

**TARLETON**  
ACADEMY

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# Revision Strategies

# Revision Timetables

During year 11, you have a lot to think about and a lot of different things which you have to juggle. You should revise independently so that you can close the specific gaps which you have in your knowledge. However, because you have to plan your own independent revision, it is easy to forget revision or to only do it in large bursts right before an assessment.

Planning when and what you are going to revise reduces the number of decisions you need to make every day and will reduce the risks of you not revising or your revision being ineffective because you have left it until the last minute.

## Prioritise your revision

- List all your subjects
- Rank your subjects from number 1 -9 (1 being your strongest)
- Then re-write your list in the order of the subjects you have numbered.

Your List:

## Writing your timetable

- Write in everything you have planned prior to creating your revision timetable. (Going out for tea, going to the gym, playing sport etc)
- Write in upcoming exams & deadlines
- Not every space needs to be full – leave yourself time to relax too!
- Focus on the subjects that are highest on your priority list. Remembering that all of your subjects are important and need to be allocated time.
- Write in the subjects you are going to cover and when. Be specific around what you will cover each time you sit down and revise.

# When Should I Revise?

In order to revise effectively, you have to think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time when find it easiest to focus. This should be a time when you are well-rested and when you are used to working.

## Managing your time when revising

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

### 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 small breaks.



### Don't:

- Depend on when you want to revise.
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.



# 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 you 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. Its 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.



## Practice Introductions

For essay subjects, take a past exam question and practice writing effective introductions and conclusion. Look back at your notes and remind yourself of the important things to remember. Practice for different topics, texts and papers.



## 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. OR Look 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.

# Flash Cards

## Summary: How to use flash cards



1.	2.	3.	4.	5.
Identify knowledge	Colour coding	Designing	Using	Feedback
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.

Avoid answering the questions in your head: research shows that when you read a question and answer it in your head, you aren't actually testing your knowledge effectively. Say the answer out loud or write it down before checking it against the card, so you are truly testing if you can explain the answer properly

### Flash card top tips

- The most effective flashcards include one question followed by one answer (or one term followed by one definition).
- Don't force your brain to remember a complex and wordy answer. It's easier for your brain to process simpler information so split up your longer questions into smaller, simpler ones.
- You will end up with more flashcards this way but your learning will be a lot more effective.

Front

How tall is Mount Everest?

Back

8,848 metres above  
sea level

## Using Flash Cards

### Self Quizzing

1. **Read the question** on your flash card.
2. **Write down your answer.**
3. Put your flash card **down to one side.**
4. Move onto the **next** card.
5. **Repeat** steps 1-3.
6. Keep your flash cards **in the order** you have quizzed them in.
7. **Mark** your answers – **highlight** any answers you got incorrect.

# Self Quizzing

## Summary: Self Quizzing



1.	2.	3.	4.	5.
Identify knowledge	Review and create	Cover and answer	Self mark & reflect	Next time
Identify knowledge/content you wish to cover.	<p>Spend around 5-10 minutes reviewing content (knowledge organisers/class notes/text book)</p> <p>Create x10 questions on the content (If your teacher has not provided you with questions)</p>	<p>Cover up your knowledge and answer the questions from memory.</p> <p>Take your time and where possible answer in full sentences.</p>	Go back to the content and self mark your answers in <b>green</b> pen.	Revisit the areas where there were gaps in knowledge, and include these same questions next time.

Ensure that you complete all subjects and all topics – not just the subjects you enjoy the most of find easiest.  
Practice makes perfect!

Follow the 5 step process to self quiz 3 topics of your choice.

Mark your answers in green pen and highlight specifically the questions you got wrong.

### Quiz

	Question	Answer	
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

# Brain Dumps

## Summary: Brain dumps



1.

### Identify knowledge

Identify the knowledge/topic area you want to cover.



2.

