Tips and guidance

Revision Techniques

-I'm going for the gold,
My heart is in control.
My mind is on succeed and I am in the lead.

-Lil Wayne
Revising

- This can be a stressful and complex time, and we all work differently.
- Use this guide to refer to, and personalise your own revision.
- There are a range of techniques and advice for you to learn and personalise to help tailor your own personal revision methods.
- Being prepared and ready for your exams will make the process less stressful, and overall it will help you to produce better results.
- Put the time and effort in now, as your GCSE qualifications will help you to gain the college or work placement that you are aiming towards.
Go public: do not carry the burden of revision on your own.

- An essential piece of advice during your revision is to let someone else know what you have going on.
- Talking to others will help you release the stress that is building up inside, as well as informing others of what you have to do.
- This can be a friend or family member that you see on a regular basis, show them your examination timetable. Or alternatively add the dates of your boosters and exams to your Google calendar and share the link via email with your friend or family members. This way they will also know what you need to do, and when you need to do it.
- We are all human, and it takes great motivation to revise after the school day, if you feel this is something you won’t be able to do on your own, and then inform someone in your life that can be on your case and maintain your focus and drive towards succeeding. This may seem like an unattractive idea, but you need to look at the overall scheme of things, a little extra work now will result in higher results.
Food for Thought

Go Bananas!!!
- Potassium is rich in performance and enhances your energy levels. Make sure you eat the right types of foods, as well as maintaining hydrated with water throughout your revision period.

Sounds a bit fishy to me?
We are not suggesting you should change your diet to a regime that consists of only bananas and water. Maintaining hydrated and feeding your body the right nutrition will make you feel better and be prepared to go that extra mile during the day. Fish is also a great source of Omega 3

Go on treat yourself!
However incorporating your favourite meals and treats into your revision time will also keep you motivated. This takes self-discipline, but if this is used resourcefully the results can be very positive.
For example have a packet of your favourite sweets handy in your revision area where you work. Set yourself goals, and if you achieve these goals during the time period set for the completion of this task, then go ahead and help yourself to your favourite sweet. If not put it back down, revisit the question or task at hand and go again until you get it right. Again this takes a great deal of self-discipline, but if this is done properly not only will you be able to enjoy your favourite sweets and beverages but you will also be sharpening your knowledge enhancing
But it’s the weekend I want to watch TV!

- The weekend is predominantly spent with the family. Understandably with the burdens of school work as well as the pressure of revision seeing the family and watching weekend television seems tempting…
- However this does not mean that your exams are going to miraculously disappear. You need to maintain your focus and keep reviewing your ideas.
- Take advantage of the people around you and get them involved. Use cue cards and question sheets and give them to your family members and get them to test you during the ad breaks. This way you get to socialise with your family, still keep up to date with your weekend television, and study in quick bursts seeing how much knowledge you have retained and what you need to develop.
- Additionally if you have pre-recorded programmes on sky + or virgin media use your cue cards and exam questions to test yourself getting a family member to pause the programme until you have mastered the skills you are being tested on.
Reading to start revising!

Lisa ... Lisa!
Now I know what food will help me focus.
Where am I supposed to start with all of this revision? I have so much to do. DOH!

Good job that you have this revision presentation then.
What I suggest is you take the time to go through it, and use it to help tailor your own revision strategies!
Sticky notes are a very simple but resourceful way of revising. Simply write the key information onto a note, and stick it in a place around your house that you pass frequently, or on numerous objects or appliances around the home.

The more of these you make and the more you put around the house and force yourself to read— the better your results will be. You will be surprised how quickly you pick up and retain the information on the note. Of course use them productively, not like Dr. Evil.
This tip may seem an obvious one, but you will be surprised how often you will get distracted without realising. Once you are outside of the school environment you will be within the area in which you live. This is a place in which you relax, socialise, and have fun.
Ideally you want to create a space that is equipped with all of your resources; pens, highlighters, paper, books, resources from school. Take away any distractions on the walls such as posters or pictures, and replace them with mind maps and sticky notes of questions or key facts that you have to remember.

