



Balcarras

From strength to strength

Nicola Lambert-Masters

Revision

Revision

NEWS EDUCATION & FAMILY

Home World UK England N. Ireland Scotland Wales Business Politics Health Education Sci/Envir

League Tables School Report

9 May 2013 Last updated at 12:41

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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.

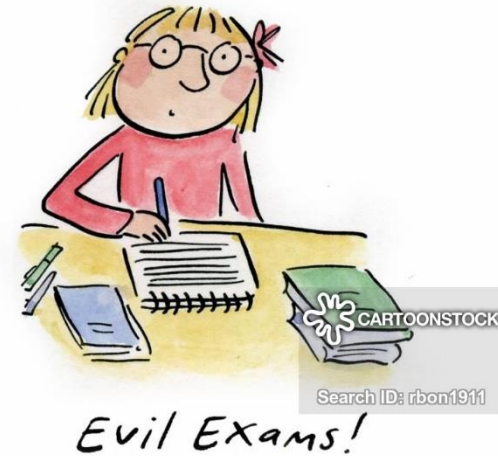
'Quick flick' revision



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



IT COMES DOWN
TO ONE SIMPLE
THING:

HOW BAD DO YOU
WANT IT?

Why revise?

Helps you to remember facts, figures, topics and methodologies that you have covered some time ago.

Because my parents/adults make me.....

To get my target grade

Because my teachers tell me to....

To go on to my next stage.....

Increase their confidence and reduce anxiety and stress



Getting ready...

The next few months will be a critical time in their lives, possibly with HUGE implications for their future.

Mock exams Nov- after half term- 2 weeks

By failing to
prepare,
preparing
fail.

46
days

How many days until... 232 days
How many weeks until... 33 weeks
How many months until... 7 months
How many hours until... 5568 hours
How many minutes until... 334080 minutes
How many seconds until... 20044800 seconds

study

(verb)

The act of texting, eating
and watching TV with an
open textbook nearby.

Find a suitable revision environment

What works best for you?

(Be honest with yourself!)



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

Try to get rid of any potential distractions:

- Turn the TV off
- Put your phone in another room
- Ask your parents to help by keeping noisy siblings out of the way!
- Decide which location is most effective for revision, e.g. bedroom, kitchen, school?



So – what
next....

EXAM TIMETABLE SUMMER 2016

External candidate
AS Unit
AS LEGACY RESITS IN ITALICS
A2 Unit
GCSE Unit
(Number of candidates)

1. Get an exam timetable!

It will be on the VLE
and website students
will have a paper
copy.....

In tutor time given
advice on how to
create one.

DATE	MORNING	DURATION	AFTERNOON	DURATION
7 MAR to 15 MAY	LANGUAGE SPEAKING EXAMS		LANGUAGE SPEAKING EXAMS	
DATE	MORNING	DURATION	AFTERNOON	DURATION
MON MAY 16	B603 REL STUDIES ETHICS1 B604 REL STUDIES ETHICS2 <i>ECON1 ECONOMICS</i> <i>7135 ECONOMICS 1</i>	1HR 1HR 1HR 15 1HR 30	<i>PSYB1 PSYCHOLOGY</i> <i>7181 PSYCHOLOGY 1</i>	1HR 30 1HR 30
TUE MAY 17	46551/2H FRENCH LIST & READ 46551/2F FRENCH LIST & READ	1HR 35 1HR 05	SCA1F/H SCIENCE Y10 <i>GEOG1 GEOGRAPHY</i>	1HR 30 2HR
WED MAY 18	<i>6663 MATHS C1</i>	1HR 30	<i>7041/1F HISTORY</i> <i>F964 HISTORY</i> <i>1661 APPLIED SCIENCE</i>	1HR 30 1HR 30 1HR 30
THU MAY 19	<i>6RS01 RELIGIOUS STUDIES</i>	1HR 45	<i>BUSS1 BUSINESS</i> <i>7131 BUSINESS 1</i>	1HR 15 1HR 30
FRI MAY 20	46951/2H SPANISH LIST & READ 46951/2F SPANISH LIST & READ 20474E Scientific Skills BTEC <i>1171 ENGLISH LT1</i> <i>B72OU10 ENGLISH LIT 1</i> 6667 FURTHER MATHS FP1 <i>6DU02 RUSSIAN written</i>	1HR 35 1HR 05 1HR 15 2HR 30 2HR 1HR 30 2HR 20	48903 PHYS ED 48901 PHYS ED (SC) <i>GEOG2 GEOGRAPHY</i>	1HR 30 45 MINS 1HR

