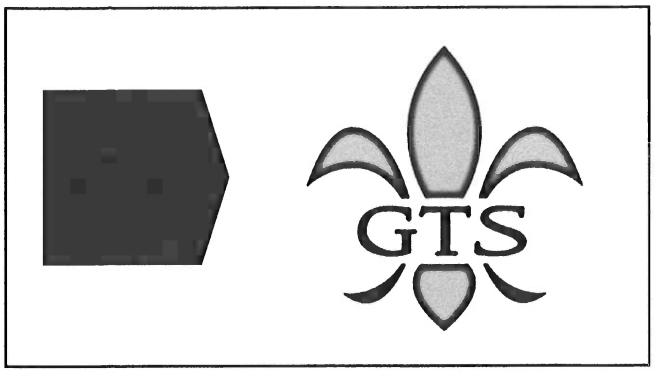
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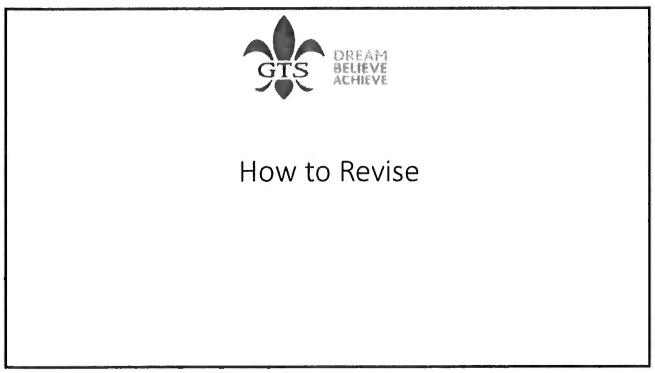
DREAM
BELIEVE
ACHIEVE

Study Skills Guidebook

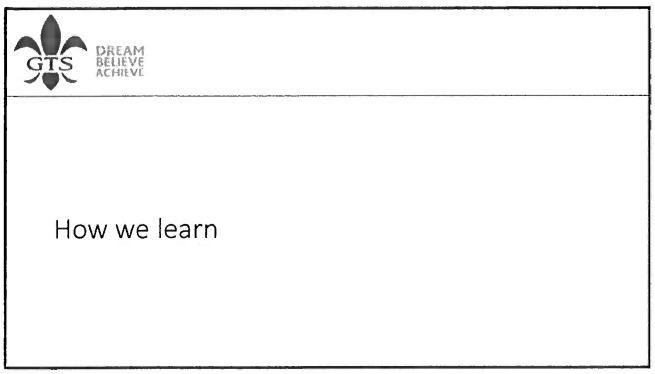
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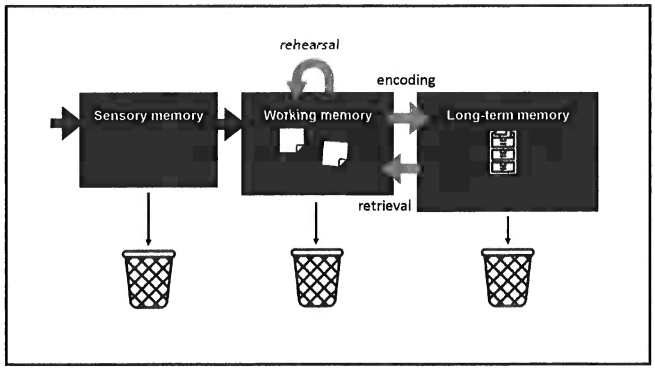
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ACHIEVE
How to Revise

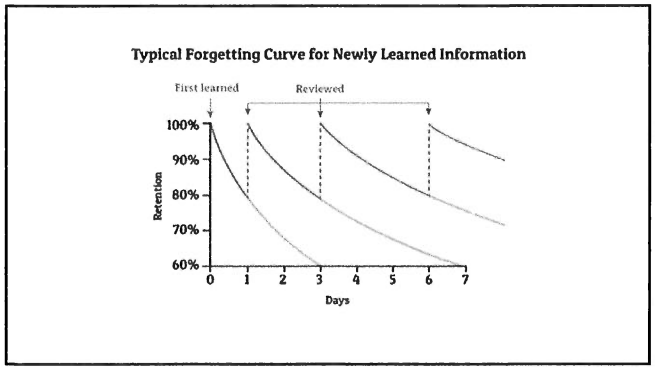
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GTS
DREAM
BELIEVE
ACHIEVE
How we learn

3



4



5

Important to remember

- ❑ Revise without distractions
- ❑ Do a task with the information that you need to remember
- ❑ Revisit information at least 7 times
- ❑ Quiz yourself regularly
- ❑ Question yourself – is this revision or is it just a proxy for revision?

6

Examples and non-examples of revision

7

Non-example



8

Non-example



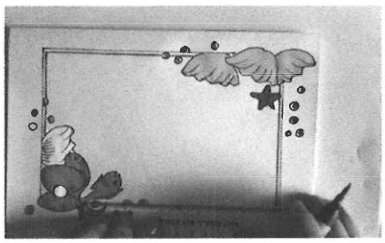
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Example



10

Non-example



11

Example



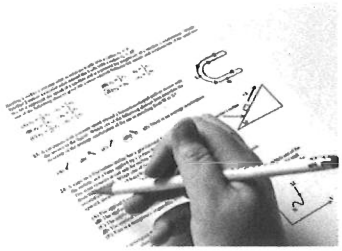
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Example



13

Example



14

Non-example



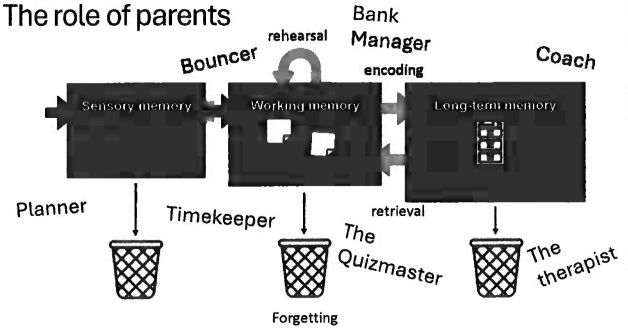
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Important to remember

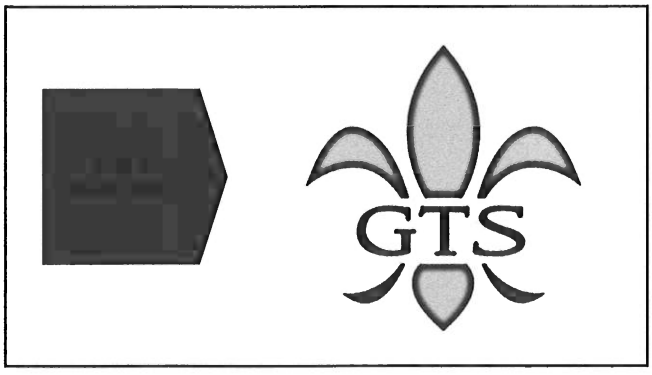
- ❑ Revise without distractions
- ❑ Do a task with the information that you need to remember
- ❑ Revisit information at least 7 times
- ❑ Quiz yourself regularly
- ❑ Question yourself – is this revision or is it just a proxy for revision?

