



Revision Skills



***Some succeed because they
are destined to. Most
succeed because they are
determined to.***



Revision Timetable



Benefits of using a revision timetable

- Helps to organise your revision
 - Avoids conflict at home
 - Gives student a work/ life balance
- Provides communication between student and parent(s)/carer(s)
 - Encourages regular and effective revision
 - Opportunity to set small achievable targets
- Breaks revision down into manageable chunks





Mind-Maps



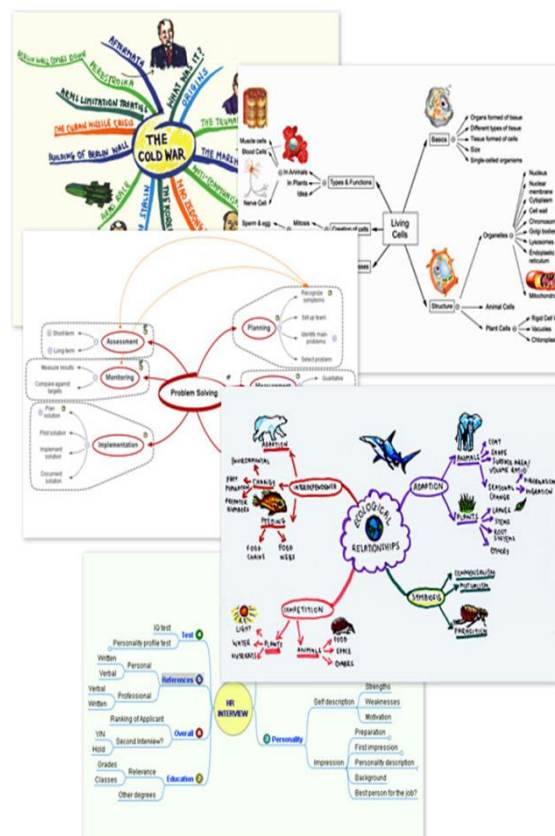
A mind map is a way of getting a lot of information down onto one piece of paper. It allows you to revise from a single sheet of information, **rather than reading** pages and pages of a textbook.

Mind maps can be drawn **by hand or done on the computer**. They can be made up of words, pictures, or a mixture of both, depending on your learning style.

Whilst making the mind map, **you are revising**. Your brain is being forced to take out the key ideas and sift through the things that you don't really need.

By **making the mind map yourself**, you are more likely to remember the information, rather than someone telling you what to write.

You will organise the information how you want on the mind map. This **helps your brain to remember key ideas** because the mind map is a visual reflection of what is happening in your mind- not anyone else's.





Index Cards



Index cards can be used in different ways, depending on the information you are trying to learn.

1. They can be used to **break down information** into smaller chunks to be learnt one card at a time. This is ideal for learning your **speaking or writing controlled assessments** in French/Spanish/German. This allows the brain to concentrate on small sections of information at a time- almost kidding the brain into thinking there is less to learn. This technique only works if you have a **period of time** in which to learn the information, i.e. 7 nights. Type up the piece of work you are needing to learn, divide it into 7 sections, print it off and make a booklet of cards- **one to learn per evening**.

2. They can be used to **remember a list of information**.

- **Read** the whole piece of work/topic in a textbook/section of your class book/novel
- Decide which bits are the **important bits**- key ideas, key quotes- make notes as you are going along, or use a highlighter
- Each index card should only have **one topic** on it eg-The character of George in 'Of mice and men' (English) or 'The end of world war one' (History)
- Make a **numbered list** on the index card of everything you need to remember about that topic/character
- Try to **make the points link together**- this will help you remember them in an exam situation eg if the first quote you write is to do with Lennie's obsession with the rabbits, make your second quote in your list be about George's feelings about wanting to live alone.



Index Cards



3. Use the **first letter** of each idea to **create a word** that will help you remember a series of linked information e.g. Terms of the treaty of Versailles; **TRAGAL**

Territories

Reparations

Army

Guilt

Anschluss

L league of nations

TERMS OF THE TREATY OF VERSAILLES

T- Territories- Alsace-Lorraine was given to France with chunks of West Prussia

R- Reparations- compensation for the damage caused £6600

A-Army- limited to 100,00- men. Conscription banned

G- Guilt clause- Article 231 to take blame for the start of the war

A-Anschluss- A union between Austria and Germany was forbidden

L-League of nations- An international police force to



Memory Techniques



This year you will have to remember lots of facts off by heart and let's face it, a lot of them are pretty dull.