Name _____

GetRevising
part of The Student Room

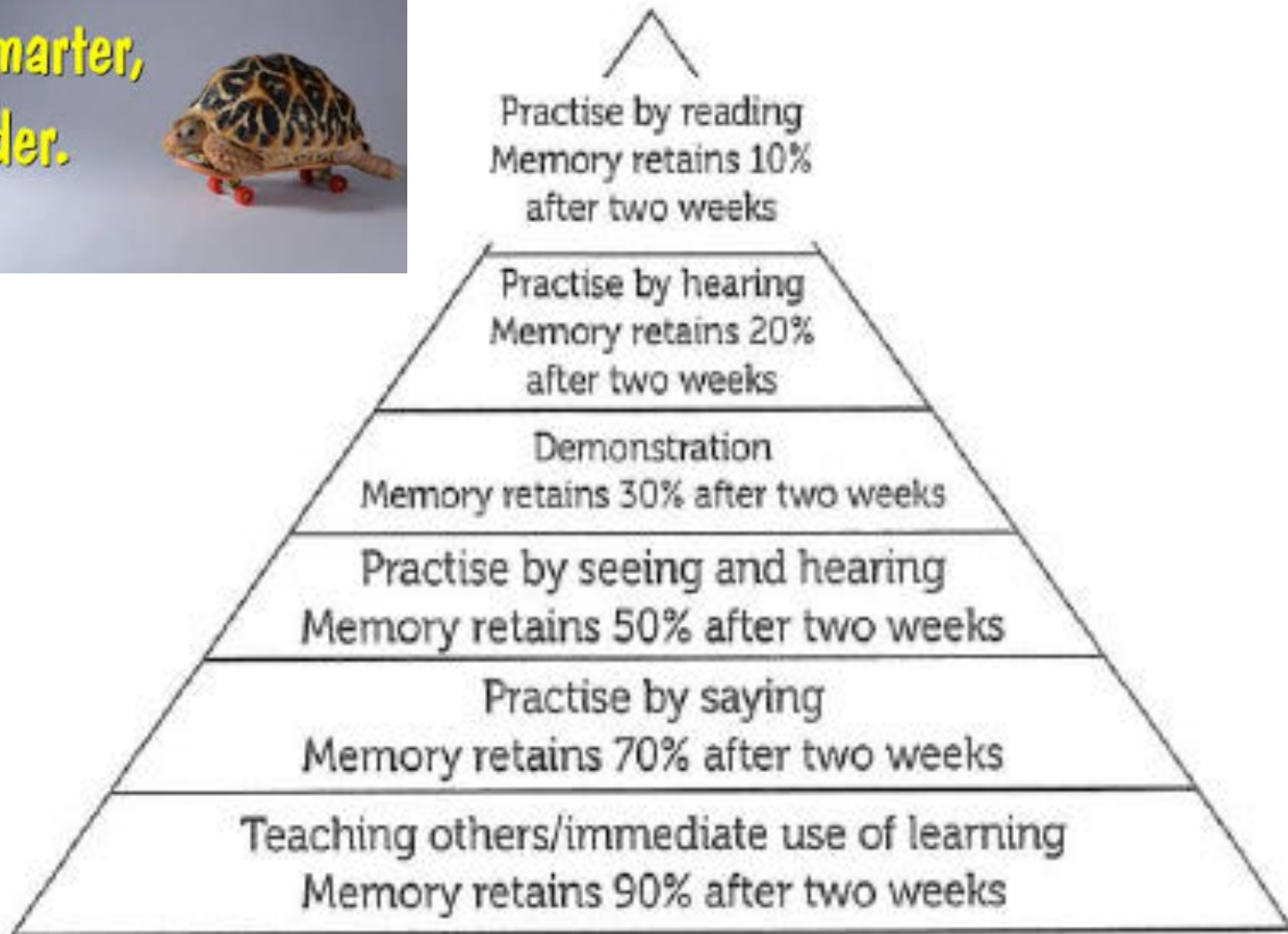
Log in

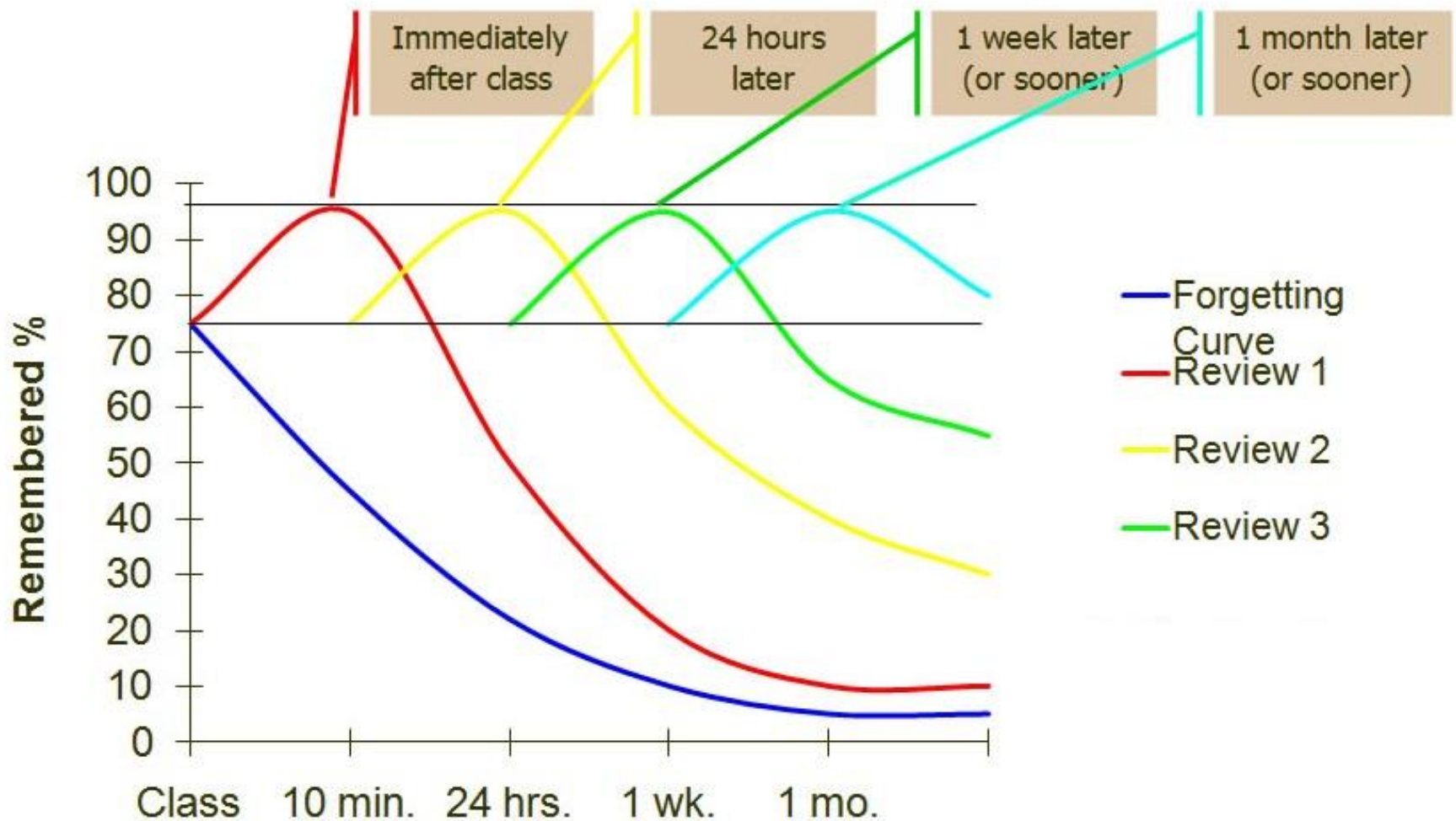
For teachers

<https://getrevising.co.uk/planner>

Working smarter not harder

Work smarter,
not harder.





The speed of forgetting depends on a number of factors such as the difficulty of the learned material (e.g. how meaningful it is), its representation and physiological factors such as stress and sleep.

The best methods for increasing the strength of memory are:

1. Better memory representation (e.g. with mnemonic techniques)

My very easy method just speeds up naming planets

2. Repetition based on active recall (especially spaced repetition)



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



Year 10 Interim Report

22/05/2015

Yosra Abdel-Fattah 1001

Attendance: **98.3%** Absences Authorised: **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 O. 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 students know what their target grades are and, most importantly, *what to do to achieve them*.
- Identify with their teacher what they need to focus on to improve their work and increase their chances of improving their target grade.

