



KEEP
CALM
AND
REVISE

Year 11 Guide To Success

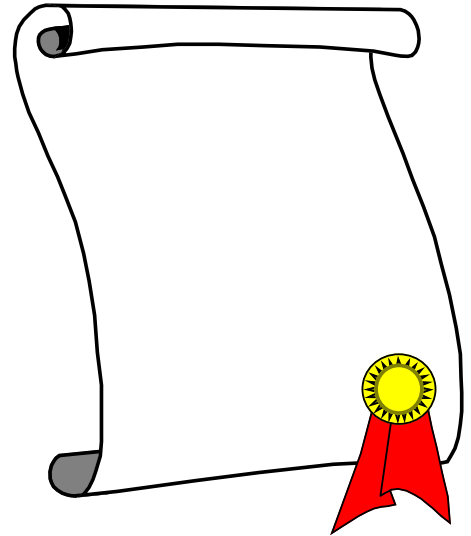
NAME: _____

FORM: _____

REVISION

These last few months are the most important of your school career. You have spent 11 years working to this moment.

HOWEVER, there is no need to worry or panic because you will have support every step of the way if you need it.



The first question needs to be:

Do I know how to revise?

If the answer is no then this booklet will give you everything that you need to know.

If the answer is yes then it won't do any harm to read it and see if you learn something new.

With the pressure mounting as you prepare for your exams, the desire to do well starts to impact on you. One of the first things that you need to do is prioritise what you want to achieve in school, and let's not forget your social life - we wouldn't want you to forget what fun and the outside world looked like!

This booklet will try to give you some answers to these questions:

- ✓ How to prepare for revision
- ✓ How to work out your priorities and plan for them
- ✓ How to revise in a way that suits you
- ✓ How to improve your memory
- ✓ How to prepare for the exam

And maybe one of the most important things:

- ✓ Where can I go for help

WHY REVISE?

Revision doesn't have to be all doom and gloom there are many benefits to revising:

What do **YOU** think **YOU** will get from revision?



What will I get?	Please tick all that apply to you
Better grades	
Better organisation skills	
Confidence	
Go to college	
Good job prospects	
Less stress	
Higher self esteem	
Improved relationships with teachers	
Praise for hard work	
Pride	



YOU CAN DO IT AND WITH SO MANY GOOD REASONS WHAT ARE YOU WAITING FOR.....

How to prepare yourself for revision:

The most difficult thing that students preparing for GCSE find is the preparation for revision – **Where do you start?**



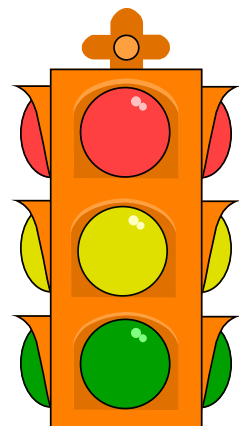
This checklist might help

I Find it Difficult :	Tick if it applies To you	Suggestions:
Getting started with revision		Make sure you have the syllabus of each subject and use that to help you make a list of what you need to cover subject by subject
Deciding when to start revising		As soon as possible. The sooner the better to reduce stress
Deciding where to revise		After school clubs, Library, anywhere that is quiet. Ask people to help. Remember group revision can be helpful so long as you work.
To know how to use my notes and books for revision		Reorganise them. Turn them into mind maps, Venn diagrams and other revision tools
To plan my time		Prepare a revision time table and share it with your family, mentor, teacher and anybody else who can help motivate you
Decide how many hours to plan		Any amount of time is better than none but to really succeed you should try to spend 15 – 18 hours a week and up to 30 a week in the holidays.
To fit revision in around my social life		Ensure that you put by enough time to socialise otherwise you will give up on your timetable and start to panic. Have one day completely free from revision
Finding revision styles that suit me		Trial and error, try each style available one will fit
Understanding things		Speak to your teachers or mentor they will help. Don't suffer in silence

Now we can look at each of these issues in more detail to give you the confidence to go on and succeed.

Getting Started with Revision:

It's really easy to let yourself get confused and overwhelmed when it comes to revision. You have been studying these subjects for 2 years then we come along and expect you to sit and learn it all and if that wasn't enough we want you to give us the answers sitting in an exam!!!



But don't despair there is hope.....

Make revision fun!

Revision doesn't have to be boring and mean long hours sat in front of endless revision guides, books or notes. Here are a few suggestions to make revision fun.

