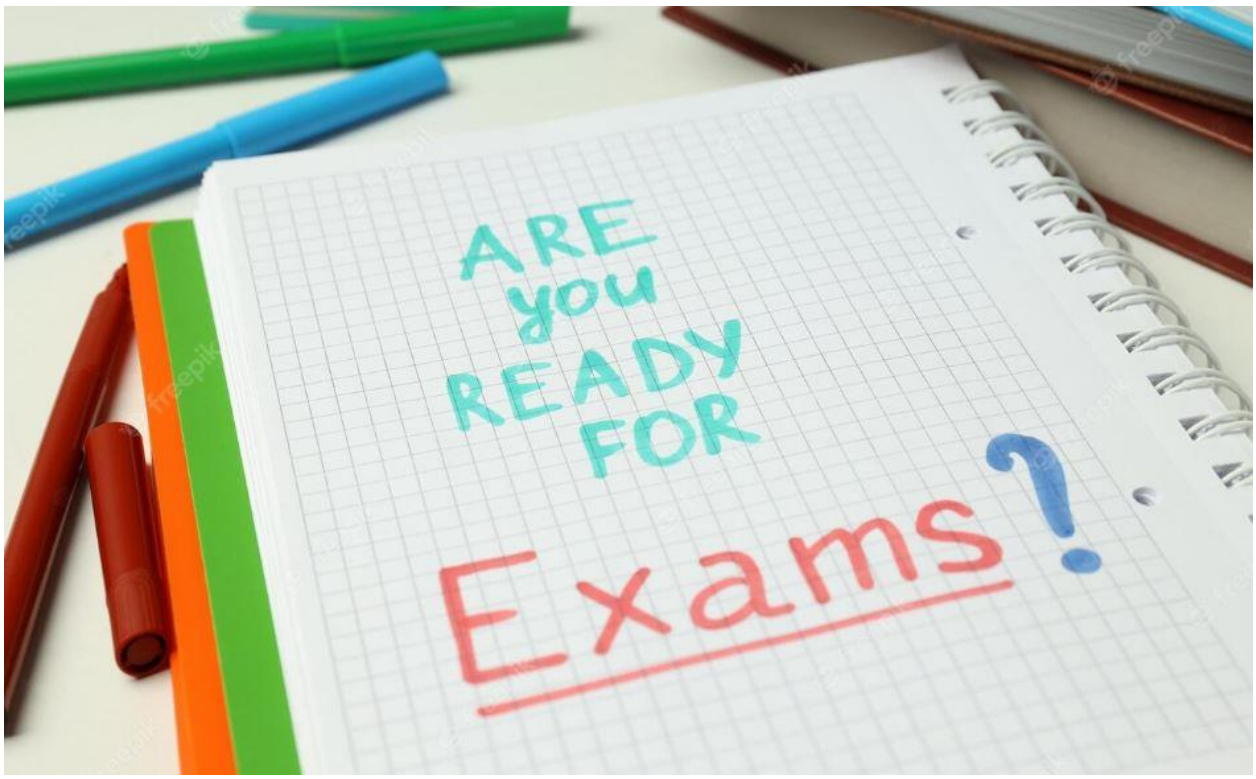
Chislehurst School for Girls



KS4/5 : Examination Revision Guide

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General Study Tips

Preparing for exams is a big task. You need to revisit all the learning from across your course of study and ensure that you can bring it to mind, unaided, under the pressure of exam conditions. There's no way to make the exams easy, but you can take the pressure off if you've done your revision right.

Get The Basics Right

- Limit any distractions (e.g. mobile phone, noise)
- Create and use a revision plan
- Find a nice quiet space to revise in
- Revise. Repeat. Remember
- Make sure you eat, drink water, sleep and take time out
- Stay positive

Revision Timetable

Organisation is key to your success at exams. It will make revision much easier if you have set out time for revising each subject. Use the half-term holidays and weekends to plan your revision, making sure you do a spread of subjects.

