

Name:



**Dame Elizabeth
Cadbury School**

Year 11 Revision Support

Preparing for Exams



Name:

Exam Timetable

To be added once timetable is confirmed



Name:

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Information for extra-curricular clubs is available on the school website at the link below:
<https://decschool.co.uk/wp-content/uploads/2023/09/WS-Extra-Curricular-Timetable-Autumn99.pdf>

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Study Tips Reminder

- ✓ Find a quiet place to study away from distractions like the TV, that has good lighting where it is easy to read.
- ✓ Plan ahead – use your revision time wisely and do not leave it all to the last minute
- ✓ Don't procrastinate or put off revision or you will waste valuable time.
- ✓ Use your revision timetable to make sure you have covered all of your topics.
- ✓ Take regular breaks and reward yourself.
- ✓ Get a revision buddy – someone who will support you and you can test each other!
- ✓ Vary your techniques to keep it engaging and choose the techniques that work best for your subject.

Exam Top Tips Reminder

- ✓ Make sure you know what to revise for each subject – a specification checklist
- ✓ Look at past papers so you know what sorts of questions come up and you practice answering them
- ✓ Practise under timed conditions too so you get used to the time allowed
- ✓ Use mark schemes to compare with what you have written and add in detail. Have another go if you need to.
- ✓ Make sure you know how to get marks and what you need to do to get full marks
- ✓ Know what the command words mean
- ✓ Read the question carefully – circle command words and underline key content so you know how to answer it.

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During the Exam

- ✓ Listen carefully to the invigilator
- ✓ Read the instructions carefully
- ✓ Make sure you know whether you need to answer all questions or have a choice
- ✓ Keep an eye on the time
- ✓ Never miss out a question that carries a lot of marks
- ✓ If you do not know how to answer a question, leave it, move on. You can come back to it later.
- ✓ Don't leave any questions blank. Have a go – pick the words you understand in the question and write everything you know about them.
- ✓ Make your writing as clear as possible
- ✓ Try to allow some time to check and review your work
- ✓ Remember all the exam advice on how to approach different types of question that your teacher has given you e.g. command words

Online Resources

Online resources are a great way to support your revision. You should however use these with caution and only use the sites you are directed to at school and those that are specific to your exam board, this will make sure you don't spend time revising something that won't be on your exam. Here are a list of sites that could be useful to you. You also have space below to fill out any usernames you need or any additional sites your teachers give you.

ONLINE RESOURCES

- o www.senecalearning.com
- o www.BBCbitesize.co.uk
- o www.mathswatch.co.uk
- o www.languagenut.co.uk
- o www.khanacademy.co.uk
- o www.tutor2u.co.uk

Subject	Site	Username/ password

Name:

Creating a Revision Timetable

Preparing for your exams can feel overwhelming, the best way to avoid this and to keep on top of your revision is to make a revision timetable and do your best to stick to it! Below is a template to complete your own revision timetable.

Before you start here are a few tips to consider when making your timetable:

- 1) Try to create a balance with the subjects/units you find easiest & hardest and most & least interesting (don't leave the hardest and ones you want to do the least to the last).
- 2) Try to find the time you find it easiest to work (morning, straight after school, evening?) and plan your priority subjects/units then.
- 3) Make sure you build in time for sport, fun and relaxing, this will allow your brain time to rest and mean you can concentrate more effectively when you return to your studies.
- 4) Try to make your study time fully focused – no phones, music or TV.
- 5) Revision can be very effective if you work well with others (older sibling who know the course, friends or family), if you build this in, make sure you also plan independent revision and then you can focus specifically on what you need to do.