### Write it down

Take a blank piece of paper/white board and write down everything you can remember about that topic. (with no prompts)

Give yourself a timed limit (e.g. 10 minutes)



3.

### Organise information

Once complete and you cannot remember any more use different colours to highlight/underline words in groups.

This categories/links information.



4.

### Check understanding

Compare your brain dump to your K/O or book and check understanding.

Add any key information you have missed (key words) in a different colour.



5.

### Store and compare

Keep your brain dump safe and revisit it.

Next time you attempt the same topic try and complete the same amount of information in a shorter period of time or add more information.

Brain dumps are a way of getting information out of your brain.

Follow the 5 step process to complete 3 brain dumps for different topics of your choice. You can also complete this in two colours. One colour for content you know and another colour for content you need to revise / that you added.

# Subject Specific Guidance

## Art and Design

## Exam Board- AQA

## Specification code - 8201

- Maintain a good work rate outside of lessons – a couple of hours a week should be spent to at home developing your art examination project
- Collect LOTS of first-hand primary research relating to your theme such as photographs, you can print out and use in your work
- Use Pinterest to collect ideas for your work – this is a great source of inspiration!
- Make use of the examples of previous students work on the resources in Showbie.
- Use Showbie resources to support your written work and analysis of artist's work
- Use social media and the internet to find out as much as you can about your chosen artist's work
- Plan your time and ensure you are organised with all the art materials you need every lesson.

## Computer Science

## Exam Board- OCR

## Specification code - J227

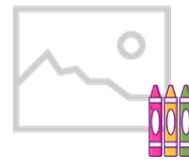
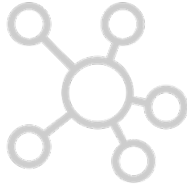
Use a revision guide and revision workbook as recommended to further consolidate their learning.

- Use the knowledge organisers provided by the teacher on Google Classroom to read through units of work covered in exam papers 1 and 2.
- Using Google Classroom to attempt a range of exam papers and use the mark schemes to self-assess their work.
- Use the 'Quizlet' and 'Educake' materials produced by the teacher to interactively assess their knowledge of the units of work covered in exam papers 1 and 2.
- Recap the lesson Google Slides of all the topics covered in the specification.
- Use Coding Rooms to practice their programming skills in preparation for completing Paper 2 of the qualification where students are required to write code.
- Using Google Classroom and attempting the end of topic tests and use the mark schemes to self-assess their work.
- Use Smart Revise and the quiz, flash cards and exam questions set by Craig 'n' Dave which cover the whole specification to consolidate topics which they do not fully understand.
- Read the Paul Long text book which is on Google Classroom which covers the whole of the GCSE specification as a PDF book.
- Using YouTube search for Craig 'n' Dave J277 where there is a full playlist of videos which explain each point in the specification.



# Creating a Mind Map

## Summary: How to create a mind map



1.	2.	3.	4.	5.
<b>Identify knowledge</b>	<b>Identify sub topics</b>	<b>Branch off</b>	<b>Use images &amp; colour</b>	<b>Put it somewhere visible</b>
Select a topic you wish to revise. Have your class notes/knowledge organisers ready.	Place the main topic in the centre of your page and identify sub topics that will branch off.	Branch of your sub topics with further detail.  Try not to fill the page with too much writing.	Use images and colour to help topics stick into your memory.	Place completed mind maps in places where you can see them frequently.

Avoid using too much information: mind maps are designed to summarise key information and connect areas of a topic/subject. If you overcrowd the page, you lose the point of the mind map and will find it harder to visualise the information when trying to recall it

Follow the 5 step process to create a mind map for 3 different topics of your choice.  
You can also colour code the information you are confident with in one colour and information that you are unsure about in another colour.

