



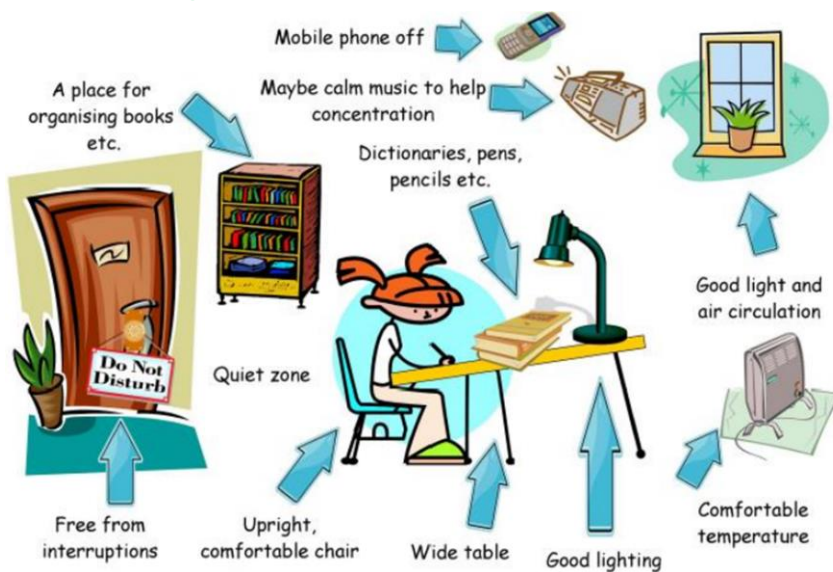
# **Year 11 Student Revision Guide**

## **Autumn Term 2019**

**...EVOLVE  
CREATE  
DISCOVER  
PERFORM  
ACHIEVE**

# Top 10 steps to effective revision

## 1. Find the right space to revise



## 2. Get organised

Make sure you have the tools you need: pens, pencils, highlighters, calculator etc.

Make subject lists of everything you need to revise. Start by highlighting everything you feel confident about in a subject in one colour. Then highlight all the topics you need to revise in more depth in another colour. Use this information to create a revision list.

Take breaks – you will remember more! Never work for more than an hour without a 10 minute break.

Break subjects down into topics so you have more manageable chunks. Change subjects frequently. Go back and review what you have learned to make sure that you can remember it!

## 3. Create a revision timetable

Plot in your existing commitments first, then put in your exams. Then work out how many hours or sessions you have and plot them into the blank spaces. Stick it somewhere visible...and stick to it. Use the one in this booklet!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-12 noon	School	School	School	School	School	1. 2. 3.	1. 2. 3.
1pm-4pm	School	School	School	School	School	1. 2. 3.	1. 2. 3.
Session 1: From _____ To _____							

## 4. Know your exam command words

This will help you to decode the question, understand what is being asked and ensure you answer the question correctly.



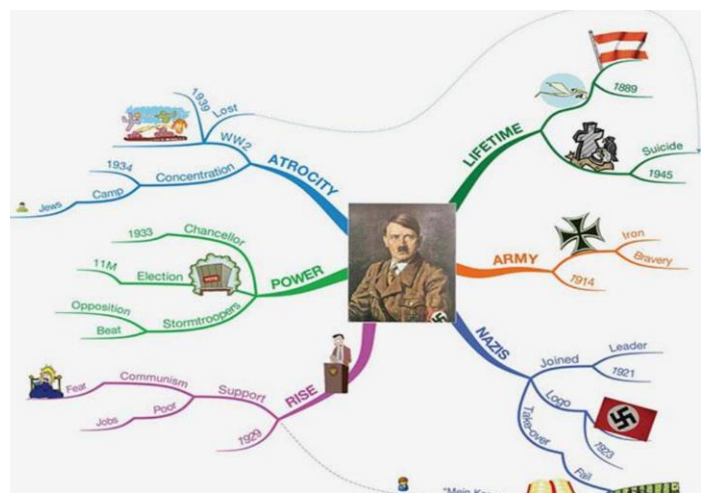
## 5. Find strategies that suit you best

For example, some people are more visual learners and therefore mind maps work best, but others are better with podcasts or YouTube videos.

