

St. Augustine's R.C.



High School



How Do I Revise?

The complete guide to revising 2016

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Facts about revision

1. **You** have to do it! It doesn't need skill. Just use any of the suggestions in this booklet.
2. You also need lots of willpower and motivation.
3. You will be pleased with yourself when you have spent time revising - you will have learnt something and will feel more confident and prepared.
4. Revision takes time - don't keep putting it off. The sooner you start the less stressed you will be because you will be following a plan that enables you to cover all your topics in a certain time. This will also leave you with time to relax with friends and family.
5. Revising is REMEMBERING - It isn't revising unless you "fix it" in your brain. To do this you must "do" something with your notes and **not** just read them.
6. Our brains work in different ways - what works for one person may not work for another. Some people are:

Visual learners - they remember what they see

Auditory learners - they remember what they hear

Kinaesthetic learners - they remember by doing or creating

Some people are more one type of learner than another. Many are a mixture of all three types. Play to your strengths!

Memory Strategies

Some things are easier to remember than others - they are usually things we find more interesting e.g. we remember Henry VIII and his 6 wives but not the solid 'one woman' Henry VII. The problem is that most of what we have to learn isn't always vivid,



interesting, unique or amusing; so we have to find ways to make the

information more interesting or amusing through connecting it to other memories. Mnemonics are clues of any kind that help us remember something, usually by helping us associate the information we want to remember with a visual image, a sentence or, a word. Try some of these:

1. Visual Image

Associate a visual image with a word or name to help you remember them better. Make images vivid, colourful or positive. Give them a smell, a taste or a feel to make them stronger memories e.g. to remember the effects of exercise on the body picture yourself or a famous person like David Beckham and imagine them breathing quickly and deeply and their heart pumping blood at a faster rate. Think about why this is happening and picture lots of glucose flowing to the muscles for increased respiration etc.

2. Acrostic

Make up a sentence in which the first letter of each word is part of, or represents the initial of what you want to remember e.g. to remember the order of the planets - **My Very Easy Method Just Speeds Up Naming Planets (Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto).**

3. Acronym

An acronym is a word that is made up by taking the first letters of all the key words or ideas you need to remember and creating a new word out of them e.g. HOMES to name the Great Lakes: Huron, Ontario, Michigan, Erie and Superior.

4. Rhymes & Alliteration

Rhymes, alliteration (sticky stigma) and even jokes are a memorable way to remember some facts and figures. E.g.

"A periscope's a useful thing,
As everyone agrees.
It has 2 mirrors fixed inside,
At 45 degrees."

5. Chunking

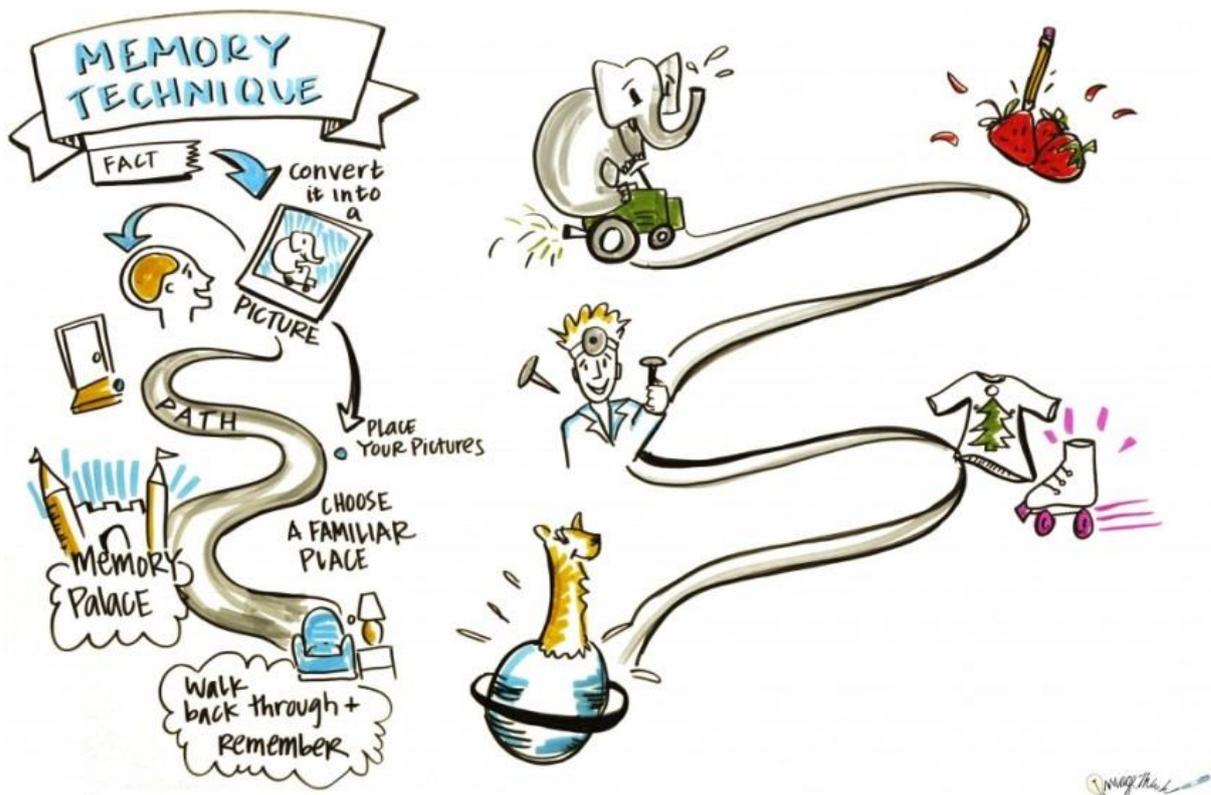
Chunking breaks a long list of numbers or other types of information into smaller, more manageable chunks. Putting things into groups can make them easier to remember, especially if you connect the group to a silly or vivid visual image.

