

Top Ten revision tips

It is natural to feel anxious and nervous about your exams, the majority of people will be feeling just the same as you. However, the fact is that the more prepared you feel, the easier it will be to conquer these fears.

- 1** Revision space: Find a good place to work. It should be quiet and uncluttered. (This includes in school too!)
- 2** Revision timetable: Draw up a revision timetable – it's crucial. It should be realistic, cover all subjects and allow you time off to relax. We have included one in this booklet to help you.
- 3** Make notes: Don't just read through your class work, make notes. One useful tip is to gradually condense your notes so they fit on the back of a postcard.
- 4** Revision guides: Get a recommendation from your teacher as to which are most useful and then make sure you use them.
- 5** Questions and answers: Write out some questions and answers to see how much you're actually remembering.
- 6** Listen in: Try recording your notes and then play them on your iPod while walking down the street or whilst you're in bed.
- 7** Prompts: Put key words and phrases on sticky notes around the house, so you'll see them often.
- 8** Seek help! Don't go it alone. They say a problem shared is a problem halved. So, get friends and family on board to help you revise.
- 9** Past papers: Make sure you get hold of some past papers, they're a really good way of knowing what to expect in the exam.
- 10** Relax: If you panic you're lost! The exams are going to happen so you might as well give yourself the best chance of doing well by starting to revise early and keeping calm.

Using a wall planner

A wall planner will help you organise your revision time and priorities. It allows you to decide on the amount of revision you need to do for each subject.

Here are some simple steps to help you use a wall planner in the most effective way:

- When planning your schedule try to be as realistic as possible. Do not try to overburden your day with an agenda that you have no real chance of completing. Maintain sports / hobbies where possible, put these onto the plan.
- Make a list of the subjects that you need to revise for between now and your exams.
- Work out which subjects have the most content that needs to be revised.
- Concentrate on the subjects you need the most work in and that fit in with your progress to success targets.
- Do not leave your most difficult or hardest subjects till the end of the day. Instead try to get these out of the way early on.
- Break down major revision subjects into smaller parts, this can help you make your studying more precise.
- Work out when you 'study best', for instance some students are able to concentrate better in the morning. Then use these times to study those topics that require the most effort and energy.
- After completing a revision period cross it off from your timetable. This will help to install a sense of accomplishment
- Keep your timetable flexible and be ready to change it if circumstances change.
- Try not to spend a whole day revising one subject.
- Most experts suggest studying in slots of 30-40 minutes and then taking a break before your next session.



You have probably heard someone telling you this as you tuck into your favourite cake or when you are just taking the first bite of a burger. It is not suggested that you will literally become what you eat but more that if you eat unhealthy foods that you will feel lethargic, lazy and unmotivated to revise. Fresh, healthy food will give your brain the power it needs to soak up the information and still leave you with enough energy to go and play that game of football or do a spot of shopping in your free time.

Breakfast

It's a cliché, but breakfast really IS the most important meal of the day. Your body has been starved of food all night while you sleep and you need to refuel to prepare for the day of revision ahead.

Here are some tips for the best way to start your day.

- Try and eat cereal or toast, but make sure you choose a low sugar/salt cereal and try to go for wholemeal bread.
- Try porridge – it's surprisingly tasty, and can be made quickly in the microwave. Try it with natural honey and a chopped banana.
- Add some yogurt for your protein boost, protein is key to activating your brain.

Lunch

Salads can be a good choice, but make sure you go easy on dressings.

Jacket potatoes can be very healthy, but try not to have cheese as a topping all the time.

You should be eating five portions of fruit and vegetables every day, so stock up at lunchtime and tuck into some greenery.

Dinner

If you're not cooking your own tea, try to get whoever is to steer clear of fatty, fried food. A proper evening meal will help your brain to tackle your evening revision session, protein aids with repair.

Stay Hydrated

Water affects the speed at which our brains can work.

Drink around 2 litres of fluid a day to keep you functioning on top form.