16

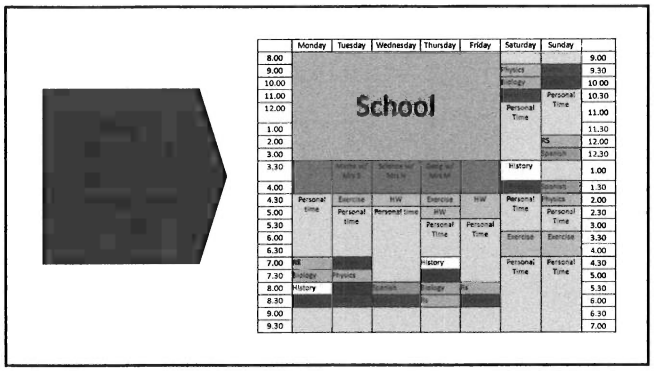
The role of parents



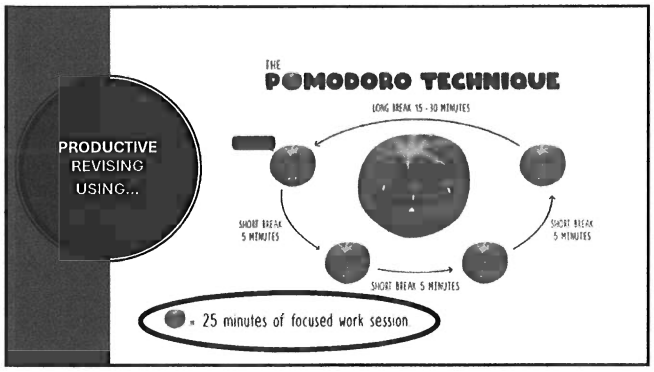
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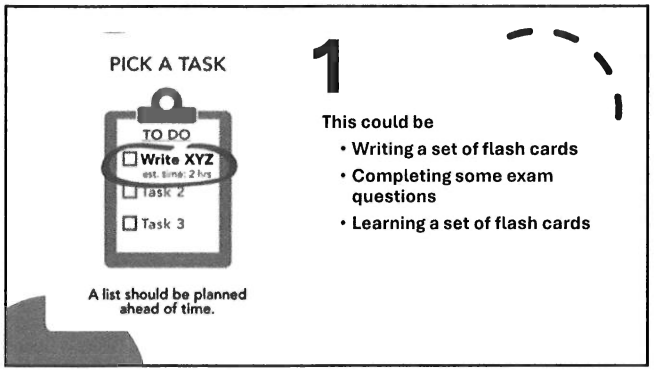
18


School

19


PRODUCTIVE
REVISING
USING...
THE
POMODORO TECHNIQUE
LONG BREAK 15 - 30 MINUTES
SHORT BREAK
5 MINUTES
SHORT BREAK
5 MINUTES
SHORT BREAK 5 MINUTES
= 25 minutes of focused work session

20


PICK A TASK
TO DO
Write XYZ
est. time: 2 hrs
Task 2
Task 3
A list should be planned ahead of time.
1
This could be
• Writing a set of flash cards
• Completing some exam questions
• Learning a set of flash cards

21

2

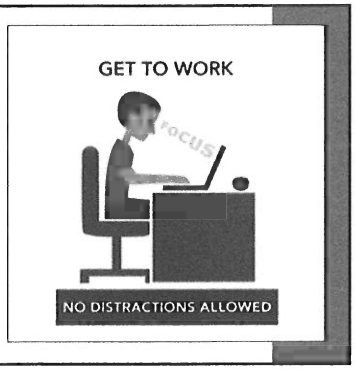
- Any timer will do – but if using your phone set it airplane mode!



22

3

- Put your phone/ distractions in another room.

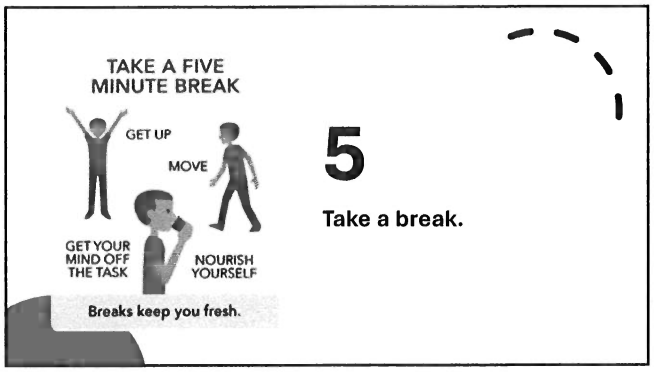


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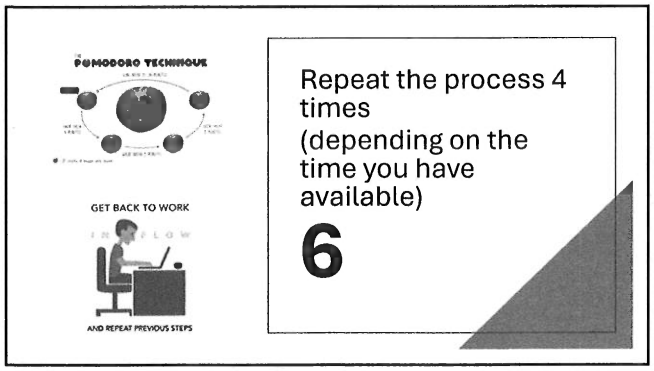
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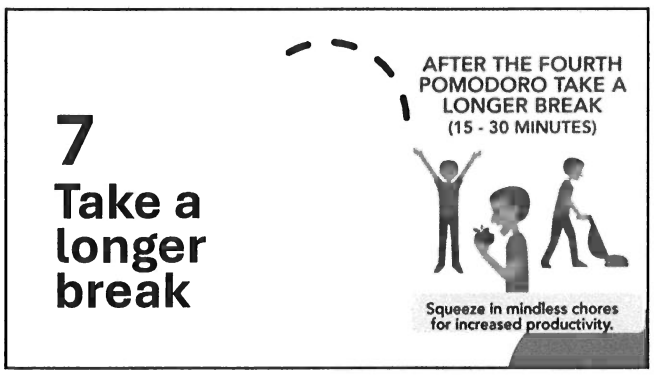
24


TAKE A FIVE MINUTE BREAK
GET UP
MOVE
GET YOUR MIND OFF THE TASK
NOURISH YOURSELF
Breaks keep you fresh.
5
Take a break.

25

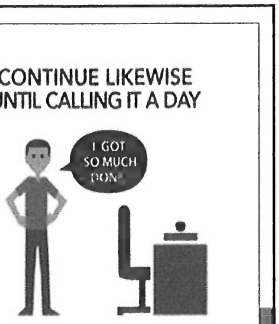

POMODORO TECHNIQUE
GET BACK TO WORK
AND REPEAT PREVIOUS STEPS
Repeat the process 4 times
(depending on the time you have available)
6

26


7
Take a longer break
AFTER THE FOURTH POMODORO TAKE A LONGER BREAK
(15 - 30 MINUTES)
Squeeze in mindless chores for increased productivity.