1. Work Together

Having study groups can help make learning easier and more fun, as long as you **do** study and don't end up gossiping or playing computer games!

2. Draw

Drawing funny pictures or cartoon sequences that help you to remember a certain chain of events works well in things like science experiments. Any revision that requires you to put things into an order of some kind can be drawn!

3. Text

How many text messages do you send a day or week? Make a plan with your friends to add a fact to the end of every text message you send to build up your knowledge and add to your revision efforts.

4. Games

Making a popular game into a revision aid is fun. Even making the game makes you revise your work. Trivial pursuit, blockbusters and battleships work really well. You can learn with a group of friends and have fun doing it.

5. Sing

How often does a song get into your head and you end up singing it all day? Why not find some of your favourites tunes and change the words to fit in with a revision topic? The song will help your brain to trigger the information.

6. Decorate your room

Make your revision space into a revision centre. Lots of bright coloured posters, post-it notes and diagrams to hang around your room make you visit the information at regular intervals. Putting post-it notes on the inside of cupboard doors you use regularly or in places around the house you use often will keep your brain active.

Often a lot of the problems are because we sit and think I need to learn English, which can be daunting rather than break it down and say I need to learn 'Romeo and Juliet' which sounds much more practical.

TIP 1 – BREAK WHOLE SUBJECTS DOWN INTO SMALLER TOPICS TO EASE THE PRESSURE

START – Course syllabus



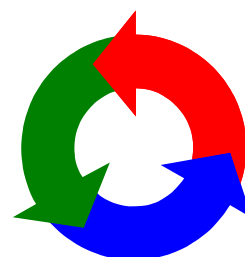
- Main topics → List of what you need to revise. You can see it in a simple form and it makes subjects much easier to digest.

Once you know what you need to study you need to decide what to revise first and come up with a revision timetable.

TIP 2 – YOU MAY WANT TO REVISE THOSE SUBJECTS THAT YOU UNDERSTAND AND FEEL COMFORTABLE WITH TO BOOST YOUR CONFIDENCE

How to Prioritise:

For a lot of students this can be difficult BUT don't panic it just takes some thought.



First look at those topics you feel confident with, the ones with a lot of stars, as you are likely to succeed here.

The topics with fewer stars will prove more difficult so these are best revised when you feel confident with your revision strategies and timetable. These may also need the input of teachers to enable you to fully understand what is expected of you.

DON'T FORGET POSITIVE THINKING CAN BE THE KEY



'I can't do science'



This is a big problem that can't be solved and usually isn't true

'I need help to understand the periodic timetable'

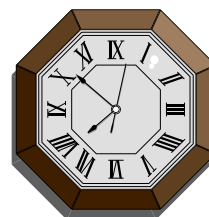


This can be solved easily and will make you feel more positive about the revision process for that subject

Q. Does that mean that I have to start with the subjects that I find easy?

A. Not at all, some people like to start with their most difficult subjects to get them out of the way. Do what feels right for you.

How do I organise my time:



REVISION TIMETABLE

This is the only way you will be able to plan your time and it needs to start now and finish at the end of your exams.

TIP 3 – Don't try and put too much on your revision timetable make it realistic to ensure that you stick to it.

Have a trial period of a couple of weeks to see if the timetable works for you and be prepared to make changes, this is good and shouldn't be seen as failure.

The keys to a good revision timetable are being:

FLEXIBLE

REALISTIC

HONEST

Try using a time chart like the one below to see how you spend your day at the moment and where you could make changes.

TIME CHART	DAILY	WEEKLY
Sleeping		
School		
Going out		
Clubs e.g. footie		
Watching TV		
Working		
Responsibilities at home		
Other:		
Hours left (Total subtracted from 24hrs)		

Make sure that your revision timetable includes everything that you do in your life.

Share this with your family, form tutor, mentor, teacher, friends and anyone else who can help and support you.

TIME SCALES

It is advisable to break your revision down into manageable chunks. Rather than sit and stare at a book for hours at a time be realistic and give yourself **40 minutes** on each topic, then have a **quick break** and do another **40 minutes** that way you won't burn yourself out or give up because you get bored.

