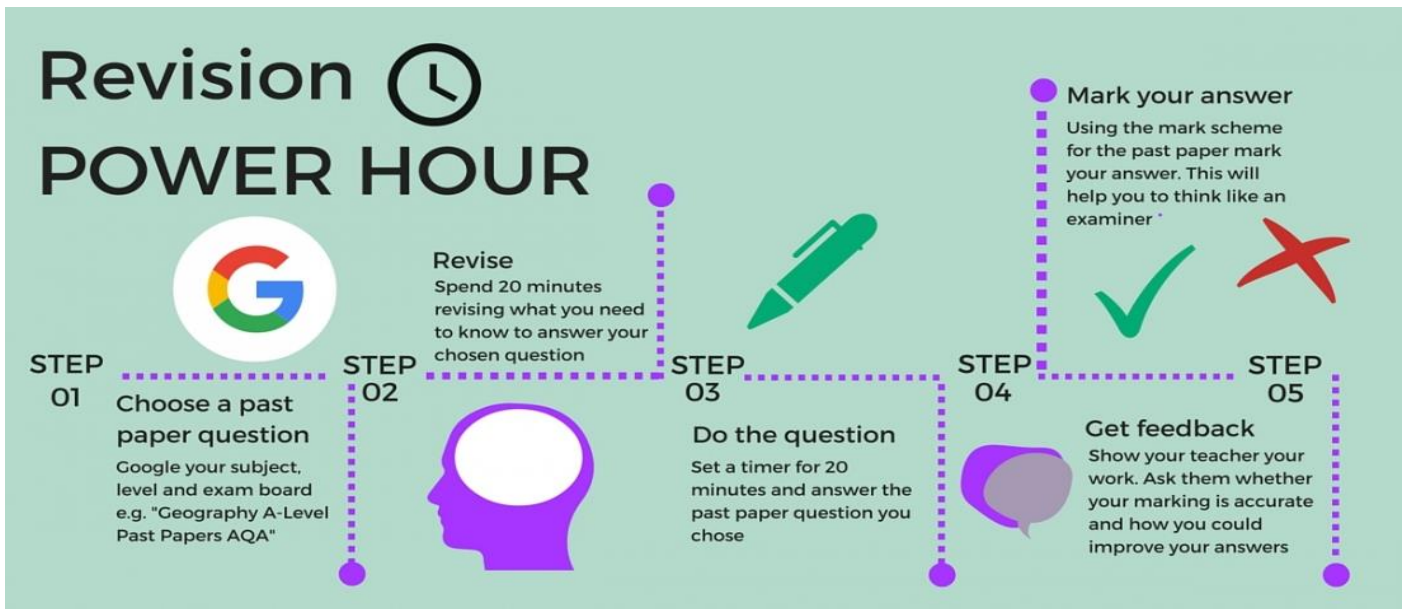


Key resources to use when revising:

- 1) **Classcharts**- this will have all the specific revision you need to complete clearly assigned to your class.
- 2) **The Acle Academy revision zone**- go to Acle Academy main website, hover over 'students' and click on 'revision resource zone' this has up-to-date revision materials for all your subjects.
- 3) **GCSEPod**- This is an invaluable resource for revision and many subjects will be using this as the main source of revision. Frequent use of GCSEPod has proven to have a huge impact on progress.
- 4) **Use your teacher's Google Classrooms** as these will have lots of resources to use
- 5) **Use your official revision books you've bought or been given.** See the list at the end of this pack which details the correct guides to buy.
- 6) **Oak National Academy**- has lots of online lessons and revision materials for almost all GCSE subjects. Go to their website click on lessons- subjects- Key Stage Four- and then the subject choice.

We have provided you with this folder which contains this guide explaining how to revise. You should also use this folder to store and organise all of your revision work.