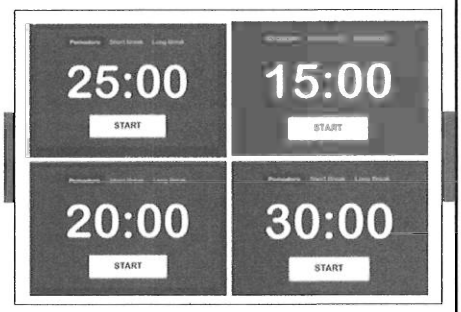
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8
Working in this way helps avoid mental fatigue



28

Change the length of the Pomodoro

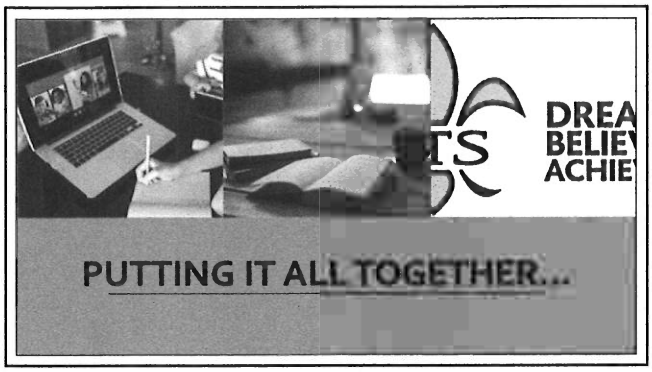


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Time Organisation

Commitments	Take in to account commitments outside of school - some may need to be paired back as exams get closer.
Homework	Homework will continue to be a priority
Little and Often	Revise little and often throughout the year – more as Mocks and GCSEs approach.

30

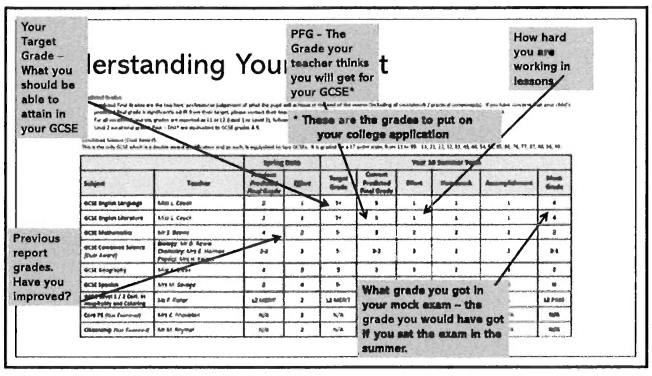


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Y11 Key Dates 2026-2027

- *Parents' Evening 1: 21st September 2026*
- *Study Skills Evening; 20th October 2026*
- After School Revision starts (block 1): 2nd November 2027
- Mock Exams & NEA week (part 1): 7th December 2026 – 18th December 2026
- Mock Exams part 2: 6th January 2027 – 23rd January 2027
- Report: 4th February 2027
- Parents' Evening 2: 8th February 2027
- After School Revision starts (block 2): 22nd February 2027
- Mock Exams part 3 (Tiered subjects only): 15th March 2027- 19th March 2027
- GCSE Exams: 6th May 2027 – 18th June 2027 (Contingency Day 23rd June 2027)
- Leavers' Day: 18th June 2027
- Prom: 9th July 2027

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Academic Health Check Weeks



Attendance
Are you on 100% attendance?

Progress & Effort
Are you doing your homework and **going to the revision sessions** your teacher has targeted for you?

Feedback
Seek advice to improve your learning outcomes. What does your report say; Would it impress at your college interview?

Reflect and Adjust
Reflect on successful strategies and areas needing improvement to adapt your learning in class and your revision plan accordingly.

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What does this mean to your child?

Attendance	Approximate days missed in Y11	Impact on GCSE outcomes
95-100%	0-10 days	Highest likelihood of achieving Target grade
90-95%	10-19 days	Around half the odds of achieving Target grade compared with pupils above 95% attendance
Below 90%	20+ days	Significantly lower attainment rates and greater risk of underachievement

"Attendance above 95% nearly doubles the likelihood of securing target grades outcomes in English and Maths compared with attendance between 90% and 95%."

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How does this affect GCSE grades?

Attendance Band	Average Progress 8	GCSE grade difference over 8 GCSEs
Below 80%	-1.02	A grade lower on every GCSE
80 – 89.9%	-0.23	2 GCSEs a full grade lower
90-94.9%	+0.14	1 GCSE a full grade higher
95%+	+0.47	4 GCSEs a full grade higher

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Attendance!

Why attend after school revision

Grades increased for all pupils that attended 75% of the sessions available to them.

You get support from an expert that is targeting subjects that pupils have found difficult in class and in exams.

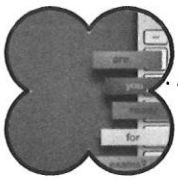
You get hot chocolate and biscuits!

You get a discount on your prom ticket if you attend enough sessions!

NB: After school revision compliments your home revision..... it does not replace it

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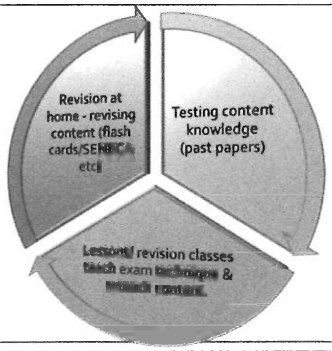
Y11Revision Sessions



- Revision sessions will start after half term for all subjects
- ***Core subjects*** – English, Maths & Science will be **Week A**
  - **Monday** = French, Spanish
  - **Tuesday** =Maths;
  - **Wednesday** = English;
  - **Thursday** = Science
- ***Option subjects*** – Will run on **Week B**
  - **Monday** = French, Spanish
  - **Tuesday** = DT, Computer Science/iMedia, Catering, Art
  - **Wednesday** = Drama, Music, PE, Business, Engineering
  - **Thursday** = Geography, History, Sociology, Psychology

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The Improvement cycle



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Your Revision Environment

To be productive, it's important to know what environment you revise best in.

Different Places Work Best for Different People

Varying where you revise can help freshen up your revision.

There's no right place to revise. Based on how you work best, you'll find some places make you feel more productive than others:

Library

- ✓ Lots of books about subjects you're revising
- ✓ Access to the internet for research
- ✓ Fewer distractions than at home or with friends
- ✗ It may be busy and hard to get a desk
- ✗ It can involve time spent travelling

Bedroom At Home

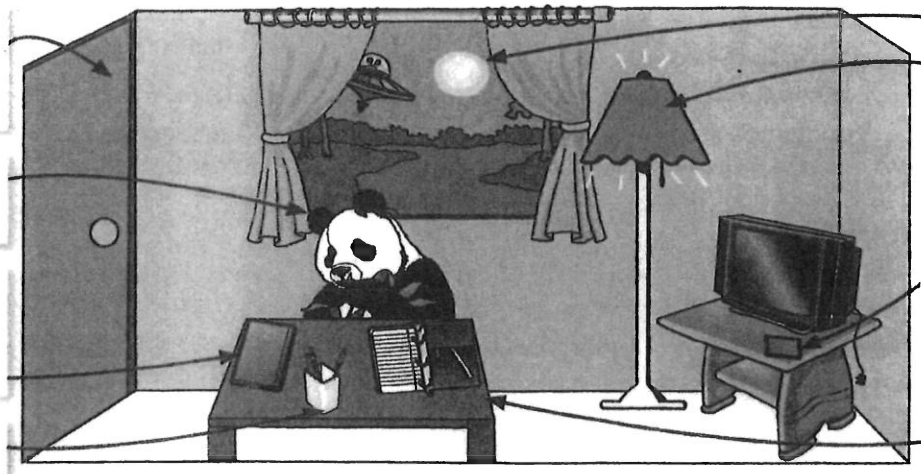
- ✓ You can set up your study space as you want
- ✓ You can shut yourself away for privacy
- ✓ It's easy to get healthy snacks and drinks
- ✗ You may get distracted by your family
- ✗ Television and games are easy to access

Friend's House

- ✓ You can discuss revision problems with your friend
- ✓ You and your friend can test each other
- ✗ You and your friend could distract each other
- ✗ You may become disheartened or stressed if your friend seems to know more than you

A Tidy Study Space is Important

You'll find it easier to revise if your study space is free of clutter:



My astronaut friend loves this page on study spaces...

