

THE ULTIMATE REVISION GUIDE

→ (*SORT OF) :-)

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MOCKS

We often hear teachers explaining the importance of mocks ...but how can we actually apply our experience of mocks when it comes to revision?

How can you use mocks to help with your revision?

WHAT SUBJECTS DID YOU STRUGGLE WITH?

For example:

If you're two grades below target in chemistry or felt you struggled in maths and wanted to improve, then you would prioritise those subjects when it comes to making a revision timetable (more on page 10)



HOW DID YOU REVISE?

What revision methods worked for you? (and what not so much? 😊)

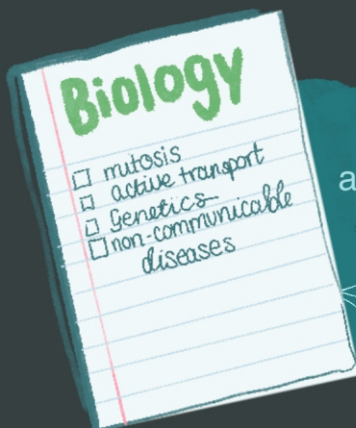


WHERE ARE THE GAPS IN YOUR KNOWLEDGE?



Exams, although frustrating, can actually be a really useful tool to finding out what sections of a subject you need to spend more time on

⇒ FOR EXAMPLE: ⇐



You can make a small list for each subject on areas you lost marks in on the mock- this can be used as a list of what topics to revise first



However...

If you're unable to access your mock paper you can always:



Print off topic lists from the exam board websites (make sure it's the updated version) and highlight the areas you're less confident on

(For sciences, you should have been given booklets with topic lists on the front you can use. 😊)

HOW TO REVISE

There's no one way of revising that works for everyone - but here are a few tips, tricks and techniques to help you in your revision

GROUND RULES:

1) Ditch Aesthetics

Pastel highlighters and fancy titles aren't the things getting you your GCSEs 😊

2) Start from a point of UNDERSTANDING

If you don't understand a topic you can't revise it

To Help UNDERSTAND A Topic You Can:



- use online learning resources (look @ page 10)



Ask your teacher



- use revision guides

Revision METHODS...

1. BLURTING

① Start with a blank piece of paper

② Pick a topic

③ Write down everything you can remember in that topic

④ Check using a revision guide or your revision notes what key info you missed

LEARN THESE!

BONDING + STRUCTURE

Bonding + Structure



Repeat every 2-3 days

2) FLASH CARDS

Questions too complicated

FRONT: Clear question

WHAT IS Diffusion?

Uses colour

BACK

The net movement of particles from an area of high conc. to an area of low conc.

Diagrams and drawings

Plain

WHAT IS DIFFUSION?
WHAT IS ACTIVE TRANSPORT?
WHAT IS THE MEANING OF LIFE?

Too many questions

BACK

DIFFUSION IS FUNDAMENTALLY, THE NET MOVEMENT OF PARTICLES FROM AN AREA OF HIGHEST CONCENTRATION TO AN AREA OF LOWEST CONCENTRATION AND ACTIVE TRANSPORT IS ACTUALLY WHERE...

No images or colours

Too many words

3 TALK IT THROUGH

Explain a topic to someone:

- A friend
- A family member
- Yourself



4 USE ONLINE RESOURCES



(More info on page 10)



You can also use online flashcards like Anki or Quizlet (look at page 10)

5 Practice Papers

➤ You can find practice papers on exam board websites



LOOK @
@ WHERE X
You dropped
MARKS

LOOK @
How THE MARK
Schemes
WORK

WHERE DID YOU
GAIN THE MARKS?

MIND MAPS

COLOUR CODE
BREAK DOWN THE TOPICS
START WITH TITLE
USE DRAWINGS + IMAGES (the stranger, the better)
SUMMARISE THE INFO.



HOW TO REVISE FROM MIND MAPS

REMEMBER!
◦ actively testing
yourself using the
mind map is the important
bit → don't spend longer
making it than testing.
😊

- Get someone to quiz you on them.
- use them for BLURTING (see page 2)
- Place them around the house and read them whilst you're there
e.g in the bathroom, whilst you brush your teeth

Time management



How long should I revise for in a day?

It's recommended for GCSE students to spend no longer than 4 hours revising a day - most people would say spend anywhere from 1.5 hours to 3 hours a day



However, this is -in all honesty- down to personal preference - it's not necessarily how many hours of revision you do but the quality of that revision

If you're unsure about what works for you:

Use trial and error, when you start to feel your concentration going -

TAKE A BREAK!

How should I structure my revision sessions?

As a general rule:



YOU CAN ALSO:

USE the POMODORO technique



You can time this using your phone
(There's also an app called 'Forest' you can use)



HOW CAN I HAVE TIME FOR EVERYTHING?