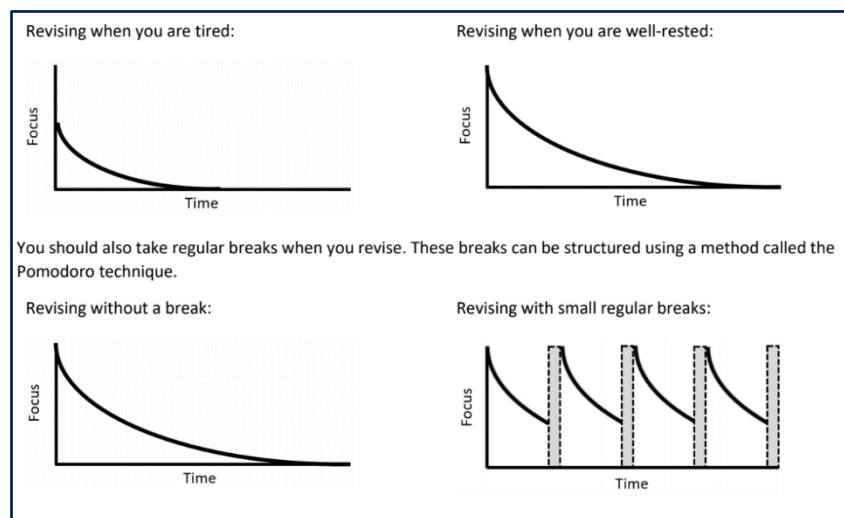
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Times							

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When Should you 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, well-fed and when you are used to working.

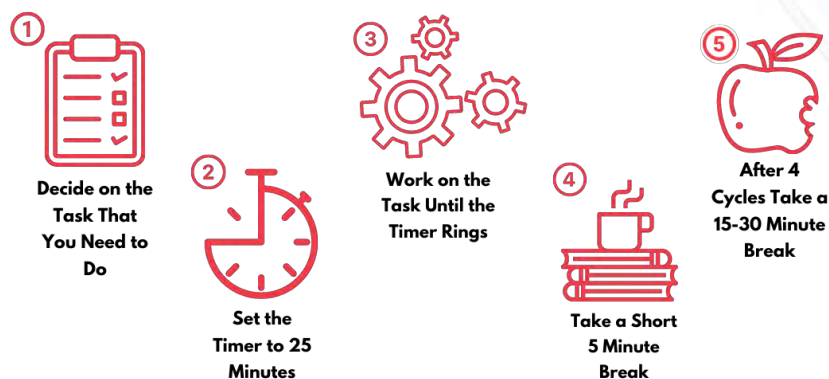
If you are trying to revise and feeling like nothing is sticking, walk away and come back later, this is a sign that you need a break or to get in the right mind set.



The technique below is an example of a strategy you could use to help you manage your time and make your revision effective. If you can get into good habits early on then your revision for the exams in the summer will be much easier.

Revising for your mocks is the best time to try out new techniques, it will allow you to find out what does and doesn't work for you so you can focus fully on techniques that do work for you in the summer.

THE POMODORO TECHNIQUE



Name:

Revision Techniques

REVISION TECHNIQUES

Look, Cover, Write and Check

Tried and tested technique that works for many people.

- Revise a section of work.
- Cover it up or put it aside.
- Write down or record as much as you can remember.
- Check against the original
- Highlight anything you got wrong or forgot.
- Prioritise these areas for future revision.

Highlight: Target key areas using colours and symbols. Visuals will help you to remember the facts.

Condense: Fitting your notes onto one side makes it easier to stomach; remember to rewrite and cut down as you go.

Talk: Read your notes out loud. Try explaining a process or scenario to someone else, who can ask you questions about information you missed. This works great with someone revising the same subject.

Record: Try recording audio of yourself (or a friend or family member) saying important points, quotes or formulae. Also try listening to your recording as you read your notes to help it sink in.

Visual Aids

VISUAL AIDS

Brainstorms

Useful to do at the beginning of revision. Start by writing the name of a topic in the middle of a page (not a whole subject!), and jot down everything you know around it. Using your notes, add in another colour or round the edge of the page things you missed. This should help identify what you know already, and what you need to focus your revision on.

Posters and Diagrams

Take a topic and turn it into a poster or annotated diagram with lots of illustration and colour. Display your posters and diagrams around your home where you're likely to see them.

Mind Maps

A mind map helps you to generate ideas and make associations

- Use key words or images.
- Start from the centre with the big picture and work to organise your ideas into themes.
- Use colour to categorise if it helps.
- Add ideas to the end of each branch.