The Power Hour- Exam practice technique:



1. Speak to your teachers or use the school revision zone to access all the past papers you could need.



2. Take notes, create a mind-map/ flashcards. You have revision guides and resources provided by teachers.



3. Practising exam questions is hard but it is effective.



4. Again, ask your teacher for a mark scheme or check the revision zone.



5. Hand in your exam answer. Your teacher will be happy to check it and provide further feedback.

Where people go wrong with revision:

- They spend far too much time revising content and not enough time practicing their exam technique
- They use revision techniques that don't work very well for them
- They try to revise for too long in one sitting and lose focus
- They use passive revision techniques (like reading their textbook) rather than active revision techniques

Why the 'Power Hour' is effective:

- Forces you to balance the time between learning the content and practicing your exam technique.
- Stops you from spending too long in one sitting on revision techniques that don't work. You mix up your activities to make it more likely you'll remember stuff when you've finished your revision session.
- You don't have to revise for too long. It's a maximum of one hour, but you can break it down into 20 minute chunks with 5 minute breaks between each session. (Although you can extend it for essay based subjects like English Literature or History).
- You're forced to use an active revision technique: writing down what you know and analysing your work to see how many marks you've earned.

Power Hour and the added revision bonuses:

- Encourages you to get feedback from your teacher about the things you're struggling with.
- Helps you to think about how you can continuously improve to raise your grade.
- Makes you repeat the things you're learning in different ways so you're more likely to remember them.



Study Skills

What can you do to make sure that you are really well prepared for your examinations?

Getting Organised

When you go home in the afternoon, make sure that you take all the books and files that you need.

At the end of term check your locker carefully to make sure that you have all of your files and books. Ensure that you take them all home.

Begin by sorting all of your files into organised sections if you have not done so already. Invest in some coloured card file dividers. They are not expensive and can really help you as you categorise and organise your topics.

Time Management

Prioritise your revision, according to your weakest subject(s) and the order of the exams on your timetable.

Plan – write up your revision timetable on the coloured A3 sheet that you have been given. Organise your hourly slots into specific subject topics so that you have a clear schedule. Stick it on your wall so that it reminds you what you need to do. Tick off each slot when you have completed it. This will give you a sense of achievement.

Prepare – set goals for each revision session. Tell yourself that you will cover a particular topic before having a break.



Getting Ready

Be focused from the outset. Make sure that you have a quiet, dedicated workspace in your bedroom, or another room in the house that is for your sole use.

Make sure that you are working in a good light, either natural or artificial. This should prevent the onset of a headache.

Clear the table of *everything* except for the relevant material and equipment, and put away anything that might distract you.

Close your social networking sites whilst you are working.

Do something ambidextrous before you sit down at the table. Spend a few minutes trying to juggle, or touching left hand to right knee and right hand to left knee. This should help you to feel focused and concentrated at the outset and in the right frame of mind to apply this focus to your studies.

Revision Techniques

Most people are at their best in the morning; you will have to train yourself to be 'examination ready' by 8.45am so it's a good idea to do the majority of your revision in the morning when possible (at the weekend). Study in **30** minute sessions including 5 minute breaks in between.

Try **20** minutes revising, **5** minutes testing, **5** minutes resting.

For each subject that you will be working on, make a topic checklist which can then become a route map showing you a path through your revision. Start with a brain 'warm-up' by brainstorming what you know about a topic. Write your knowledge down on a big piece of paper. Then list the areas you still feel anxious about.

Practical 'DO'S' FOR REVISION

Do make sure that you attend all lessons and are punctual. The revision is to supplement the lessons.

DO ask if you don't understand an idea or concept.

Do discuss new ideas and concepts with a friend or test your own understanding by explaining the idea or concept to someone else.

DO practise doing past exam questions.

DO develop ways of memorising information. What works best for you.

Do add variety to your revision – mind maps, videos, audio, notes, highlighting, quiz/tests etc.

Do chunk revision into achievable amounts. Little and often with breaks and time off to relax, exercise etc.