Piles of books and folders make it hard to get to notes quickly — if you can, use a bookshelf to keep them tidy and accessible. Also avoid clutter and rubbish on your desk, as important things can get lost when everything is on top of each other.

Looking After Yourself

Exam periods can be stressful — it's normal to feel some nerves when you have an exam approaching. Luckily, there are ways to cope so stress doesn't affect your revision or your health.

Exams are Stressful for Everyone

1) You won't be alone in feeling under pressure about exams — it's likely your classmates are also finding this time stressful.
2) A small amount of stress can be good for you — it can motivate you to do better or help you stay focused on working hard until your exams are over.
3) However, too much stress can negatively impact your health. It's important to recognise the signs of stress so you can do something about them.

Signs of Stress include:

- A loss of appetite
- Sudden weight loss or gain
- Feeling anxious
- Difficulty concentrating
- Feeling emotional
- Struggling to sleep

Keep your Mental Health in Mind

There are lots of ways to help prevent stress when you're studying:

Try out the techniques on pages 6-8 to see which of them work for you.

Make sure your targets for each day are realistic — working in small, manageable chunks will help you stay positive.

Celebrate small wins — acknowledging the progress you've made will help you stay motivated. E.g. you could write down one thing every day that you're proud of achieving in your work.

Take breaks — this will help you relax and make your studying or revision more effective.

Leave time in the evening free to relax — working too late can affect your sleep.



Use distractions such as TV as a reward for studying — this will help you to motivate yourself.

Don't compare yourself to others — everyone works in different ways, so just focus on what you're managing to do each day.

If you're struggling to stay on track, it might be worth rethinking your schedule to make it work better for you.

Don't worry if you're not able to stick to your schedule 100% of the time — there's a lot going on and it's important to take time for yourself.

There are apps that will block social media and other notifications. These can prevent distractions while revising and help you not feel stressed about wasting time.

Looking After Yourself

Take a Break from Technology

1) It's important to give yourself a break from technology — too much screen-time can strain your eyes and affect your sleep.
2) Even just spending some time away from your screen or study area can help — for example:



- Try taking breaks which don't involve watching TV or scrolling through social media.
- Eat meals away from your study space and screen.

3) Try to set aside time every day to go outside and get some fresh air.
4) Even if you're not working at a screen, it's still important to take breaks from studying to avoid getting a sore back or neck. Doing just a few stretches can be a good break from work.

Exercise can Reduce Stress

1) Exercise reduces levels of your body's stress hormones, e.g. adrenaline.
2) It also stimulates the production of endorphins (chemicals in your brain that help you feel good). This can help you feel more energised and positive.
3) Exercising can take your mind off things you're worried about.
4) Taking time to exercise can help break up studying and give order to your day.
5) It can also be a way to socialise — e.g. you could go on a walk with a friend.
6) There are lots of different types of exercise that you can do — pick something that you enjoy and will feel motivated to do regularly. Here are some ideas:

Choose exercise that suits your fitness level. Don't push yourself too far — it should be fun and relaxing.

Go outside

- Going for a walk, run or short bike ride in your local area is a great way to get some fresh air.
- You could exercise by yourself, or with a friend.

Do an indoor workout

- There are loads of indoor workouts you can choose from online.
- Do a dance class, or try a HIIT (high-intensity interval training) workout — just make sure you have enough space to do so safely.

Try yoga or Pilates

- Yoga and Pilates combine exercise with breathing and meditation — there are lots of routines online.
- They're a great way to stretch and relax — plus they can improve your concentration.

Looking After Yourself

Mindfulness means Paying Attention to the Present

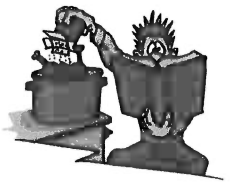
1) Mindfulness is about taking the time to be aware of your thoughts and feelings, and to experience your different senses.
2) Practising mindfulness can help improve your mental well-being and make you feel more in control.
3) Mindfulness gives you a break from studying and lets you come back to work feeling refreshed.

Mindfulness techniques:

- Focus on the present — try to appreciate small things in your daily life, e.g. a bird singing.
- Do breathing exercises — take deep breaths in and out, focusing on your breathing. This will help de-clutter your brain.

There are Lots of Other Ways to Relax

- *Listen to some music, or find a podcast about something that isn't related to studying.*
- *Spend time doing hobbies you enjoy — e.g. playing an instrument or reading.*
- *Work on a DIY project, or have a go at a new craft.*
- *Try out a new hobby — challenging yourself to do small things like cooking something new can help boost your self-confidence.*
- *Write a diary — this can help you unwind at the end of the day.*



It can be Helpful to Talk to People

1) If you ever feel too stressed (about studying or anything else) remember that you're not alone — talking to someone about how you feel can help you get advice and feel less worried.
2) You could talk to someone you trust — e.g. family members, teachers or your GP.
3) You could also arrange a call with a friend and let them know how you're doing — they might also be feeling anxious, so chatting can help you both.



If you don't feel comfortable talking to someone you know, there are support services and helplines available where you can talk to someone confidentially. For example:

Childline	**Mind**	**Shout 85258**
Call 0800 1111	Call 0300 123 3393	Text 'SHOUT' to 85258

Bottling up your stress won't help — tell people how you feel...

Studying is important, but it's not worth affecting your health. Make sure you take time out from working to do things you enjoy — not only will this make you happier, it'll also make studying easier and help you avoid burnout.

Sleep and Diet

Ah, my two favourite things in the world — snoozing and food. Getting a healthy amount of both these things will keep you at peak condition when you're revising and make it easier to take in information. Yum.

1) Don't Skip Sleep to Revise

Sleep helps you process what you've learnt.



2) Do Something Relaxing Before Bed

Avoid caffeine, strenuous exercise and looking at your phone.

3) Keep Your Phone Away From Your Bed

It'll disrupt your sleep if it keeps going off.



4) Sleep on Your Revision Notes

You'll revise through osmosis. If you don't know what osmosis is, sleep on a biology book tonight...

5) Eat Plenty of Fruit and Veg

Yes, even broccoli (honestly, you'll grow to like it).

6) Don't Skip Meals

It makes it difficult to concentrate.

7) Get Plenty of Protein

Oily fish are great to eat (but hard to catch).



8) Drink Lots of Water

From a glass, from a mug, from a bowl if you're a maverick.

9) Grab a Snack When You're Feeling Peckish

Keep your energy levels up so you can be the best revisionista possible.

Know What You'll be Tested On

No one knows the future — except me. If you learn what gets tested, you'll know just how to get marks.

Learn These Three Rhymes to Prepare for What Exams Test

CHECK the SPEC

Look at the exam board specifications for all your subjects.

Specifications tell you what you'll be tested on — check which topics you'll have to answer questions about before you start revising.