# Subject Specific Guidance

## Drama

## Exam Board- AQA

## Specification code - 8261

- Re-read the set text ('Blood Brothers'), making revision notes and using resources (available now on the Drama Google site), to deepen understanding of the playwright's intentions, social, historical and political factors, plot, themes and characters.
- Create a detailed character profile for each of the main characters in the set text, with three quotations for each one (from the three different time periods the play spans), complete with brief explanation as to how each of these summarise the character.
- Learn scripted lines as soon as possible for texts in the practice component.
- Use practice exam papers available on the Drama Google Site- ask your teacher to mark them.
- Use resources for Kneehigh Theatre Company's production 'Tin Drum' in preparation for the written exam (available now on the Drama Google site).
- Use a revision guide to support your learning of the course and set text.

## Design Technology

## Exam Board - Eduqas

## Specification Code – C600QS

Use a revision guide, WJEC/EDUQAS 9-1 Design and Technology

Use Focus software to access videos and revision for all areas of the subject.



Login:

Username: student@tarletonacademy38947

Password: a7r6zs820

Look at the following websites:

[www.technologystudent.com](http://www.technologystudent.com)

[www.bbcbitesize.co.uk](http://www.bbcbitesize.co.uk)

[www.senecalearning.com](http://www.senecalearning.com)

Core knowledge needed:

- Design technology and our world
- Smart materials, composites and technical textiles.
- Electronic systems.
- Mechanical components and devices.
- Materials:
  - Natural and manufactured timbers.
  - Papers and boards
  - Ferrous, non ferrous metals and alloys.
  - Thermoforming and thermosetting plastics.
  - Fibres and fabrics.
- In-depth knowledge and understanding:

\* Natural and manufactured timbers.

# Subject Specific Guidance

## English Language

## Exam Board- AQA

## Specification code - 8700

- Practise writing under timed conditions – you need to be able to write a short story of 450-600 words in 45 minutes and an article in 45 minutes. Look at past story titles on Google Classroom, or make up your own– write your story adapted to those titles.
- Use the CPG revision guides for Spelling, Punctuation and Grammar.
- Practise past papers and exam-style questions - these can be found on the AQA website.
- Read passages from novels and identify how the writer has created atmosphere and character – write a series of bullet points as to how the writer has done this.
- Find editorials in newspapers and use a highlighter to identify key points.
- Revise the key skills for writing – paragraphs, topic sentences, rhetorical devices, the full range of punctuation. There are many helpful revision videos on YouTube - ask your teacher if you need guidance on which links are best.
- Revise the techniques that enable you to critically analyse other writing: DAFOREST – perhaps create flashcards to help you remember these.
- Past papers: <https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources>
- Use [www.vocabulary.com](http://www.vocabulary.com) to develop your academic word-bank for writing.
- Use [www.bbc.com/bitesize/examspecs/zpxh82p](http://www.bbc.com/bitesize/examspecs/zpxh82p) to review hints and tips for your English Language exam (the AQA section).
- Use Mr Everything English - <https://www.youtube.com/c/MrEverythingEnglish/videos>

All of our up-to-date resources and links to further revision material can be found on the year 11 Google Classroom for English:

<https://classroom.google.com/c/NzEzMTMwMjU1NjQ0?cjc=zq33hfb>

# Subject Specific Guidance

## English Literature    Exam Board- Eduqas    Specification code - C720QS

- Re-read your three set texts - ensure you have revision notes for each key character and key theme, with ten quotations to support each one - tracing it from the start to the end of the text. Write yourself a set of questions for each character and theme.
- You could record your revision notes audibly, so you can play them to yourself at spare moments - on the bus, in the car etc.
- Use practice exam questions/past papers available from your teacher/Classcharts - ask your teacher to mark them. There are also many helpful revision videos on YouTube - ask your teacher if you need guidance on which links are best.
- Choose a passage from any of your set texts, and analyse how the writer has presented that episode - use our flash codes (E, AQ, WM, WT, Z, AC, CON) to help you annotate it.
- Use a revision guide to help you further cement your learning – create mind-maps, flashcards or quizzes.
- Create a 'knowledge organiser' to note key information on a set text – ask your teacher if you need examples or help with this.
- You can find the set texts electronically using the following links. The more you read the texts, the better prepared you will be for this closed-book exam:

Macbeth: <http://shakespeare.mit.edu/macbeth/>

A Christmas Carol: <https://www.gutenberg.org/files/46/46-h/46-h.htm>

Blood Brothers: [Blood Brothers](#)

An Inspector Calls: [An Inspector Calls](#)

Eduqas Poetry Anthology: [Anthology](#)

Helpful websites are: Cliffnotes, Quizlet, BBC bitesize, Seneca Learning, [Genius](#), [Mr Salles Teaches English](#), [Mr Bruff](#).

All of our up-to-date resources and links to further revision material can be found on the year 11 Google Classroom for English:

<https://classroom.google.com/c/NzEzMTMwMjU1NjQ0?cjc=zq33hfb>

# Subject Specific Guidance

## Food Preparation and Nutrition

**Exam Board - AQA**

**Specification code - 8585**

It's important to focus on both theoretical knowledge and practical skills. Here are some strategies to help you prepare:

- Review the AQA specification for the course to understand the key topics that are assessed.
- Identify the specific areas you are weakest in and allocate more time to those sections.

The main topics covered in the GCSE AQA Food Preparation and Nutrition course include:

- **Food, nutrition, and health**
- **Food science**
- **Food safety**
- **Food choice**
- **Food provenance**
- Break each topic down into subtopics and focus on learning one subtopic at a time. For example, in "Food, nutrition, and health," you might cover macronutrients first, then move on to micronutrients.
- Completing past exam papers is one of the most effective revision technique, it helps you become familiar with the format and types of questions. You can identify areas that commonly appear on exams (e.g., food safety and nutrition) and focus your revision on those.
- Create flashcards with key terms and definitions, such as different types of nutrients, enzymes, food safety practices, and the functions of vitamins and minerals. This can help you commit important details to memory and quiz yourself regularly.
- Create mind maps or diagrams to visualise complex concepts like the process of digestion, the role of enzymes, or the properties of different cooking methods. For example, you could create a diagram illustrating the different methods of food preservation, like freezing, canning, and drying.
- Be sure to understand food science principles, including how cooking techniques (e.g., boiling, frying) affect the nutritional value of food, the science behind food preparation (e.g., the Maillard reaction), and how ingredients behave when combined.
- Conduct practical experiments if possible to understand these processes firsthand.
- Practical skills are an essential part of the exam, so practice cooking a variety of dishes. Focus on the skills mentioned in the specification, such as preparing dishes with specific nutritional requirements or presenting food attractively. Write down recipes and the techniques involved. You could also create a "recipe book" where you make notes on your successes and areas for improvement.

Use AQA Illuminate digital bundle to build on knowledge.

Username STARL3 Password Student3

# Subject Specific Guidance

## Geography

## Exam Board- AQA

## Specification code - 8035

- Purchase the Hodder 'My revision notes' revision guide, a link for this has been put on Class Charts.
- BBC Bitesize has a specific section for AQA GCSE Geography it has been updated and is a very useful tool.
- Use Seneca for revision, although this is often set as homework you can work through sub sections of the course at your own pace.
- Complete quizzes on internet geography - <https://www.internetgeography.net/geography-quizzes/>
- Follow geography\_cat on Instagram for regular revision updates.
- Watch the Loom videos that teachers have made on exam technique.
- There are various revision videos found on YouTube.
- Practice papers and exam questions are a tried and tested way of learning exam technique. Past papers and mark schemes are available on Google Classroom.
- There are revision powerpoints with all the subject content condensed in manageable sections.