6. Method of Location

Imagine placing the items you want to remember with each of your friends, or along a route you know well, or in specific locations in your room or house. E.g. To remember the electromagnetic spectrum imagine giving each part of it to one of your friends. Link this with visualisation by for example imagining that friend having an x-ray on her broken leg!

7. Make a Song about it

Songs stick in our mind because of the strong rhythm. Set important facts in songs to help fix them in your mind. There are some interesting songs on You Tube you can sing along to e.g. "The Photosynthesis Song". Type "GCSE Revision Song Youtube" into google for some ideas. Look at the League of Nations Revision Song (History).



Planning your Revision

Draw a plan or revision timetable and stick to it.

Revision plans have been shown to reduce revision anxiety for those who follow them - when you have a plan you are in charge of your workload. You will be given an individual exam timetable in March but it is a good idea to start your revision during half term. Use the blank timetables at the end of this booklet. You will be given another revision planner in March.

To begin with you will have to fit in your revision with your schoolwork. Decide how much time each evening you will have to do this. You will have more time at weekends, but decide how much time you can give to revision and divide it into 35 minutes sessions. You might prefer to do your revision in the mornings and get it done so that you can do something else for the rest of the day; or you might prefer to work in the evenings.

Number all your possible revision sessions each week. Make a list of the topics you need to revise for each subject. Work out how many revision sessions you have, and divide the work up between that many sessions.

If possible plan some reviewing sessions at the end of a week and quickly look through the condensed revision notes that you have created.

Set realistic targets when planning each week but be flexible. If you don't complete a day, don't abandon the timetable; get back to it the next day or adjust your plan. Leave space for re-revision of a subject just before each exam.

Revision Techniques

- 1. Summarise your notes / information from text book.** Use colours, pictures, highlighters etc. The most important thing is that you change your original notes. The act of changing it means your brain is processing the information and it is more likely to stick. Writing notes uses all 3 kinds of memory cells, sound, sight and feel. When you write the notes you see the words. You say them in your mind as you write them and you are using movement to write them. Better than copying notes is to summarise or paraphrase them - so you think about what you are writing. E.g. Notes- *Mendel was a monk who suggested that there were separate units of inheritance that were passed on from parent to offspring. Some of these characteristics, which we now know as genes, were dominant to others.* This becomes:
Mendel - separate units of inheritance (now genes) - some dominant.
- 2. Teach someone else.** Find someone, e.g. mum, dad, brother, sister, grandparent, cat, teddy etc. who knows nothing about the topic and try teaching them. It is harder to forget information if you have done this.
- 3. Revise with friends** - it may be less boring than revising alone and you may feel more motivated, but you will need to be disciplined and avoid getting distracted. Plan what you will do before you start. Look at a topic and then ask each other questions. Revise a topic each and then teach each other!
- 4. Answering past exam questions** Do exam questions. Use a mark scheme to check your answers. In order to maintain standards from year to year similar questions are often seen. Get exam questions on the exam board websites. **Doing** questions is very important when revising maths!

5. **Spend a lot of time on recall**- Research shows that we remember best when we have gone over something more than once. Read a page and then write down what you can remember.

6. **Revision cards** - get them from stationers or make them online at www.getrevising.co.uk

- Write questions on one side and answers on the other - test yourself or ask someone to test you.
- Write key terms on one side and their definition on the other side.
- Write advantages of something on one side and disadvantages on the other side.
- Summarise key points.
- Draw pictures as clues to help you remember something.

