

9 May 2013 Last updated at 12:41



One in three students wears 'lucky exam underwear'

By Judith Burns

BBC News education reporter

One in three students admits to wearing "good luck underwear" to try to boost exam chances, a poll suggests.

As well as lucky pants, some also use lucky pens, wear lucky jewellery or take charms into exams, the survey for a stationery company reports.

Almost a quarter (23%) of the 15 to 23-year-olds polled say they only start revision the day before the exam.

Revision expert Patrick Wilson warned that charms and rituals were no substitute for proper revision.

Some 60% of 2,000 students questioned by OnePoll for penmakers Bic said they changed their diet before exams because they believe some foods can boost their brain power and memory.

More than half take up eating oily fish (53%) and 46% eat more fruit and vegetables.

'Quick flick' revision



Lucky charms and rituals are no substitute for well planned revision, students are warned

Related Stories

[Exam stress and how to beat it](#)

[Meet the 'tutor kings and queens'](#)

[Professor gives pupils study tips](#)

How to revise...

What can you do to help?

21st March 2018

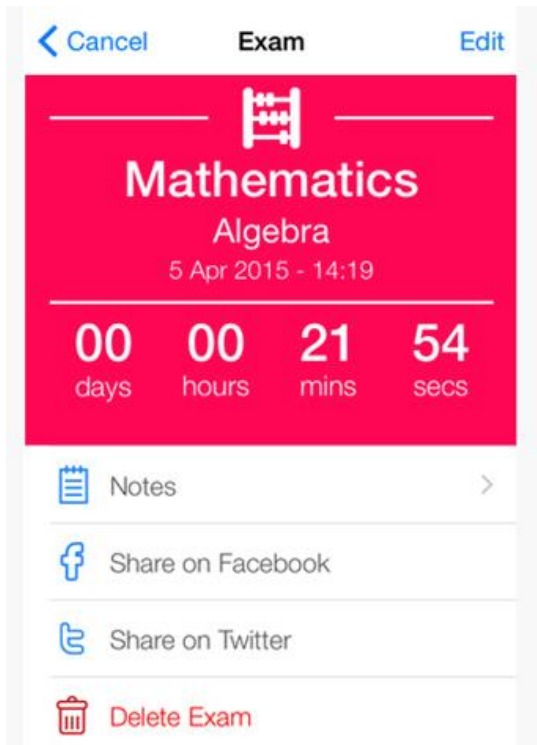
Miss Hunt and Mrs Ebanja



Exam Countdown (iOS, Free):

Exam Countdown enables students to schedule their exams. You can use the app to store all

your key exam and test dates in one place and can even colour code them as well. Once you've done this, you'll get a countdown note beside each exam. A future update should have a notification function, but this is not currently available.



Be positive



ATTEND!



IN LESSONS

AND

AT HOME

work hard now. it'll pay off later.



chibird

BALANCE YOUR REVISION



Encourage your children to avoid the temptation to just focus on what they are good at or what they most enjoy.

Remind them to be honest with themselves and decide which subjects/topics are going to need the most time.



Devote extra time to these areas because you can bet that they will crop up in the exam!

FIND A SUITABLE REVISION ENVIRONMENT

What works best for them?
(Be honest)



OR



**Find the golden time - are they a
morning person or do they work
best in the afternoons/evenings?**

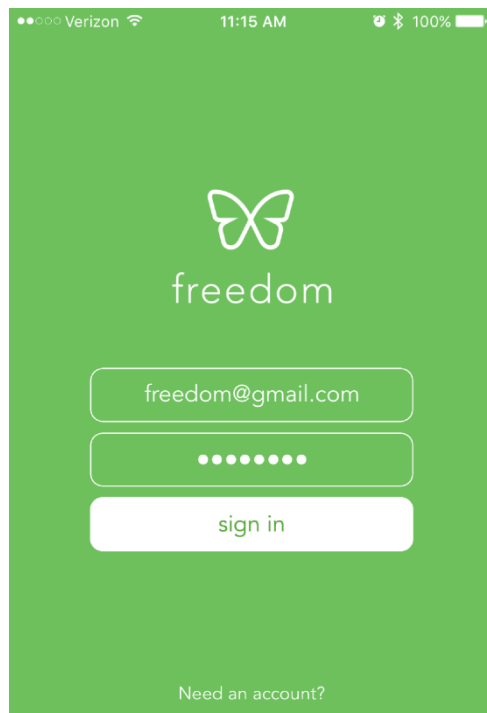
TRY TO GET RID OF ANY DISTRACTIONS

- Turn the TV off
- Help by keeping noisy siblings out of the way!
- Discuss which location is most effective for revision, e.g. kitchen, school
- Discuss taking mobile phones away whilst revising



IMPROVING PRODUCTIVITY

Internet restriction apps



LOOK AFTER YOURSELF

Exercise

Eat well

Sleep

HOW CAN I GET A GOOD NIGHT'S SLEEP?