- Mindmaps
- Mnemonics
- Journey technique
- Rhymes/ songs
- Flow diagrams
- Cue cards
- Sound recordings
- Repetition

## 6. Do something with your notes

Change them into diagrams, mind maps or flow charts; reduce information down to key words; use post-it notes, etc. What is important is that you do something with them or change them into something else, in order to remember the information.



## 7. Utilise all the help on offer after school

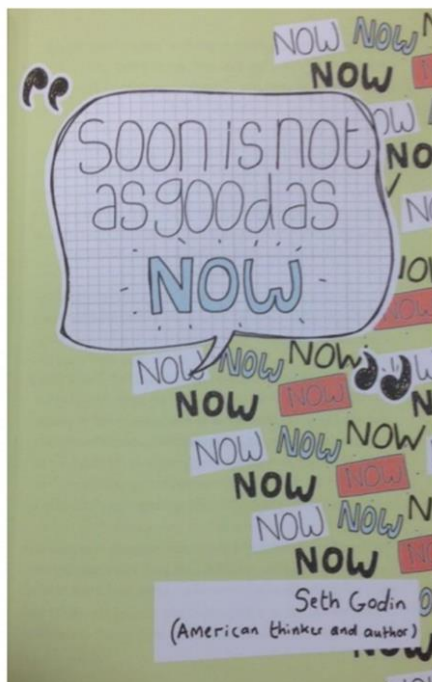
Attend all of the revision sessions running after school and at lunchtime. A timetable of sessions is in place from October 2018 – see below. Your attendance may be compulsory if you are working significantly below target.

	Lunch	After school
Monday	Art / Geography	History / iMedia
Tuesday	Maths	Mock Exams/Wave exams
Wednesday	Science / DT	Music/RS/PE/ComputerScience/Drama
Thursday	English/PE	Music/French/Spanish/CACHE
Friday	Business	Food

Be proactive and use this as an opportunity to ask questions, get feedback and find the answers to the things you don't know/are struggling with.

## 10. Start now!

It is never too late to start. Don't procrastinate or put off revision – even 20 minutes is better than nothing. You can do this!



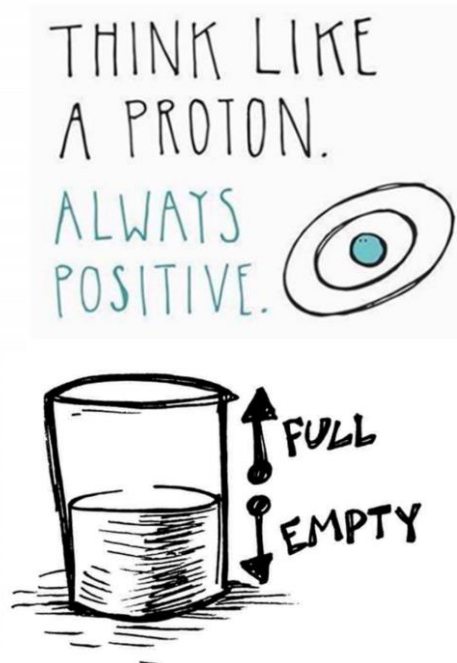
## 8. Look after yourself

Ensure you get enough sleep- tiredness decreases your concentration and energy levels. But try not to lie in bed all day - start your revision routine early (by 9am on a weekend if you can!) Keep snacks healthy and drink plenty of water; try to avoid too much caffeine or energy drinks. Make sure you eat breakfast on the morning of exams.



## 9. Think positively

All anyone wants is that you put the effort in and try your best. Thinking positively is sometimes half the battle – if you can visualise success, have some self-belief and talk to yourself positively, then you are half-way there.





# Revision Strategies

## Why not try...?



**Mind maps.** *Link the points you have to remember in a thought shower.*

Choose one topic. Identify the central theme; connect main ideas to secondary ideas using colours, images and key words.

**Mnemonics/Acronyms.** *A word that is formed from the first letter of a fact that needs to be remembered.*

Write the facts you need to remember. Underline the first letter of each fact. Arrange the letters in a form you will remember. It can be a real word or a made up one, as long as you will remember it!