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Flash Cards

FLASH CARDS

- Put a topic heading on the top of the card.
- Write key words or key points under side headings on one side of the card.
- Use the reverse for explanations.
- You can use different colours to group different topics together.
- You can use them anywhere - keep them in your pocket as revision aids.

Other uses for index cards: make key word cards for important definitions or make a card sort to help remember information which goes together.

Improving Memory

IMPROVING MEMORY

'Chunking'

The average person can only hold seven 'items' in short term memory. So grouping items into 'chunks' can increase capacity. This is generally used for remembering numbers (think about how you remember telephone numbers by grouping the digits into 2 or 3 'chunks') but can be applied to other listings in various subjects.

Application and Association

The best way to channel material to long-term memory is to organise it into meaningful associations. Link it to existing information and topics and create vivid personal examples which act as 'mental hooks' or 'cues' for recalling material in the future. If you learn a new formula / verb / rule, try to put it into practice immediately with a relevant example.

Mnemonics

These are various word games which can act as memory aids. Think of stalaCmites (Come down from the Ceiling) and stalaGmites (Go up from the Ground; the colours of the rainbow - Roy G Biv ('Richard Of York Gave Battle In Vain'); or the seven characteristics of living organisms - MR GRIEF (Movement, Reproduction, Growth, Respiration, Irritability, Excretion, Feeding). Why don't you try to make up some of your own to help with you to recall items in your subjects.

Repetition

Studies indicate that 66% of material is forgotten within seven days if it is not reviewed or recited again. Make things easier by building in a daily and weekly review of material covered so you don't have to re-learn material from scratch.

Name:

Past Exam Questions

PAST EXAM QUESTIONS

Do some past exam papers against the clock; it's a great way of getting up to exam speed.

Complete some past exam questions. Mark your answers. Fill in the answers you missed. Go through the paper and colour code each topic (Red - need to revise. Amber - need to go over a few bits again. Green - I've got it). Use it to test your ability to: recall the information you have revised, to answer the question asked, not just write down everything you know, and to follow the command words in an exam.

Condensing Notes

Condensing notes is a good way to make your content feel more manageable and easier to learn.

To do this you should:

- Read through a section of notes in your exercise book and revision guide and any extra revision sheets from your teacher on that topic.
- Highlight key points.
- Try to summarise your notes into key points to revise from.
- Pick out what is important.
- You might want to reorganise material in some way – for example, grouping or linking topics together.

Condensing your notes is interactive – you engage with the content – and it works better than just reading through your notes.

If you find managing your time difficult, you could use a revision clock to do this, to do this you have 5 minutes to summarise each section of notes, this will help you to keep disciplined with your time and help you to avoid distractions.

Name:

Spacing

Summary: Spacing

- Spacing is regularly revisiting material so that you are doing little and often instead of all at once.
- Doing a little amount regularly is more effective than doing a lot all at once. We do this so that we don't get swamped and overwhelmed

To commit something to memory, it takes time and repetition.

WHY? This is because the time in between allows you to forget and re-learn the information, which cements it in your **long-term memory**

Optimum Spacing

- Research suggests there is an 'optimal gap' between revision sessions so you can retain the information.
- If the test is in a month, you should review the information around once a week.
If the test is in a week, create time once a day.

Why use Spacing?

- Doing something little and often – spacing – beats doing it at once, or cramming
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory
- It cements information into your long-term memory
- We can learn more information over time than in one longer session
- It helps you revise more efficiently

Time to the test	Revision Gap
1 Week	1-2 days
1 Month	1 week
3 Months	2 weeks
6 Months	3 weeks
1 Year	1 month

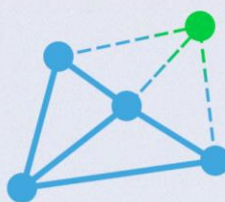
Retrieval

👏 Retrieval practice is defined by **Mark Enser** as 'retrieving something from our memories to make it easier to recall in future.' If using it makes recall easier, surely this is a big win for learning and the progress of our students. 🙌