*• **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.*

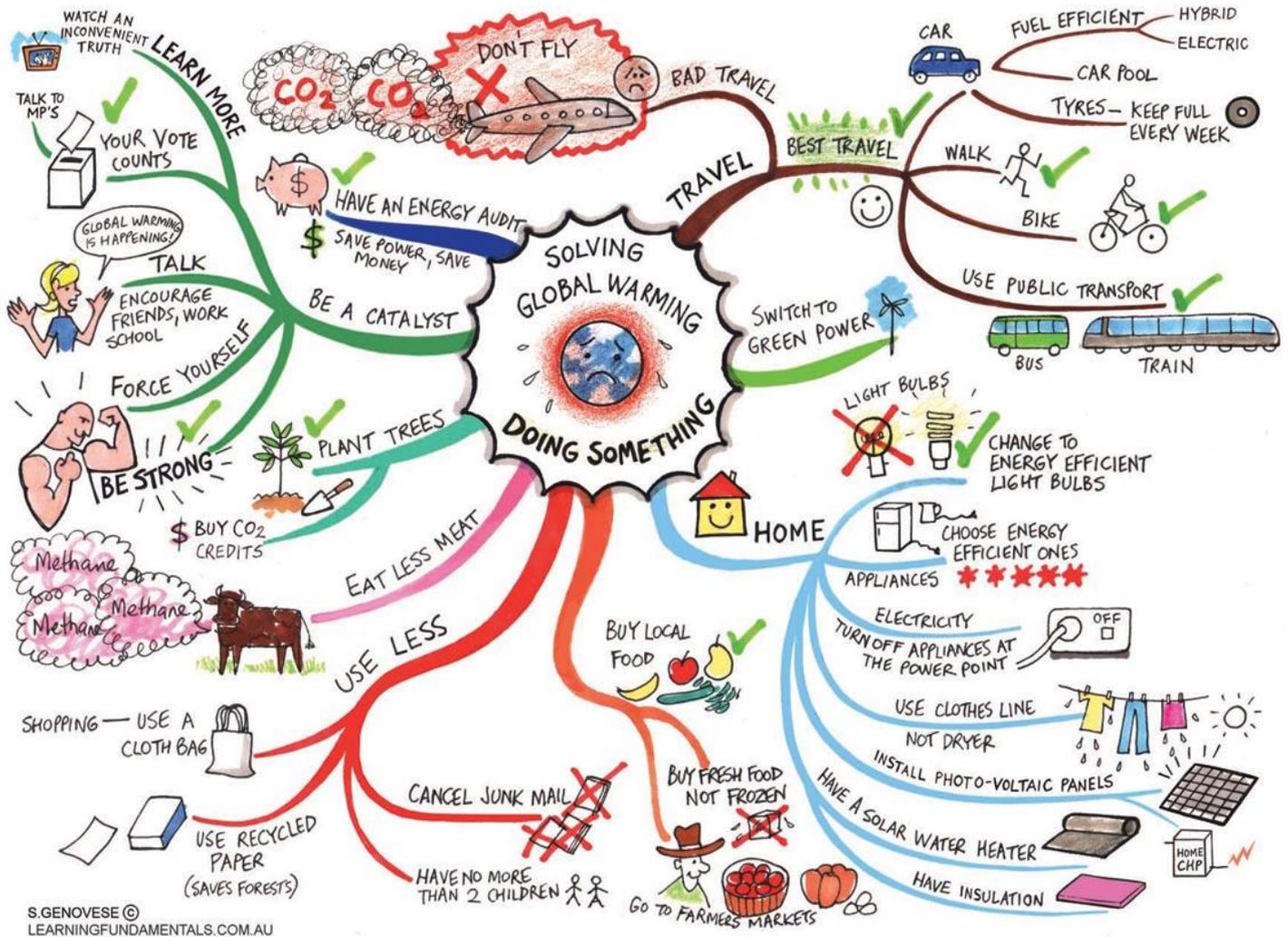
*• **Word power:** For each topic, write bullet points of key facts on a set of index cards.*

*• **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!*

7. **Mindmaps** - they are good because creating them is active - we have to sift, understand and summarise to create the diagram. We make new connections. You will need big paper and colours. They are a way of organising ideas about a topic. It usually starts with a central idea with a series of branches each relating to one aspect of the main idea. These lead to other branches. It enables you to see a whole topic on a sheet. Making the map involves reorganising the material and helps you learn both the detail and the bigger picture.



Then:

- Stick them up somewhere in your house.
- Illustrate some points on your map with silly pictures.
- Learn it then try to recreate it without looking.
- Use them to plan essays - put the title in the centre then have one branch for each key point and use further branches to develop those points.
- Get together with a friend and make a mind map together with pictures and colour.

8. Test yourself

- Look, cover, test check - as you go along test yourself. If you are making revision cards only put on them what you don't know. If you know something only put a hint to prompt your memory. If you have already made revision notes cover and test yourself before re-reading them.
- Give your notes and revision materials to a friend or relative and ask them to write questions to test you.