<u>Here are some important points to remember when planning your revision.</u>

- Be realistic and plan time away from revising to avoid burn-out!
- Leave your phone turned off/on silent in a different room whilst you are revising
- Be focused: in every hour, only work for 50 minutes at a time and take a break away from your revision for the other 10 minutes
- On a school night, in do no more than 3 hours revision each night.
- Short, sharp bursts are best. A 2-hour chunk of revision with no breaks will be mostly useless after the first hour – your brain becomes tired and overloaded. Therefore, use **interleaving** (see below). Mix up topics and subjects in revision sessions.
- Planning helps you to balance your time so that you don't spend all your time revising one subject
- If you share your revision plan with friends or family then you are more likely to stick to it
- Make sure you give yourself some evenings or weekends off to allow time to relax and do the things you want to do and enjoy doing

Top Tips to help you revise:

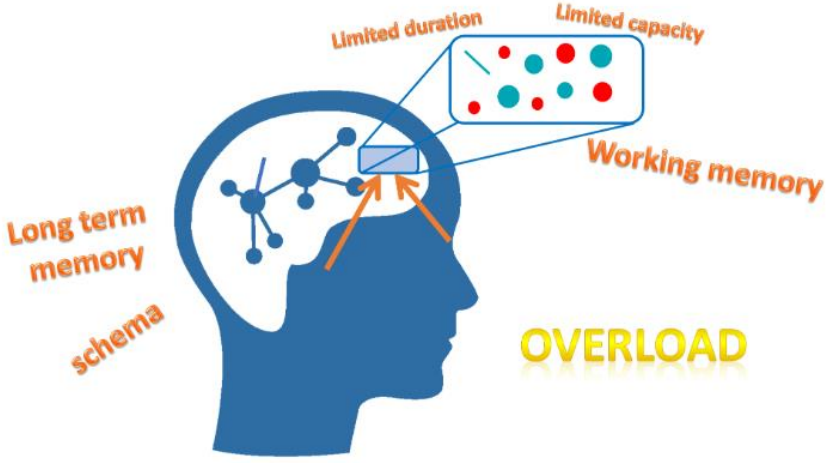
For some great tips on how to revise, or click on this link

Committing to Long-term Memory

Learning something, means it is stored in your **long-term memory.** Studies of the brain show that there is no limit to how much information can be stored in it.

Our **working memory**, however, is limited in how much it can store at one time. Think of it like trying to memorise a box full of objects in 5 minutes. You may remember quite a few, but you won't remember them all. It's like trying to pour more water into a cup, when it's already overflowing. We call this **cognitive overload.**

Therefore, **effective revision** must commit information to the long-term memory, which is essential to succeed in exams. The key is to **practise LOTS** over a longer period of time and **PRACTISE RETRIEVING INFORMATION** regularly.

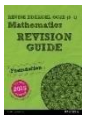


Revision Techniques

There are lots of ways to revise and finding one that suits you can be hard. You might find that different subjects require a different way to revise, but that's good. Changing the way you revise can keep it interesting and accessible.

Below are some suggestions you can try out to see what you like the best.

What to do.....	How to do it.....	Top Tips.....
Use **Class notes**	**Read** your Class Notes, then **reduce them** down to a smaller amount of your own words. Then **practise re-reading them and test yourself.**	Colour code your work. e.g. Maths could be Blue, Science Red . This could be coloured paper, sticky notes or highlighters.
Do practice questions	Your teacher may have some and there some examples in each subject booklet.	Get the mark scheme too then you can correct your answers and make improvements.
Deliberate Practice	Set aside time to **practise improving your knowledge**. Choose what you need to do.	It should be difficult enough to challenge you, and practise, practise, practise! Try to focus on something you are almost able to do but just not yet!
Flash cards	Create these with **questions on one side and the answers on the other.** You can **colour code** them for different topics and quiz yourself or others. You can also **create flashcards on-line or on your phone using Quizlet.** https://www.youtube.com/watch?v=6-YMt6xsCPQ&t=68s	Keep them in your blazer pocket look at them on the bus on the way to and from school or on a boring journey.
Retrieval Practice	**Testing yourself regularly** for what you know is a really powerful tool in revision. The effort to remember something really strengthens your memory.	Use the **subject revision guides** to help you. **Read, Cover, Repeat** is a good strategy. Types: Multiple choice; True or false; odd one out; explanation questions.