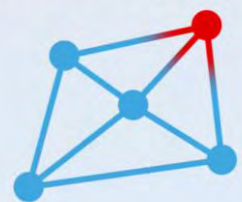
1. Identifies gaps in knowledge



2. Makes connections



3. Checks for misunderstandings



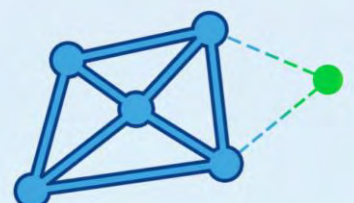
4. Strengthens connections



5. Makes connections robust under pressure and stress



6. Makes it easier to learn new things



Name:

Interleaving

Interleaving is something you should do with topics within a subject rather than with your subjects. The idea of interleaving is to make it so that your knowledge doesn't get old and you keep what you know fresh in your mind.

Blocking



Interleaving



The Do's and Don'ts of Interleaving

by @Inner_Drive | innerdrive.co.uk

Don't: Interleave subjects instead of topics

Don't: Interleave too many topics

Don't: Leave too long between interleaving sessions

Larger gaps make it hard to make connections between topics.

If the gap is too long, too much forgetting happens.

Do: Master the basics first, choose a few related topics, and leave consistent gaps between sessions

Block to start with, to ingrain the fundamentals.

Start interleaving here.

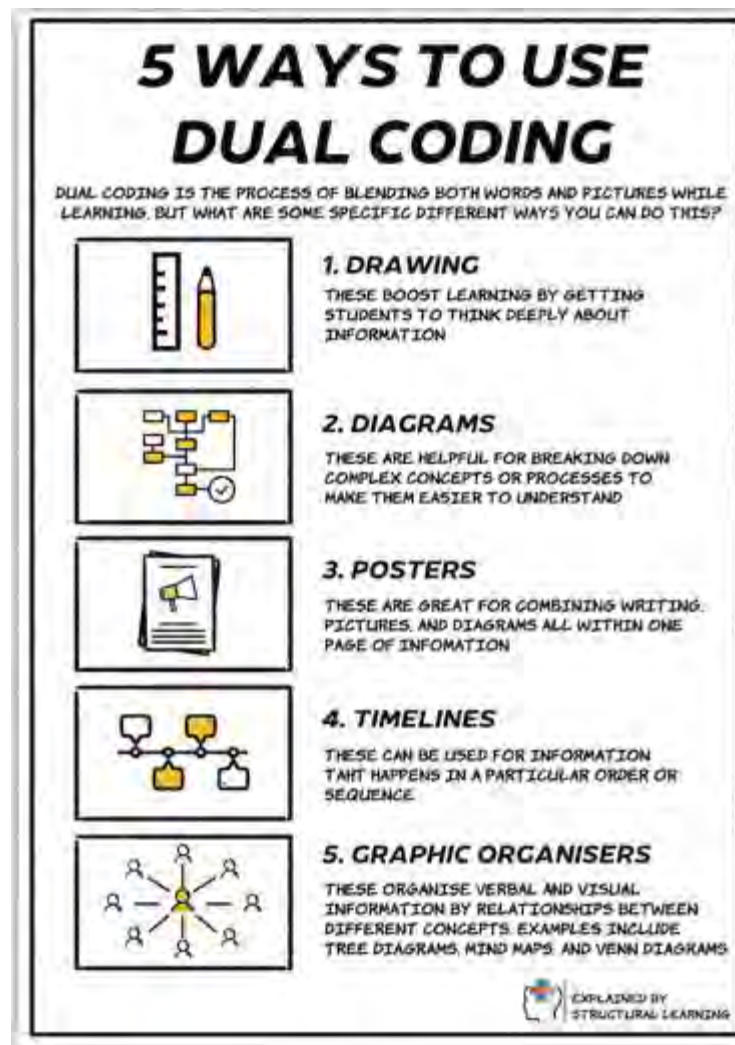
Interleave a few topics, evenly spaced out.

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Dual and Colour Coding

When you have a lot to remember, you will find it easier to distinguish between information and learn key terms if you use strategies such as dual coding. This is where you add little images to represent the key term to help you remember it. This is especially helpful with learning key terms.