Do create a routine and/or revision timetable.

Do your best, it is all we can ask.

Revision 'DON'TS'

DON'T carry on revising if you are really tired.

DON'T worry if you haven't solved every single problem or remembered all of a topic before you finish your evening's work.

DON'T imagine you can learn everything you need to know the night before the exam. Your memory won't cope.

DON'T think that this is going to be easy. Nothing worthwhile is easy. You need to work hard to earn good results.

DON'T be negative about what you think you can achieve. Revising thoroughly and receiving the help and support of the people around you will make all the difference.

DON'T think it will be enough simply to read through the notes.

DON'T be tempted by your phone, tablet or TV. Turn them off and concentrate on the revision.

DON'T panic or worry on your own. Speak to someone to share concerns and seek support.

The TOP TIPS for revision are...

1. Revise in small chunks, giving yourself a short break after 30-45 minutes.
2. Find somewhere that you will be able to concentrate and not be distracted. Listen to music, get a drink and snack, settle down, then get on with it! **Don't keep putting it off!**
3. Turn **phones off**, close all social media, unless being used for revision, so you can **fully concentrate**.
4. **Get organised**. What do you need to revise from? When are you doing what subject or topic? – do you need a revision plan? **Do NOT leave it until the last minute..** Try to do revision at the **same time**, so a **routine develops**.
5. Revision material can be sourced at – BBC Bitesize, Youtube, PiXL Apps, Revision section on school website, s-cool revision along with revision guides from various departments.
6. **Believe in yourself. Do not worry about other people or put unnecessary pressure upon yourself.**

Here are some revision suggestions for you to try out so that you can find what best suits you:

+ Condensed notes and Flash cards.

Uses: large chunks of prose and facts.

Examples: picking key ideas and facts out of physics worksheets, business studies texts, history notes and sheets.

How to do it: read through the text and highlight key facts and points. Use a highlighter pen, maybe different colours for more important facts and less important facts. Do this and aim to reduce down the amount of text you have to learn to at least one third of what it was. Key cards are then a piece of card or paper with a question on one side and the answer on the other. This allows you to read the question and test yourself.

Careful: needs disciplined approach and careful pulling out of the facts.

Do...use flashcards

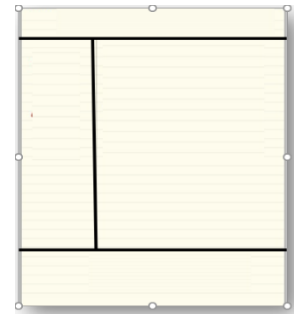


- + Make **revision cards** – post-card size is best. Cards covering the same topic should be kept together by hole-punching in the corner and tying together with string. Only put key information on these cards. Carry them in your pocket and use them to revise in a spare moment. Use **trigger images** or **key words** to associate with certain facts that you find particularly difficult to learn.

Cornell Notes:

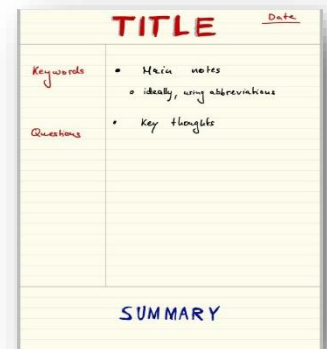
Cornell note-taking is a way of recording information that **helps your organise the knowledge you will need to recall.**

Divide your paper up into the boxes shown to the right.



