



General Revision Guidance for Students

Alcester Academy
October 2019

SLD

Tuesday 22nd November-Year 11

Parent Forum – Tuesday 1st November

Revision and Examination Techniques

- Learning Environment
- Learning Styles
- Revision Techniques
- Examination Techniques
- General Advice



Learning environment

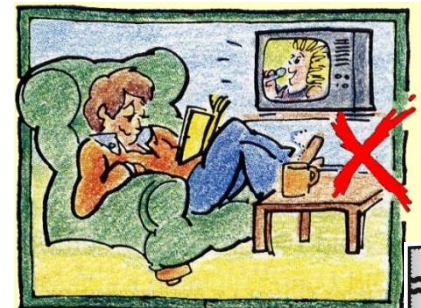
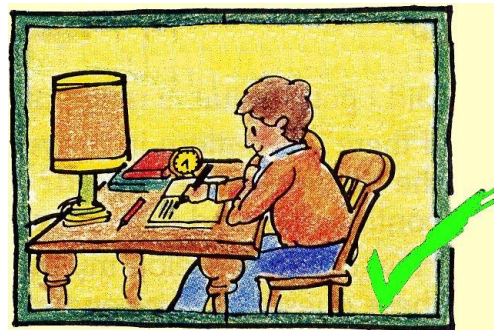


Effective learning environments??



Learning environment

- * Minimise distractions
 - by trying to keep an area for learning that is
 - * Organised
 - * Not cluttered
 - * Equipped with everything you need
 - * Peaceful
 - * Free from interruptions (mobile etc)
- * Alternatives
 - * Local Library
 - * With friend



Planning Revision

- * **Set a target and time**

- * Decide what you want to accomplish by the end of your study time and set little targets within this time. Try not to be unrealistic to avoid rushing and missing key points

- * **Set a reward**

- * When you have set a target and time frame think of a reward you can enjoy when, and only when, these are met. This could be anything from chocolate, playing a computer game or meeting up with friends

- * **Choose a suitable place to revise**

- * Only you know where you work best and won't be easily distracted, try to think of a place, or better a couple of places, where you will not be tempted to check Facebook, your phone or top up your drink, etc.

- * **Plan in breaks**

- * Plan breaks at sensible intervals when you can stretch your legs, get a drink and have a short change of scenery. Booking in your lunch break to have a shorter afternoon session than the morning session will make the time go faster. Also consider any programmes you may want to watch – Can you watch them another time on Iplayer?

- * **How well did you do?**

- * When your time is up look over your progress, have you accomplished all you set out to do? Is there anything you could add next session? Is it time for your reward?



Before students start revision...

- * Have you got all the subject notes?
- * Do you know the topics you need to revise?
- * Have you decided how you are going to revise? E.g:

*To Do -
Chemistry:
Acids and alkalis
Rates of reaction
Bonding
Mole calculations*

- * Make a **list** of the topics you still need to revise for each subject. Work out how many revision sessions you have in a particular subject, and divide up the work into that many sessions. For example, you can divide your chemistry into 12 topics; there are 5 weeks when you are either on holiday or study leave, until the beginning of June. Say you devote 2 sessions a week plus an extra weekend session in 2/5 weekends to chemistry revision. That gives you your 12 sessions.