**Make a bookmark with important information written on it.** Keep it in a magazine or book you are reading for pleasure. Glance at the bookmark each time you finish reading.

**Create unusual pictures of concepts and ideas to help you remember.** Doodle a drawing that will help you to link your thoughts. Be surreal and funny it will help you remember the key points.

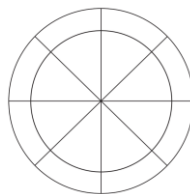
**Use music (without words!) to create a relaxed state. *The Mozart effect***

Studies have shown that students who listen to Mozart while revising are more relaxed and stimulated to retain more information!

**Rehearse out loud** – speak the information you are trying to learn. - Read out your revision notes and record them to play back on your iPod or MP3 whenever you have the chance. - Discuss and repeat to someone else – classmate, family member...

**Short term memory – seven item chunks.** It is proven that the mind works in seven item chunks. Try to break your topic revision into seven linked sections.

When learning a long list of items, such as vocabulary; learn the first two words on the list until you can write them from memory, add a third word until you can write them out, add a fourth word until you can write them out and keep going until you have learnt them all!



## Revision Wheels

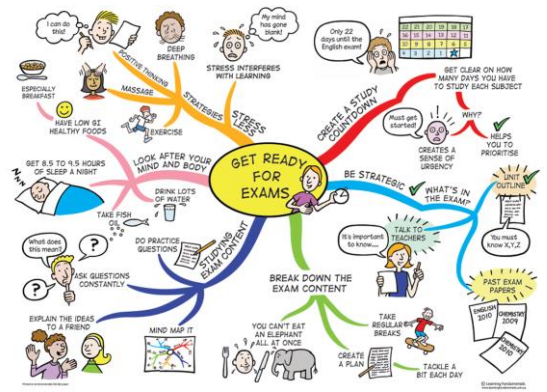
The idea of this revision wheel is to provide you with a system for generating your own revision notes. The process of creating your own notes is more important than trying to memorise facts.

- Breakdown your topic into eight headings which best summarise the topic. Write these headings in the outer boxes of the wheel.
- Take a look at one of the headings. Now try to summarise the most important points relevant to that heading. Put your ideas onto a piece of scrap paper and review them before you write them in the main segment of the wheel.
- You can write lists, notes, equations; draw diagrams, mind maps, spider diagrams or graphs. Just choose what suits you.
- For each heading repeat the above process of summarising the most important points.

## Key Ring



Write facts on slips of paper.  
Punch a hole in the corner and  
place on a key ring. As you learn  
the facts, tear them off. Aim for  
an empty key ring by the day of  
the day/week.



## Wordle

Paste your typed notes into Wordle and create a word cloud of them. Print out and stick somewhere you can see it all the time.



# Revision Strategies

## Paragraph Plans

Explain why the Mormons went West to settle at the Great Salt Lake.

My point is...	My example is...	My link back to the question is...
The Mormons moved West to escape persecution.	In Nauvoo they were attacked in the street and tarred and feathered because of their beliefs. Their leader, Joseph Smith, was attacked and killed in prison.	Therefore they had to move West for their safety.
The Mormons moved West to practise polygamy.	Polygamy was illegal in the United States but the Great Salt Lake was owned by Mexico back then.	Therefore the Mormons were able to follow their religious beliefs.
The Mormons moved West because Brigham Young led them there.	Brigham Young was a strong leader and the Mormons trusted him to lead them to a better life.	Therefore Young's leadership was a key reason why the Mormons moved West.

## Post-its

Link your revised facts together under headings — e.g. push/pull factors? change/continuity? Colour code these using highlighters or write them on different coloured post-its.



## Loop Cards

Devise a set of questions (15-20) for a topic you find difficult. Make a set of cards with two halves (like a domino) and write the questions and answers down (but mix them up, don't write the question and answer on the same card!) Mix the cards up and then try and get a chain link/loop of Qs/As made.

Auxin	What is secreted after a meal?	Testosterone	What plant hormone controls growth?	Insulin	Where are hormones released?
Muscles and liver cells	What do males release more of than women?			Glands	What are the target organs of insulin?