# Subject Specific Guidance

## History

### Exam Board- Edexcel

### Specification code - 1HIA

- Students will need to revise the four key topics we have studied, these include: Medicine Through Time, Early Elizabethan England, Weimar and Nazi Germany and American West from the Edexcel specification.
- We would recommend producing revision materials such as flash cards, spider diagrams, revision notes. For example you could produce flash cards with key date on one side and the event on the other.
- Use the recommended revision guides for these topics, you could also try to answer the practice questions in these guides and your teacher can provide feedback.
- BBC Bitesize provides useful videos, reading materials and quizzes so you can test your knowledge on all topics.
- Use Seneca to test your understanding and knowledge.
- YouTube videos and channels such as Ben Newmark –Medicine, Germany 1919-1939 and for Elizabethan England - The History Teacher.
- Ray Mears documentary for American West

## Mathematics

### Exam Board- OCR

### Specification code - J560

- Bring all equipment to every Maths lesson.
- Use Dr Frost Maths for revision and support.
- Use old GCSE questions to help practice.
- Revise topics that are found to be difficult rather than focusing on topics that you can do.
- Time yourself answering Maths questions aiming to be working at a pace of approximately one mark per minute.
- Practise problem solving questions.
- Practise answering questions rather than making notes
- Actively seek help on their revision from any maths teacher in school

# Subject Specific Guidance

## **Music**

**Exam Board- Eduquas**

**Specification code - C660QS**

- Use a revision guide, WJEC/EDUQAS GCSE MUSIC by Jan Richards.
- Choose a section from one of your set works and use the elements of music to analyse it.
- Listen to a range of unfamiliar piece of music and use the elements of music to analyse it.
- Regularly practise your performance pieces, focusing on accuracy AND dynamics/expression.
- Practise composing and creating musical ideas at home, ready to bring in and record during lessons.
- Use the list of key vocabulary and search for audio examples/video explanations of any you do not understand/know.
- Make sure you do not just know what it means, but what it sounds like in Music.

## **Physical Education**

**Exam Board- OCR**

**Specification code - J587**

- Use the PE revision website on Student Portal.

<https://sites.google.com/tarletonacademy.org/gcseperevision/home>

- BBC bitesize has been refreshed and updated and is an extremely useful revision tool.
- Practise past papers. Aim to do a section of examination questions once per week. Use the Marks schemes to self-mark and identify gaps in knowledge.

<https://sites.google.com/tarletonacademy.org/gcseperevision/home>

- Target these gaps in knowledge as a focus for your revision.



# Subject Specific Guidance

## Sports Science

## Exam Board- OCR

## Specification code - J812

- Use the PE revision website on Student Portal.

<https://sites.google.com/tarletonacademy.org/gcseperevision/home>

- BBC bitesize has been refreshed and updated and is an extremely useful revision tool.
- Practise past papers. Aim to do a section of examination questions once per week. Use the Marks schemes to self-mark and identify gaps in knowledge.

<https://sites.google.com/tarletonacademy.org/gcseperevision/home>

- Target these gaps in knowledge as a focus for your revision.

## Religious Studies

## Exam Board- Eduquas

## Specification code - C120P3

- Use the revision guide for Eduqas Religious Studies Route A Christianity and Islam that has been recommended.
- Use resources on google classroom in the 'Revision' section as well as re-reading some of the lessons on there.
- Use the online textbook to read over topics that you might be struggling with or have missed due to absence. <https://resources.finalsite.net/images/v1553546800/sydenhamlewishamschuk/niddyrgyzsf2xaotqd8/Religious18-pt1.pdf>
- Visit the exam board website where you can:
  - Complete past papers
  - Read mark schemes
  - Read examiners reports on how past students have answered the questions
  - Watch exam walkthroughs on how to answer questions
  - Access a range of digital revision resources tailored to your exam.<https://www.eduqas.co.uk/qualifications/religious-studies-gcse>
- Make sure you have annotated the 'Key Teachings' booklets for each component of your exam (copies on google classroom).
- Make sure you have learned all the specialist terms and definitions for each topic (copies on google classroom).