This will also help you to fit in other things into your life for example:

Revise Maths topic = 40 mins

Take a break – get a drink, snack and stretch your legs! = 10 mins

Revise Science topic = 40 mins

Ensure that you reward yourself for completing a successful revision session – 10 minute break for a chocolate bar, email your friends, listen to a piece of music... Just keep it short & sweet – don't let your reward take you away from your revision!

Planning your time like this will also help you to prepare for exam conditions where you only have X amount of time to answer a question.

Included is an example of a revision timetable – See back pages



Learning Styles

CLUES

Visual Learners usually:

- ✓ Need to see it to know it
- ✓ Have a strong sense of colour
- ✓ May have artistic ability
- ✓ May have difficulty with spoken directions
- ✓ May misinterpret words

Auditory Learners may:

- ✓ Prefer to get information by listening
- ✓ Need to hear it to know it
- ✓ May have difficulty following written directions

Kinaesthetic Learners usually:

- ✓ Prefer hands on learning
- ✓ Are able to assemble parts without reading directions
- ✓ May have difficulty sitting still
- ✓ Learn better when physical activity is involved
- ✓ May be very well coordinated and have athletic ability

LEARNING TIPS

Visual Learners should:

- Use graphics to reinforce learning; films, illustrations, diagrams and doodles
- Colour code to organise notes
- Use flow charts and diagrams for note taking
- Visualise spelling of words or facts to be memorised

Auditory Learners should:

- Use tapes for reading and for class notes
- Learn by interviewing or by discussion
- Have test questions or directions read aloud or put on tape

Kinaesthetic Learners should:

- Engage in experimental learning (making models and role playing)
- Take frequent breaks in their study
- Trace letters and words to learn spelling and remember facts
- Use computers to reinforce learning through sense of touch
- Memorise while walking or exercising



How to Revise

When looking at how to revise it can be a good idea to consider what not to do:

- **Don't sit and read a book for hours on end**
- **Don't revise while watching coronation street**
- **Don't give up after 10 minutes – give yourself time**

Here are some helpful ways to revise:

1. Re-write your notes

Reading your notes and re-writing them can help to compound your knowledge but only if you test yourself in the process e.g.