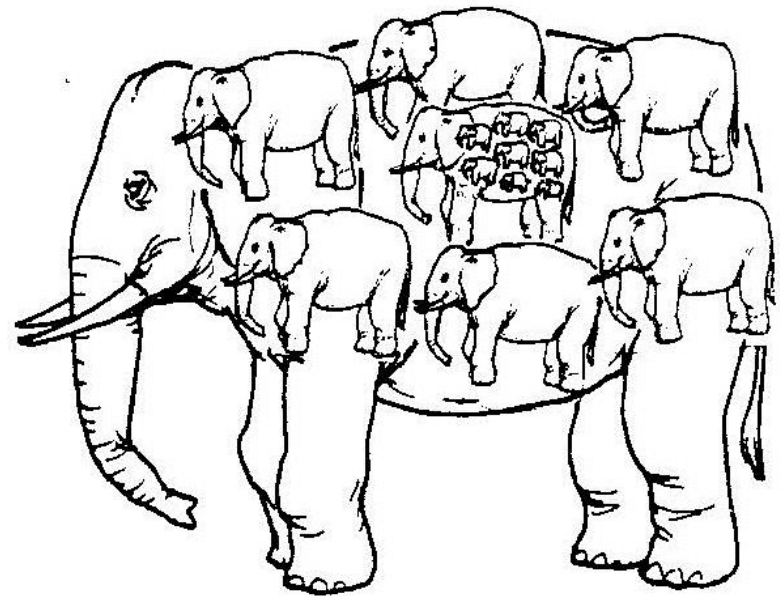
Do you know the topics you are going to revise?

- * Revision checklists
- * Subject course specifications
- * Textbook?
- * Other exam board details e.g some exam boards recommend specific revision websites
- * You should ask the teacher
- * Some exams specify specific topics in advance e.g Food Technology Question 1



How are you going to revise?

- * Revise in chunks.
- * You would not eat a whole elephant at once!
- * You would break it up into chunks, wouldn't you.



How are you going to revise?

1) How do you learn?
Different learning styles e.g.

- * Visual



- * Auditory



- * Kinaesthetic



Preferred styles, not exclusive!





Visual Learners

- * Prefer to see how to do things
- * 29% of us prefer to learn by storing images in our brains.

Possible revision techniques:

- * use pictures, mind maps, computers, diagrams, flowcharts, key words, posters, timelines
- * Videos
- * Mind maps.
- * use colour and highlighters to help the brain remember.
- * write information in bullet points or as key words on “post-its” – (they come in different colours).
- * Careful layout of notes





Auditory Learners

- * Learn by listening and speaking
- * 34% of us prefer to learn by storing sounds in our brains.

Possible revision techniques:

- * Talk over the work with someone else
- * Tape notes and play them back
- * Listen to music while revising – no words
- * Repeat their work out loud in funny voices.
- * Make up rhymes or raps about work.
- * Get someone to ask you questions about the work.





Kinaesthetic Learners

- * Learn by doing
- * 37% of us prefer to learn by movement or touch.

Possible revision techniques;

- * Key word cards
- * put their notes on cards or “post-its” and sequence them (perhaps rank the cards in order of importance or make into sentences).
- * walk between notes or “post-its” that are on the floor or on the walls.
- * walk around while reading.
- * stand up – stretch or exercise – at least every 20 minutes.
- * draw pictures, mind maps – run a finger between the words on the map, say each one out loud.
- * squeeze a sponge or stress release ball while working.



How are you going to revise?

2) Suggested strategies:

- * Mind maps
- * Mnemonics
- * Journey technique
- * Rhymes/ songs
- * Flow diagrams
- * Cue cards
- * Sound recordings
- * Repetition



Revision timetable (template on the Academy website)

- * Block in any after school commitments
- * Plan 2 x 40 minute slots per evening
- * Plan in a 10 min break between slots (or dinner)
- * Plan a good subject on the same night as a more challenging subject
- * Think about the way in which you revise (ideas to follow)



