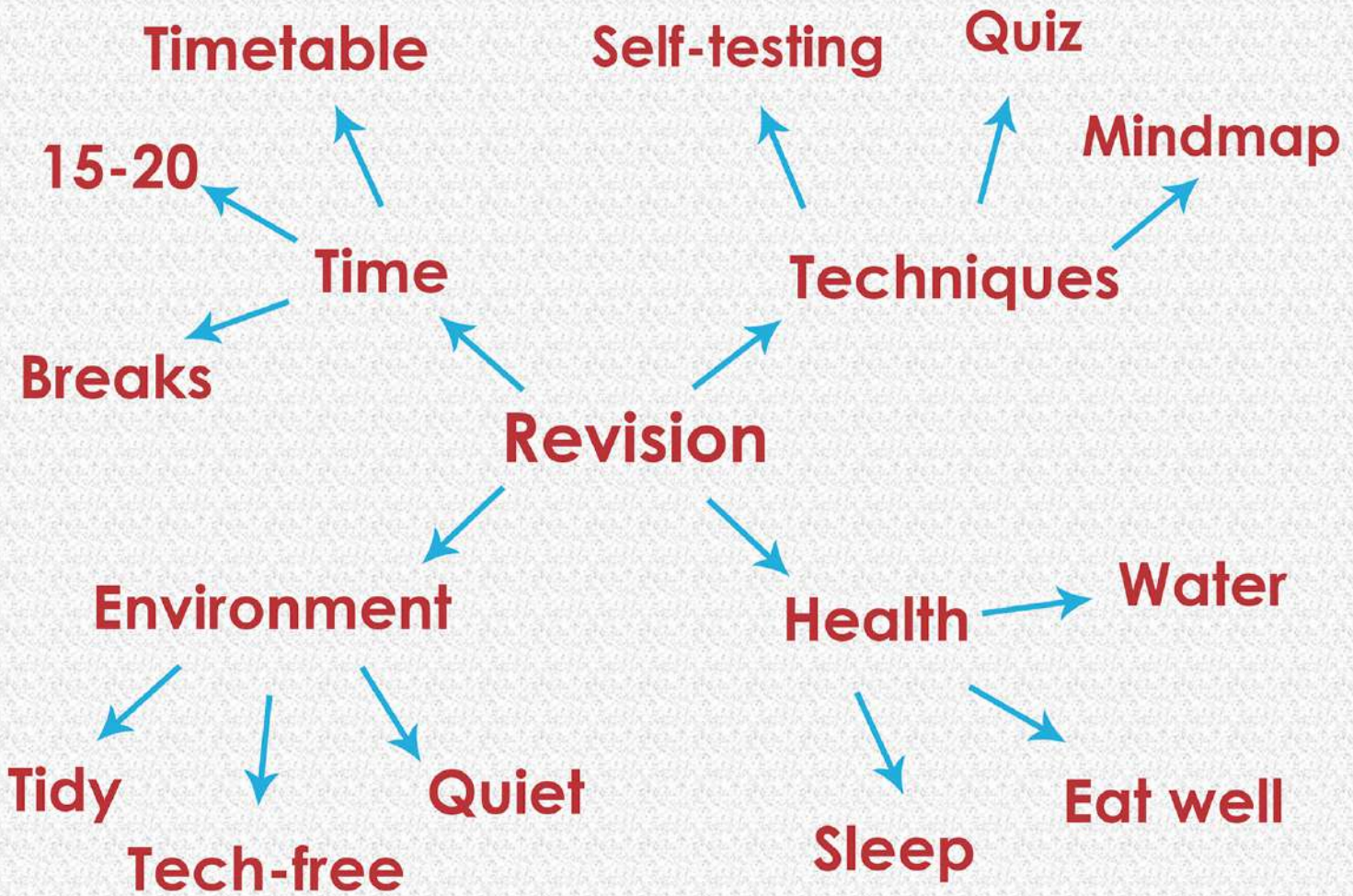




# The English Martyrs School and Sixth Form College



## **A Parent's Guide** Helping your child to exam success

# Top Revision Strategies

## Look, Cover, Write, Check

1. Look at the information. Be realistic and make this a manageable amount!
2. Cover up the information. Making your brain work hard to retrieve it.
3. Write down the information from memory.
4. Check it. Did you get it right? What is missing? Repeat if necessary.