Now add the headings. *Your Cornell notes are ready to go!*

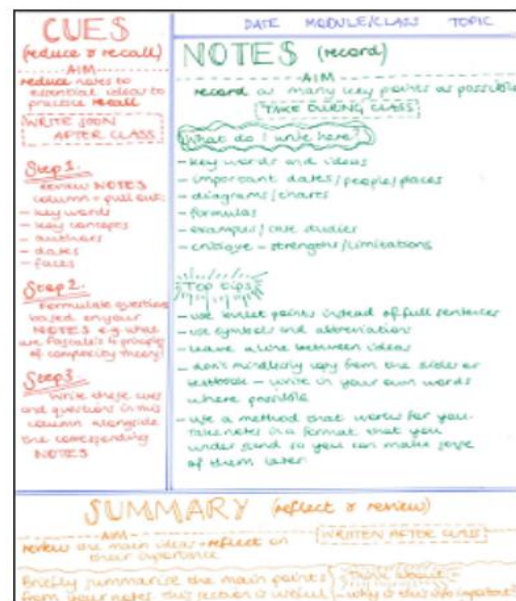
- Your questions need to be clear – remember you'll come back to these out of context. Do you know what you're on about?!
- The notes section needs to be detailed enough to cover everything you need to know. Remember you're using it in the future when you've forgotten it. Write it for your future self.



"It helps you to learn the subject in detail as you are reflecting on the key points."

"It is useful for re testing – you just go back to the questions on the side in a few days and check if you remember the answer. If not, you can remind yourself easily with the bit on the right."

"Summarising the content really helps you learn it. You're doing something active with it which has more impact on your long term learning."



✚ **Look, say, cover, write, check.**

Uses: learning facts and diagrams.

Examples: learning a list of information or mnemonic.

How to do it: Have your information or diagram on a sheet of paper. Look – read it carefully and slowly. Say – read it out loud to yourself. Cover – turn over the paper and get another sheet. Write – now try and jot down what was on the paper. Check – look at the original sheet and compare the two, noting any mistakes and correcting them. Repeat until you are 100% sure you know the whole thing.

Careful: No real problems, but you have to be disciplined and not leave it till you know it.

Now try it with: a diagram of anything or list of names or important dates.

Mind mapping.

Uses: complex facts and ideas.

Examples: End of the Cold War in History, character analysis in Macbeth, tourism in geography.

How to do it: very complex to explain in this small space. Basically you get one colour pen and pick a big idea eg. Abortion. Link to this all the sub ideas that you can break it down into eg. Christian view, moral, law. Then you break down these ideas into components that form them eg. (for law) illegal after 24 weeks. Use of pictures is really important to trigger memory. Also sticking to one colour for one branch is helpful.

Careful: you might need a big piece of paper!

Now try it with: abortion facts and arguments, development of medicines in history.

Mnemonics patterns and rhymes.

Uses: lists and prompts.

Examples: lists of elements in the reactivity series, prompts for historical facts.

How to do it: the best ones are the ones you make up yourself that you have imagined. They are good if they contain personalised information and create a mental picture or tell a story. This might mean that you need to rearrange the order of the facts (as long as it does not wreck the sequence!). Patterns and rhymes can be just as effective eg. The sequence of initial letters from a list rather than make up a mnemonic.

Careful: sometimes people concentrate too much on the mnemonic and cannot remember the facts.

Now try it with: a list of names of people your group comes up with, a list of characters you need to know for an English essay.

Paired revision.

Uses: for helping to test each other.

Examples: with small questions, descriptions, arguments and vocabulary.

How to do it: one person is the quizmaster, the other is the victim. The quizmaster asks the questions and the victim supplies the answers. At first the quizmaster may offer prompts to help. This is then good because the quizmaster is reading the information (they learn) and the victim is thinking of the answers (they learn too). **Careful:** maybe best done when you have already done some revision and are testing whether or not you have learned it correctly, otherwise it could be demoralising if you keep getting the answers wrong!

Posters


Uses: diagrams, processes, flow charts and larger chunks of information than you would use on a post it.

Examples: the carbon cycle, the nitrogen cycle, the Haber process, rock cycle, a mnemonic.