You should also consider use of colour, this could be using coloured pens or different coloured paper for different topics, this will offer you something visual to help you distinguish between the information and recall it.



Name:

Self and Cumulative Quizzing

Quizzing yourself is a good way to break up your revision and to assess how well the work you have just gone through has sunk in. You can carry out quizzing in many ways, one of the best ways to do this is with flash cards with the question on one side and the answer on the other, you can then use these in pairs or by yourself.

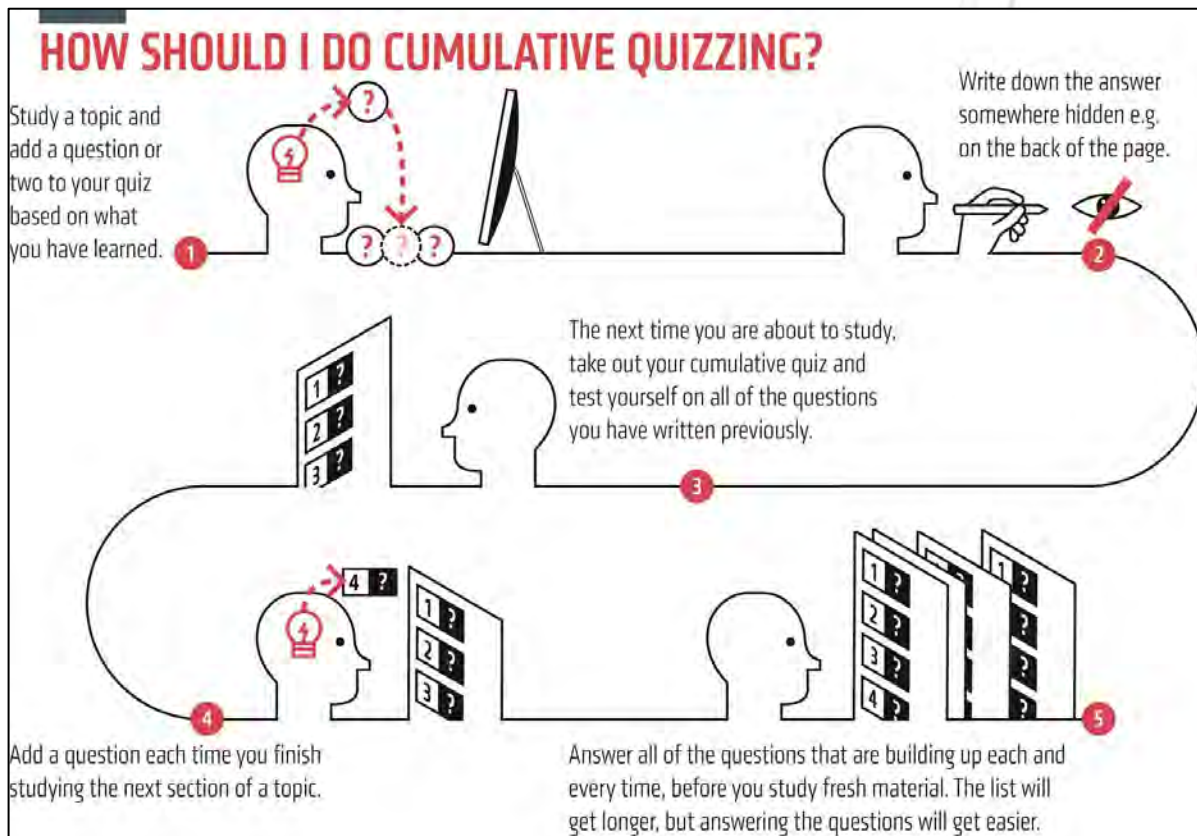
This is a good strategy to start early with, the more cards you make for your mock, the more you have ready for your exams in the summer!

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Self-quizzing

Self-quizzing - retrieving knowledge and skills from memory - is far more effective than simply re-reading. When you read a text or study notes, you should pause periodically to ask yourself questions - without looking in the text - such as:

1. What are the key ideas?
2. What terms or ideas are new to me? How would I define them?
3. How do the ideas in this text relate to what I already know?