Nice desk, but turn it down a notch on the poster. Perhaps a few sticky notes instead bro?
This is easier said than done, you cannot obviously decide to redesign your parents/guardians living room. Unplugging and removing the TV and replacing it with a desk and a shelf full of books will be an unpopular decision with the others in the household.

Instead separate the concept of HOME and turn an area in your house away from distractions and create a WORKING SPACE free of any interferences, and purely dedicated towards work.
Preferably have a laptop or Ipad available to look up additional information using revision websites. Sometimes researching information yourself first hand helps you engage with the topic you are revising. Often the benefit of online resources are that they have interactive resources that help you engage with the task you are revising.

**Word of warning:** check the source of the website and make sure that it is relevant to the topic you are studying for your exam. Knowing the exam board such as Edexcel, AQA, or OCR will be beneficial.
Temptations

Once you have a working space appropriately arranged make sure you set yourself rules and regulations for this area (just as you would in school).

No mobile phones. They will distract you no matter how self disciplined you are. TURN IT OFF, and use it only when you have finished your studying.

No computers (unless you are using one for your revision). Setting yourself a 45 minute goal to study is great, but spending 15 of those minutes checking the latest news feeds on Facebook or tweeting how much revision you have to do but cannot be bothered is simply a waste of time. Be strong and determined and don’t be distracted by social networking, television, or texts. Keep all of these distractions away from your working area, and integrate them as some of your treats during your 10 minute break sessions.
Temptations: DON'T BE THIS GUY!
Treat yourself

Doing too much will only stress yourself out, you need to balance the focus of revision with the things in life that make you happy 😊 😊

But treating yourself to the luxuries in life that you enjoy needs to be incorporated into your week.

Stay after school!

30 extra minutes each school day would give you an extra 2 and half hours a week free. Stay behind straight after school every day, and then use these two and a half hours to have a night off.
Time management is essential, synchronize your watch and practice mock questions under the time conditions that you will be under during your exams. The more you do this the better you will become, and it will strengthen your writing before your final exam.

Whilst working under time conditions stick to the following guidelines:

• Set yourself realistic goals
• Don’t do too much, its often quality not quantity. Read the question carefully and write as much as you can on the relevant topic under the time conditions set.
• Establish a habit: if you get used to sparing 45 minutes towards an hour under time conditions developing your skills each day, then by the time the exam comes you will be used to doing this and this won’t be a shock to the system or something new to try and deal with. Get into the habit!
• Don’t procrastinate: by this I mean don’t set yourself a task but then decide to doodle on the corner of the page, or clock watch and then write only for a portion of the time. Stay zoned in and do the best you can in the time set.

Most smart phones have a timer built into the phones, or alternatively you can download one here: http://www.online-stopwatch.com/countdown-timer/.
**Mind Maps**

The concept of taking an idea and on the mind map writing down everything you know about the topic area, brainstorming what you remember, or using a spider diagram to plan your work.

If you want to be more creative these techniques are a great way to focus on individual topics for your exams and brainstorming numerous amounts of information that is relevant to the topic area.

Remember the use of **Key Terms** and phrases as well as practise questions, and guided solutions should all be incorporated onto the map.
7 Steps to Making a Mind Map

1. Start in the CENTRE of a blank page turned sideways. Why? Because starting in the center gives your Brain freedom to spread out in all directions and to express itself more freely and naturally.

2. Use an IMAGE or PICTURE for your central idea. Why? Because an image is worth a thousand words and helps you use your imagination. A central image is more interesting, keeps you focused, helps you concentrate, and gives your Brain more of a buzz!

3. Use COLOURS throughout. Why? Because colours are as exciting to your Brain as are images. Colour adds extra vibrancy and life to your Mind Map, adds tremendous energy to your Creative Thinking, and is fun!