- Don't drink tea/coffee before bed.
- Relax before bed – have a hot bath, read a book, do some yoga, listen to music.
- Avoid using technology just before bedtime.
- Develop a regular night routine – go to bed the same time each night and get up the same time each day.
- If something is worrying you, try writing it down – deal with it the next day.
- Exercising in the day may help you to sleep better



TIPS FOR ON EXAM DAYS

Eat breakfast!

Skipping breakfast can lead to a 20-40% reduction in concentration, memory and alertness.



Choose something that releases energy slowly, such as porridge or cereal



Avoid foods that are high in sugar



Avoid caffeine, as it can increase your nervousness.

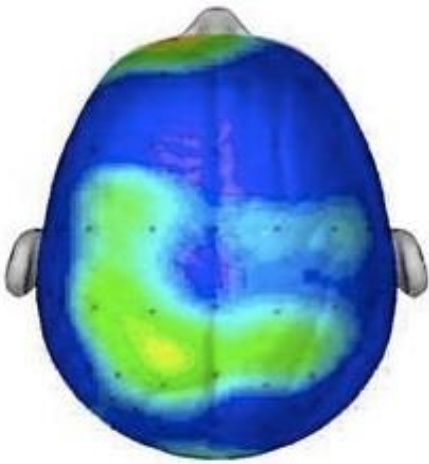


TIPS FOR ON EXAM DAYS

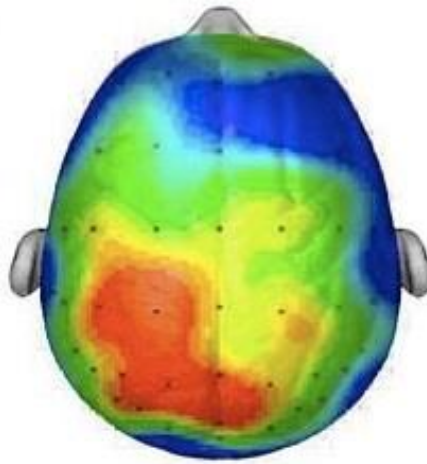
Walk or cycle to school



Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Be organised!



TIPS FOR ON EXAM DAYS

BBC

Sign in



News

Sport

Weather

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TV

NEWS

Education

School Report

Global Education

Drinking water improves exam grades, research suggests

Hydrate: before *and* during your exam



A LACK OF WATER
=
A LACK OF BRAIN POWER!

**“HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD”**

Get Revising!

18 May 2013 Last updated at 02:34

2.7K [Share](#) [f](#) [t](#) [e](#) [p](#)

Revision techniques - the good, the OK and the useless

By Deborah Cohen

Health Check, BBC World Service



It's the time of year where students are poring over their books, trying to ensure they are prepared for their exams.

Revision charts, highlighter pens and sticky notes around the room are some of the methods people use to ensure information stays in their mind.

But now psychologists in the US warn many favourite revision techniques will not lead to exam success.

Universities, schools and colleges offer students a variety of ways to help them remember the content of their courses and get good grades.

These include re-reading notes, summarising them and highlighting the important points.

Health Check

How can a driving licence improve health?

The battle for control of the cigarette packet

'Coolest car in London' saves lives

Is bushmeat behind Ebola outbreak?

Go to revision sessions offered in school leading up to and during the exams.....

**First set of GEOGRAPHY GCSE
revision sessions-**

Feb to Easter holidays

Year 11 –Tuesday/Thursday after school (3.45-4.45). All in 7B5

Tuesday 23rd Feb	Coasts 1	Miss Niblett
Tuesday 1st March	Tourism 1	Mrs Lambert-Masters
Thursday 10th March	Coasts 2	Miss Hunt
Tuesday 15th March	Tourism 2	Mr Pearce
Tuesday 22nd March	Rivers 1	Mr Pearce

These are in full swing
and will be heavily
advertised across all
departments

Check grades. Progress v target? Get your children talking to teachers.....