To learn (and remember) things quickly and effectively we can use mnemonics (techniques to help us memorise things).



1. Mems = a type of visual memory aid.

How do they work?

Mems aim to link dull facts together by using exaggerated stories/images and usually involve a play on words.

e.g. Plant and animal cells all have **cytoplasm**, a cell **membrane** and a **nucleus**. If you learn these without using a memory technique - the facts would be unlikely to sink in, it would take a long time to memorise and the facts wouldn't stay in your long term memory.

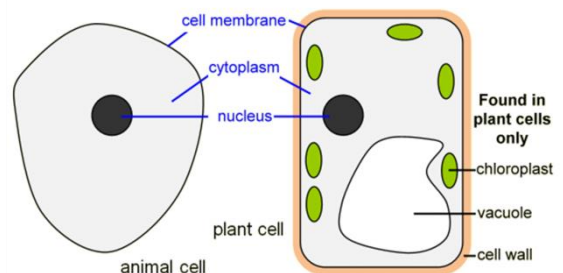
However, if we create a mem e.g. **Animal** from The Muppet Show is holding a **plant** in one hand, and Homer Simpson's **brain** in the other. He is standing on a building **site** and a **nuclear** bomb goes off. We can use the words in the exaggerated, vivid, visual image and link them with the facts we need to remember.

Animal + Plant

brain = cell membrane

site = cytoplasm

nuclear = nucleus



Mems are very useful for remembering vocab when learning a foreign language.

E.g. in French l'affiche = poster





Memory Techniques



2. First letter mnemonics

These are most often used in order to remember a **list**.

A famous example is “*Richard of York Gave Battle In Vain*” to remember the order of the colours of the rainbow.

Another example is: “*My Very Educated Mother Just Served Us Nachos*” where each of the initial letters matches the name of the planets in our solar system (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune).

You can use this technique in your study/revision to help remember quotes/lists etc.

3. The Journey Method

This technique is similar to Roman Room/Memory Palace and is used to remember the order of something.

The idea is based on landmarks on a well-known (to you) journey and linking them to the facts you want to remember.

The journey could be your journey to school/work, the route you use to get to your front door in the morning or a tour around a holiday destination you know well. It could even be a journey around a computer game.

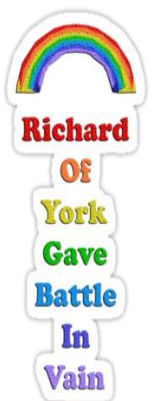
You then link the

Further information on more mnemonics can be found at:

www.academictips.org/memory/index.html

www.memrise.co.uk

“ Active learning is the key to remembering. You have to DO something to keep the words in your head.”





Top Tips



Research shows the factors which make the most difference to how successful our revision is, are:

- **Starting early**
- **Testing yourself regularly**
- Check the LP website for past papers
- Use the exam board mark schemes
- Use the work books which match up with the CGP books
- Use the questions at the end of each section in the revision books
- Get a family member/friend to test you for EXTRA MOTIVATION

**TEST
YOURSELF!!!!**

HOW TO DOWNLOAD AN APP IN 8 EASY STEPS



How to download an app



1-Connect to the internet/Wi-Fi.



2-Press the 'App Store' Button.



3-Search for the app you would like.



4-Once you have found the app you would like, click on it.



5-At the top of the screen there is a little button, it will either say FREE or a price.



6- A box will appear asking you to type in your iTunes password.



7-On the home screen you will see your app downloading.



8-Once this is done, you may use the app.