They also tell you how many papers you'll have to sit for each subject, how long you'll have for each paper and what percentage of your overall grade each paper is worth.

Make sure you look at past papers too — they show you the types of questions that could come up (see p.16 for more).

You can find specifications and Assessment Objectives on exam boards' websites. (Ask your teacher which ones you need.)

KNOW the AOs

Assessment Objectives are broad statements about what you need to show in your exams.

They differ for each GCSE, but include things like subject knowledge and analytical ability.

You should find out exactly which AOs are tested in each of your exams.

Get HYPED for Question TYPES

Different question types come up in different exam papers (e.g. you might get an extract in one English exam but not in the other).

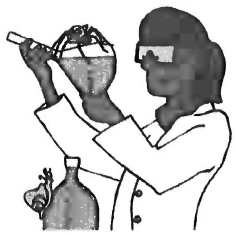
Make sure you know which types of questions to expect.

Find Out What You'll Get Marks For

It's important to know exactly what to aim for to earn those all-important marks. Here are a few ways to leave the examiner giddy with delight:

For maths questions, make sure you know when to show your working.

Use specific vocabulary and examples where possible (e.g. dates / locations in History).



In science and maths, make sure answers are realistic and in the correct units.

Check your writing — some humanities exams give marks for SPaG.

Be prepared for questions about 'working scientifically' in science exams.



My Geography teacher tested me on volcanoes, but my pens melted...

I know, I know, you thought learning all your subject content was enough, and here I am telling you to learn about the exams too. Well, you've come this far, so take a breath and go check out some specs.

Command Words

You'll need to know what different questions are asking you to do — that's where command words come in.

Read the Exam Question Carefully

Read the question a few times (or until you understand it).

Use the number of marks available as a guide for how long to spend on a question.



Underline or circle key phrases and command words.

Command Words Video

Command Words are Key — They Tell You What to Do

*Common **Science** & **Maths** commands:*

Command	Meaning
Describe	talk through a process or trend
Outline	state information about...
Suggest	give possible causes for...
Calculate	complete a calculation
Show	prove something is true / false
Explain	give reasons for something

*Common **English** & **Humanities** commands:*

Command	Meaning
Discuss	talk about different perspectives
How far do you agree?	give your opinion (and why)
How important is...	discuss the significance of...
How useful is...	weigh up the pros and cons of...
Use evidence to show...	support a view with examples
Explain	give reasons for something

EXAMPLE

Here are some example questions that use command words.

Calculate the value of '**x**'.

The command word here is 'calculate', so you need to work out a value. E.g. "x = 5". Remember to show your working if the question asks you to.

Discuss the theme of creation in *Frankenstein*.

The command word here is 'discuss', so you know this requires a longer answer that uses several different opinions or bits of information.

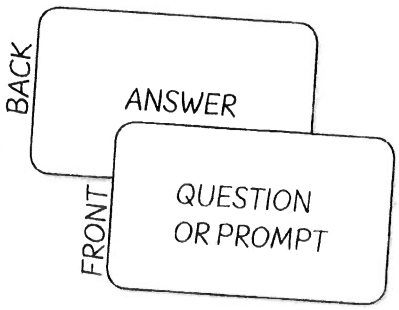
Using Flash Cards

Flash cards are one of the simplest, but most effective, revision tools. You might not be able to play solitaire or snap with them, but with a little patience, they'll help you bridge any gaps and make you número uno.

Flash Cards Are a Great Revision Tool

1) Flash cards are small cards with a question or prompt on one side, and the answer or information on the other side.
2) They're a great way to test yourself and find gaps in your knowledge.
3) Flash cards are useful for learning things like:
   - important dates in History
   - language vocabulary
   - key words and definitions
   - formulae
   - labelled diagrams

You can also put condensed topic information on flash cards for you to refer to.



Flash cards aren't so good for learning things like processes and more complex information that can't be easily split up — take a look at the rest of this chapter for ideas on how to revise these.

4) There are lots of flash cards available online, but it's a good idea to make your own. Working through your notes and picking out information is part of the revision process.

Another great way to use flash cards is by filling one side with example questions about a topic, and the other side with the answers. This can be useful after you've revised a topic and want to test yourself on it. (I hear CGP do a pretty awesome range of revision question cards...)

Use Them to Test Yourself





Have a go at these methods for using your flash cards effectively:

Say your answers out loud — this forces you to answer the questions properly.

Group your flash cards based on how well you know the content. Test yourself more often on the groups you struggle with than those you know better.



Make sure you test yourself both ways — e.g. you need to know vocab translations from English to French and French to English.

Ask someone else to test you — it removes the temptation to check the other side yourself before answering.

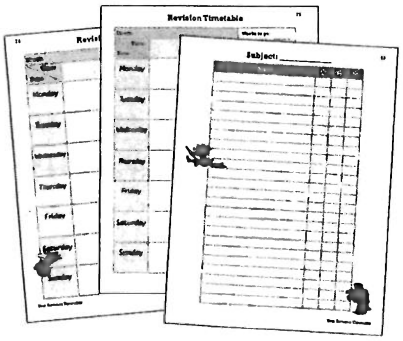
Flash cards — lighting the way to revision success...

Flash cards are useful because they're pocket-sized — imagine all the wonderful places you can take them to revise.

Make A Revision Timetable

The last part of this book is a revision planner (our plan A for this section was a personal assistant, but we couldn't find one who would fit). It'll help you get organised and as ready as can be for all your revision.

Your revision planner and timetable can be found on pages 53-85 of this book. There are spaces for you to fill in all of your exams, other commitments and planned revision sessions.



1) Write Down when all your Exams are

- Fill in the Exam Timetable on page 53. If you don't know your exam dates when you start revising, fill this in when you do.
- You should refer to this regularly, so you can see at-a-glance which exams you've got coming up. It'll help you stay focused.

EXAMPLE:

Exam Timetable

Subject	Paper	Date	Time
Maths	Paper 1 (non calc)	May 15th (Mon)	9:00
Biology	Paper 1	May 17th (Wed)	14:00
French	Reading	May 22nd (Mon)	14:00
French	Listening	May 23rd (Tues)	9:00

2) Break each Subject Down into Topics

- Fill in the Topic Planners on pages 54-68 for each of your subjects (see below).
- Look at the exam board specification for each subject to find a list of topics, or ask your teachers.
- Put a tick in the correct column to show how happy you are with each topic. Throughout your revision, update the table as you feel more confident.
- Make sure you do enough revision and practice so that you're happy with each topic.

Don't worry if you're unsure about a lot of your topics at first. The whole point of revision is that you get more confident as you go on.



EXAMPLE:

Biology

Topic	☹	😐	☺
Cells	✓		
Microscopy	✓		
Cell Differentiation and Specialisation	✓	✓	
Stem Cells	✓		
Chromosomes and Mitosis	✓		
Binary Fission	✓	✓	
Culturing Microorganisms	✓		

Make A Revision Timetable

3) Start Filling in your Revision Timetable

- Write down all your exams in the correct days on your timetable.
- Start from the end — write down your last exam on the last page of the timetable, then work backwards, filling in the dates and other exams until you get to your first exam.
- Use pencil rather than pen so you can amend it later if you need to.

Scan the QR code for a video showing you how to fill in the paper timetable as well as extra PDF timetables.

Paper Timetable Extras

EXAMPLE:

Say your last exam is French Speaking, on the morning of Wednesday 28th June. You'd follow the instructions shown below, in the correct order.