It can often feel as though in the run up to GCSEs that we simply don't have enough time to cover all the content - however with effective planning and time management it can make revising so much easier and limit some of that stress, for example:

Say if you have a goal of 2 hours a day (with 3 hours split across Saturday and Sunday as a rest day)

$$\begin{aligned} 5 \times 2 \text{ hrs} &\rightarrow 10 \text{ hrs} \\ + 3 \text{ hrs} &\rightarrow 13 \text{ hrs a week} \end{aligned}$$

gives you 13 hours to share across your subjects

(priority subjects getting more hours a week)

Creating an effective timetable

Timetables are a great way of structuring your revision, here are some different types of revision timetables and some tips and tricks to help you ⇐

1 - THE STANDARD

WORKS AROUND YOUR SCHEDULE

POMODORO METHOD

SCHEDULED BREAKS

	M	T	W	T	F	S	S
3.30	physics	FOOTBALL AFTER SCHOOL	Biology	HISTORY REVISION AFTER SCHOOL		Chemistry	History
3.55							
4.00		English lit	Maths	English Language	History	Art	Spanish
4.25							
4.30	Biology	English Lit	Computer Science	Maths	FINISH EARLY		Basketball
4.55	Painting	X-Box	TV	MUSIC	Guitar	Football	Reading

SCHEDULED WIND-DOWN / FREE TIME ACTIVITIES

SCAN ME



KEY THINGS TO REMEMBER

1. Always schedule in breaks to avoid burn-out
2. Give yourself longer than you expect - we often underestimate how long it will take to complete a task
3. Don't overload your timetable - although this feels like you're doing more revision it can become counter productive if you're over working yourself 😊

THE MEAL DEAL METHOD

M	T	W	T	F	S	S
MATHS	HISTORY	SPANISH	CS	CHEM	BIO	ENGLIT
CHEM	BIO	PHYSICS	MATHS	ART	ENGLANG	SPANISH
ART	ENGLIT	HISTORY	CHEM	ENGLIT	MATHS	PHYSICS
PAINTING	READING	GUITAR	TV	PIANO	X-BOX	TV

2 REQUIRED



1 OPTIONAL



1 FREETIME ACTIVITY/
REWARD



PROS: Flexible

↳ if you're tired/need a break, you don't have to feel guilty for not doing the extra optional session 😊

Retrospective TIMETABLE

TOPIC LIST FOR EACH
SUBJECT

FURTHER EXPLAINED
here

SCAN ME



CONFIDENCE IN THE SUB-TOPIC
(CAN SEE WEAKER AREAS)

Topic	Sub-Topics	RATE	LAST REVIEWED	...
• Cell Biology	• Cells		17/06/22	
	• Microscopy		16/03/22	
	• Diffusion		11/03/22	
• Ecology	• Competition		15/06/22	
	• Quadrats		5/03/22	
	• Food chains		17/06/22	

LAST REVIEWED

Procrastination and motivation

SCAN ME →

Finding motivation is arguably one of the hardest tasks in the run up to GCSEs. It can feel as though you're running out of time and you just want to give up entirely.



(BEGINS AT 0:38)

But those exams are still going to happen whether you like it or not - so now you have a choice:

1. Spend your time waiting for impending doom
2. Take your future into your hands, no matter how much you like revision, and work towards those grades you want - 1 revision session at a time

Now, if you've read this far, the likelihood is you picked option 2 and to that I say well done - you've just made the first step into being ready to make yourself proud. Here are some tips, tricks and things to consider in the rest of your run up to GCSEs :)

WHAT IS YOUR WHY?

QUICK ACTIVITY:



get out a piece of paper
(or post-it note)



1

— Write down your WHY

Do you want to do well because...

- o To get into Sixth form/college/apprenticeship?
- o To prove to yourself?

— THIS IS YOUR MOTIVATOR —

②

ENVIRONMENT



As a general rule, concentration is better for revision if you are in a **quiet space with little distraction** - it's recommended to have a separate space specifically for revision (e.g not on your bed) however it is down to personal preference and where you work best

If you're unable to find somewhere quiet like this there should be a **computer room** at lunch which you can go to in order to revise

③

... Phones

- I feel like we're told this 24/7 BUT...

WHEN REVISING... **TURN YOUR PHONE OFF!!**

ALTERNATE METHODS:

* Legally I do not take responsibility for any damage to personal mobile devices :)

LOB IT OFF A CLIFF.



SACRIFICE IT TO



THE REVISION GODs.

PAY TO HAVE IT PROFESSIONALLY



KIDNAPPED

SEND IT INTO SPACE



Managing stress

- As GCSEs draw near, managing your wellbeing should be a huge priority :)

↳ of course these tips won't solve everything but they should help you regulate your nervous system and overall improve your mental wellbeing.

NOTICING SIGNS OF STRESS:

- Irritability
- Change in appetite
- Sleeplessness
- Inability to concentrate

if you start seeing these signs in your behaviour - it normally means you need a break

LONG TERM

YOU SHOULD:

- ☐ SLEEP 8 - 10 HOURS.
- ☐ LIMIT SCREEN TIME
- ☐ EAT + DRINK WELL.
- ☐ 30 MINS MODERATE EXERCISE

YOU COULD... SHORT TERM

- GO FOR A WALK
- FACE-TIME A FRIEND
- PAINT
- DO A SPORT
- READ A BOOK /
- WATCH A FILM
- LISTEN TO SOME MUSIC
- DANCE
- SPEND TIME WITH FAMILY
- DO SOMETHING THAT MAKES YOU HAPPY.

* if you are struggling with managing stress, there's support lines + groups on page 10 as well as support from school you can go to :)

Further Info

USEFUL ONLINE RESOURCES

Mental Health Support

Mind - www.mind.org.uk



Samaritans - www.samaritans.org

Kooth - kooth.com

Vision - call 01260 290 000 or
text 07508 074748

watch these when you're stressed
(if you want :))



GCSE pod

Seneca

Quizlet

Forest

Physicsandmathstutor

Mathsgenie