Step 1

Step 2

Step 3

Step 4

2. Mind Maps

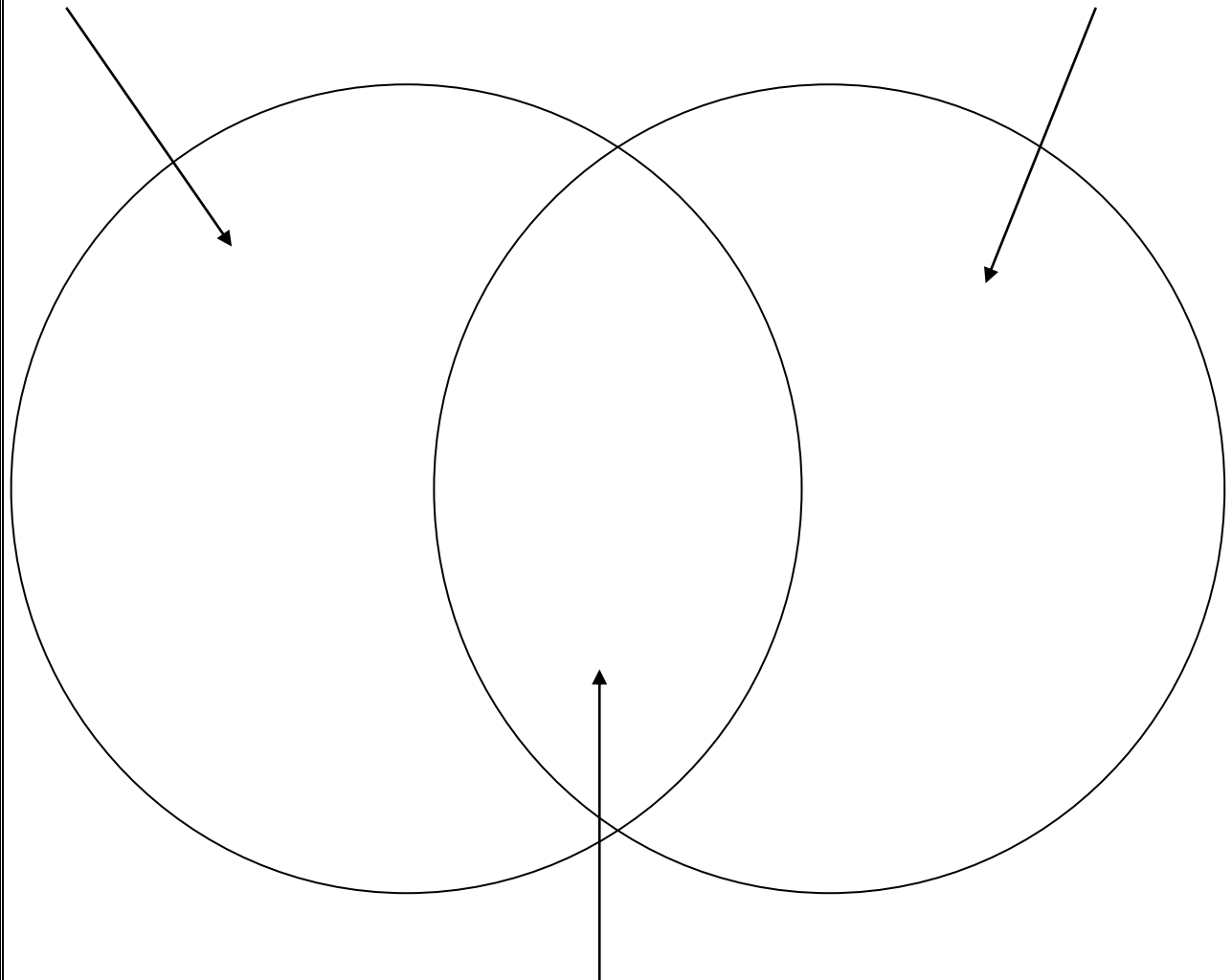
Included is an example of a mind map

3. Venn Diagrams

Venn diagrams can be very useful especially in English as you are quite often asked to compare two poems or stories.

Differences in poem 1

Differences in poem 2



Similarities in both poems

4. Journey technique

- Use an established journey
- Associate landmarks on the journey with the items to remember
- E.g. journey to school
- Could be useful for remember items in an order

5. Rhymes and Songs

- Helps to remember knowledge in sequence
- Learn by repetition

E.g.

In 1954 the Supreme Court made a clear decision

Miss Brown could go to a white school as her father was wishing

In 1955 a 12 month bus boycott led by Luther King

Ended bus segregation with the Supreme Court agreeing

In 1957 the president stepped in at Little Rock

And mobs, Governor Faubus and segregated education he did stop

The peaceful protests continued into the 1960s

And resulted in desegregated facilities

6. Flow Diagrams

- Use colour
- Encourages you to summarise notes to put in diagram

7. Cue Cards

- Cards with key word or question on one side and answer/ definition/ formula/ short list on reverse

8. Sound cards

- Use revision notes or booklets to make recording
- Listen whilst travelling
- Make mind maps/ diagrams while listening

Or

- Read revision notes out loud

9. Repetition

Regular repetition of knowledge will strengthen it

Will enable you to prioritise what you need to learn again

E.g. review notes before sleeping



How to remember things.

We are all different so it makes sense that we all remember things in different ways. You may find some of these hints useful.

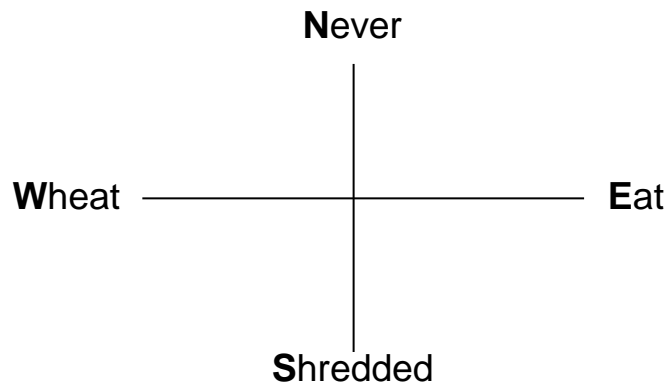
I Have problems with:	√	Brief Tips
Improving my short term memory		
Remembering formulae and mathematics		
Recalling the detail on diagrams and graphs		
Not remembering unless I revise right before the exam		
How to remember dates and names		
Remembering facts		

Other helpful hints:

MNEMONICS - This is a technical term, which just means one thing that helps you remember another.