① Write in the month.

There's more info on p.49-52 about filling in your timetable properly.

Month: June	Time:	Date:			Weeks to go:
Monday 26th	Biology Paper 2 9 am				
Tuesday 27th			Physics Paper 2 2 pm		
Wednesday 28th	French Speaking 9 am				

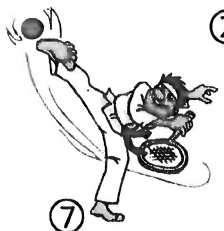
⑥ And the one before that, and so on...

⑤ Add in your second-to-last exam...

④ Work backwards, adding in the other dates.

③ Pencil in your exam. Try to put it in the correct square for the time of day. This exam is at 9 am, so the first box is a good bet. (If you use pencil, you can always rub it out if you get it wrong.)

② Add in the date of your last exam.



⑦ Once you've done the last page, move to the previous page. Carefully working backwards, fill in all the dates next to Sun, Sat, Fri etc.

Continue backwards, dating the pages until you get to the date you're starting your revision. (Just make sure you use the correct number of days for each month.)

You can fill in an online timetable if you prefer — scan the QR code for the timetable and a video talking you through how to use it.

Online Timetable

Make A Revision Timetable

It might seem like a lot of organisation that isn't getting any of the subject stuff in your head, but good planning now will save all sorts of time later — time that can be spent, y'know, revising.

4) Divide Your Time Into Sessions

1) The revision timetables in this book are split into five sessions per day, but you can add other dividing lines too. The time spaces have been left blank so that you can choose them yourself.
2) To help you divide your day into revision sessions, think about:
   - what time of day you work best
   - how long you'll revise each day
   - when you get up and go to bed
   - fitting in sensible breaks
3) It's up to you how long each session is.
4) You don't need to use every session each day — you'll be in school some days, so cramming five revision sessions into the evening will probably be too much. Your timetable will be different at the weekends compared to weekdays and during the holidays compared to during term time.

A good rule of thumb is to break for 10 minutes every hour — either in one chunk, or split into two 5-minute breaks.

5) Fill In Your Commitments

You can't revise all the time — you need to keep time for your other commitments.
Your revision could become stressful if you overload yourself (see p.6-8 for advice on this).

1) Go through your revision timetable, adding in the time for things like:
   - hobbies and regular exercise
   - time with friends and family
   - holidays and birthdays
   - part-time jobs
2) It's also a good idea to keep some time free in your plan in case something unexpected comes up — there may be things that you can't plan for, so if there are a few gaps, it'll make it easy to adapt.

You may need to cut back on some though — revision is still your priority.

EXAMPLE:

This timetable uses 50-minute revision sessions, with 10-minute breaks after each one.

Start at a sensible time, based on your daily routine.

Leave a gap for lunch.

Month: / Time: / Date:	Session 1 10.00-11.00	Session 2 11.00-12.00	Session 3 12.00-13.00	Weeks to go: Session 4 14.00-15.00	Session 5 15.00-16.00
Monday	BREAK	BREAK	BREAK	BREAK	Swimming BREAK
Tuesday	BREAK	BREAK	BREAK	BREAK	BREAK



Add your commitments and activities.

Your Revision Timetable

Make A Revision Timetable

6) Add Your Subjects

1) Decide how much time you'll need to spend on each subject by thinking about:
   - which you find the hardest
   - which have more content
   - which you will be examined on first
2) Add your subjects into the timetable, working backwards from the exam.
3) Add in any revision sessions your school has organised that you plan to go to too.
4) Make sure you allow enough time for each subject and space them out over the time you have (see p.51 for more on this).

Colour-coding your timetable by subject makes it clearer.

EXAMPLE:

Month: / Time: / Date:	Session 1 10.00-11.00	Session 2 11.00-12.00	Session 3 12.00-13.00	Weeks to go: Session 4 14.00-15.00	Session 5 15.00-16.00
Monday	Biology	French	Maths	History	Swimming
	BREAK	BREAK	BREAK	BREAK	BREAK
Tuesday	English Lit	Geography	Biology	French	School Revision
	BREAK	BREAK	BREAK	BREAK	BREAK

7) Add Your Topics

1) For each subject, look at the topics in your topic planner — think about which you should prioritise (like you did with your subjects) and add those first.
2) Aim to include topics multiple times to give you a chance to revise them thoroughly and more concisely each time, e.g. by using a range of the techniques covered in Section 3 (p.17-29).
3) Make sure you leave plenty of space for all your topics — you might want to write in pencil to start with.

You don't have to do this step straight away — you might prefer to fill in the topics at the start of each week once you know how you're getting on. Don't be afraid to edit your timetable as you go along, depending on what's going well and what you feel less confident with. Just make sure you leave enough time to cover every topic in enough detail.

EXAMPLE:

Month: / Time: / Date:	Session 1 10.00-11.00	Session 2 11.00-12.00	Session 3 12.00-13.00	Weeks to go: Session 4 14.00-15.00	Session 5 15.00-16.00
Monday	Biology -Cell Biology	French -Speaking Practice	Maths -Algebra	History -The Great Depression	Swimming
	BREAK	BREAK	BREAK	BREAK	BREAK
Tuesday	English -Poetry	Geography -Tropical Rainforests	Biology -Infection and Response	French -Past tenses	School Revision
	BREAK	BREAK	BREAK	BREAK	BREAK



Add topic detail under each subject.

Space It Out and Mix It Up

Think About S p a c i n g As You Plan Your Revision

Revisiting a topic several times, with gaps in between, is more effective than trying to revise it all in one go. It helps the information sink in better so that it's easier to remember in the exam.

① Space out your revision for a topic across the time you have available — make sure you leave enough time to go over a topic more than once.

② Don't be tempted to cram a whole subject into a day — your revision won't be as effective.

③ It's okay to cover different topics from the same subject on the same day, just make sure you don't do it too often — keep your revision varied to keep your brain engaged.

Make Sure You Mix Your Subjects Up

1) Include a good mix of subjects every day — don't cover all your languages or sciences in one go.
2) Split your revision of each subject into short, focused chunks spread over different days and several weeks — leaving a gap between them will help you retain the information better.
3) It's not a good idea to spend a week revising just Maths and then a week on English — the information just won't stay in your brain in the long-term.



EXAMPLE:

Month:				Weeks to go:	
Time / Date	Session 1 10.00-11.00	Session 2 11.00-12.00	Session 3 12.00-13.00	Session 4 14.00-15.00	Session 5 15.00-16.00
Monday	Biology	French	Maths	History	Swimming
Tuesday	English Lit	Geography	Biology	French	History
Wednesday	Maths	Run with Dad	Spanish	English Lit	Physics
Thursday	←	Trip to town	→	Chemistry	History
Friday	French	English Lit	Physics	English Lang	Maths
Saturday	History	Swimming	Spanish	Chemistry	Physics
Sunday	Tennis	Chemistry	English Lang	Spanish	English Lit

This example spaces subjects out well and mixes them up, with regular gaps in between. You'd just need to add in your topics and short breaks...

My timetables are so good, people call me a revisionary...

Oh come on, that was a good one. Speaking of good ones, you should have a pretty gosh darn good timetable in front of you by this point. Just a couple more things before you go...