# Subject Specific Guidance

## **Science      Exam Board- AQA**

**Specification code- Biology - 8461**

**Chemistry - 8462**

**Physics - 8463**

**Combined - 8464**

- Review what you have learnt in your Science lessons on a weekly basis.
- Use Educake as a revision tool and attempt questions from the topics that you have covered in class.
- BBC bitesize has been refreshed and updated and is an extremely useful revision tool.
- Utilise Oak Academy lessons to review topics that you have identified as areas to develop.
- Use the Tarleton Science Revision Website on student portal (useful videos, past papers, question booklets etc).
- Practice past papers can be accessed on the AQA website using the following links.

### **Combined Science (Trilogy Specification):**

<https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources>

### **Separate Science:**

**Biology:** <https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources>

**Chemistry:** <https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources>

**Physics:** <https://www.aqa.org.uk/subjects/science/gcse/physics-8463/assessment-resources>

- Use the material available on Classcharts and Google Classroom to help you
- Some useful websites:
  - [www.senecalearning.com](http://www.senecalearning.com)
  - [Required Practical Videos](#)
  - [www.quizlet.com](http://www.quizlet.com)
  - <https://continuityoak.org.uk/lessons> (Oak Academy Science Lessons)
  - [www.sites.google.com/tarletonacademy.org/sci-revision/home](http://www.sites.google.com/tarletonacademy.org/sci-revision/home) (or on student portal)
  - [www.primrosekitten.com](http://www.primrosekitten.com)
  - [www.youtube.com/c/freesciencelessons](http://www.youtube.com/c/freesciencelessons)

# Subject Specific Guidance

## Spanish

## Exam Board- Edexcel

## Specification code - ISP0

- Make sure you keep the Speaking Exam booklets updated each time you complete a conversation question which is marked by your teacher.
- Buddy up with someone else who is learning Spanish to practise with. This will help your listening as well as your speaking.
- Attend conversation class once a fortnight.
- Learn your general conversation, introduction and themed questions as thoroughly as possible and try to say the answers out loud rather than just reading them.
- Record yourself saying the answers to the conversation questions so that you can listen to yourself over and over again.
- Make mini flashcards of your conversation questions and answers for each theme and use every opportunity to revisit and revise them.
- Highlight the words which are trickier to pronounce and write them in a phonetic way to help you remember how to say them.
- Use vocab learning apps such as; language nut, duolingo, memrise and quizlet.
- Practise reading and listening exam questions using BBC bitesize and Seneca.
- Cement your learning using the Pearson Edexcel Revision guide and workbooks (if you didn't buy a revision guide you can still go onto the website and listen to the texts and download the transcripts at <http://www.pearsonschools.co.uk/mflrevisionaudio>).
- Prepare a list of useful phrases for opinions, idioms and complex structures to use in the writing exam and learn how to say and spell these off by heart.
- Practise writing 90-150 words on the different topics using the vocab sheets for each unit. If you have any missing, ask your teacher for copies. Get your teacher to check this.

# General Support

## Exam Boards

[www.aqa.org.uk](http://www.aqa.org.uk) the Assessment and Qualifications Alliance (AQA)

[www. qualifications.pearson.com](http://www.qualifications.pearson.com) (Edexcel)

[www.ocr.org.uk](http://www.ocr.org.uk) Oxford, Cambridge and RSA Examinations (OCR)

[www.wjec.co.uk](http://www.wjec.co.uk) The Welsh Joint Education Committee (WJEC/Eduqas)

## Post 16 Resources

[nationalcareers.service.gov.uk/careers-advice/career-choices-at-16](http://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16) – National Careers Service

[www.Careersbox.co.uk](http://www.Careersbox.co.uk) - Careers films/videos – real people in real jobs

[www.icould.com](http://www.icould.com) - Career advice, HE choices

[www.apprenticeships.org.uk](http://www.apprenticeships.org.uk) - National Apprenticeship Service

[www.futuremorph.org](http://www.futuremorph.org) - STEM careers

[www.bbc.co.uk/bitesize/careers](http://www.bbc.co.uk/bitesize/careers) - BBC Bitesize Careers information

[www.targetjobs.co.uk](http://www.targetjobs.co.uk) - Careers info – construction, accountancy, banking, law, engineering, environment, media etc..