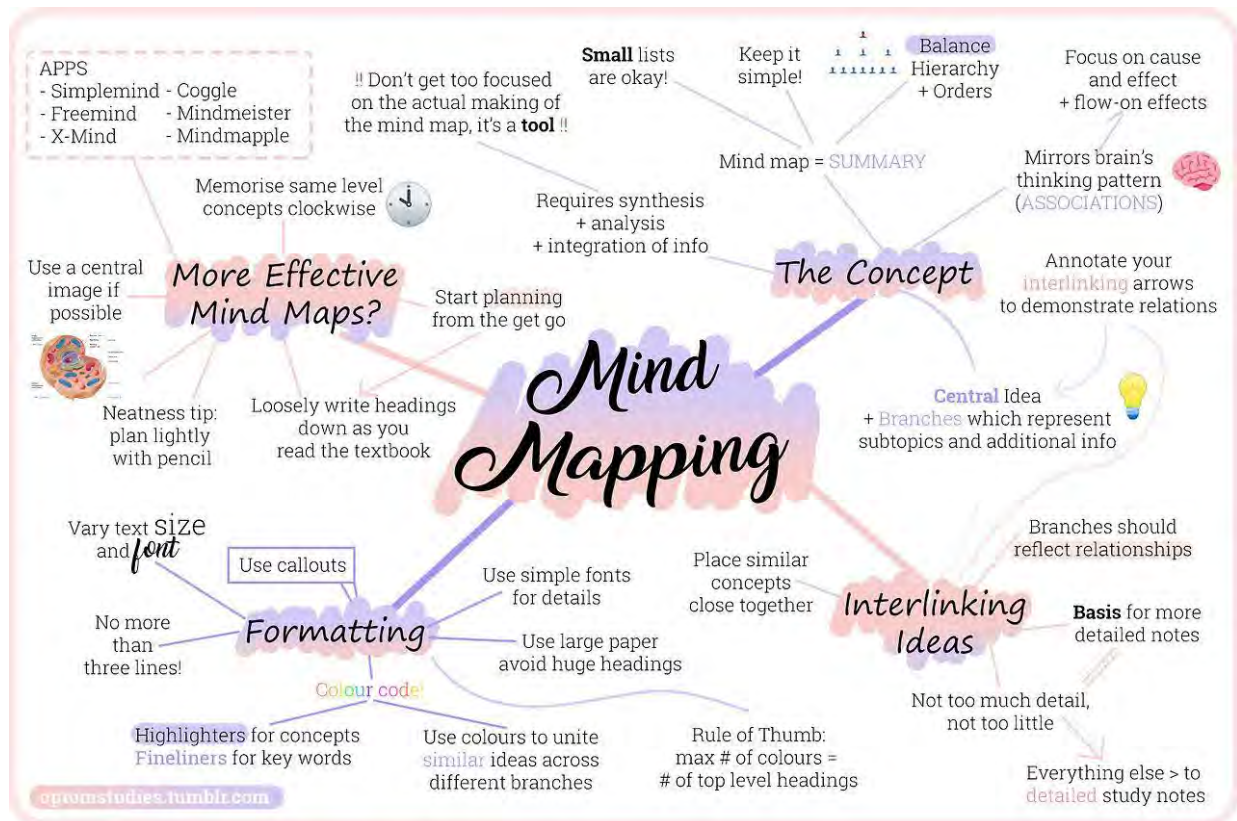
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Mind Maps

This is a good strategy for condensing lots of information e.g. create an A3 mind map for each topic in a subject.

This is a good strategy to pair with your use of colours and dual coding, these will help your mind maps to feel less cluttered.

These are great for putting up around your room so you see them regularly.



Name:

Coping with Exam Stress

Most people experience some form of exam stress. You need to talk to someone if you experience them most of the time.

You can develop strategies to help you cope.

Below are some strategies you could use, if one isn't working for you, try others. Speak to those around you, at home and in school for support if you need it and try to think positively, you can do it!!