Brain Foods

Eating well is good for your mental as well as your physical health. the brain requires nutrients just like heart, lungs or muscles do. But which foods are particularly important to keep our grey matter happy

Opt for whole-grains

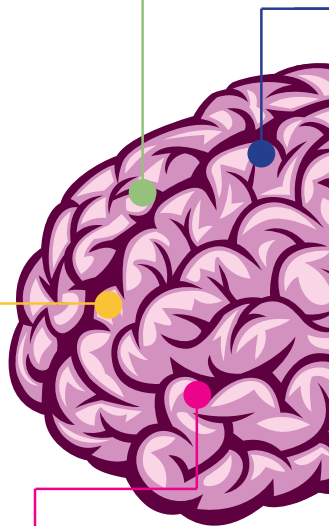
Like everything else in your body, the brain cannot work without energy. The ability to concentrate and focus comes from the adequate, steady supply of energy - in the form of glucose in or blood to the brain.

Eat oily fish

Omega-3 is essential to the body. Good sources include linseed (flaxseed) oil, soya bean oil, pumpkin seeds, walnut oil and soy bean. they are good for healthy brain functions. The main sources of oily fish include salmon, trout, mackerel, herring, sardines, pilchards and kippers.

Eat more tomatoes

There is good evidence to suggest that lycopene, a powerful antioxidant found in tomatoes, could help protect against the kind of free radical damage to cells which occurs in the development of dementia, particularly Alzheimer's.



Binge on blueberries

Evidence suggests that the consumption of blueberries may be effective in improving or delaying short term memory loss. widely available, so theres no excuse.

Bet on Broccoli

A great source of vitamin K, Which is known to enhance cognitive function and improve brainpower.

Get a blackcurrent boost

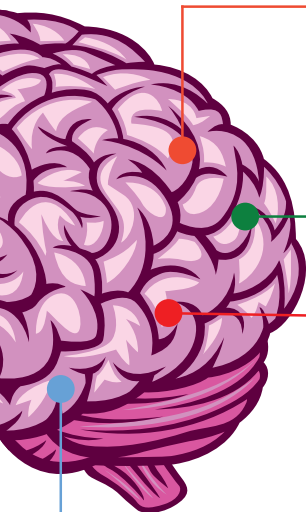
Vitamin C has long been thought to have the power to increase mental agility. One of the best sources of this vital vitamin and blackcurrent.

Go Nuts

Nuts are a great sources of vitamin E along with leafy green vegetables, asparagus, olives, seeds, eggs, brown rice and whole-grains, Vitamin E improves the brains ability to function.

Pick up pumpkin seeds

Just a handful of pumpkin seeds a day is all you need to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills.





Ways to revise

Traditional approaches can be **boring**, why not try one of these ways to keep it interesting...

Making flash cards - Make a list of the key areas you need to revise in a particular subject. Make a short list of facts or ideas associated with each one. Cards can contain a simple note on each particular idea, or the information can be phrased in a question and answer format. Write out each topic and list of key points onto each card. You can also include a simple picture on each one if you like, to remind you of the points in that card. One good technique is to team up with a friend and use revision cards to quiz each other.

Using a fishbone - this method is excellent when you are revising about the causes of an event or about the reasons behind something happening. It is a great resource to use in subjects like history, geography and religious studies as it allows you to write on the causes which have led to a certain event. To use this method simply write in all the different causes that you have learned about and then use this as a visual aid when you are revising that particular subject.

Using online revision tools - There is a whole array of useful revision websites which can really help you get to grips with your revision. You can find a list of some of these sites in the subject specific revision pages.

Timelines – This is a great tool for a number of subjects. It is particularly useful in history when you are revising the order in which historical events happen. It is also a useful tool for a subject such as English when you need to understand what historical events have had an impact on the theme for a particular piece of writing. To use this start at the beginning and write in the first event in the first box. Continue to complete each box until the last event is written down. You will then have a clear visual picture to revise from.

The funnel method – This visual tool allows you to separate the big picture and shrink it down into just the key points. This is a great way to revise for many subjects. To use this method simply list all of the information you know about a certain topic and the funnel these out into just the key words which you feel you need to remember for the exam.

The boxes method – This is similar to the funnel method except it has one extra step that allows you to break down everything you know about a certain topic into the key elements and then into the key words. Completing this is a great way to revise as it gets you thinking about the specifics so you have it clear in your mind when the exam day is upon you.

