

# Year 11

## Preparing for the mocks 2023!

**Student guidance on how to  
establish a good study routine  
and revise effectively**

*The future  
depends on  
what you  
do today.*

**Your word is a lamp for my feet and a light on my path (Psalm 119:105)**

**Lighting the path to excellence through Christian vision and values**

## Planning your revision

During year 11 you have a lot to think about and a lot of different commitments and deadlines you need to juggle. You need to establish a routine of revising independently and frequently to close the gaps you have in your knowledge and ensure you are prepared for your exams. However, because you have to plan your own independent revision, it's easy to put it off or to only do it in large chunks right before an assessment.

Planning when and what you are going to revise will reduce the risk of you not revising, or your revision being ineffective because you have left it until the last minute and have run out of time. It also ensures you have time to identify and develop revision strategies that work best for you.

## Prioritise your subjects

- List all your subjects
- Rank your subjects from number 1 -9. 1 being your strongest and 9 being the weakest.
- Then re-write your list in the order of the subjects you have numbered.
- RAG (red, amber, green) rate the list – red = weakest subjects, need the most work and green = strongest subjects needing the least work.
- Ask your teachers for a list of everything you need to learn for their subject.

For example:

RE  
Drama  
English Literature  
English Language  
Biology  
Geography  
Physics  
Chemistry

## Writing your timetable

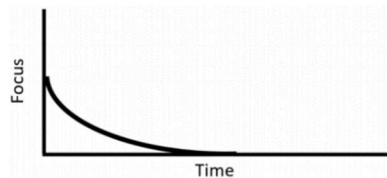
You will find 5 blank revision templates at the end of this booklet. Week 1 is for half term.

1. Write in all the commitments you have other than your school work. For example, going out for tea, going to the gym, playing sport, part time job etc
2. Write in the upcoming mock exams & other work deadlines
3. Not every space needs to be full – leave yourself time to relax too!
4. Focus on the subjects in RED first, these are the ones you are least likely going to choose – but they are the highest priority.
5. Write in the subjects you are going to cover and when. Be specific about what you will cover each time you sit down to revise. What resources will you use? Which revision techniques will you use?

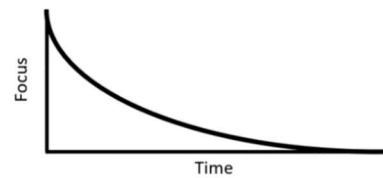
# When should I revise?

To revise effectively, you need to think hard and do active tasks. Thinking hard is tiring. Therefore, when you revise, you should choose a time when you find it easiest to focus. This should be a time when you are well-rested and when you are used to working.

Revising when you are tired:

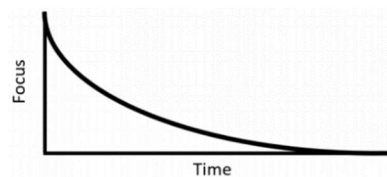


Revising when you are well-rested:

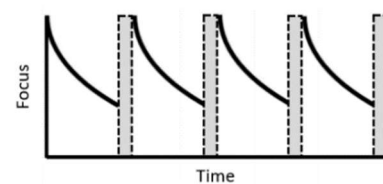


You should also take regular breaks when you revise. These breaks can be structured using a method called the Pomodoro technique.

Revising without a break:



Revising with small regular breaks:



# Managing your time when revising

The Pomodoro technique is **highly effective** as it helps you effectively manage your time and work on a task without distractions. It is also beneficial because it helps you to become more disciplined and think about your work. This technique is designed to combat multi-tasking and improve concentration.

## WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

### STEP 1



Pick a task

### STEP 2



Set a 25-minute timer

### STEP 3



Work on your task until the time is up

### STEP 4



Take a 5 minute break

### STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

## When revising:

### Do:

- Get into a routine of revising at a particular point every day.
- Revise when you are well-rested or at a time when you are used to working.
- Take regular short breaks.

### Don't:

- Leave revision to the last minute – cramming does not work!
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.

# 9 Ways to Beat Revision Stress

by @inner\_drive | [www.innerdrive.co.uk](http://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 meal times**



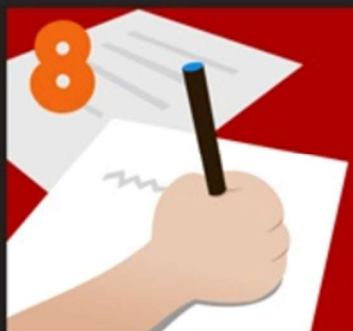
**Do something to switch off an hour before bed**



**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**

# Revision Strategies



## Brain Dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try fill the gaps without the notes. Check your notes a third time and add the missing information.



## Flash cards

Write flash cards for each topic, in all subjects, then mix them up for the most effective revision. Check out the Leitner System for effective spacing and interleaving. Keep your flash cards simple – one question, one answer per card.



## Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if your plan meets the criteria. Do this for a number of questions, then choose one and write the full response.



## Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in the exam conditions, then check your answers and identify the gaps in your knowledge, so you can target your revision.



## Quizzes

Write a set of questions and answers and ask someone to test you. It's important to either write or say your answers loud. Reading through quizzes in your head can give you a false sense of security.



## Thinking hard: Reduce

Read a section of your notes then put them aside and reduce what you need into 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.



## Thinking hard: Connect

For each subject, consider the exam paper and group together questions that require the same technique to answer. Write down the requirements for each type. Find a previous example you have completed and identify where you've met the criteria.



## Thinking hard: Transform

Read a paragraph from your notes or a textbook, and transform it into a diagram, chart or sketch – no words allowed. Look at a diagram in science, for example, and transform it into a paragraph of explanation.



## Key vocabulary

For a particular topic, make a list of key vocabulary, then do the following: define each word; use each term in a sentence; create a question where the key word is the answer; identify other words which connect to each of the words in your list.



## 9 Ways to use retrieval when revising

Retrieval practice is one of the most effective ways to revise. By answering questions rather than merely reading or highlighting information, you are putting yourself in the best position possible to succeed and remember as much of your subjects as possible. Past papers, essays, multiple choice tests and flashcards are a great way of doing it.



# Spacing

Spacing is regularly revisiting material so you are doing a little and often, rather than cramming all at once. Doing a little and often means you won't get swamped and feel overwhelmed – this won't help you learn.

***To commit something to memory it takes time and repetition.***

## Why?






The time in between allows you to forget and re-learn the information which cements it in your long-term memory.

## Optimum spacing

Research suggests there is an 'optimal gap' between revision sessions so you can retain the information. If the test is in a month, you should review the information around once a week. If the test is in a week, revisit every one to two days.

Time to the test	Revision gap
1 week	1-2 days
1 month	1 week
3 months	2 weeks
6 months	3 weeks
1 year	1 month

# Using Flashcards for retrieval

				
<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>5.</b>
<b>Identify knowledge</b>	<b>Colour coding</b>	<b>Designing</b>	<b>Using</b>	<b>Feedback</b>
What are you creating flash cards on?  Do you have your knowledge organizer?  Use your book to look at previous misconceptions from whole class feedback.	Use different coloured flash cards for different topics. This helps with organization NOT recall	1 Question per flashcard.  Making them concise and clear.  Use a one word prompt, so that you can recall as much as you can.  No extended answer questions.	Write your answers down, then check. Or say your answers out loud. This really clearly shows the gaps in your knowledge.  Do not just copy & re-read.  Shuffle the cards each time you use them.  Use the Leitner system to use flash cards everyday.	How have you performed when you look back at your answers?  Is there anything you need to revisit in more detail?  Is your knowledge secure? If so, move onto applying knowledge in that area in specific extended exam questions.

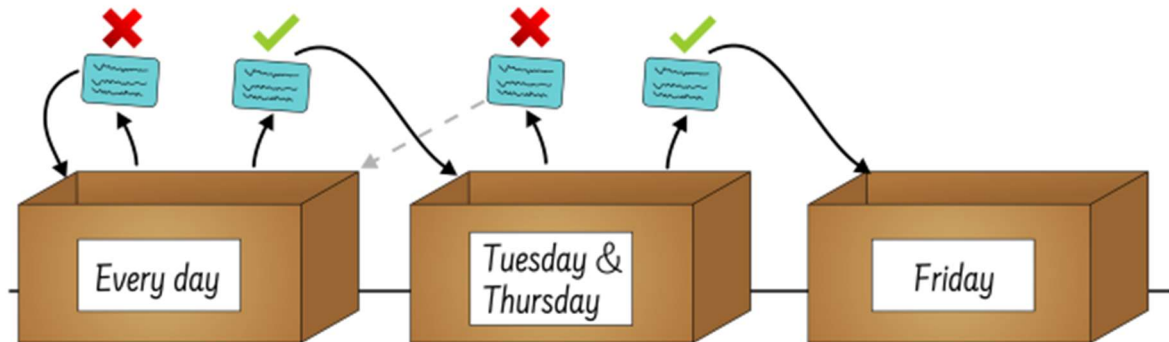
## Flashcards top tips

- The most effective flashcards include one question on the front with the answer on the reverse, or one key word on the front with the definition on the reverse.
  - Don't force your brain to remember a complex and wordy answer. It's easier for your brain to process simple information so split up your longer questions into smaller, simple ones.
- Once you have made your flashcards you now need to use them! One way is self-quizzing:

## Self-Quizzing

1. **Read the question** on your flashcard
2. **Write your answer** on a sheet of paper / in your revision book
3. Put your flashcard **down to one side**
4. Move onto the **next** card
5. **Repeat** steps 1-3
6. Keep your flashcards **in the order** you have quizzed them in.
7. **Mark** your answers – **highlight** any answers you got incorrect.