E.G

Compass points:



Colours of the rainbow

These can be remembered as:

Solar System

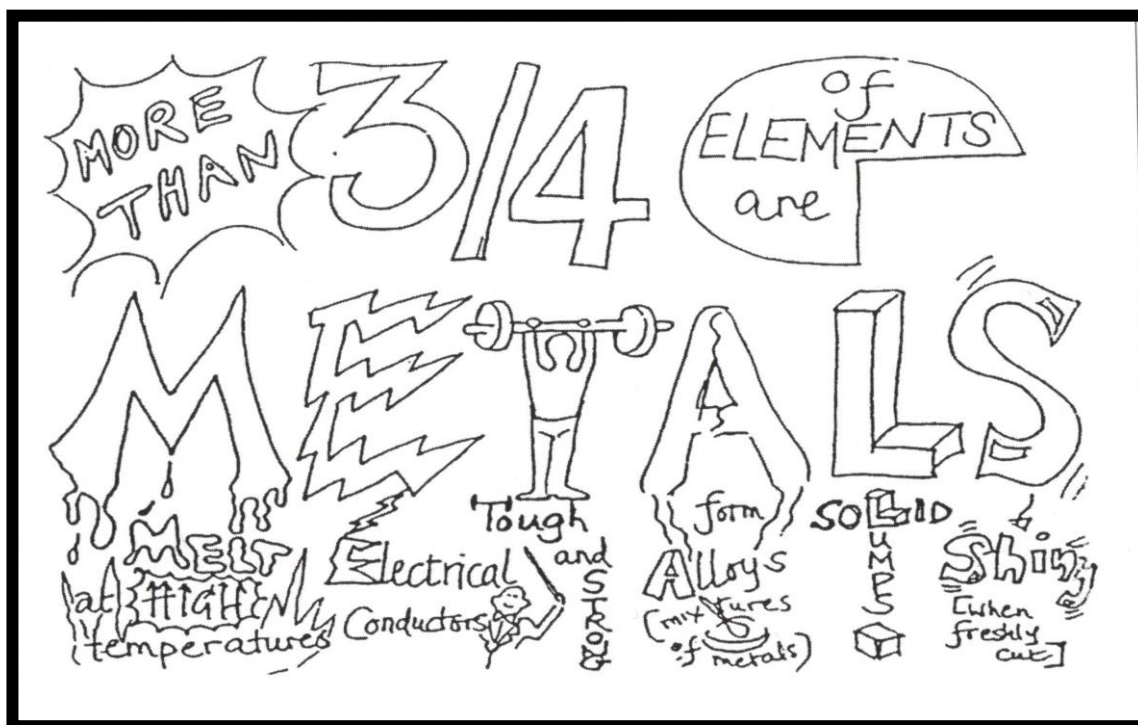
M	V	E	M	J	S	U	N	P
↓	↓	↓	↓	↓	↓	↓	↓	↓

Study Cards

Study cards can help to put one topic onto a card so that you can carry it around and revise anywhere including on the way to your exam.

- ✓ Lots of colour
- ✓ Only use key words no sentences
- ✓ Use symbols/codes
- ✓ Mnemonics

Included is an example of a study card for science on metals.



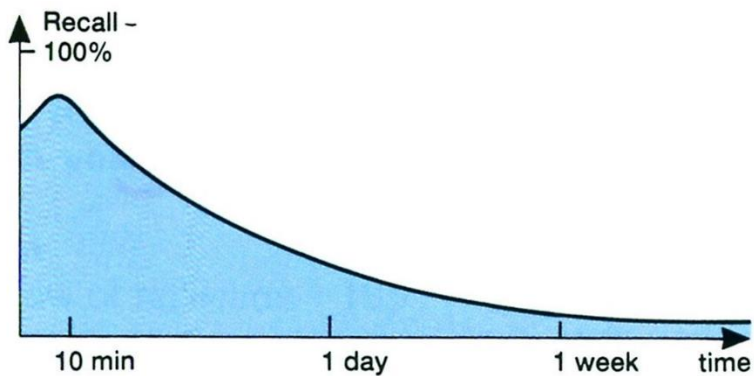
Now it's your turn...

How often should you revise?