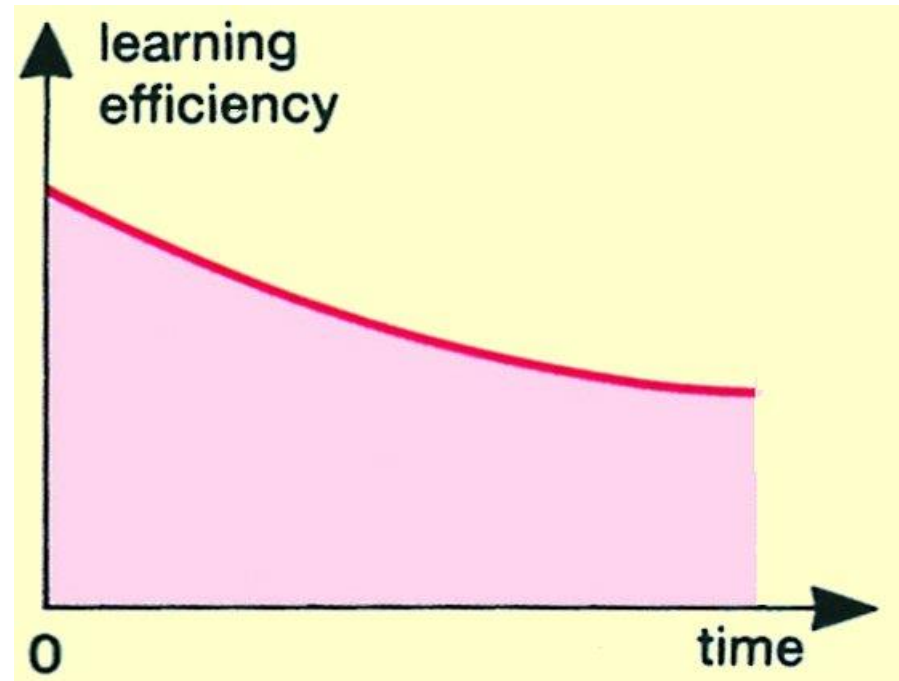
General guidance

- * You can't rewrite all of the notes from your 2 year courses – summarize
- * Use a variety of revision techniques – your memory will be more efficient
- * Highlight key parts or ones that are more difficult to remember
- * Keep persevering with the more difficult work



General guidance

- * Don't spend too long revising. There is the law of diminishing returns. If you just sit down to revise, without a definite finishing time, then your learning efficiency falls lower and lower, like this:



So the best intervals for 'topping-up', by reviewing or briefly re-revising are:

✓ 10 minutes

✓ 1 day

✓ 1 week

✓ ...and then 1 month.

- * Revise – Use techniques in line with your preferred learning style
- * Repeat – Go through everything again, concentrating on what you still don't understand
- * Review – Every week, spend some time going through everything you've done in the past week



Command Words

- * Command words are used to instruct you on the type of answer expected from a question.
- * They are not used to trip you up but are designed to get the correct answer, therefore you need to understand what is required from different command words.
- * A variety of command words may be used.



Command Words

- * Examples include:
 - * State/Give
 - * Outline
 - * Describe
 - * List
 - * Explain
- * The next slide explains these words



Good body = Good mind

- * Eat healthy food
- * Drink plenty (water!!)
- * Get lots of rest



Stress Busters....

- * **“There is no such thing a failure – Only feedback”**
- * Everyone gets nervous before an exam and has different ways of dealing with it. Stress is not essentially the problem but how you respond to it, below are some ways which can help you to relax and concentrate both before and during the exam:

- * **Visualisation**

- * ◇ Visit the exam room so you are familiar with its set up
- * ◇ Keep visualising the journey from your house to the exam room

- * **Relaxation**

- * ◇ Start from the toes: Clench for ten seconds and R-E-L-A-X
- * ◇ Move up the body, clenching and relaxing

- * **Breathing**

- * ◇ Empty your lungs out and hold for as long as possible
- * ◇ Then breathe in slowly and as easy as possible



Stress Busters... Cont'd

- * **The Three Minute Breathing Space**

- * Your breathing space provides a way to step out of automatic pilot and reconnect with the moment at hand

- * **Awareness**

- * Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes and ask: “What is my experience right now... in thoughts... in feelings... and in bodily situations?”
- * Acknowledge and register your experiences, even if it's unwanted

- * **Gathering**

- * Then, gently redirect your full attention to your breathing, to each in and out breathe as they flow, one after the other
- * Your breathing can be used as an anchor to bring you to the present and help you to tune into a state of awareness and stillness

- * **Expanding**

- * Expand the field of your awareness around your breathing, so that it includes a sense of body as a whole, your posture and facial expression



Fun

- * It's vital when you are revising that you don't get overworked, as this will lead to stress
- * Have a good balance between socialising, relaxing and working
- * Plan your revision sessions and down time

