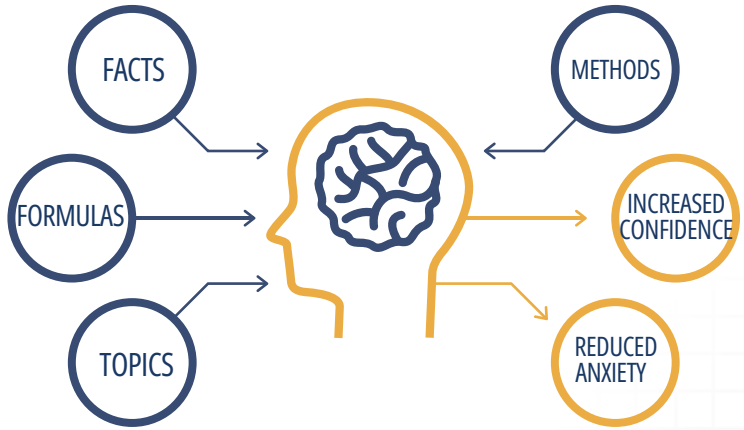
# GUIDE TO REVISION

# WHY SHOULD I REVISE?

## THE IMPORTANCE OF REVISION IS TWOFOLD:

- Firstly, it helps you to remember facts, figures, topics and methods that you have learnt during the year.
- Secondly, if done correctly it will help increase your confidence and reduce anxiety – you will be well prepared for your exam.



# WHERE SHOULD I REVISE?

When doing your study and revision sessions at home it is important to find a suitable space to work without any distractions.

### SET A DESIGNATED AREA FOR LEARNING
Find a space away from distractions that you can use solely to study and complete homework and revision.

### KEEP YOUR DESK TIDY
A clean and tidy work environment can boost productivity and help your focus.

### AVOID DISTRACTIONS
Remove distractions so that you don't split your attention, as this will reduce our learning potential. Put your phone in a different room so you're not tempted to check it.

### AVOID LISTENING TO MUSIC
If you have to, listen to calming music without lyrics. Many studies on the subject found that music can impact your recall of information and your ability to focus.

### MAINTAIN A ROUTINE
Having a routine allows us to divide out time and prioritise what is important.



# HOW SHOULD I REVISE?

Begin by **organising** your work space and your study material. If possible, separate the area you intend to use for study from that in which you relax. Try to keep your 'entertainment gadgets' out of sight when you are studying.

Make a **revision plan**, include all the subjects and areas covered by your upcoming exams (check your revision list or GCSE specification). Make sure that your plan is realistic. Give yourself enough time to revise properly as well as having breaks for relaxation and other commitments. The revision plan needs to be flexible enough to allow for some things taking longer than expected. Use the 25-5 rule: 25 minutes study followed by 5 minutes break.

Revise subjects and topics that make you feel anxious earlier on in the revision plan. This will help reduce anxiety because you will feel that you have more time to deal with them. You don't need to tackle the difficult areas first. Revising subjects you know well will boost your confidence – **but don't put off the difficult areas until the last minute.**

**Active revision** is far more effective than passive. So, **make notes** as you revise, make further summaries of the notes this could be in the form of mind maps, mnemonics, recordings, flash cards or knowledge organisers depending on how you revise. They act as very useful prompts for your memory. Review these notes and summaries regularly. Read them out loud and test yourself on each area you cover.
Make use of past exam papers. Get used to the type and style of questions asked. Practice answering the questions previously asked.

Creating an effective revision timetable is crucial for success in exams. It provides structure and helps you manage your time efficiently, ensuring you cover all necessary topics without feeling overwhelmed.

A good timetable helps to balance study with other activities, preventing burnout and promoting well-being, so schedule time for taking a walk, going to a youth club or playing sports.

Planning your revision allows you to prioritise weaker areas and allocate more time to subjects you find challenging. By visually mapping out your revision, you will gain a sense of control over your preparation, boosting confidence and reducing exam anxiety.

When creating a revision timetable...