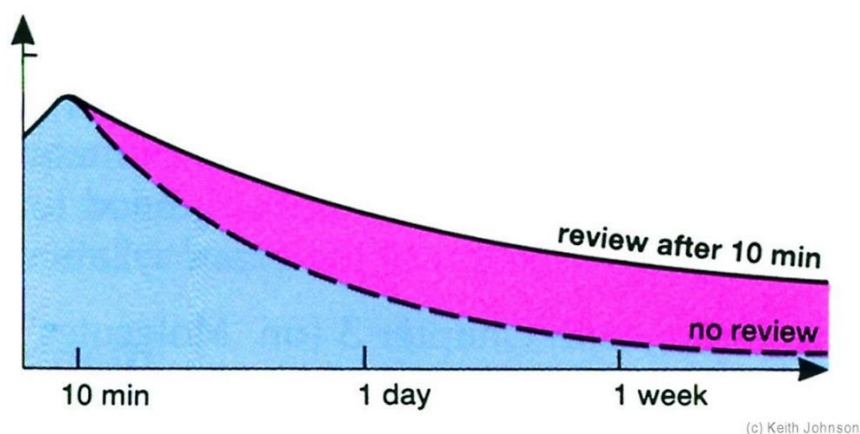
Look at the graph below:

It shows how much your brain can recall later.

It rises for about 10 minutes ...and then falls.



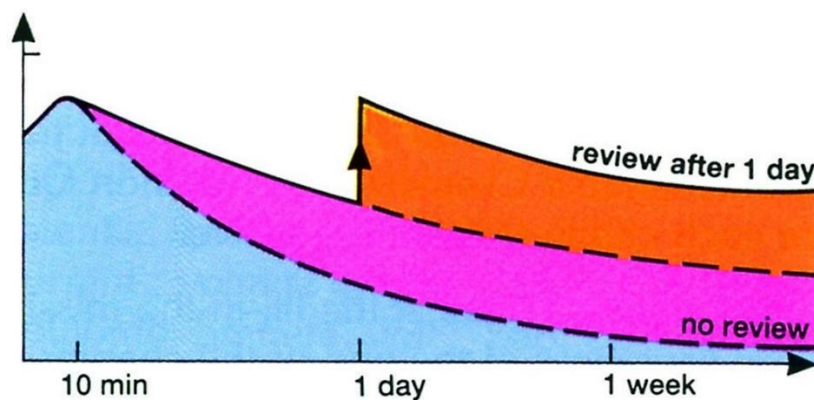
However, if you quickly re-revise after **10 minutes**, then it falls more slowly! This is good.
Analyse the new graph



Even better if...

If you quickly re-revise again, after **1 day**, then it falls even more slowly! Good!

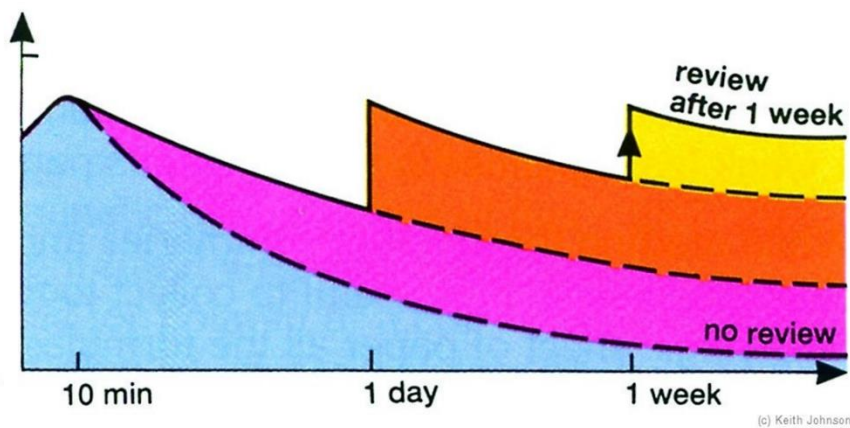
Analyse the new graph:



And even better still....

If you quickly re-revise again, after **1 week**, then it falls even more slowly! Great!

Analyse the new graph



So the best intervals for 'topping-up', by reviewing or briefly re-revising are

- ✓ 10 minutes
- ✓ 1 day
- ✓ 1 week

...and then 1 month

Revise – Make notes in your preferred learning style

Repeat – Go through everything again, concentrating on what you still don't understand

Review – Every week, spend some time going through everything you've done in the past week

Tips for Answering Questions

1. Read the question twice. READ IT READ IT AGAIN
2. Underline the command words and key words in the question before you start.