Subject: _____

Topic			



Revision Timetable

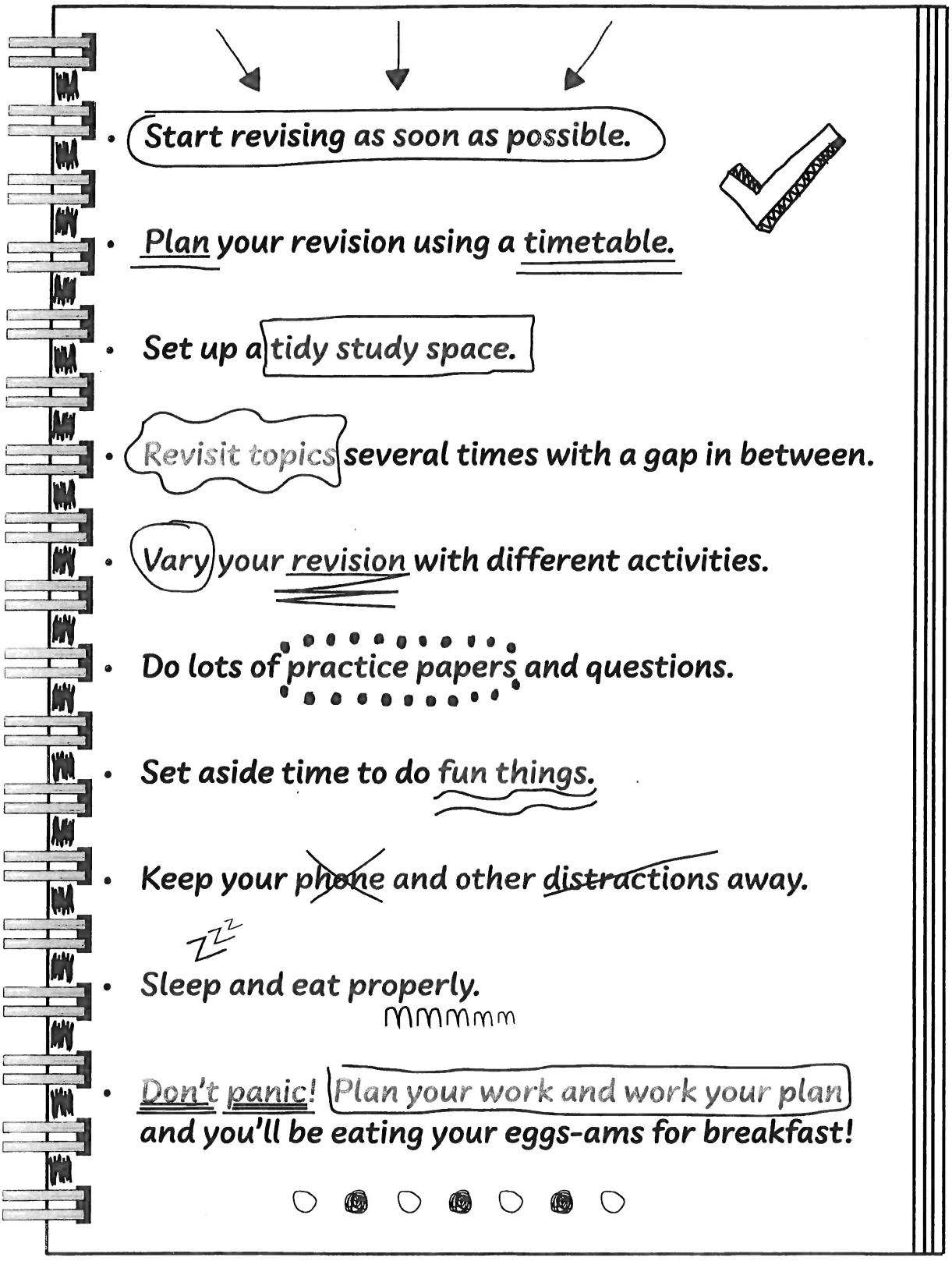
You can fill in your timetable online if you prefer (see p.48).

Month:						Weeks to go:
Time: / Date:						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



Top 10 Ultimate Revision Tips

Here are the absolute must-know, save-your-life-in-a-fight-with-a-zombie-exam-paper, ultimate revision tips.



YHR42

Your Revision Timetable

Before the Exam

It's what this whole book has been preparing you for — the big exam day. However, to make sure you're in tip-top exam-slamming condition, here are some last-minute things you can do.

Do Final Preparations the Night Before

Spend time the night before the exam making sure you're prepared:

1) Eat a balanced meal (see p.9).
2) Get anything you're taking into the exam ready to go.
3) Double check where and when your exam is.
4) Do something relaxing or some gentle exercise.
5) You could read over some notes, but don't cram all night.
6) Try to get a good night's sleep (see p.9).

Exam Kit Checklist

- Multiple pens and pencils ☐
- A rubber and sharpener ☐
- A clear pencil case ☐
- A clear water bottle with no labels ☐
- Subject-specific stationery, e.g. ruler, calculator, etc. ☐

Wake Up at a Sensible Time

Set an alarm to make sure you wake up.

1) Give yourself time to wake up and get ready for your exam.
2) Eat a healthy breakfast, e.g. a bowl of porridge, fruit and a glass of water.
3) If you have time, look over your notes at any key definitions, formulas, facts and quotes.
4) Don't revise anything new — save your energy for the exam.

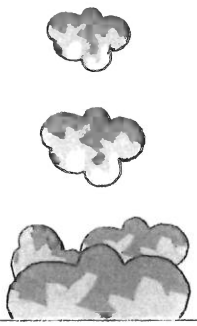


Arrive at Your Exam in Plenty of Time

1) Leave home with more time than you need to get to your exam.
2) But try not to arrive too early — you don't want a long, nervous wait.

Waiting with other people

If people outside the exam hall seem stressed when you arrive, try to stay calm and not let their worries affect you. It's okay to ask to be left alone if that's what you need to mentally prepare yourself.



I brought pens to my exam — I couldn't take the sheep and pigs in though...

If you struggle to get a good night's sleep or eat a big breakfast because you're nervous, don't panic — it's not the end of the world. You can still perform well in your exam as long as you keep calm and stay focused.

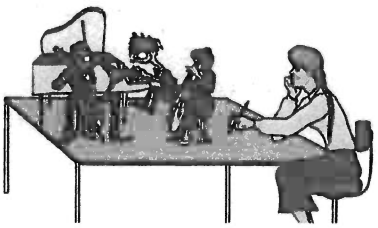
During the Exam

Whenever I entered an exam hall and took my seat, I always imagined an orchestra playing an epic soundtrack as if it was the climax of an action movie. I also did other, more helpful things too...

Organise Your Desk Space

While you're waiting for the exam to start:

1) Get your pens and stationery out.
2) Place your water bottle on your desk.
3) Take some deep breaths to calm yourself.
4) Fill in the front of your exam paper.
5) Listen to instructions given by the invigilators.



Focus on What You're Doing During the Exam

1) Read each question carefully.
2) Read each question carefully — seriously, you might miss something if you rush.
3) Answer every question that you need to — and don't answer any that you don't.
4) If you're not sure of an answer, make an educated guess.
5) Keep an eye on the time so you stay on track. There should be a clock at the front of the exam hall, so you shouldn't need to take a watch.
6) Judge how long to spend on a question based on how many marks it's worth.
7) Don't get distracted by what others are doing.

Give yourself time to check your answers.