Year 10 Interim Report

22/05/2015

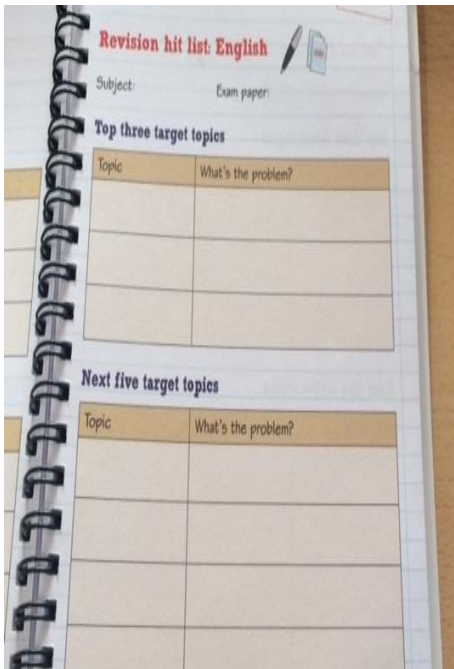
Revised: 5 Unauthorised: 0 Lates: 1

Subject	GCSE Target	Interim 1		Interim 2			Interim 3		
		Effort	Concern	Effort	Progress	Concern	Effort	Progress	Concern
English Mrs E. Derrick	A	1*		1*	A		1*	A*	
Mathematics Mr M. Dean	A	1*		1*	A*		1*	A	
Science Core Miss D. Patel	B	1		1*	A		1	A	
Food Mrs G. Cozens	A	1		1	B		1*	B	
French Mr F. Seguin	A	1*		1*	A		1*	A	
History Mr M. Stoker	A	1*		1*	A		1	A*	
PE (Core) Miss E. Langford		1*		1*	Beyond Exptd Lv		1*	Beyond Exptd Lv	
PE (GCSE) Miss E. Langford	A	1*		1*	A		1*	A	
Spanish Mrs J. Hockenhull	A	1*		1*	A*		1*	A*	

- Make sure that they know what their target grades are and, most importantly, *what to do to achieve them*.
- Check this against work. Identify with their teacher what they need to focus on to improve and increase your chances of improving.
- Make sure any NEA work has been completed to the VERY highest standard and no more can be done....
- Mentoring will help

Get organised and find stuff....

Do they have all class notes? Question booklets? Revision guides? Previous notes? They have done/will have 2 years of work and 2 sets of mock exams.... Use this! Don't just rely on GCSE bitesize!




Be honest about what needs tackling first....
Often students feel overwhelmed by how much there is to do so this may form a good starting point....

Exam papers and Mark Schemes....

If you don't get provided them by teachers... go and get them yourself and make your children use them!

Completing practise questions in timed conditions... and then self marking is BRILLIANT preparation....

Plus the mark schemes can also be used to add detail to notes on topics from class...



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Dates and timetables

Entries

Coursework and controlled assessment

Access arrangements

Special consideration

▶ Exams guidance

Exam papers and stationery

Estimated grades

Send scripts for marking

Invoices and how to pay

▶ Find past papers and mark schemes

Find past papers and mark schemes

Find past papers and mark schemes for your exams, and specimen papers for new courses.

Find

Subject

Which subject?

Qualification

What type of qualification?

Specification

Which specification?

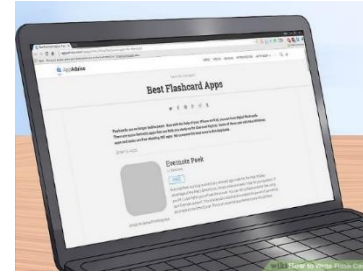
Series

When was the exam?

Can't find your papers?

- Some question papers are not available online and older question papers and mark schemes are removed from our public website and Secure Key Materials (SKM) after three years because of [copyright restrictions](#) (except for Math and Science).
- Not sure which exams you're taking? Ask your school or college.
- Following consultations with a cross section of teachers across subjects, we will now make all papers and mark

Why should I already be thinking about revision?



Many people make the mistake of completing passive revision, for example reading notes. This is a poor method in helping people to remember. Pupils need time to complete active revision activities, e.g. reading notes aloud to another person, rewriting notes, making mind maps and revision cards, getting others to test them or discussing topics with a friend.



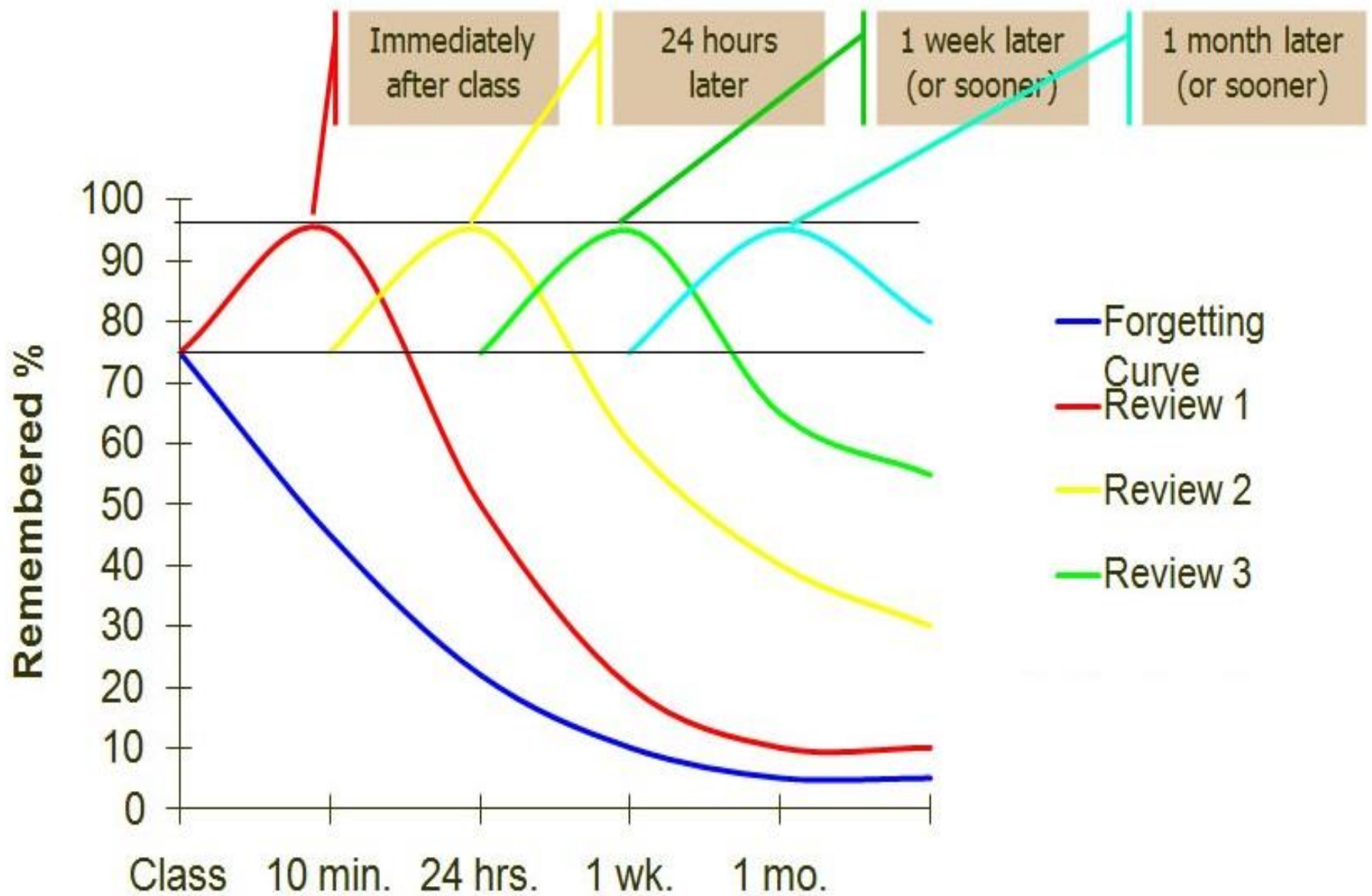
They will want to complete extra past papers and ask a teacher to mark them, they will need time to do this and give you feedback.



You will now have your child's exam dates and it is important for them to get themselves organised early so they don't become stressed and overwhelmed nearer the time.



And most importantly: It is statistically much more successful to remember information over time rather than completing crash revision just before an exam.



How effective are different strategies?

- **Summarising** - writing summaries of texts - **LOW**
- **Highlighting/underlining** - marking important information - **LOW**
- **Keyword mnemonics** - using a word to associate with information - **LOW**
- **Imagery** - forming mental images while reading or listening - **LOW**
- **Re-reading** - **LOW**
- **Elaborative rehearsal** - being able to explain a point or concept - **MODERATE**
- **Self-explanation** - explaining how a problem was solved - **MODERATE**
- **Interleaved practice** - switching between different kinds of tasks - **MODERATE**
- **Practice testing** - Self-testing to check knowledge - especially using flash cards - **HIGH**
- **Distributed practice** - spreading out study over time - **HIGH**

Past
papers

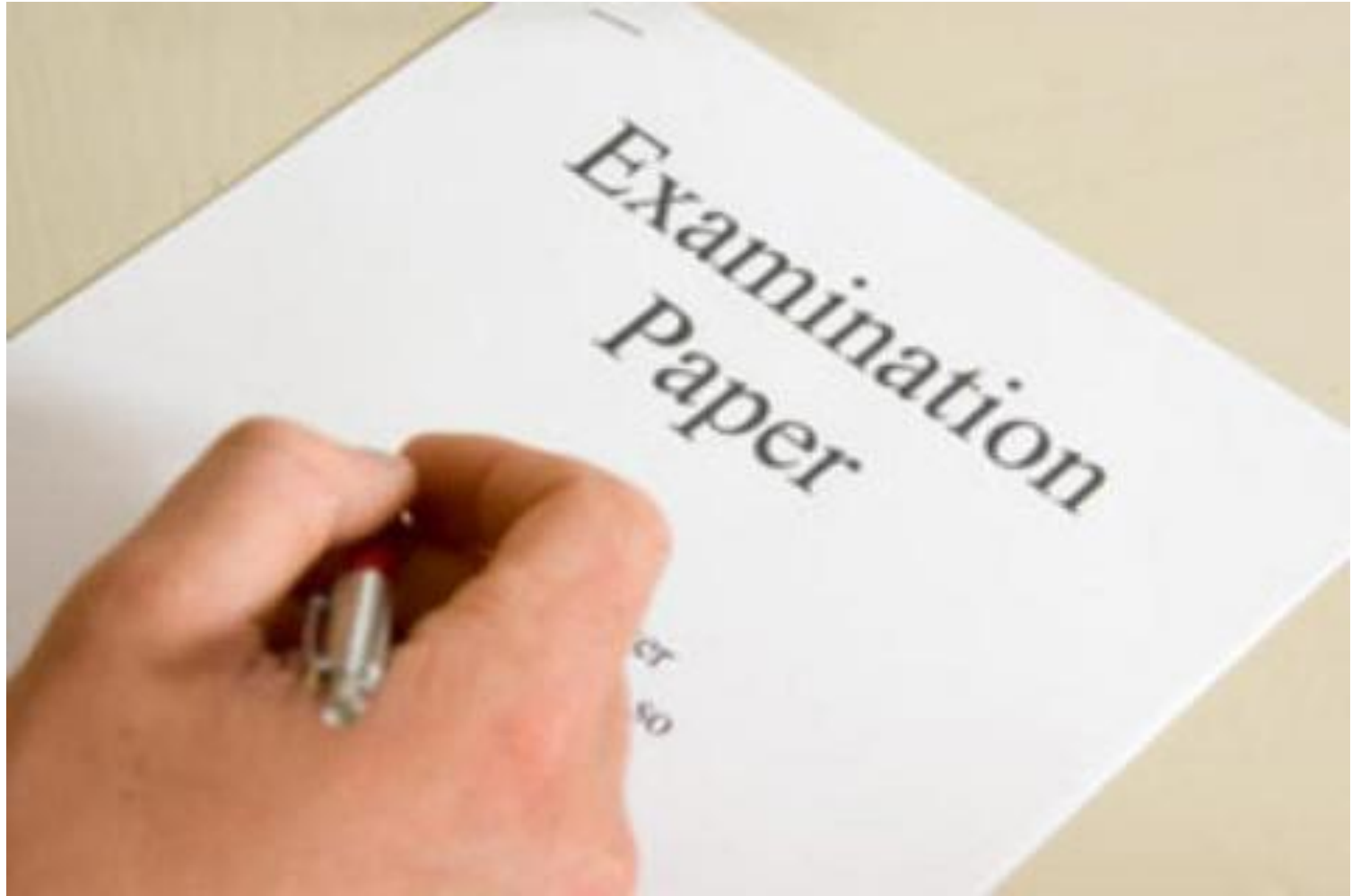
Flash
cards

Exam
timetable

Specificat
ion

VLE

Practice testing – Past papers



Practice testing – Flash cards



Practice testing – Flash cards



1. Create some flashcards. You can make your own or buy them in stationary shops.



2. When writing your cards try to use a range of colours as this makes them more memorable.



3. Organise your notes and revision materials for each subject.



4. Write down all the key topics you need to write on your flash cards.



5. **Try out online flashcards.** For those who prefer computers to paper, you can now make flashcards online with certain websites such as <https://quizlet.com/>.



6. Write a key question or the topic you revising on the front of your flash card.

Remember: Using flash cards to quiz yourself is a higher level of revision than just using them to summarise notes.



7. Write the answers/information on the other side.
Try to limit the amount you write on each card to 3-4 pieces of info.



8. Including drawings and doodles will help you remember.

Distributed practice – Revision timetable

Weekly Revision Timetable

Name: _____

Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:35	2:35 – 4:00 (Revision / Intervention)	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday						English	RE	Break	Music	English	Relax	Relax
Tuesday						Science	Break	Break	Maths	Geography	Relax	Relax
Wednesday						Break	Geography	English	Break	Maths	Music	Relax
Thursday						Maths	Science	Break	Business Studies	Relax	Relax	Relax
Friday						Play football	Break	English	Break	Maths	Business Studies	Relax
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
Sunday	Geography	Football	Football	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

***Remember: make sure you give yourself breaks and allow time to relax and do the things you want to do and enjoy doing.

Distributed practice – Revision timetable

Weekly Revision Timetable

Name: _____

Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:35	2:35 – 4:00 (Revision / Interest)	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday						English	RE	Break	Music	English	Relax	Relax
Tuesday						Science	Break	Break	Maths	Geography	Relax	Relax
Wednesday						Break	Geography	English	Break	Maths	Music	Relax
Thursday						Maths	Science	Break	Business Studies	Relax	Relax	Relax
Friday						Play football	Break	English	Break	Maths	Business Studies	Relax
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
Sunday	Geography	Football	Football	Relax	Relax	Science	maths	Break	Geography	RE	Relax	relax

***Remember: make sure you give yourself breaks and allow time to relax and do the things your want to do and enjoy doing.

- No more than 40 minutes non stop revision at a time!
- Don't overdo it! Revising solidly from 4pm until midnight will exhaust children's brains! A tired brain can't learn! Make sure they get plenty of sleep and have a proper break for meals.
- Take a ten minute break in between sessions; get a drink, stretch their legs and give their brain a break!
- Spread their subjects out. Don't choose to revise all three sciences one after the other on the same day. They will get bored! And make sure They use a variety of techniques. Do some flash cards, some mind mapping for another and maybe try some past paper questions out for the next subject after that.
- Make sure they put sessions in that allow you to relax and unwind. Try to find time to see friends and family and do the things that you enjoy.
- Lastly, don't panic! If they are organised, they will be fine! Lots of regular revision, slotted into their normal routine, is a hundred times better than manic swotting the day before the exam!

Distributed practice – Specification



Use the internet to search for the specification you are studying for each of your subjects.
E.g.

It will show you the 'specification at a glance' which is a quick break down of the subjects as well as all of the topics in detail

Assessments

All assessments are closed book: any stimulus materials required will be provided as part of the assessment.

All assessments are compulsory.

Paper 1: Shakespeare and the 19th-century novel

What's assessed

- [Shakespeare](#)
- [The 19th-century novel](#)

How it's assessed

- written exam: 1 hour 45 minutes
- 64 marks
- 40% of GCSE

Questions

Section A Shakespeare: students will answer one question on their play of choice. They will be required to write in detail about an extract from the play and then to write about the play as a whole.

Section B The 19th-century novel: students will answer one question on their novel of choice. They will be required to write in detail about an extract from the novel and then to write about the novel as a whole.

+ Paper 2: Modern texts and poetry

What's assessed

- [Modern texts](#)
- [Poetry](#)
- [Unseen poetry](#)

How it's assessed

- written exam: 2 hour 15 minutes
- 96 marks
- 60% of GCSE

Questions

Section A Modern texts: students will answer one essay question from a choice of two on their studied modern prose or drama text.

Section B Poetry: students will answer one comparative question on one named poem printed on the paper and one other poem from their chosen anthology cluster.

Section C Unseen poetry: Students will answer one question on one unseen poem and one question comparing this poem with a second unseen poem.

Distributed practice – Specification

2 Specification at a glance

Assessments

All assessments are closed book; any stimulus materials required will be provided as part of the assessment.

All assessments are compulsory.

Paper 1: Shakespeare and the 19th-century novel	+	Paper 2: Modern texts and poetry
What's assessed <ul style="list-style-type: none"> Shakespeare The 19th-century novel 		What's assessed <ul style="list-style-type: none"> Modern texts Poetry Unseen poetry
How it's assessed <ul style="list-style-type: none"> written exam: 1 hour 45 minutes 64 marks 40% of GCSE 		How it's assessed <ul style="list-style-type: none"> written exam: 2 hour 15 minutes 96 marks 60% of GCSE
Questions <p>Section A Shakespeare: students will answer one question on their play of choice. They will be required to write in detail about an extract from the play and then to write about the play as a whole.</p> <p>Section B The 19th-century novel: students will answer one question on their novel of choice. They will be required to write in detail about an extract from the novel and then to write about the novel as a whole.</p>		Questions <p>Section A Modern texts: students will answer one essay question from a choice of two on their studied modern prose or drama text.</p> <p>Section B Poetry: students will answer one comparative question on one named poem printed on the paper and one other poem from their chosen anthology cluster.</p> <p>Section C Unseen poetry: Students will answer one question on one unseen poem and one question comparing this poem with a second unseen poem.</p>

Topic	Revised Once	Revised Twice	Practice Exam 1	Practice Exam 2	Practice Exam 3	Quick Test Questions
English Literature						
Christmas Carol						
Macbeth						
Blood Brothers						
Poetry – Anthology						
Poetry – Unseen						

Pupils can then make a tick list of ALL of the topics they need to revise for the subject.

Distributed practice – Specification

2 Specification at a glance

Assessments

All assessments are closed book; any stimulus materials required will be provided as part of the assessment.

All assessments are compulsory.

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Topic	Revised Once	Revised Twice	Practice Exam 1	Practice Exam 2	Practice Exam 3	Quick Test Questions
English Literature						
Christmas Carol						
Macbeth						
Blood Brothers						
Poetry – Anthology						
Poetry – Unseen						

Each topic should be revised multiple times to ensure that interval learning and distributed practice has taken place.

Distributed practice – VLE

Home Log In Staff Room All Courses Useful Links My Courses H Ebanja (Teacher)

Home My courses GCSE Philosophy and Ethics Turn editing on Dashboard

HOMEWORK

HE 11E 6 Mark answer

SET HOMEWORK

VIEW ALL HOMEWORK

MARK HOMEWORK

VIEW REPORTS

Developed by Overnet Data

CALENDAR EVENTS

There are no events

GO TO CALENDAR ...

NEW EVENT ...

BBC RELIGION, PHILOSOPHY AND ETHICS

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Home Courses Science GCSE Science Year 10 GCSE Science Dashboard

HOMEWORK

None due within two weeks

SET HOMEWORK

VIEW ALL HOMEWORK

MARK HOMEWORK

VIEW REPORTS

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CALENDAR EVENTS

There are no events

GO TO CALENDAR ...

NEW EVENT ...

NATIONAL GEOGRAPHIC NEWS


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Geography GCSE


Year 11 the three modules you will study this year are; Urban issues, The Living world (Ecosystems), and Managing

Year 10 the modules you are studying this year are; The Challenge of Natural hazards, changing economic world, physical the UK and Urban issues and Challenges


Natural Hazards




Changing Economic World



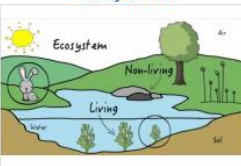
Physical Landscapes in UK




Urban Issues




Ecosystems




Resources



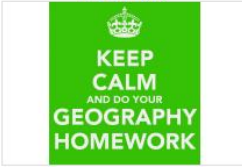
Water on the Land



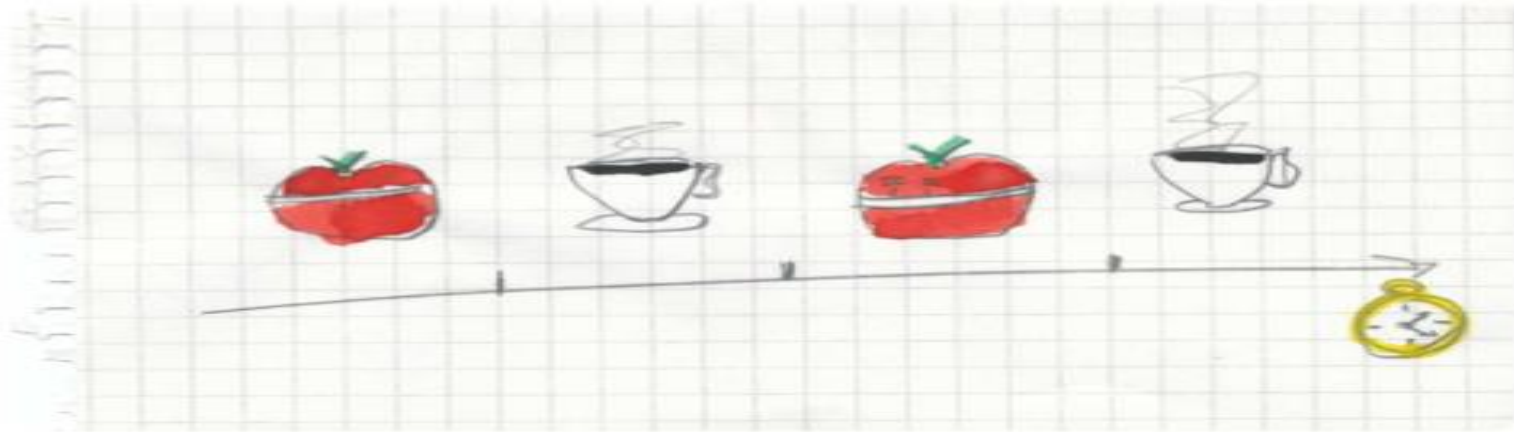
Revision Tips



Homework



The Pomodoro technique... Great for organising and time management.... Created by Francesco Cirillo



