



Seahaven Academy

The best in everyone™

Part of United Learning

Year 11
Revision
information
hints and
tips

Why Revise? Why Work?

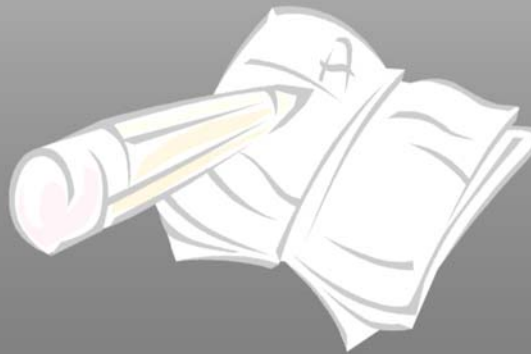
Revision enables positive results. Your GCSE results will influence the next step that you take towards higher education and/or Employment.

College interview you based upon your predicted grades. These are calculated from the results of mock exams. Poor results may close some pathways.

By Term 3 the majority of colleges will have offered provisional places. These places are based upon you achieving appropriate grades.

All school leavers in England should achieve a level 5 or above in English and Maths. If you fail to achieve this at school you will need to retake at college.

Opening your results in August should be an opportunity to celebrate success. Thorough revision will ensure this is the case.



You are not alone, no one enjoys revision

Preparing for Revision

Ensure you have all the equipment you need (pens, pencils, highlighters, post it notes, paper)



Remove all distractions . Make sure phones, televisions etc are switched off

Eat a healthy and balanced diet. Water is key. Avoid food high in sugar or caffeine



Sleep is essential. A minimum of 8 hours per night is needed



Music can help but remember no words



Good lighting supports learning — natural or artificial

Make sure you have good posture. **A lazy body = a lazy mind**



The working environment is key. A desk and suitable chair is essential

Revising for each subject

Stage 1

Collect the specification and highlight the key areas to be assessed.

Stage 2

Create a series of topic checklists. Within each topic what exactly do you need to know.

Stage 3

Share this with your class teacher to make sure it is correct.

Stage 4

Colour code the topics.
Green - fully understand
Amber - understand some areas
Red - do not understand

Stage 5

Start with the green topics - these will help to build your confidence.

Stage 6

Having completed a topic test yourself, what areas still need improvement.

Stage 7

Make sure each topic is given equal time. Do not avoid the red topics!!!!

Some subjects have a number of exams group. Group the topics based upon the order of the exams.

Active Revision

Reading through textbooks and exercise books will not help you to learn. Only 10% of all information is retained this way. Revision must be active and engage your brain.

Use bullet points or numbers for key information, avoid paragraphs

Make notes using post its or index cards

Create revision games such as blockbusters

Make giant posters to be displayed in your bedroom / bathroom etc

Use mind maps to summarise a whole topic on one page

Create acronyms and mnemonics

Revise online using programmes such as Hegarty Maths and bitesize

Put keywords in **CAPITALS**

Use a colour code. Definitions in blue, examples in green. Highlight keywords

Answer past papers/ questions under exam conditions

Attend period 6 lessons

Creating a timetable

Basic steps to success

- 1) Draw up a trial timetable lasting one week
- 2) Work through the trial timetable
- 3) Review the trial timetable
- 4) Create an updated timetable for the next week
 - 5) Work through the timetable
 - 6) Review and amend
 - 7) Continue until the last exam