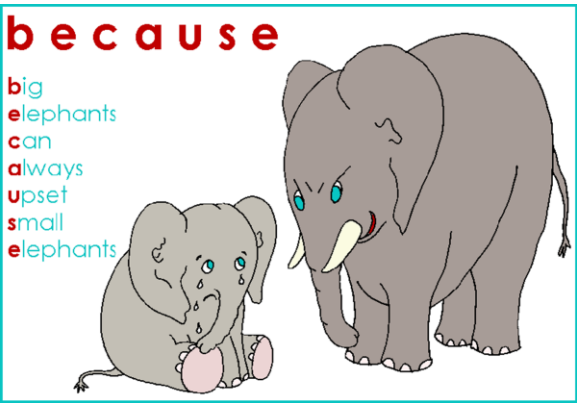
## Planning answers to past-paper questions

Create grids to plan answers to possible exam questions, like the one below.

What are the key terms in the question? What do they mean?		
What do you need to revise/ revisit to answer this question?	Topic area	What command words are used? What do they mean?
		What are the key things you need to know to answer the question?

## Mnemonics

Mnemonics help you to remember by using short words or letters in an acronym.



## Mock Exam Revision Timetable Term 1 – Week 7 (1)

	Monday 14 <sup>th</sup> October	Tuesday 15 <sup>th</sup> October	Wednesday 16 <sup>th</sup> October	Thursday 17 <sup>th</sup> October	Friday 18 <sup>th</sup> October
Lunch					
After school					
Evening session 1					
Evening session 2					
Saturday 19 <sup>th</sup> October	AM		PM		Evening
Sunday 20 <sup>th</sup> October	AM		PM		Evening

## Mock Exam Revision Timetable Term 1 – Week 8 (2)

	Monday 21 <sup>st</sup> October	Tuesday 22 <sup>nd</sup> October	Wednesday 23 <sup>rd</sup> October	Thursday 24 <sup>th</sup> October	Friday 25 <sup>th</sup> October
Lunch					
After school		Maths Mock (Wave Paper 1)			
Evening session 1					
Evening session 2					
Saturday 26 <sup>th</sup> October HALF TERM HOLIDAY	AM		PM		Evening
Sunday 27 <sup>th</sup> October HALF TERM HOLIDAY	AM		PM		Evening

## Mock Exam Revision Timetable Term 1 – OCTOBER HALF TERM WEEK

	Monday 28 <sup>th</sup> OCTOBER	Tuesday 29 <sup>th</sup> October	Wednesday 30 <sup>th</sup> October	Thursday 31 <sup>st</sup> November	Friday 1 <sup>st</sup> November
Lunch					
After school					
Evening session 1					
Evening session 2					
Saturday 2 <sup>nd</sup> November	AM		PM		Evening
Sunday 3 <sup>rd</sup> November	AM		PM		Evening



## Mock Exam Revision Timetable Term 1 – Week 9 (1)

	Monday 4 <sup>th</sup> November	Tuesday 5 <sup>th</sup> November	Wednesday 6 <sup>th</sup> November	Thursday 7 <sup>th</sup> November	Friday 8 <sup>th</sup> November
Lunch					
After school		English Language Mock (Wave Paper 1)			
Evening session 1					
Evening session 2					
Saturday 9 <sup>th</sup> November	AM		PM		Evening
Sunday 10 <sup>th</sup> November	AM		PM		Evening

## Mock Exam Revision Timetable Term 1 – Week 10 (2)

	Monday 11 <sup>th</sup> November	Tuesday 12 <sup>th</sup> November	Wednesday 13 <sup>th</sup> November	Thursday 14 <sup>th</sup> November	Friday 15 <sup>th</sup> November
Lunch					
After school		English Language Mock (Wave Paper 2)			
Evening session 1					
Evening session 2					
Saturday 16 <sup>th</sup> November	AM		PM		Evening
Sunday 17 <sup>th</sup> November	AM		PM		Evening