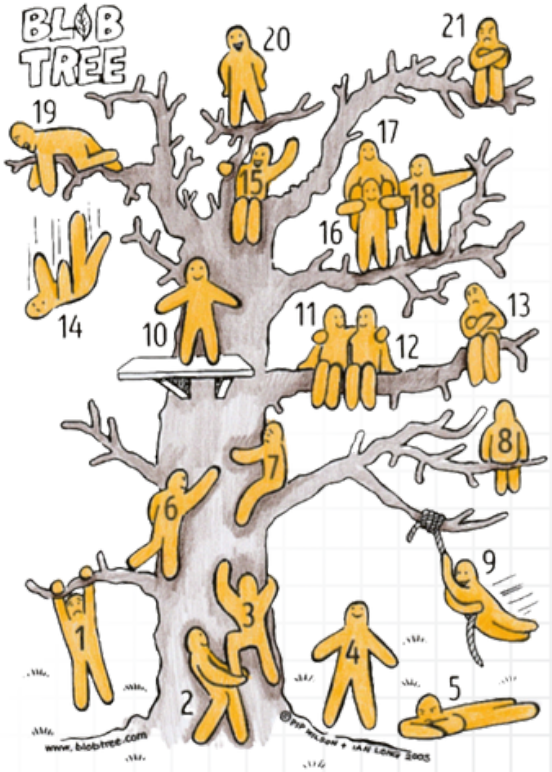
- First list all the subjects and topics you need to revise
- Next, allocate specific time slots for each subject, considering which subjects you find hardest - they will need to get more time!
- It's important to break down revision sessions into manageable chunks (e.g., 25 minutes of focused study followed by a 5-minute break) to maintain concentration - use the template in this booklet to help.
- Remember to include time for breaks, meals, exercise, and relaxation to prevent burnout.
- You should aim for a balance between different subjects and avoid overloading any single day.
- Finally, the timetable should be flexible and adaptable, allowing for adjustments as needed. Regularly reviewing and updating the timetable will ensure it remains effective throughout the revision period.



# LOOK AFTER YOURSELF

Revision is hard work. Make sure that you get enough sleep and take time off to be with your friends and exercise a little. Rest, relaxation and making sure you stay fit and well are very important elements of the revision programme. Don't revise into the early hours of the morning. You might feel that you are dedicated and working hard but 'overdoing' it is counterproductive. You will perform much better after a good night's sleep.

If you are currently struggling with anxiety and stress, please know that you are not alone. Be sure to talk to someone. Try using the Blob Tree diagram to explain how you feel.




## MADE FOR MORE

www.madeformoreni.co.uk/techniques

This website has some good videos with calming and breathing techniques which are really helpful, such as:

- square breathing
- rainbow breathing
- starfish breathing

There are also relaxing Spotify playlists, videos and podcasts that you can explore.

# REVISION STRATEGIES

## FIND WHAT WORKS FOR YOU!

### MAP IT

Create a mind map or spider diagram of the key points

### PRACTICE IT

Use past papers to test yourself and practice exam technique and timing.

### STORY IT

Create a weird and vivid story using the key points

### MNEMONIC IT

Use the first letter of key words to create a sentence

A well known example:
**N**ever
**E**at
**S**hredded
**W**heat

### FLIP IT

Write questions and answers onto flash cards and test yourself

### TIMELINE IT

Place key points along a line in date order

### INDEX IT

Transfer the key points to index cards. Organise them into piles

### CLICK IT

Create a presentation about the key points

### SING IT

Set key points to some familiar music/rap

### RECORD IT

Use your mobile phone or tablet to record yourself explaining the key points and play it back regularly

### POST IT

Write key words and formulas on to Post Its and stick them around your room

### WATCH IT

Watch videos that explain and summarise the content

Corbett maths

YouTube

BBC Bitesize

# DOs & DON'Ts OF REVISION

## DO'S

### EAT BREAKFAST
Research has found that skipping breakfast significantly reduces your attention and ability to recall information.

### PUT YOUR PHONE AWAY
Phones are such a big distraction and reduce your ability to focus.

### START EARLY
Committing something to memory takes time. Spreading out your revision sessions on a particular topic is more effective than spending the same amount of time in one go.

### TEST YOURSELF
Testing yourself is one of the most effective ways to improve your ability to recall information, and identify any gaps in your knowledge.

### GET FRESH AIR AND EXERCISE
Revision has to be about quality as well as quantity. Going outside and getting some fresh air helps you feel refreshed and improves your focus afterwards. Exercise also helps to reduce anxiety.

