



Co-op Academy
Priesthorpe

Year 11 - 2023

Revision

guidance and

support

Making each & every day count

Revision Cracked

Get ready to revise

Coping with stress:

- ❑ Exams are stressful for everyone - remember you are NOT alone
- ❑ Your classmates and friends will be having the same feelings as you, talk to them
- ❑ Your family are a support - many will have been through exams before - ask them for help and advice (and take the advice)
- ❑ A small amount of stress is good - exams are important and this motivates you to do well. Revise and put effort in - but don't let it overwhelm you

Ways to help with stress:

- ❑ Get outside for exercise and fresh air - it will help clear your head and may even give you a moment of inspiration
- ❑ Set aside social time in your revision timetable - do this FIRST! this includes meeting/ speaking to friends and family, relaxing and watching TV, listening to music and some phone time
- ❑ Eat and sleep well - diet and sleep are essential for your brain and body to work well

Ways to make stress WORSE:

- ❑ Revising late in the evening - effects sleep, makes you tired the next day and the information gets confused
- ❑ Not giving yourself breaks in revision - your brain needs time to 'digest' the information
- ❑ Don't set unrealistic goals or you'll always disappoint yourself - speak to your teacher and find out your target grades - AND what you have to do to get there!

Sleep and diet tips:

- Don't skip sleep to revise - Sleep helps you process what you have learnt
- Do something relaxing before bed
- Eat lots of fruit and veg - vitamins = brain power
- Don't skip meals - being hungry makes it hard to concentrate
- Drink lots of water - your brain is made up of 70% water - it needs to stay hydrated!

Procrastination wastes valuable time - it means putting off a task, but it HAS to be done.

- ★ Turn off your phone, TV and other distractions
- ★ Give yourself regular breaks - it'll help you stay focussed
- ★ Break it up into small chunks so it isn't overwhelming, its achievable and keeps you motivated

Making a start

First things first - WHY are you revising?

- ❑ If you don't know the answer to this question then it will be very hard to motivate yourself to do a task you don't want to do:
- ❑ What is your goal? Whether it is to get the grades to get to college or sixth form, to not have to repeat your English and Maths again or to make it to your dream job, think about why it is you need to do as well as you can in these assessments.

Top Tips for staying motivated:

- ★ Set small targets with rewards
- ★ Set a realistic time frame to achieve your targets
- ★ Remind yourself of you long term-goals - Write this down and put it somewhere you see everyday

Get planning: It helps you feel in control (and reduces stress!)

- ❑ Spend time on your revision plan - I have put a template [here](#) for you
- ❑ Plan your revision environment - where do you work best? OLC, bedroom, kitchen table, office - work this out and make it productive - no phones or distractions
- ❑ Get organised- have a full range of equipment; highlighters, ruler, pen, pencil, notepads, folders

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							

Revision Techniques

Learn, Revise, Pit-stop, Revise, Test

1. Learn

- ❑ This is what you have been doing in lessons (or should have been) Before you can revise a topic you need to understand it.

If you're not sure about a topic you could:

- ❖ look at your notes in books and in textbooks
- ❖ research it online
- ❖ ask your teacher (use your google classroom)

2. Revise

- ◆ Revising is the process of going back over your work. Each time you revise, you start to make more links in your brain, moving the information from the short term to the long term memory
- ◆ Use my tips on the next page for different ways to revise

3. Pit-stop - test yourself:

- ❖ Once you think you know a topic, do a pit-stop and test yourself
- ❖ Do small fact check pit-stop questions- BBC Bitesize has mini tests on different topics perfect for this. Make sure to further revise anything that didn't quite stick
- ❖ Now it's time for some practice exam questions- ask your subjects teachers for how to get these or look on the internet
- ❖ Mark it yourself - look at the mark schemes and self assess. This allows you to see how the exam is marked so you will know ways to structure answers

More revision tips:

★ Revise with a friend

- test each other, use flash cards, ask questions, come up with stories to help remember facts, get creative!
- it's great to talk - but not all the time - do independent revision too

★ Say it out loud - record yourself on your phone and listen to your own words

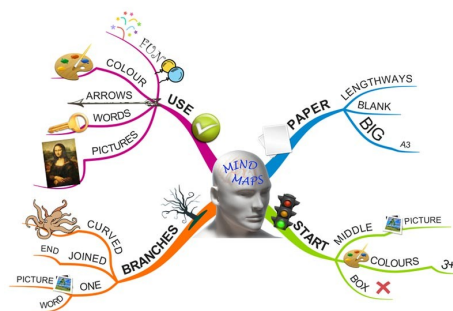
Revision Techniques

Condensing Your Notes

- Start with your notes from class, from text books or revision guides, make sure you understand the topic
- Condense each topic into key points - pick out the most important parts.
- Aim to get each topic on to 1 page
- Get creative - Make the different points stand out with colours, diagrams and bold big words

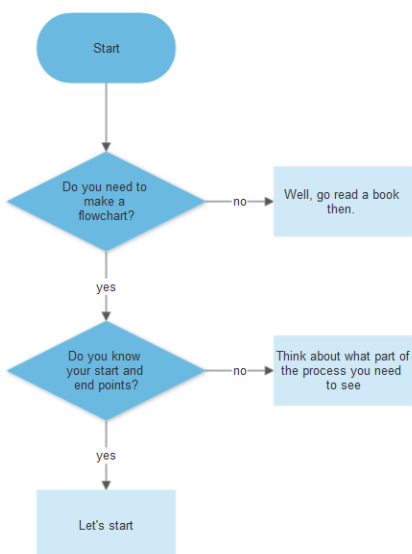
Drawing Mind Maps- a mind map is a type of diagram.

- They are a VISUAL way to organise information - helping you to 'picture' them when in the exam
- Do 1 mind map for 1 topic - on 1 page
- Put the name of the topic in the middle of the page with sub topics around it - with more details around the sub-topics
- Keep details short & to the point - bullet points are good!
- Make REALLY important info stand out with boxes, highlighters, colours etc



Making Flow Charts

- A type of diagram that shows a process from beginning to end
- Organises info clearly. Use words & diagrams!
- start at the start (obviously) and work downwards
- Add in the main steps and then add more detail next to this



Using Flash Cards - A GREAT revision tool!

- Small cards with a question/prompt on one side and the answer/information on the other
- Great Pit-stop test to see how much you have learnt - & any gaps you need to re-revise
- Flash-cards are good for revising things like:
 - important dates in history
 - key words and definitions
 - formulae
 - labelled diagrams

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An amazing
opportunity to show
your brilliant best!

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