Example 1

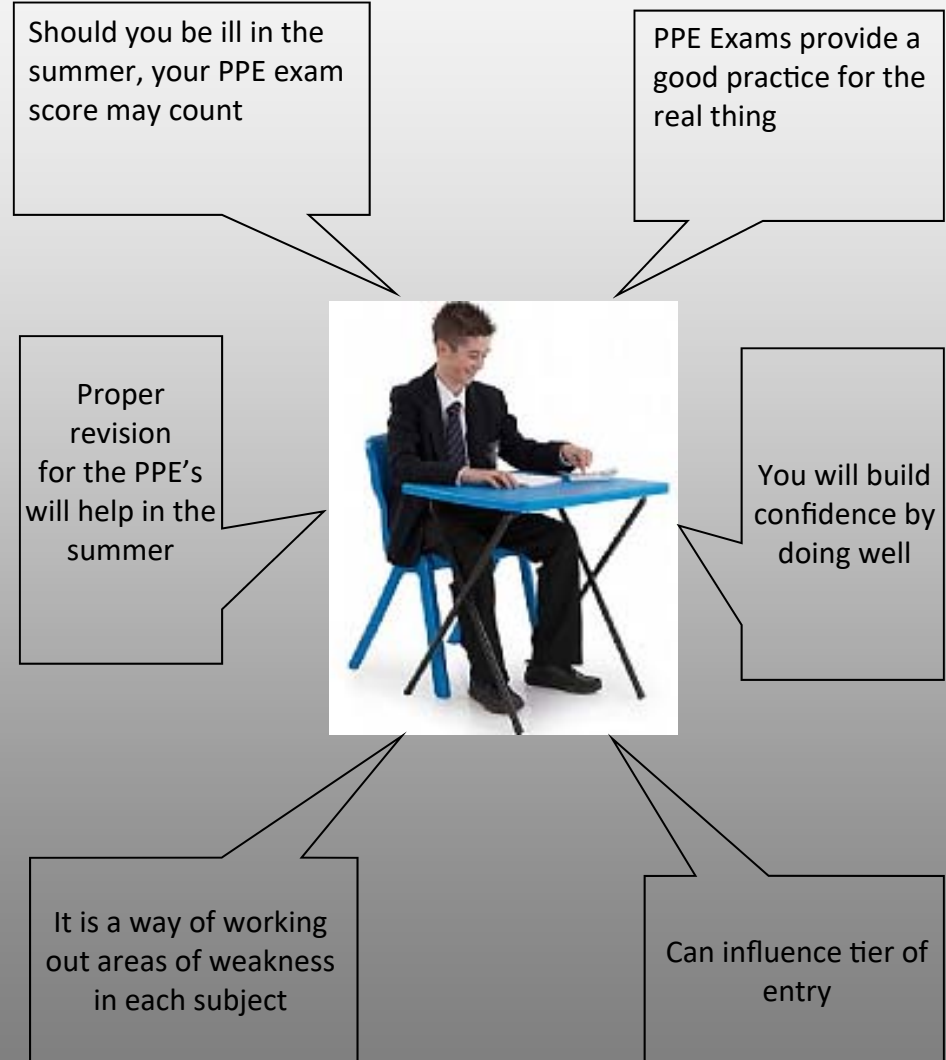
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Example 2

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.00							
9.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							

PPE Exams

These exams are important



On the day

remember the following things

Arrive in good time and check the seating plan

Make sure you have all your equipment, if not ask your teacher

All equipment must be in a clear pencil case or bag

Leave all bags, notes and books at the back of the hall

Ensure your mobile is turned off and not just on silent

Do not talk, look around or disturb others

Have breakfast and bring a bottle of water to the exam

Check you have the correct paper. If you are unsure ask

In the exam

Don't write anything for 5 minutes - read through the paper and check instructions

Make sure you have the correct paper

Write your name and sign the exam paper

Highlight or underline key words in each question

Save 5 minutes at the end to check answers

You can answer the paper in any order you choose

Draw diagrams in pencil and write in black pen

Any problems, raise your hand and ask

After the exam

After each exam everyone will talk about it. What they found easy, what they found hard, how they answered each question. Avoid getting worried or depressed there is nothing else you can do. Things will not have gone badly if you revised well.

Avoid the post mortem!!!!

Watch out for stress

Revision and exams can make you stressed. Be aware of the signs and if you feel stressed talk to your parents, tutors or teachers.

Physical Signs

Eating more or less
Sleeping more or less
Stomach aches
Headaches
Cramps
Muscle aches
Crying
Vomiting
Nausea

Mental Signs

Low self confidence
Guilty feelings
Phobias
Tiredness
Poor memory
Irritable
Angry
Fearful of the future

Methods of dealing with stress

Revise in small chunks (30 minutes maximum)
Avoid caffeine and foods high in sugar
go to sleep at a sensible time - sleep reduces stress
Self talk - you can do anything!
Talk to someone - friends, parents, teachers
Take the time to have fun
Exercise
Use mental imagery - picture what success looks like

The “P” Word

Parents want to help - they do understand, talk to them

DO

Discuss with your child what will be involved in the revision period and how you can help

Provide the environment necessary for success

Respond positively when they ask for help, ask what exactly they need

Give them praise

Keep them well supplied with equipment

Keep them well supplied with food and drink

Keep a low profile, do not disturb during sessions

Be prepared to listen

Encourage them to take regular breaks and exercise

Encourage them to go to sleep at a reasonable time

Encourage morning revision. This is peak time for learning

DON'T

Make comparisons to brothers, sisters or friends

Add to their worry by constantly mentioning the exams

Relate too much to when you were sitting exams at schools

Make a battle ground out of whether to listen to music or not

Distract them unnecessarily

Expect them to study 24 hours a day, 7 days a week