4. CONNECT your MAIN BRANCHES to the central image and connect your second- and third-level branches to the first and second levels, etc. Why? Because your Brain works by association. It likes to link two (or three, or four) things together. If you connect the branches, you will understand and remember a lot more easily.

5. Make your branches CURVED rather than straight-lined. Why? Because having nothing but straight lines is boring to your Brain.

6. Use ONE KEY WORD PER LINE. Why Because single key words give your Mind Map more power and flexibility.

7. Use IMAGES throughout. Why Because each image, like the central image, is also worth a thousand words. So if you have only 10 images in your Mind Map, it's already the equal of 10,000 words of notes!
Instructions
Making Cue Cards
1: Write an outline of your topic. Include all the main points you need to cover, along with any supporting details or information.
2: Go through each of your main ideas and write them in dark ink across the top of your cards, one idea per card. Write on only one side of each.

3. Flesh out your main ideas by writing short, supporting ideas below them in bullet-point format on each card. These should be simple phrases or even single words written in lighter ink. Each bullet point should be a mental key that will help you easily recall what you've memorized. Make sure there is plenty of white space around your writing, so that you can see the words clearly.

4. Number each card in the left-hand corner, keep your notes in order so they make sense to you when you revisit them.

5. Review your cards frequently. Use them during your exam mocks. Use them using the LOOK, SAY, COVER, WRITE, CHECK method. Also give them to friends and family members to test you. Take the card away from in front of you when you are confident with the information, and make sure you know and most importantly remember the information on the card ready for your exams.
How to create cue card/ memory cards:

- **Summarise**: Once you have written out your revision notes, it's time to condense that information into small manageable facts. This is where memory cards come in to play.

- **Word power**: For each topic, write bullet points of key facts on a set of index cards.

- **Organise**:
  - Categorise the facts into sub-categories, then sub-sub-categories so you can understand how they all link together.
  - Link: Don't just remember the key facts on the cards. They should act as prompts for all the other revision facts you've been learning.

- **Portable**: The great thing about small index cards is that you can put them in your bag/pocket and take them anywhere. That way you can look at them on the way to school or even when you're out shopping!
Top Tips

Manageable revision:
Don't try to revise for too long, and all at once.
Do your revision in half-hour slots, stopping for a drink and a five or ten minute break in the middle.
This will help you concentrate and you'll remember more of what you are revising.
Top Tips

Start early:
- Don't leave your revision until the last minute.
- If you haven't already, start revising now.
- It is true that it is never too late to start revising, but you shouldn't leave it until the day before your exam.
Top Tips

Get help:
• If you don't understand something then ask someone.
• Never suffer in silence.
• There is no point learning something from memory if you don't understand it, it won't help you in the exam.
• Get your teacher to explain it.
Top Tips

- **Make notes:**
  - Get a small pile of notes (Post-it or similar) and a biro.
  - Write all the key words from your subject onto the notes.
  - Then stick them all over your house. As you walk around and see the words, challenge yourself to be able to say what they mean.
IF YOU DO NOT STUDY
YOU SHALL NOT PASS!
“Do or
Do not,
there is
no try.”
YOUR SELF-WORTH IS DETERMINED BY YOU. YOU DON'T HAVE TO DEPEND ON SOMEONE TELLING YOU WHO YOU ARE.
WE ARE ALL OF US STARS, AND WE DESERVE TO TWINKLE.

MARILYN MONROE
A message from the stars

ALBERT EINSTEIN

In order to succeed, your desire for success should be greater than your fear of failure.
"If you want somethin', go get it. Period."
Knowing is not enough. We must apply.
Willing is not enough. We must do. “

[Signature]
Just keep moving forward.
'Never a failure, always a lesson'

- Rihanna
"It is not in the stars to hold our destiny, but in ourselves... Shakespeare"
GOOD LUCK FOR YOUR EXAM AND DO THE BEST