## Mind-Mapping From Memory

1. Read the information. Be realistic and make this a manageable amount!
2. "Mind Map" the information you can remember - from memory.
3. Check the content of your mind map against the original information.

**Alternative Option:** Create a poster with images and text from memory.

Pop the poster on your wall. **Creative Revision!**

## Spider Diagram From Memory

1. Write a main point or exam question in the centre of the diagram.
2. "Spider Diagram" - write key points around the outside from memory.
3. Check the content of your diagram against the original information.

## Read, Touch, Hear, Speak

1. Read the information - remember to use a manageable amount.
2. Touch - write details on one side of a card and key words on the other.
3. Hear it - Say the information or ask someone to read it to you.
4. Say it - ask yourself the question aloud and then talk through the answer.

## Question Cards

1. Write a revision question and a keyword to jog memory on one side. On the other side write the correct answer.
2. Answer the questions from memory, flip cards and check your answer.
3. If correct, put to one side. If wrong, place to bottom of the pile.

## Read And Quiz

1. Look at the information. Be realistic and make this a manageable amount!
2. As you read, write questions about the content on a separate piece of paper.
3. Look at your questions and write the answers from memory.
4. Check your answers - how did you do?

# Remember: Time + Effort = Success

## Scattergories

1. Choose text you need to revise. Read the information carefully.
2. Write revision questions on a card. Write points to jog your memory on the other.
3. Ask someone to ask you the questions and tell them your answer.
4. Get them to tick off the bullet points which you have mentioned as you go.

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## Roman Room

1. Choose a room in your house and pick out items such as a Chair, Mirror, TV.
2. Assign a fact/piece of information to each item. Write the fact to be learned onto a piece of paper or post it and attach to each item.
3. Move around the room removing each piece of information you have placed and say the information from memory.

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## Top Tips

Some simple dos and don'ts



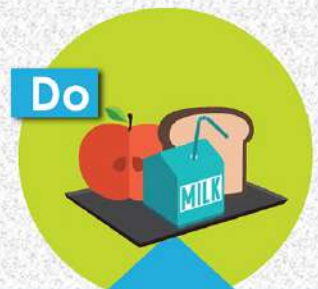
Do

**...TEST YOURSELF!**  
Testing yourself is one of the most effective ways to improve your ability to recall information. Testing yourself also highlights gaps in your knowledge. Practice exam papers are a great starting point, as well as testing yourself at the end of each revision session.



Do

**...GET PLENTY OF ZZZs**  
You are encouraged to work hard and revise a lot before exams; however, there comes a time when you need to stop and go to sleep. Knowing when can be tricky. Keep regular bedtimes. Get lots of rest. Ditch the tech in bed, that backlight will keep you up all night!



Do

**...EAT BREAKFAST**  
An estimated 27% of boys and 39% of girls skip breakfast some of all of the time. It's not called the most important meal of the day for nothing: research has found that skipping this meal significantly reduces students' attention and ability to recall information.



Don't

**...GO HIGHLIGHTER CRAZY!!**  
Quite often, students end up highlighting whole chunks and passages of text, which can give the appearance of having worked hard, but research suggests it is of little value. You'll learn and recall information better if you connect it to other pieces of information.



Don't

**...USE YOUR PHONE!**  
Evidence shows that if you spend more time texting and using social media, you'll get lower grades. Even the sight of your phone is enough to reduce your ability to focus. Give it to a parent while you are revising so there's no temptation for a sneaky peek!