## Leitner System



1. All flashcards start in box 1.
2. If you get a card right, move it to the next box.
3. If you get the card wrong, place it back in box 1 and start again.

## Interleaving

Interleaving is mixing topics within one subject – **not** mixing subjects themselves.

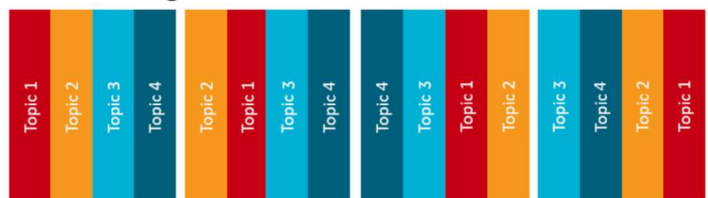
You can apply this in your revision timetable.

When revising science, mix up the topics, don't just focus on one. One day you will focus on one topic and the next time you revise science look at a different topic.

### Blocking



### Interleaving



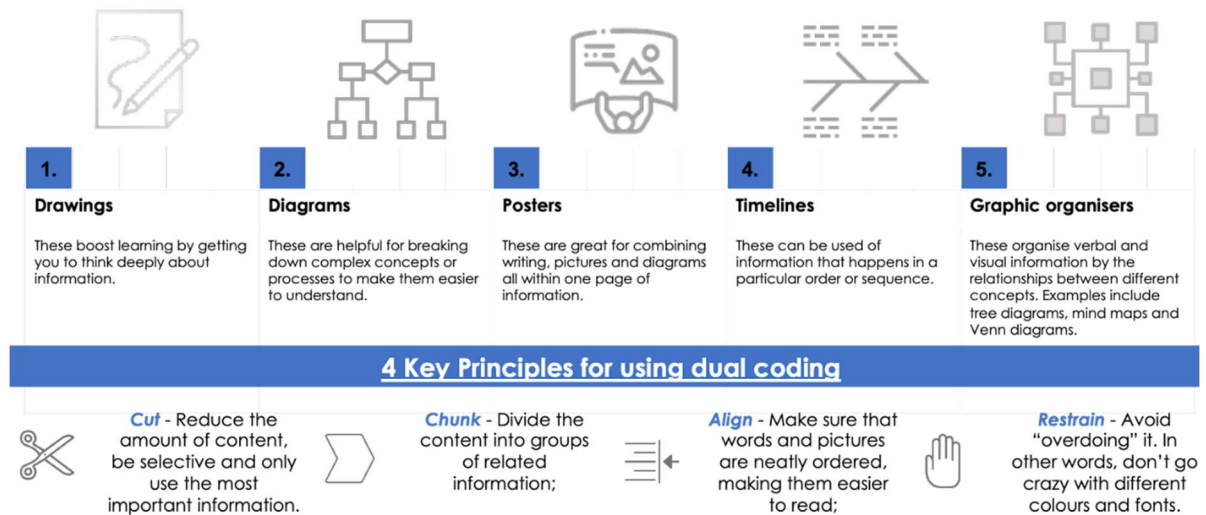
It will feel difficult at first but the more you do this the better you will remember the content.



# Dual Coding

Dual coding is the process of blending both words and pictures while learning. Transforming the information into pictures makes you really think about and engage with the content. Visualising the information in the exam helps you to bring the content back into your working memory.

Below are some ideas about different ways of using dual coding and the key principles which are tips about the most effective way to use dual coding.



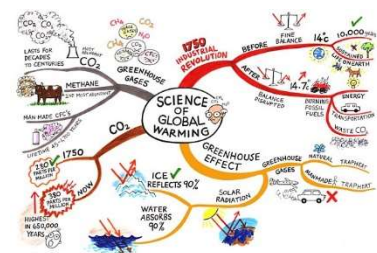
# Mind Maps

1. Put the topic in the middle.

2. Add branches to your mind map. Each category is represented by a different colour. The branch starts off thick and should gradually get thinner towards the end. Colour helps to categorise information and also helps you to recall the facts on each branch.

3. Add keywords to each branch. Try not to write too many words per branch you need to break the main points into "chunks" just a few keywords and phrases.

4. Include images. They are visual and can be processed quickly by your brain.



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00 -14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							

Subjects covered this week:

Priorities for next week:

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00 -14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							

Subjects covered this week:

Priorities for next week:

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00 -14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							

Subjects covered this week:

Priorities for next week:

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00 -14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							

Subjects covered this week:

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Priorities for next week:



Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00 -14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							

Subjects covered this week:

Priorities for next week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00 -14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							

Subjects covered this week:

Priorities for next week: