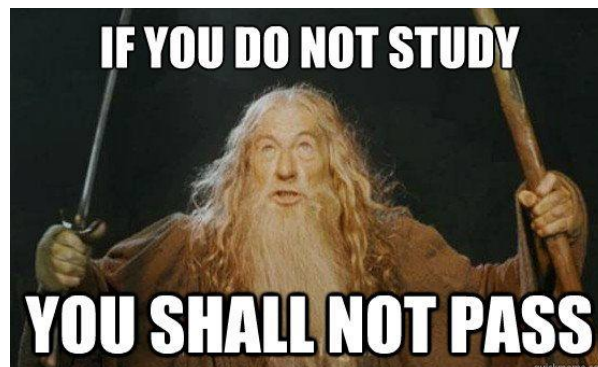


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Revision tips and strategies for tests and examinations

A guide for Year 10 Pupils



Some General Advice

1. Attitude

- Think about how many more marks you will achieve in these tests because you have revised.
- Remember you are soon choosing GCSEs so you need to work out what subjects you enjoy and can do well in; if you are keen to study a subject at GCSE you are advised to prove in Year 10 that you are good at it (just in case it is oversubscribed)
- Use some of the positive affirmations you've learned about in PD e.g "Every flower starts as a seed"
- Plan short things for your breaks that you will look forward to (download some TV you love or make sure you've a nice snack lined up, if you have a basketball hoop use it for 10 mins or go for a quick cycle)
- Think of how you are going to reward yourself at the end of all this hard work.
- Even if you hate revising pretend you don't!

2. Set yourself goals...

- Look at your progress card and pencil in some realistic new goals.

3. Make a Revision Timetable / Plan

- This can be time based or topic based
- Vary the revision planned for each day
- Plan around any events
- Set time aside to revisit topics
- Build in catch up days in case you get behind with your revision schedule



4. Where to study

- Set up a **revision hub** with all that you need, where you can leave your books without them being disturbed (or keep all that you need in a transportable box)
- Make sure your revision spot is free from distractions and has plenty of light.
- It should be as quiet as possible. You may be able to work while listening to music, but it is hard to ignore the sound of your family watching TV or talking in the next room.

5. Eat sensibly

- Eating a balanced diet will help your brain to work better, help sharpen your memory and improve your mood.
- Breakfast helps to boost your thinking power so make sure you have breakfast every morning.
- Drinking water is also important to help the brain to function.
- Don't drink Energy Drinks (you'll feel great for a while and then will have a major low, they will also stop you from sleeping later on)



6. Sleep well



- A good night's sleep helps you stay alert and energetic.
- The right amount of sleep is essential for being able to learn.
- Most of us need at least 8 hours of sleep.
- Before going to bed, try and spend some time relaxing so that the quality of your sleep is good.
- Avoid watching TV or playing computer games late into the evening.

7. Relaxation time/Exercise/Timing

- If you are revising every day make sure you have some relaxation time.
- Have 5 minute breaks between your 25-30 minute revision sessions.
- Make sure you take regular breaks. Have relaxation times or treats at the weekend.
- Take time to exercise as this is VERY important (even walking the dog). Exercise increases heart rate which in turn ensures the brain gets more oxygen. This increases productivity whilst reducing stress.

8. Switch your mobile phone off

- Keep distractions to a minimum and avoid being disturbed.

9. Do not procrastinate!

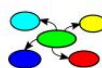
- Work out when you study best.
- For most people this is in the morning.
- Research shows that you are more likely to get through all your planned work if you start early. Unwind from school and start your work early.
- If getting started each day is a problem set yourself a time when you will start and stick to it.

The 4 Stages to Successful Learning Stick to this method and you will succeed

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1. Understand it!



2. Summarise it!

3. Learn it!



4. Practise it!

Learning Growing Succeeding

Step 1

Before you Revise you must **understand** all material covered

- You need to listen and ask questions in class
- Ask for help from parents, friends and teachers
- Use useful websites e.g GCSE Bitesize and online resources provided by school in your Google Classrooms
- Make sure your notes are carefully completed and organised (ask for help if you have lost notes)

Step 2

You **MUST Summarise** your notes in a way that suits you before you can revise (see below)

Step 3

Learn it (ideas below)

Step 4

Practise it using homework and tests that have been completed and marked in class. You could also ask a family member to ask you questions.

Some Summarising and Revision/Learning Strategies (Keep it varied)

1. Chunking

Break your notes down into much smaller chunks e.g.

Unchunked



The average person can take in four numbers or words at a time, can concentrate on revision for a maximum of 45 minutes at a time and remembers information best shortly before bedtime

Chunked

- Remember 4 words/numbers at a time
- Revision max 45 mins.
- Remember best before bedtime (chunked)

Chunked Further

- 4 words/numbers
- 45mins
- Bedtime

2. Use Mnemonics (to learn or summarise)

Rest

Exercise

Variety

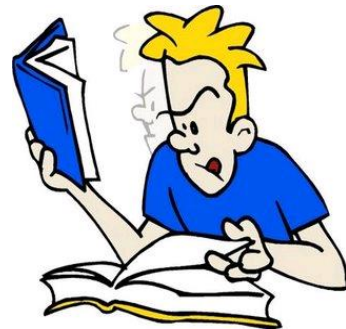
Imagination

Structure

Individual

Ongoing

Not too long



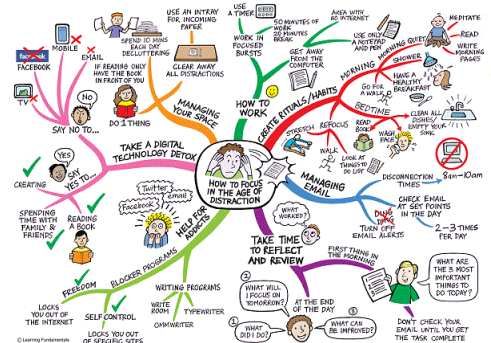
Mnemonics work best when you try to make your own...

Some Visual Methods of Summarising

A. Mindmaps

What you Need : Coloured pens, A3 plain paper

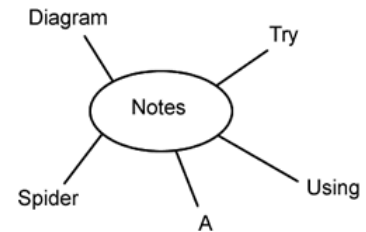
- Summarise your notes (restrict to important facts) in a creative way.
- Use colour, bullet points, funny pictures etc...
- Revise different subjects on different colours of paper
- Creating the Mindmap makes it memorable!
- Stick things up all over your bedroom walls.



B. Spider Diagrams



- Record the topic in the body of the spider
- Place key words at the end of each leg
- Place more information under the key words



C. Flow charts

- A common type of diagram that represents a process.
- Really good for learning a scientific method
- Write each stage and link them together with arrows

D. Learning Trails

Some other Ways to help You Learn



1. Loci (to memorise)

This is a memory trick of memory masters:

1. Think about a journey you know well
2. Think about the landmarks along the way.
3. You then add in images to help you remember information.

2. Learn it by rote

Read it again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and

3. Red pen/black pen

- Choose a section of work to revise
- Summarise it (spider diagram, trail etc)
- Memorise your revision notes
- Take a blank sheet of paper and reproduce your revision notes from memory using a black pen.
- Check your completed revision notes against your original.
- Write any omissions in using your red pen.
- Pen colours can be replaced by highlighters.

4. Key Questions

- Read your notes and take each small section and turn it into a question.
- Test yourself with the questions to see if you can answer them all

Some Auditory Methods of learning

Record

- These are great for languages and all subjects...
- If you have summarised a topic record your brief summary with your phone or tablet.
- Play them back again and again on journeys and to and from school.
- Use different voices, keep listening to the recordings to jog your memory



Lyrics and raps

- It is amazing to think that we can remember song lyrics but struggle to remember French Verbs, historical dates, scientific formulae etc.
- Turn key themes and terms into lyrics and raps
- Practise these and you will definitely remember them if a related question comes up.

Kinaesthetic Methods for learning

Really good methods for last minute revision when you already have revision notes.

What to do

1. Place your notes on a table and read the notes out loud.
2. When you come to tricky bit use a different voice or be a bit loud.
3. Keep moving, walk around the room, try to repeat sentences while moving without looking at your notes. Act out what you're trying to remember. The funnier you look the better!

Other Things You can do

1. Test Yourself

- Work with a parent or friend or quickly type yourself up a test.
- Cover up your own notes and see if you can remember the answers.

2. Buddy Up with Friends

- You need friends who are keen to do well in their tests like you but don't get side tracked.
- You could share revision resources and test each other on what you have learned.

3. Use Online Resources

There are many online websites that you can use to help you revise e.g GCSE Bitesize has lots of videos, tests and short explanations.

If stuck in Maths google it e.g How do I....?

4. Revision Cards/Flash Cards

- You can create great Flash cards for revision that you could use for these tests and your exams next year.
- You can use 'Quizlet' to do this.
- Every time you get a question wrong put it in a separate pile and return to it later.

5. Teach

- To do this you really need to have understood a topic.
- You can teach friends or an empty room, walk around explaining things or if you have a whiteboard draw diagrams etc. to help your students understand.
- This is a lovely quick method for the day before your test.
- It is estimated that we can take in **10% of what we see, 20% of what we hear, 50% of what we say and an amazing 95% of what we teach someone else.**

	Subjects	Subjects	Subjects	Subjects
Day	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				