## Mock Exam Revision Timetable Term 1 – Week 11 (1)

	Monday 18 <sup>th</sup> November	Tuesday 19 <sup>th</sup> November	Wednesday 20 <sup>th</sup> November	Thursday 21 <sup>st</sup> November	Friday 22 <sup>rd</sup> November
School day					STAFF TRAINING DAY SCHOOL CLOSED TO STUDENTS
Lunch					
After school		Maths Mock (Wave Paper 2)			
Evening session 1					
Evening session 2					
Saturday 23 <sup>rd</sup> November	AM		PM		Evening
Sunday 24 <sup>th</sup> November	AM		PM		Evening

## Mock Exam Revision Timetable Term 1 – Week 12 (2) **MOCK EXAMS start this week**

	Monday 25 <sup>th</sup> November	Tuesday 26 <sup>th</sup> November	Wednesday 27 <sup>th</sup> November	Thursday 28 <sup>th</sup> November	Friday 29 <sup>th</sup> November
School day MOCKS START MONDAY	MOCK EXAMS	MOCK EXAMS	MOCK EXAMS	MOCK EXAMS	MOCK EXAMS
Lunch					
After school					
Evening session 1					
Evening session 2					
Saturday 30 <sup>th</sup> November	AM		PM		Evening
Sunday 1 <sup>st</sup> December	AM		PM		Evening

## Mock Exam Revision Timetable Term 1 – Week 13 (1) **MOCK EXAMS CONTINUE THIS WEEK (Art)**

	Monday 2 <sup>nd</sup> December	Tuesday 3rd December	Wednesday 4 <sup>th</sup> December	Thursday 5 <sup>th</sup> December	Friday 6 <sup>th</sup> December
School day <b>MOCKS THIS WEEK</b>	<b>MOCK EXAMS</b>	<b>MOCK EXAMS</b>			
Lunch					
After school					
Evening session 1					
Evening session 2					







#### Physical symptoms

- Headaches
- Tiredness and/or feeling 'hyper'
- Not being able to sleep
- Aches and pains
- Feeling sick / stomach problems
- Skin problems
- Not wanting to eat...or obsessively eating LOADS



#### Mental/emotional symptoms

- Feeling sad
- Feeling angry
- Being snappy
- Not being able to concentrate
- Paranoia – thinking people are talking about you or making things difficult for you on purpose
- Feeling hatred or resentment towards people – even your loved ones
- Playing thoughts over and over again in your head
- OCD symptoms including obsessive thoughts or behaviour



### General stress-busting tips

**Believe in yourself.** If you prepare for the exams properly you should do fine, meaning that there is no need to worry excessively.

**Don't try to be perfect.** It's great to succeed and reach for the stars, but keep things in balance. If you think that "anything less than an A\* means I've failed" then you are creating mountains of unnecessary stress for yourself. Aim to do your best but do recognise that none of us can be perfect all of the time.

**Take steps to overcome problems.** If you find you don't understand some of your work, getting stressed out won't help. Instead, take action to address the problem directly by seeing or talking to your teacher or getting help from your classmates.

**Don't keep things bottled up.** Confiding in someone you trust and who will be supportive is a great way to relieve stress and worry. A parent, a grandparent, a friend, anyone who you feel comfortable talking to.

**Keep things in perspective.** Interrupt negative thoughts with positive ones. Examples: "I can do this", "I will do my best", "I can pass this test", "I will focus only on the question in front of me." "I have done it before, so I can do it again." Actively challenge your irrational thoughts.

**Try to maintain a healthy lifestyle.** Anxiety increases when one feels tired, run down and overwhelmed. Overall resilience depends on one's physical and mental health – take steps to do this.

**Get accurate information.** If you don't understand, ask. Well before the exam, make sure you know where it will be held, the start time, how long it will last, whether extra time will be allowed.

**Get yourself into 'exam mode'.** Practise on sample tests in the textbook or study guide. Look at past exams. Make sure you know what to expect in the exam, what course materials should be emphasised, how to prioritise study time for the course.

**Plan.** Rest well the night before the exam. Plan to arrive at the exam early. Monitor the time during the exam so wear a watch or sit where you can see the clock. Plan to wear layers of clothing so you can adjust your need for more warmth or coolness .

**Avoid negative influences.** Give coffee and other stimulants a miss the night before the exam or on the day of the exam. Avoid anxious or talkative students. Avoid other people or things that may disturb your self-confidence, focus and level of relaxation. Definitely avoid arriving late.