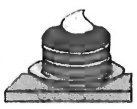
Dealing with FEPs (Frequent Exam Panics)

☆ ***If you can't answer a question...***
Move on to the next question and come back to it later.

☆ ***If you're running out of time...***
Answer questions which require short answers to pick up as many marks as possible.

☆ ***If you realise halfway through a question that you've got it wrong...***
Cross out what you've done and write your new answer beneath it.

☆ ***If you realise that cake you left on the side is at the mercy of your sibling...***
Silently bid farewell to your lost dessert and then refocus on the exam.



After the Exam

Whether it's the first exam or the fifteenth, and whether you think it went well or not, congratulate yourself on getting a step closer to the end. All that's left to know is what to do after you step out of that exam hall.

Worrying Won't Change Anything

1) You might find it stressful to talk to friends about the exam — it's okay if you don't want to.
2) Try not to worry about your answers — you can't change what you wrote in the exam.
3) Learn from the experience for future exams. For example:

If you ran out of time, think about how you could manage your time differently.

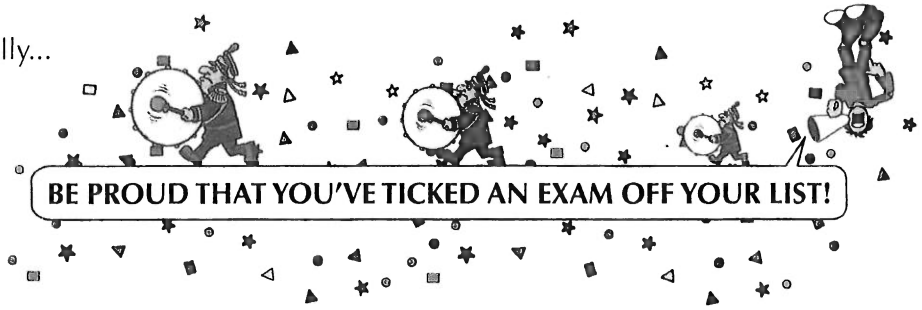
If you felt tired, consider how to improve your routine the night before.

Take Some Time Out to Relax

1) Exams are tiring — try to relax after the exam or do something fun.
2) If you're feeling frustrated or anxious, doing some exercise could help.
3) If you have another exam later the same day or the next day:

- You may want to have a quick look over some notes.
- But be sure to have a break between looking at any notes and the exam.
- Don't forget any final preparations for the next exam (see p.44).

4) And finally...



~~Scream and Dance Around~~ Unwind After Your Last Exam

1) When all your exams are over, store your revision notes out of sight (but don't throw them away).
2) Celebrate your hard work — have a nice dinner, go on a trip or spend time with friends.

To fill the revision-shaped hole in my life, I memorised cereal ingredients...

Try to put exams to the back of your mind and not worry about results day. Enjoy the well-earned free time you have, maybe by learning a new party trick — wholegrain wheat, sugar, barley, salt, iron, vitamin B6...

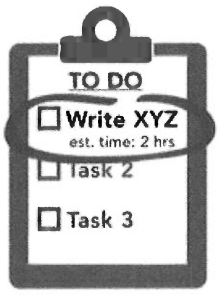
HOW TO BE PRODUCTIVE USING



THE POMODORO TECHNIQUE

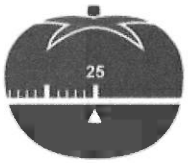
NAMED AFTER THE ITALIAN WORD FOR TOMATO SINCE THE TIMER USED BY THE TECHNIQUE'S CREATOR WAS SHAPED AS A TOMATO

PICK A TASK



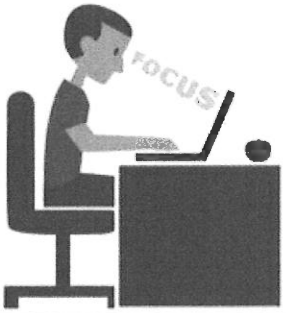
A list should be planned ahead of time.

SET THE TIMER TO 25 MINUTES



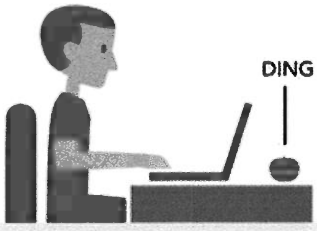
Although a mechanical timer is suggested (like this tomato-shaped kitchen timer), any type will do.

GET TO WORK



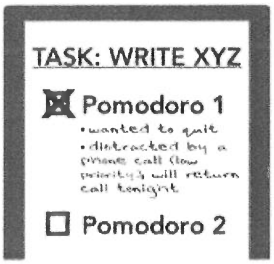
NO DISTRACTIONS ALLOWED

STOP WHEN TIME IS UP



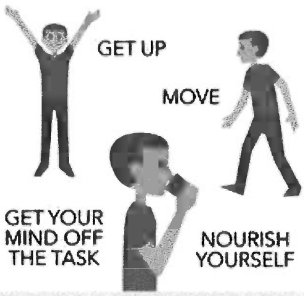
This block of work time is called a POMODORO.

RECORD PROGRESS



Make note of anything that could aid future improvement.

TAKE A FIVE MINUTE BREAK



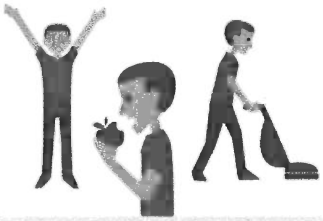
Breaks keep you fresh.

GET BACK TO WORK



AND REPEAT PREVIOUS STEPS

AFTER THE FOURTH POMODORO TAKE A LONGER BREAK (15 - 30 MINUTES)



Squeeze in mindless chores for increased productivity.

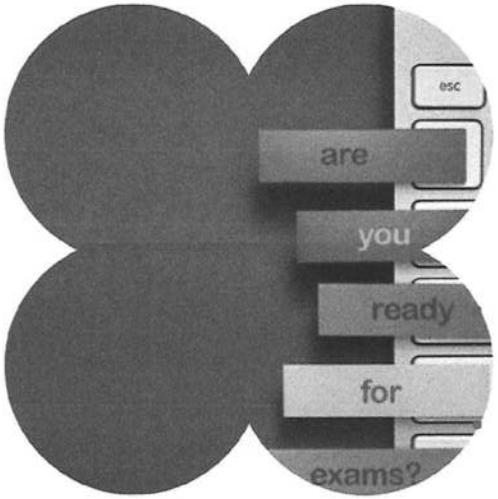
CONTINUE LIKEWISE UNTIL CALLING IT A DAY



With such focus and flow, time is used more efficiently while reducing mental fatigue.

THE POMODORO TECHNIQUE® IS A REGISTERED TRADEMARK OF THE TECHNIQUE'S CREATOR FRANCESCO CIRILLO. FOR MORE INFORMATION, VISIT WWW.POMODOROTECHNIQUE.COM.

Y11Revision Sessions



Sessions run from 3.30-4.15pm

Revision sessions will start after half term for all subjects

- ***Core subjects*** – English, Maths & Science will be **Week A**

  Monday = *French, Spanish*

  Tuesday =Maths;

  Wednesday = English;

  Thursday = Science

  Friday = *Art*

Option subjects – Will run on **Week B**

Monday = *French, Spanish*

Tuesday = Computer Science, iMedia, Engineering, History

- **Wednesday** = Psychology, Drama, Music, Business
- **Thursday** = DT, Catering, Sociology, Geography
- ***Friday*** = *Art*