Creating a mind-map – Mind mapping is really useful for listing lots of ideas and connecting them together. You can use it to record information as you are revising or you can use it to see how much you know or have remembered about a topic, area or subject. If you need some help on starting a mind map speak to any teacher and they will be happy to show you most effective way.

Sticky notes - Post-its are a cheap and simple way to get points written down and put in places where you will see them often. Try writing down important facts and stick the notes all around the house. Use mirrors, wardrobe doors, kitchen cupboards, toilet doors and anywhere you can think of where you will look.

Mnemonics - Mnemonics are really simple but very useful for revision. You can use them to remember a sequence of events, a list of facts or parts of a process. To create a Mnemonic all you have to do is write down a list of facts or information. Here is an example below to remember the order of the planets.

Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto Take the first letter from each of the planet names:

M V E M J S U N P

Then you create a memorable sentence or phrase with these letters

My Very Early Morning Jam Sandwich Usually Nauseates People

Now try and do one yourself for a subject you need to revise.



How to memorise information

If you go around the room and ask a handful of people how to memorise things quickly, most of them will probably tell you repetition.

That is so far from the truth. If you want to memorise something quickly and thoroughly, repetition won't cut it; however, recalling something will. The problem is that recalling something requires learning, and we all learn in different ways. What we do know due research into memory is that it is difficult to learn written information by just reading it. So if you keep reading your class notes or revision guides repeatedly you may find it difficult to recall the information. Therefore follow these steps to help you remember.

Step 1 : Preparation

To optimise your memorisation session, pay close attention to which environment you choose. For most people, this means choosing an area with few distractions, though some people do thrive off learning in public areas. Figure out what is most helpful to your learning so that you can get started.

Step 2 : Read through your class notes or revision guide

Before you start trying to learn the information for a particular topic, read your class notes or revision guide to refresh your memory. To support you with remembering this information summarise each paragraph you read in the margins or on another piece of paper. This is key to help you to begin breaking down the written information to help you to understand it.

Step 3 : Making associations to form memories

There are a range of techniques you can use to revise and most of these involve you making associations to support your ability to remember them. Using our imagination is considered important in creating and strengthening what we are revising and this is why you should aim to create revision tools that are not only word based but also visual. For example, mindmaps are brilliant for this as they involve you working out where to place the information, they use colour that you can associate with key ideas and you can use symbols to help trigger memories. Mnemonics is another good example as you need to create a rhyme or saying to help you to remember information. Even flashcards can become visual if you use colour and symbols to support your brief notes. Remember just reading your class notes or revision guides is not going to help you make associations so you need to be active in your revision to remember it.

Step 4 : Go over the topic to help remember it.

It is important to go over a topic more than once to help to move it from your short term memory into your long term memory. This can be done in a number of ways such as practising exam questions, taking a quiz or test, writing model answers or even making a different type of revision tool. A key strategy to use is to write down everything you can remember about a topic and then revise the information you cannot remember. If you also traffic light your revision you will know which topics you need to go over to improve what you know.

Step 5 : Practise retrieving

We often forget how important it is to practise retrieving what we know from our long term memory. The best way to do this is by using the information to complete a task such as an exam question, test or quiz. Another way to do this is to teach the information to someone else. You can do this in a variety of ways. You can lecture the knowledge to someone sitting right in front of you (or the mirror, if you cannot convince anyone to sit through it) and explain everything extemporaneously. If what you have learned needs to be recited verbatim, then do this in front of someone as well in order to get a feel for what it will be like to recite the text to the intended audience.

Step 6 : Overlearning to avoid forgetting

Research suggests that we need to go over something seven times to remember it so we do not forget it. This means we are overlearning the information. Just because you have revised a topic once or twice does not mean it is securely in your head. Making sure you go over the same topic a number of times and in different ways is then key to help you with not forgetting what you are revising.

Step 7 : Take a break

Finally, let your mind breathe. Go for a short time without thinking about what you just learned and come back to it later on. You will find out what you really know, of course, and this will help you focus on the sections you might be weakest at.

Sitting the Exam

The day of the exam is the time when you need to feel the most focussed, relaxed and ready. All of the hard work revising you have put in during the days and weeks leading up to this day are about to pay off.

Here are some simple exam day tips...