Useful Apps



Available on the
App Store

English: Revise Of Mice & Men

Revise Romeo & Juliet

Revise English Language

Revise Conflict Poetry

Revise Relationships Poetry

Maths: Collins- Algebra, Number, Stats, Geometry

Learners Cloud Maths

Maths Wiz

Science: Learners Cloud

Lite GCSE Science Revision Guide

CGP Test & Learn

Health & Social Care:

Dynamic Learning from Hodder Education

PE: I am learning: GCSE physical education

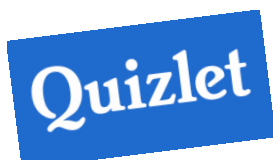
Geography: GCSE Geography

History: GCSE History

MFL: Duolingo / Quizlet

Any subject: Memrise

Quizlet



App Store



Useful Websites



English: www.wjec.co.uk

www.aqa.org.uk

www.bbc.co.uk/bitesize

Maths: www.mymaths.co.uk

www.bbc.co.uk/bitesize

Science: www.bbc.co.uk/bitesize

www.s-cool.co.uk

Geography: www.bbc.co.uk/bitesize

History: www.bbhc.co.uk/bitesize

www.comptonhistory.com (V)

www.johndclare.net (A)

www.mrallsophistory.com (A)

www.gcsehistory.org.uk/

modernworldhistory.htm (A)

Languages: www.quizlet.com

www.linguascope.com

Business: www.revisionworld.com

Technology: www.bbc/bitesize

www.technologystudent.com

Health & Social Care: www.edexcel.com

ICT: www.edexcel.com

PE: www.bbc.co.uk/bitesize

Psychology: www.edexcel.com/quals/gcse/psychology

RE: www.bbc.co.uk/education/topics

www.revisionworld.com

Sociology: www.aqa.org.uk

Any subject: www.memrise.com www.quizlet.com



Managing Exam Stress



What is stress?

Stress is the feeling of being under too much mental or emotional pressure. It is common to feel stressed during your GCSE exams when the expectations you have for yourself and from your teachers may feel higher than normal.

Stress can have an impact on how your body and mind works.

Symptoms

Some of the symptoms of stress are;

Sleeping problems, sweating, loss of appetite, difficulty concentrating, memory loss, headaches and pains, including stomach aches.

What can I do to beat it and manage it ?

1. Find out which revision techniques work for you.

This will make you feel more in control. If you have tried different techniques and you are still unsure, speak to the mentors or a member of staff who you feel comfortable with.

2. Be active.

Physical activity can improve your state of mind. It gives you time away from the cause of your stress. Exercise won't make your stress disappear, but it will reduce some of the emotional intensity .

3. Take control and talk to someone.

The act of taking control is in itself empowering and it's a crucial part of finding a solution that satisfies you. Speak to friends, family or a member of staff. A problem shared is a problem halved. A good support network of teachers, friends and family can ease your troubles and help you see things in a different, more controlled way.

4. Know your limitations and do not take on too much

We can cause ourselves a great deal of stress because we do not want to let people down. We then end up doing more than we should. Saying "no" is sometimes the hardest thing, but it may make you feel more in control.



Managing Exam Stress



5. Take time out to relax and recharge your batteries

You will perform more effectively during revision if you regularly take a short 10 / 15 minute break.

6. Have some 'me time'



Take some 'me time' for socializing, relaxation or exercise. Plan some fun activities every week.

7. Avoid unhealthy eating habits



Don't rely on junk food and energy drinks as your ways of coping. Your body needs a balanced diet for it to function at its best. Eating healthily will boost energy levels, helping you to concentrate more easily and feel less sluggish. Drinking plenty of water every day will keep you hydrated and prevent you from feeling lethargic.

8. Sleep



Sleep is not only necessary for your body to function, but also crucial for your mind. Sleep lets your brain process the day you have just experienced, leading to an improved memory.



9. Keep calm and breathe

Relaxed breathing will help to clear and relax your mind. Good relaxation always starts with focusing on your breathing. Try to breathe in and out slowly and in a regular rhythm, as this will help you to calm down.

- Fill up the whole of your lungs with air, without forcing it. Imagine you are filling up a bottle, so that your lungs fill from the bottom.
- Breathe in through your nose and out through your mouth.
- Breathe in slowly and regularly counting from one to five (don't worry if you can't reach five at first).
- Then let the breath escape slowly, counting from one to five.
- Keep doing this until you feel calm. Breathe without pausing or holding your breath.

Practice this relaxed breathing for three to five minutes, two to three times a day (or whenever you feel stressed).



Notes

Year 9 Exam Timetable

Monday 5th – Friday 9th June 2017

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