Q2. Describe the methods that were used to carry out an investigation of a leisure area

Q2. Describe the methods that were used to carry out an investigation of a leisure area

3. Look at the number of marks available and think if it is possibly a mark per point or level answer

Q3. What is meant by the term *in-bound* tourist (2 marks)

Q3. Using figure 4, explain the factors which a family would need to consider when planning their route by car from Belgium to the lake district (6 marks)

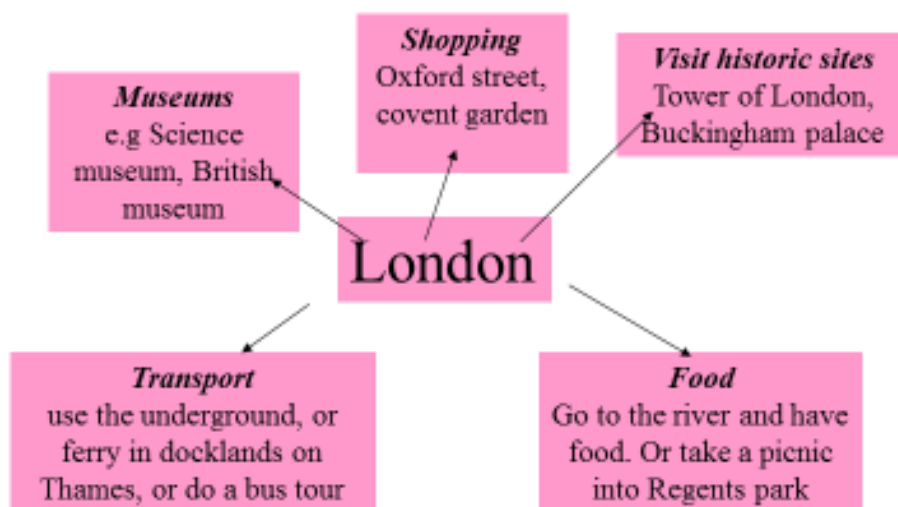
This is worth 2 marks and so the examiner will be looking for a short straight forward answer. You will need to say two things.

This is worth 6 marks and so you will be expected to give a longer answer and it will be marked using levels. You are always aiming for the highest level and so should give the differences, explain them and give examples.

4. Use the space given as a guide for how much to write
5. For longer questions take time to think and plan your answers (spider diagrams)

Q5. Chose one tourist town and describe a suggested programme for visitors to have an interesting day

Words in **bold** are the plan you would write!



6. Attempt every question.

If you are stuck on a question leave it and come back to it later.

7. Make a guess if all else fails (never leave blanks, you can't lose marks for wrong answers but a guess may gain you some marks)

8. Do not rush. People always finish early. It is better to plan and answer properly than make silly mistakes and then sit waiting for the end

Equipment

If you feel well prepared before an exam you will have less to worry about.

It's important to have all of the right equipment with you.

PENS – Black or Blue ink only

PENCILS - Sharpened, bring 2

RULER

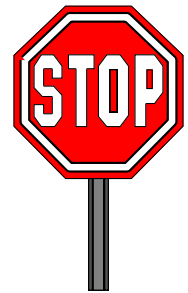
SHARPENER – Just in case

RUBBER

HIGHLIGHTER – Planning

TISSUES

WATER – Take label off



During the Exam

Just as we have emphasised the importance of planning your revision it is also important that you plan your exam as this will ease your stress and ensure you do all that you need to.

The table below gives an example of how can help you plan your time, using an English exam

Before the exam	First 10 – 15 mins	Main body of exam	Last 10 – 15 mins
<ul style="list-style-type: none"> • Revise all topics • Ensure I have right equipment 	<ul style="list-style-type: none"> • Read questions • Pick question • Highlight key words • Plan answer 	<ul style="list-style-type: none"> • Write answer referring back to plan throughout. 	<ul style="list-style-type: none"> • Read answer to ensure I have answered correctly • Check spelling

Earlier we looked at Mnemonics as a way of helping you to remember things this can be applied to an exam to ensure that you answer the questions correctly.

WILT -

W	What is W anted?	Look at the command words – what do they mean? What other key info is in the question?
I	What should I I nclude?	What is really needed for the answer?
L	How L ong should I spend on it? How L ong should the answer be?	Look at the number of marks awarded – if it's only a few the answer does not need to be very long.
T	What T ype of answer is needed?	What form should it take? Should it be a letter, diagram, explanation, essay, etc?