How to do it: with as much colour as possible, construct a simple poster of the information you want to remember. Good because you have to read and write it the first time round (a chance to learn). Then you pin it up somewhere and read it every now and then (so it's good to have them up early before the exams). A great place is the back of the door in the toilet so you can read them when you are "busy".

Careful: to get permission to stick them in the loo! And you have to copy the information carefully.

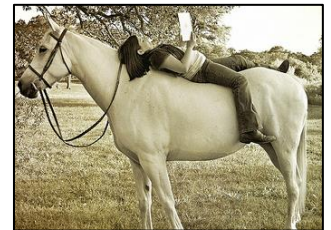
Now try it with: The carbon cycle (all science students need this one) or a flow chart.

 Ask **someone to test you**, and reward yourself when you have learnt well. Re-test two days later, and again two days after that, and again, until the facts are in your long-term memory.

- ✚ Use **revision websites** but check first with your teacher whether the material is aimed at your level of learning.
- ✚ Use it or lose it. For important formulae, definitions and quotations which you must **memorise**, try reading over and testing yourself just before you go to sleep and repeating the material when you wake up.
- ✚ Work through **past exam questions**. In papers in which the questions become increasingly difficult, as you become more confident in your subject knowledge, begin with the last questions and work backwards.
- ✚ Make sure that you work through questions in examination conditions on occasion, e.g. silent, timed, with no revision aids to hand.

Don't Forget to Use Odd Moments for Revision.

When you are travelling, queuing for lunch, waiting for a friend, etc. go through any revision cards that you have made which should be able to fit into your pocket



- ✚ If your revision has been successful, you will be able to:
 - ✚ **Retain** – using preferred learning style
 - ✚ **Reinforce** – summarising through notes, mind maps or flow charts
 - ✚ **Review** – 5 minutes later > 1 day later > 1 week later > 1 month later
 - ✚ **Recall** – test yourself; teach someone else
 - ✚ **Retrieve** – under pressure, using triggers and visual images
 - ✚ **Rehearse** – practise writing answers to past examination questions

Do not just rely on re-reading and highlighting text

1. 'Understanding is not memorising' – Tackling Overconfidence

Question?

What do you think is the most popular revision technique?

What do you usually do when you start your revision?

Answer

Studies have shown that re-reading and highlighting is the most common form of revision technique.



A Professor of Psychology (a man called Dunlosky) looked at hundreds of exam paper grades and matched them to the revision techniques students had used.