Decide on say 4 topics

- Recite French vocab for 20 mins...
- Complete ten questions on fractions – 20 mins
- Complete Geography PPQ – 20 mins
- Practise music assessment piece – 20 mins

Set a timer... have 5 mins break between each task.. Move on.... After 4 rounds take a longer break before starting again....

The lift test...

Prepare a 5 minute presentation on a topic ready to present at a meeting.... But when you get to your meeting they tell you they are in a rush....

You have 45 seconds to explain a principle to someone in the lift.... Before it reaches the ground floor... Can you summarise it fast!



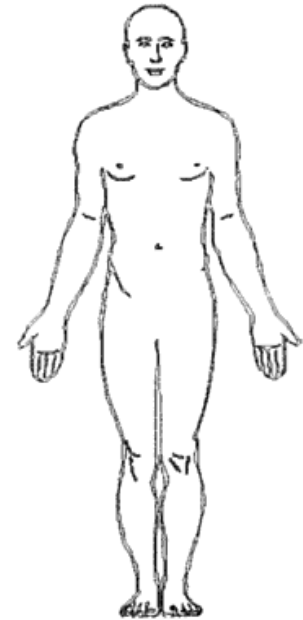
Bodily revision – this uses visualisation to aid memory

Take 10 facts about a case study.... E.g. Boxing day Tsunami...

26/12/2004, 230,00 people died, 10 countries affected, Thailand's GDP reduced by £500 million.... 8 million homeless, 15,000 orphans..... give them a minute to learn them and then ask them to recite.... They will struggle....

So, next time visualise each fact in a different place....

- 230,000 on your head,
- 10 countries affected...one on each finger.....
- 15,000 orphans in your heart,
- GDP on your stomach....
- Date around your throat



The journey method

The journey technique is a powerful, flexible and effective mnemonic based around the idea of remembering landmarks on a well-known journey.

You may, as a simple example, want to remember something mundane like this shopping list:

Coffee, salad, vegetables, bread, kitchen paper, fish, chicken breasts, pork chops,

You could associate this list with a journey to a supermarket. Mnemonic images could be:

Front door: spilt coffee grains on the doormat

Rose bush in front garden: growing lettuce leaves and tomatoes around the roses

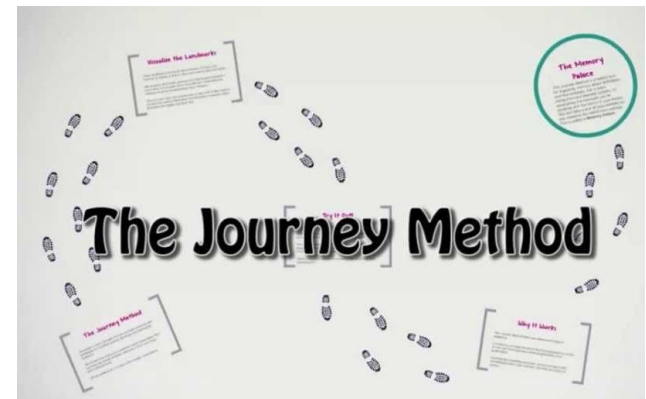
Car: with potatoes, onions and cauliflower on the driver's seat

End of the road: an arch of French bread over the road

Past garage: with its sign wrapped in kitchen roll

Under railway bridge: from which haddock and cod are dangling by their tails

Traffic lights: chickens squawking and flapping on top of lights



Really good websites, Apps and resources...

www.getrevising.co.uk

Popplet – app for spider diagrams

Revise better – organised by subject area

Grafio – App for infographics

Audioboo – App for creating and storing audio files

Trading cards - for making top trumps

Evernote – synchronise revision notes between devices

Studyblue and Quizlet– create and share electronic flashcards

Memrise – learning vocab

Twitter – loads of revision resources

Gojimo – free content on subjects and quizzes

iMindmap and bubbl.uk - mindmaps

[The TES](#)Paper and online articles on memory

Any Questions?

- This PowerPoint will go on the VLE tomorrow
- Liz Hunt: eh@Balcarras.gloucs.ch.uk
- Harriet Ebanja: he@Balcarras.gloucs.sch.uk