9. Useful Revision Websites

- bbc.co.uk GCSE Revision
- www.getrevising.co.uk free study planner and revision resources
- www.mathswatchvle.com - for 5 min clips and revision materials
- On You Tube there are some excellent short videos which clearly explain some topics. Put AQA GCSE Biology followed by the topic.
- Exam board websites: AQA www.aqa.org.uk
 Edexcel www.edexcel.com
 OCR www.ocr.uk
 Welsh Board www.wjec.co.uk

School exam boards

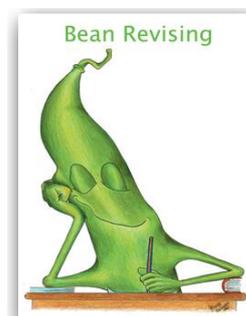
AQA: Art, Photography, All Sciences, Geography, PE, Technology

Edexcel: French, Spanish, German, English Lit Sets 1-7, Eng Lang Sets 1-4
RE, Maths, ICT, Drama, Music

OCR: History, Critical Thinking, Additional Maths, Cambridge Nationals
ICT, Cambridge National Science

WJEC: Eng Set 8, English Lang sets 5-7, Media Studies, Computer
Science

Remember just reading through endless notes isn't helpful. Learning means taking an active role in revision - making up questions, being tested, making revision cards or mind maps for example.



10. Revision Guides - If some of your own notes are missing, or are hard to understand, revision guides can be useful. They can also be useful as they often have tips from examiners and questions (and answers) which you can use to test yourself. Make sure they are easy to read and that it covers the exam board and course you are studying.

11. Podcasts - record yourself explaining a topic or reading some notes. Sing it! Say it in a foreign accent - anything to make it more memorable! There are a lot of free podcasts online that you can download to your phone. Have a look at Mr. Allsop's History podcasts.

12. Games

- Count how many steps on your staircase. Cut up the same number of pieces of paper e.g. 15. Put a question on each piece of paper with the answer on the back and then put one on each step. Time how long it takes you to get from the bottom to the top of the stairs - you must answer the question correctly on each step. If you get one wrong you have to go to the bottom and start again!
- Put 50 questions into a bag or box. Draw out a question. If you can answer it throw it away. If you can't, put it back in the box. Aim to empty the box.

Exam Tips

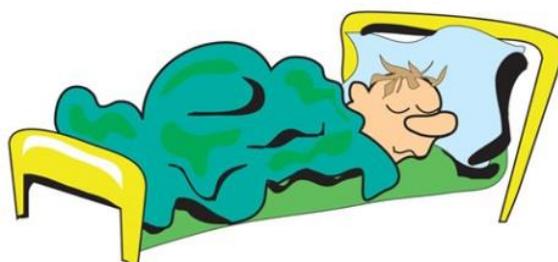
- Read the instructions on the front of the exam paper. Make sure you know which sections to read and which questions to answer.
- Read the question carefully, it may help to underline or circle the questioning word (how, why, what, describe, explain, compare). Also highlight any key words in the question. If you cross out an answer,

do it with a single line. Sometimes you can be given credit for a crossed out answer.

- Keep your writing clear and neat - not too small.
- Look at how many marks there are for each question.
- If you can't answer a question jot down any key words associated with that topic. Move on and when you have finished the paper, go back to the question you had trouble with and look at any words you have written down. See if they help you with the answer now.
- Check the back page for questions. Use any spare time to check through your paper. One extra mark can make the difference between a 'C' and a 'D' or an 'A' and an 'A*'. (Or between any grades!!)

Top Tips

- Go public - put your revision timetable up at home - so everyone can see it and help to keep you motivated!
- Start early - February half term at the latest.
- Ask questions of yourself in notes
e.g. Qu: What enzyme digests fat? Ans: Lipase
Cover the answer when revising this topic and you will know when you have learnt it.
- Find a place where you won't be disturbed.
- Avoid distractions - time 35 minute slots and don't allow any disturbances during this time. Follow with a short break.
- Use mnemonics to help you to remember - see memory strategies.
- Use colours to help you learn better.
- Sleep well, exercise regularly, eat healthily and look after yourself!!!!



Revision Planner for 15th February - 6th March 2016

See following pages

Week Beginning: Monday 15th February

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Review:							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							

A timetable like this allows you to plan your time. You decide which slots you want to revise in. Remember 35-45 mins is the optimum session time. Then have a break!

Week Beginning: Monday 22nd February

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Review:							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							

Week Beginning: Monday 29th February

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Review:							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							



**The very best of luck to you;
we hope things will turn out great**

**We hope you'll soon have something
to really celebrate!**