### **Preparing for your exams**

While you're preparing an exam, you could try lowering stress levels by:

- Finding a study group, in school with a teacher, with friends or people in your class.
- Making a revision timetable. This helps organise your revision. Break your revision down into small chunks/ topics. Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day!
- Make time for breaks, plan them into your timetable, plan in sports, seeing friends even naps!
- Don't panic if you go slightly off schedule - tomorrow is another day.
- Working in the best way for you. Be creative or active if it helps, like drawing diagrams or making up songs. Try being open to different types of studying and revision.
- Revising in the best place for you. You might prefer the quiet or being around others. If you don't have a space to study at home, you could try at school, the library, a cafe, or a family member or friend's house.
- Keep a good blood sugar level to avoid highs and lows of energy, by eating slow-release foods like sourdough or multi-grain bread, oat porridge, nuts (and nut butters) and vegetables.
- Drink lots of water. People often underestimate how much hydration helps!
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Avoid stimulants. Caffeine and energy drinks affect your concentration and sleep.
- Don't compare yourself to others.
- Talk to people if you are feeling stressed, family, friends and teachers are there to support you.

### **Does your phone distract you from revising?**

Flora is a new way to stay off your phone, clear to-do lists, and build positive, life-changing habits. Whenever you want to make progress toward your goals use Flora!

Ex students have fed back to us that using Flora had a positive impact for them and recommend it to all students studying for exams! Check it out in the App Store.



# Dealing with Revision Stress

## 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**



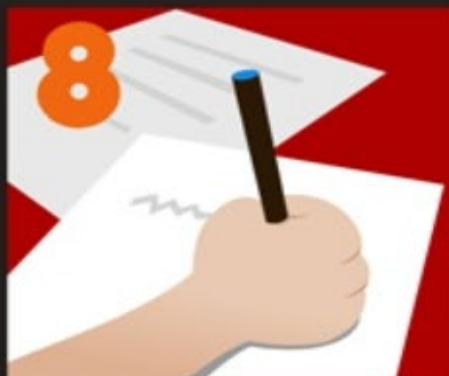
**Do something to switch off an hour before bed**



**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**



## Feeling stressed about exams is normal. So how can you manage it?

**On the day of your exam** To help cope with stress on the day of your exam, you could:

- Prepare your items the night before. Get everything you need ready to take with you, like equipment and water.
- Start your day the best you can. Eat breakfast and make sure you have enough time to arrive at school without rushing.
- Try to ground yourself with a breathing exercise. If you feel overwhelmed in the exam, try to breathe in through your nose for 4 counts, hold it for 2 counts, and breathe out through your mouth for 7 counts. If you repeat this, it can slow your breath and help keep you calm.
- Take your time. Read the exam carefully and plan what you need to do before answering.
- Remind yourself that it'll be over soon. You've done your best!

**To cope with stress and difficult feelings after an exam, you could:**

- Try not to compare your answers to others. If possible, avoid talking to other people about the questions, comparing answers or looking up answers online.
- Focus on next steps. Plan what you'll do next, like going home, doing something fun, then revising for the next exam. Think ahead in a positive way.
- Relax before your next exam. The stress from doing an exam can leave you feeling exhausted. You might find it hard to revise again before you take a break.





**BE FEARLESS,  
BE RESILIENT,  
BE BRAVE,  
BE AMAZING,  
BE YOUR BEST SELF,  
BELIEVE IN YOURSELF,**



*you've got this!*