Interleaving & Spacing 	Avoid trying to revise all your topics in one go (cramming). Plan more time on the topics you know are harder or have more information.	Revise chunks of a topic for small amounts of time (15 mins) and then move onto another chunk. This will improve your memory.
Make yourself voice notes	**Record yourself saying revision quotes**. This could be formulae for Maths or Science, French or Spanish speaking assessments or quotes in English.	**Listening to the voice notes over and over** will help you to recall and remember information. Try repeating the words whilst listening back.
Buy revision guides 	Some departments in school are selling revision guides. Please ask your teachers for more information.	Use the guides and workbooks to enhance and confirm what you know and learn the sections you don't.
Download revision Apps to your phone or tablet	Lots of app stores now have free revision apps for GCSE to download.	Apps are a really convenient way to revise. You can take them anywhere and revise at any time.
Watch videos and make notes as you watch	BBC bitesize YouTube 	There are lots of different video styles out there, find one you like and use it regularly. Just don't get distracted! Your teachers may have specific videos to recommend.

Exam Wellbeing

Feeling stressed, worried, or under pressure around exams can be difficult to manage. But there are things that can help – it's about finding what works for you.

Tips for coping with the exam period

Exams can feel like a lot, but there are things you can do to improve your wellbeing during this time. Use these tips and ideas to help you cope at different times.

Looking after yourself during exam period:

- Make time for things you enjoy
- Talk to others about how you feel
- Try to find balance
- Take care of your physical health
- Focus on yourself

Looking after yourself while preparing for an exam:

- Find a study group
- Make a revision timetable
- Work in the best way for you
- Revise in the best place for you

Looking after yourself on the day of your exam:

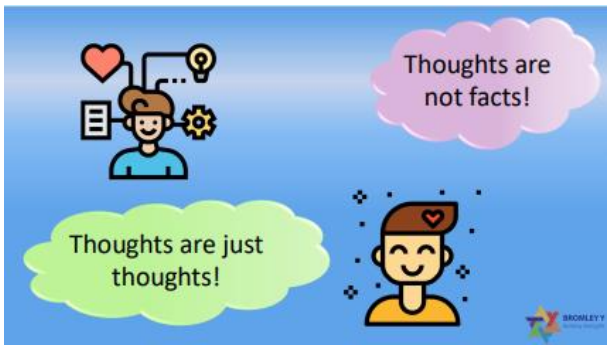
- Prepare your items the night before
- Start your day the best you can
- Try to ground yourself with a breathing exercise
- Take your time
- Remind yourself that it'll be over soon

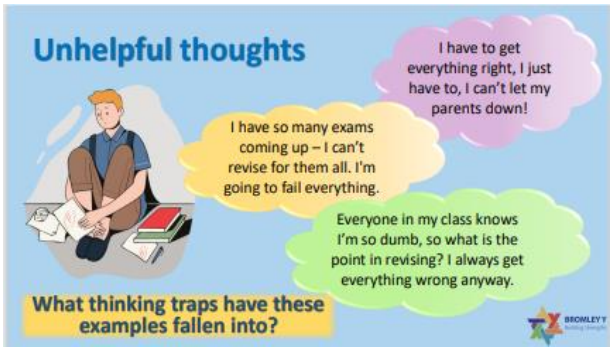
Looking after yourself after your exam:

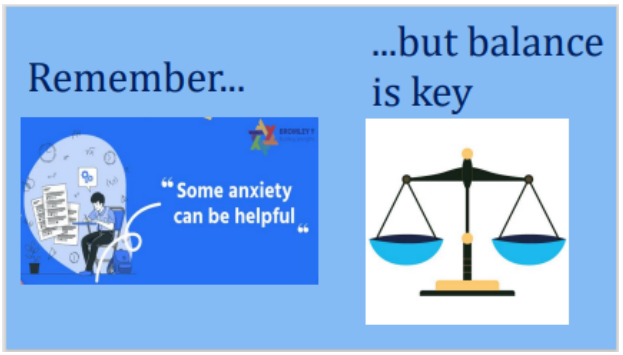
- Try not to compare your answers to others
- Reward yourself

- Focus on next steps
- Relax before your next exam

If you are experiencing negative thinking around this time, use these slides from Bromley Y to help question your thinking:







If you need more support, these services can be accessed anonymously for advice

kooth
Kooth is an online **mental wellbeing** community for young people
For ages: **11-18**
Sign up for free at **Kooth.com**

THE MIX
Essential support for under 25s

ChildLine
0800 1111

YOUNGMiNDS
fighting for young people's mental health