Command Words:

The words below are all words you will find in exam questions.

Match the words to the meaning:

ANALYSE Give your opinions or point of view, with reasons

COMMENT ON Explain the meaning in your own words

COMPARE Say how things are different

CONTRAST Look very closely at the detail

DESCRIBE Give the main reasons for and against, come to a conclusion

ESTIMATE Give reasons for

EXPLAIN Say how things are the same and how they are different.

ILLUSTRATE Give a rough idea, with evidence

INTERPRET Bring together the main points

JUSTIFY Give examples that make the point clear – It can include diagrams, figures or drawings

OUTLINE Write briefly the main point

STATE Give reasons to support an argument or action

SUMMARISE Write about in detail

Common Mistakes

- Not reading the question correctly
- Not planning answers – you can get marks for planning
- Don't waste time re-writing the question
- Finishing early and not re-reading your answer you may spot a silly mistake
- Long answers are better – short but to the point can sometimes be better as it shows clear understanding

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 on cupboards or doors so you see them every day.
5. Rewrite the key points of your revision notes and read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we 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 onto your computer and listen to them back on your iPod/mp3 player. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a 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 your parents, older brothers or sisters, teachers or friends. Use the revision sessions to drop in and ask your teachers about anything you are unsure of.

9. 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.



HEALTH TIP

If a problem crops up with your health, or if you have an ongoing health problem that may affect your revision or the exam you **MUST** tell school as early as possible and you must bring proof from a doctor in the form of a certificate

Where to get help:

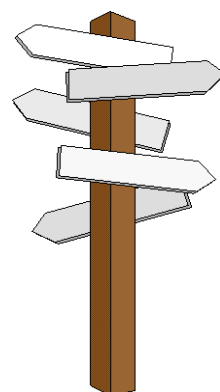
There are four main groups of people that can help you to get exam success.

Family

- Sharing your revision plan
- Testing you
- Keeping you on track

Teachers

- Extra lessons
- Check you are doing it right
- Help with revision plans
- Understanding the course syllabus



Friends

- Revision partners (so long as you work)
- Test you

Television

- BBC Bitesize revision programmes (worth recording)
- Films of the stories you are reading can help give you an over view (ask teachers for recommendations)

The Internet

- www.bbc.co.uk/education/gcsebitesize/

Hopefully now you are feeling confident about your own ability to cope with your GCSE's.

TIP 4:

It only takes a little bit of extra work and sacrifice for you to gain something that will give you the best opportunities for the rest of your life.

Good Luck and remember you only have to ask for help and you will get it, you don't have to do this alone.

THINGS TO DO ... **TODAY**

PRIORITY		DATE	COMPLETED
<input type="checkbox"/>	1.	_____	<input type="checkbox"/>
<input type="checkbox"/>	2.	_____	<input type="checkbox"/>
<input type="checkbox"/>	3.	_____	<input type="checkbox"/>
<input type="checkbox"/>	4.	_____	<input type="checkbox"/>
<input type="checkbox"/>	5.	_____	<input type="checkbox"/>
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<input type="checkbox"/>	10.	_____	<input type="checkbox"/>
<input type="checkbox"/>	11.	_____	<input type="checkbox"/>
<input type="checkbox"/>	12.	_____	<input type="checkbox"/>
<input type="checkbox"/>	13.	_____	<input type="checkbox"/>
<input type="checkbox"/>	14.	_____	<input type="checkbox"/>
<input type="checkbox"/>	15.	_____	<input type="checkbox"/>

Points to Keep in Mind:

- | | |
|--|--|
| <p>1. Break big tasks up into smaller, more manageable things-to-do.</p> <p>2. Prioritise your goals for the day and, as much as possible, do the most important ones first.</p> | <p>3. Stick to a policy of doing something now rather than later.</p> <p>4. Always think of how you can best use the present time.</p> <p>5. Do your best to make every day count.</p> |
|--|--|

	9:00am-10:00am	10:00am-11:00am	11:00am-12:00pm	12:00pm-1:00pm	1:00pm-2:00pm	2:00pm-3:00pm	3:00pm-4:00pm	4:00pm-5:00pm	5:00pm-6:00pm	6:00pm-7:00pm	7:00pm-8:00pm	8:00pm-9:00pm	9:00pm-10:00pm
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Notes...

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