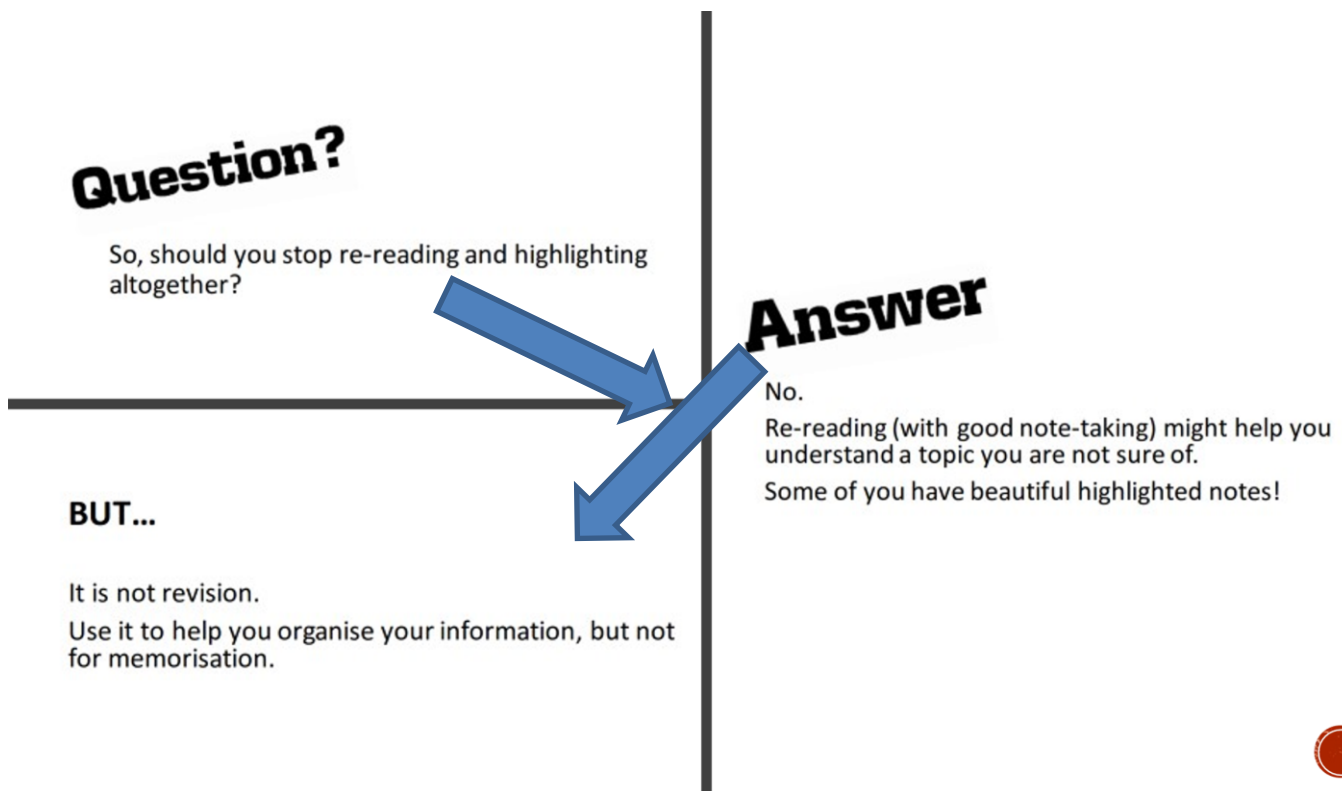
- The **MOST** ineffective technique used was **re-reading and highlighting** without additional revision activities.

But why is it so bad and ineffective?

1. It takes a lot of time! It makes you *feel* busy.
2. It is *too easy*. To memorise something you have to think about it, so that you learn it.
3. Recognising and understanding information you feel comfortable with means *you can become overconfident* that you have memorised it.

How to beat **Overconfidence**

1. Do not use *easy* 'revision' techniques - you won't remember effectively anyway.
2. Be really specific with yourself if you think you know a topic: *the facts, the vocabulary, the links to other topics, the causes & effects, alternative ways of looking at it etc.*
3. Test yourself with a blank piece of paper to check how much you *really* know.



Cornell Notes

Retrieval Practice

Spacing

Elaboration/Self Explanation

Dual Coding

Interleaving

And some strategies to help you organise your revision further:

Leitner Method

Pomodoro Method

**WHAT SHOULD
I BE DOING
INSTEAD?**

Relaxation

Make sure you take frequent breaks whilst revising and don't spend overly long staring at a computer screen:



DO listen to music, eat 'brain-friendly' snacks such as fruit, or take some exercise in the fresh air.



DON'T watch TV, play on your PC or chat to friends during revision sessions as your brain will process new information which will interfere with previous learning

Finally, look after yourself and be positive!

- ✚ Make sure that you have water at hand – don't let yourself get dehydrated.
- ✚ Do try to fit in some exercise; it helps to clear the mind and release tension.
- ✚ Make sure that you have enough rest before your examinations: aim for at least **7** hours sleep per night
- ✚ Avoid sugary snacks and sweets, as well as fizzy drinks. They will interfere with your blood sugar levels.
- ✚ Before you set off from home, relax and imagine yourself walking calmly into the exam hall, finding your named desk, listening to the invigilator's instructions and being able to complete all of the examination papers to the best of your ability. If you see it and believe it, it is more likely to come true.