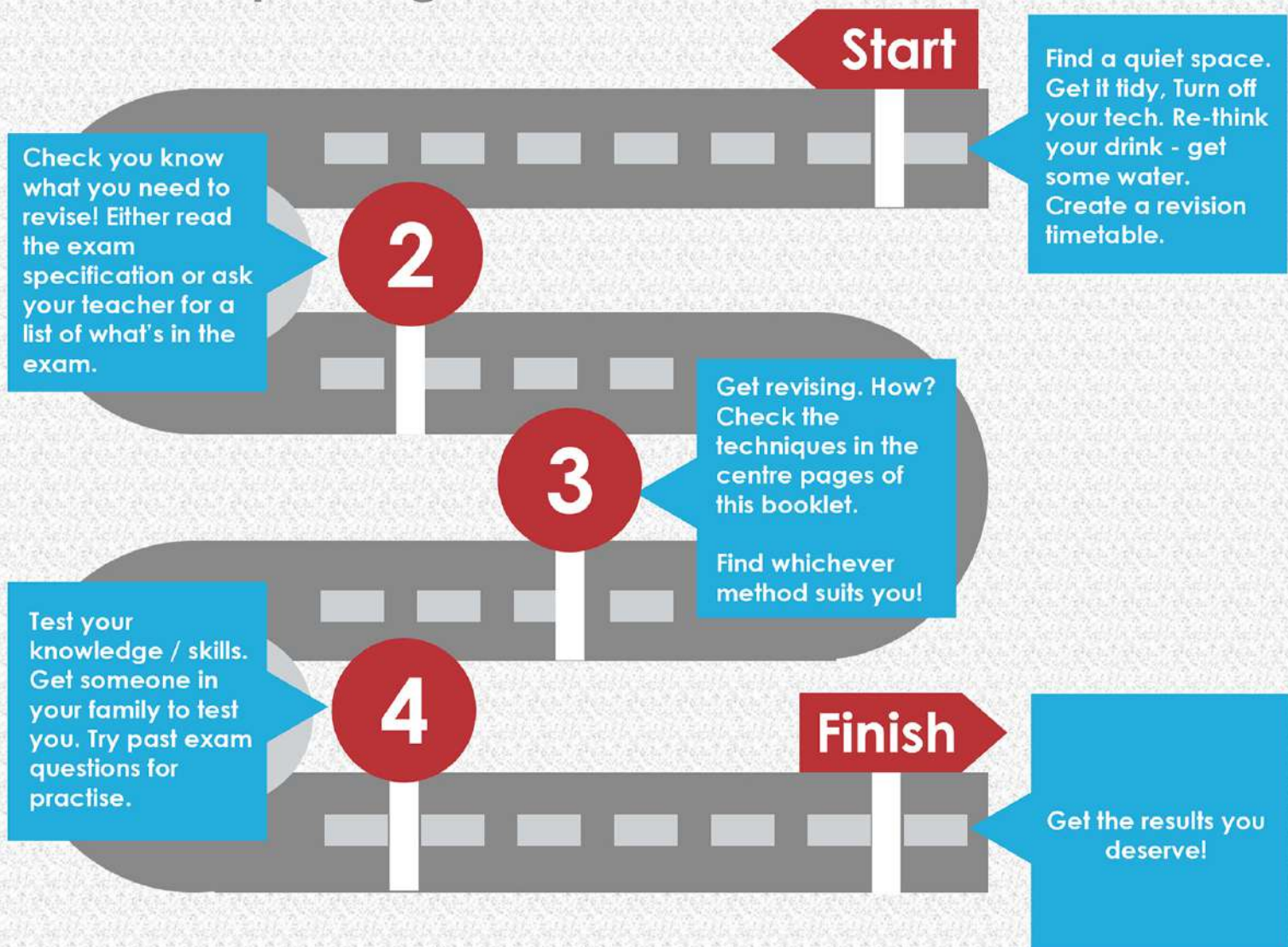


Don't

**...LISTEN TO MUSIC**  
If you study in a quiet environment, you'll be able to recall more than if you revise listening to music. Even those with an exceptional ability to control their attention, are not negatively affected as much; but it doesn't help. At best, it just doesn't hinder them as much as others.

# Revision Journey

Small steps - Big results



## More Top Tips

For effective revision

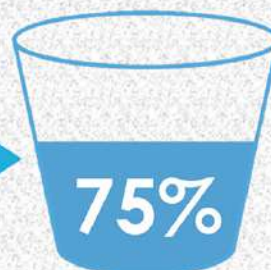


Your revision timetable should identify what you will revise and when. Prioritise subjects/topics you are struggling with.



Break up the time you spend revising. Take a 5/10 minute break every 15/20 minutes

Around 75% of your brain consists of water. Keep it hydrated. Avoid energy drinks - the caffeine won't help you get a good night's sleep.



Get yourself a tidy, quiet space to revise where you can concentrate.

