



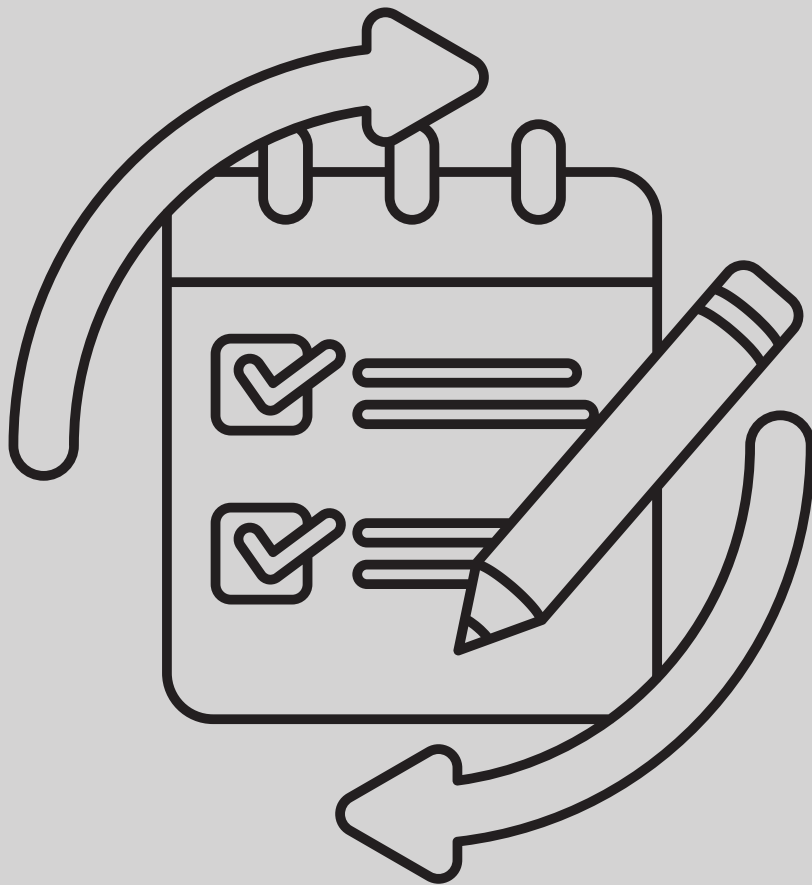
Seahaven Academy

The best in everyone™

Part of United Learning

Revision

Information, hints and tips



Be Kind, Be Confident, Be Ambitious



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 are 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 them 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!

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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

Create revision games such as blockbusters

Make notes using post its or index cards

Use mind maps to summarise a whole topics on one page

Attend period 6 lessons

Put keywords in CAPITALS

Make giant posters to be displayed in your bedroom

Create acronyms and mnemonics

Revise online using programmes such as Sparx, Seneca or BBC Bitesize

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

Answer past papers / questions under exam conditions

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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 do?

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

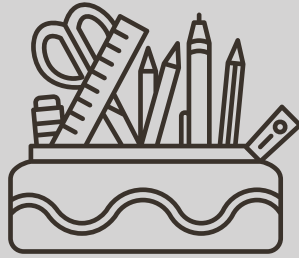
Make sure each topic is given equal time. Do not avoid the red topics!

Some subjects have a number of exams - group the topics based upon the order of the exams!

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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 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

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Creating a timetable

Basic steps to success:

Step 1: Draw up a trial timetable lasting one week

Step 2: Work through the trial timetable

Step 3: Review the timetable

Step 4: Create an updated timetable for the next week

Step 5: Work through the timetable

Step 6: Review and amend

Step 7: Continue until the last exam

Example 1:

	MON	TUES	WED	THURS	FRI	SAT	SUN
Morning							
Afternoon							
Evening							

Example 2:

TIME/ DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8am							
9am							
10am							
11am							
12pm							
1pm							

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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, tutor 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 futures

Methods of dealing with stress

- Revise in small chunks (30 minutes at a time to build in breaks)
- 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

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The “P” Word

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

Parent Dos and Don'ts

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 revisions. This will be 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

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Mock and PPE Exams

These exams are important too

Should you be ill in the summer, your PPE exam score may count

PPE Exams provide good practice for the real thing

Proper revision for Mock and PPE Exams will help in the summer

You will build confidence by doing well

It is a way of working out areas of weakness in each subject

Can influence tier of entry

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On the day

On the day - Remember the following things

**Attend the morning
revision sessions**

**Complete the morning
revision mat**

**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 in the bag storage
area**

**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**

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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 your answers

You can answer the paper in any order you chose

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 and think about everything you did know - You've got this.

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