## DON'TS

### GO HIGHLIGHTER CRAZY
Quite often, students end up highlighting whole chunks and passages of text. Research suggest this is of little value. Highlighting less helps to connect smaller bits of information.

### LISTEN TO MUSIC
If you study in a quiet environment you'll be able to recall more than if you revise while listening to music.

# 8 WAYS TO CHECK IF YOU REALLY KNOW SOMETHING

by @inner_drive | www.innerdrive.co.uk

## How many of these can you do?

1. ANSWER A MULTIPLE CHOICE QUIZ ON IT ☑
2. EXPLAIN IT IN YOUR OWN WORDS ☑
3. TEACH IT TO SOMEONE ELSE ☑
4. APPLY IT TO A DIFFERENT CONTEXT ☑
5. COMPARE AND CONTRAST IT WITH SOMETHING ELSE ☑
6. ANSWER A QUESTION ON IT UNDER TEST CONDITIONS ☑
7. RECALL THE INFORMATION WHILST UNDER PRESSURE ☑
8. REMEMBER IT AFTER A LONG TIME ☑

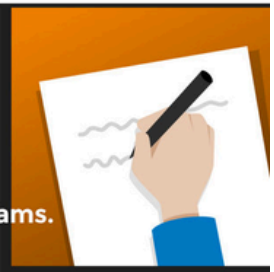
# How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

## TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

Testing yourself can also help reduce the negative effects of stress associated with exams.



## USE SPACING

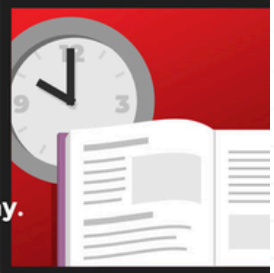
Spread out your learning of material across several days and revisit it.

This helps transfer information to your long-term memory.

## STOP PROCRASTINATING

Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



## MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.

# HOW TO STAY MOTIVATED!

## 1 CREATE A STUDY ROUTINE

By nature, we're creatures of habit. If you find it difficult to motivate yourself to study, this tip may be beneficial to you.

## 2 SET ATTAINABLE GOALS

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

## 3 STUDY IN SHORT BURSTS

You are more likely to retain information from short bursts of learning as your attention will be increased.

## 4 REVIEW YOUR RESULTS

Reviewing your results is important to check where you have gone wrong and to keep away from similar mistakes in the future. it's also an essential motivating factor to see how much you have improved.

## 5 EXERCISE

Exercise is a great way to motivate yourself, impacting attitude, cognitive skills and classroom behaviour.

## 6 INSPIRE YOURSELF

Post reminders and inspriational quotes in prominent places about what you want to achieve.

## 7 DON'T COMPARE YOURSELF TO OTHERS

Don't try to compare yourself with others and try to focus on your own results and how you can improve them.

## 8 GET ENOUGH SLEEP

Make sure you get enough sleep, ideally 7-9 hours every night. This will help to encourage a relaxed and well-rested mind and body.

## 9 REWARD YOURSELF

Every time you complete one or two chunks, reward yourself with a short period of relaxation. Rewarding yourself with short and enjoyable breaks is a key part of the "chunking down" technique.

## 10 FOCUS ON PROGRESS

Focussing on progress rather than the result will help encourage motivation. If you get this process right, the results will follow.

## 11 MAKE A 'BORING' SUBJECT INTERESTING

It's very unlikely that you're going to enjoy all subjects, so for those you find the least interesting, try learning the subject in a different way to encourage enthusiasm.

# PARENTS: HOW TO SUPPORT YOUR CHILD WITH EXAM STRESS.

## BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.

## GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.

## MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.

## OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.

## EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.

## EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!

## TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.

## KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!

# EXAM REVISION TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURDAY | FRIDAY |
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1. Write in times in 30 minute blocks (25 minutes studying and then a 5 minutes break).
2. Block out sessions when you have other commitments, like sports, family, a youth group, etc.
3. Spread out your subjects over the week.
4. Start with subjects that you feel comfortable with to help boost your confidence.
5. Include subjects that you are anxious about earlier in your plan.

# EXAM REVISION TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURDAY | FRIDAY |
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| TIME | SATURDAY | SUNDAY |
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**BEFORE ANYTHING ELSE, PREPARATION IS THE KEY TO SUCCESS**

**ALEXANDER GRAHAM BELL**

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