- Check you have the correct equipment with you before you leave the house (pens, pencils, ruler, calculator, etc). If you need to borrow something let the exam invigilator know as soon as possible.
- Have a leisurely breakfast or lunch and leave for the exam in plenty of time.
- Do not cheat or break any rules. You could be disqualified or even arrested. Mobile phones are a menace and barred from the exam hall. Don't take one in.
- Take six deep breaths, ignore everyone else and concentrate solely on what you have to do.
- Read questions carefully before you write anything. Time is allowed for this. Use that time to choose your questions, and write notes on the question paper to help you remember later.
- Look at the marks available and read the questions carefully, following instructions given in the paper (e.g. to show all workings, word limits etc). Make sure you answer the question asked. There are no marks if you don't
- Look through the paper first and mark difficult questions/initial thoughts.
- Given the choice, select the questions that will best enable you to demonstrate your knowledge to the examiner.
- For longer answers, take a few minutes before you begin to produce a structured plan of what you are going to include in each section.
- Pace yourself and allow enough time to answer all the required questions. Try to write as neatly as possible to help the examiner to mark your work. Marking untidy writing is difficult.
- Allow yourself ten minutes at the end to read through your answers and correct any mistakes.

Exam stress

"stressed is desserts spelt backwards"

With all this revision happening it might sometimes feel like your head is an egg and it is trapped in a vice! This page will provide you with some simple information on how best to avoid exam stress.

Do your best

Remind yourself that you can only do your best – and your best is all that you can do.

Talk about it

Remember that asking for help is not a sign of weakness. Talk to people who you know will listen and talk about how your revision and exams are going. Your teachers are always on hand to support you in which ever way you need.

Be organised

Use the revision timetable in this guide to help you organise your time. Use your time wisely, attend all sessions in school and make your own revision timetable with the wall planner.



A Note For Parents

Revision and exams may be a very stressful time for your child. While it is clear that every parent wants what's best for their child, sometimes you may feel helpless and unsure if there is anything you can do to make the revision time easier for them.

Remember that you are the expert on your own child and will have the best idea about how much support they will need. The best way to give advice is to find out what they want and advise them how best to do it.

Below you will find a series of recommendations to provide the best support for your child.

Make sure your child takes frequent breaks from studying

Offer healthy snacks

Encourage them to exercise

Help them relax

Ensure they get adequate sleep

Encourage exercise to help relax

They are under pressure, so don't add to it

Believe in them, their intelligence & capability

Encourage and praise

Ask 'what can I do to help?'

You can't do the work for them, and this exam is their responsibility

Do not personalise what they say or their behaviour, it's 100% about them, how they are feeling and what they are going through

If you require further support, please contact your child's college leader at their email address below.

Ms Wylie, Marlowe College - EWylie@worcs.tgacademy.org.uk

Mr Davis, Tyndale College - GDavis@worcs.tgacademy.org.uk

Mrs Butler, Raleigh College - JButler@worcs.tgacademy.org.uk

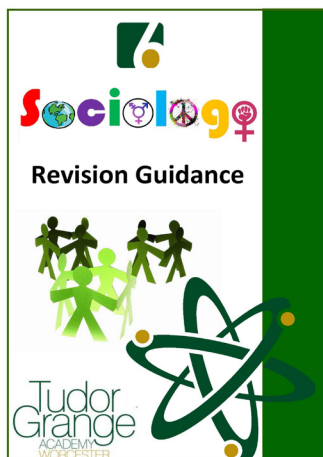
Mr Roach, Vesalius College - ARoach@worcs.tgacademy.org.uk

Mr Turner, Walsingham College - NTurner@worcs.tgacademy.org.uk

Subject Revision Guidance

Supporting your independence

To support you with completing your revision independently each subject has created a revision guidance book for you to use. Each guide, for each subject contains the following information:



- The course details
- When your exam is
- Any textbooks or revision guides that are useful
- Revision apps and websites you can use
- What each exam paper will look like with key timings
- The content you need to revise for the exam
- A revision plan for that subject outlining what will happen in your lessons but also what you should be revising independently outside of class

These guides are available through the school website for you to access to support your revision. The school website is <https://www.worcs.tgacademy.org.uk>.

Notes



At Our



Academy

we embrace

..... *the*

Tolerance

Unity

Democracy

Oppportunity

Respect



Values