Balancing revision



Avoid the temptation to focus on what you are good at or what you most enjoy. It's human nature to want to spend time on these things but it won't help you in the final exams.

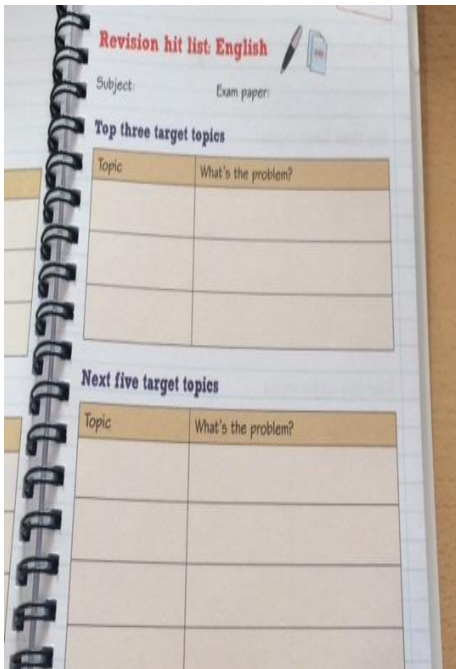
Be honest with yourself and decide which subjects/topics are going to need the most time. These might be areas that you find particularly difficult or possibly less interesting.



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

5. Get organised and find stuff....

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



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

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?



Dinner Mode

Dinner Mode is a handy tool for an allocated period of time. After the timer, put down their phone for a few minutes, 30 minutes, or even an hour, and the chance to take back control.

Forest

Forest is a quirky little app that allows you to create a virtual forest which can soon become a real one, depending on your task. When you don't want to use your phone, you can plant a tree, and your seedling will start to grow as long as you leave the app open in the foreground. Wander off and start using other apps, though, and it will wither and die, much like the goal you're trying to achieve. Heavy stuff, but it's most certainly a good motivator to get you up and off your phone.



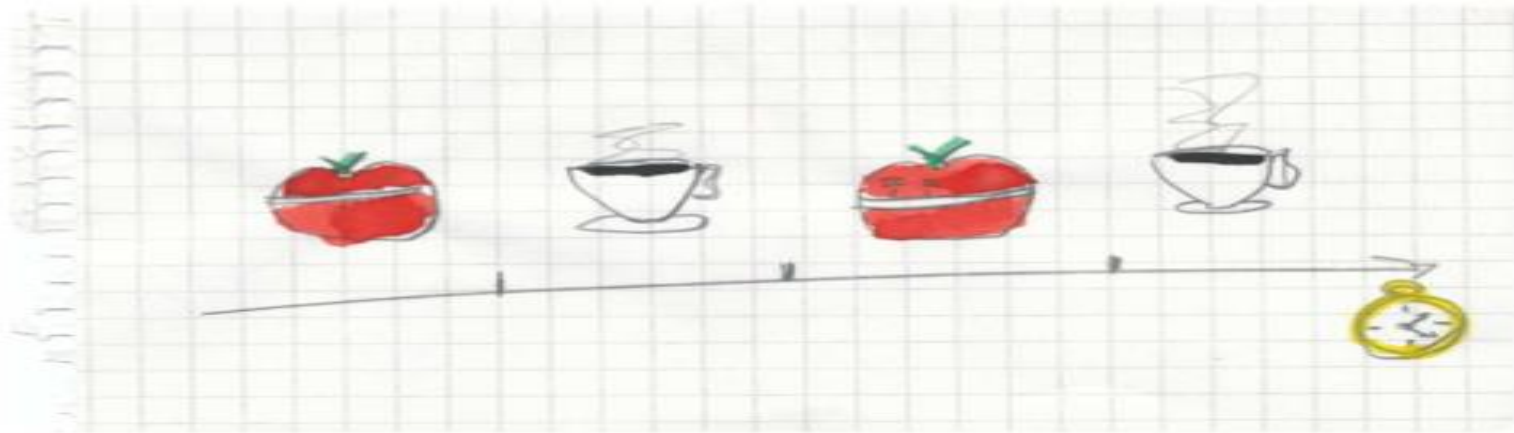
accessing apps
Users can set a
"tech-free" for 15
phone users the

ree,
used
rest

How effective are different strategies?

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

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

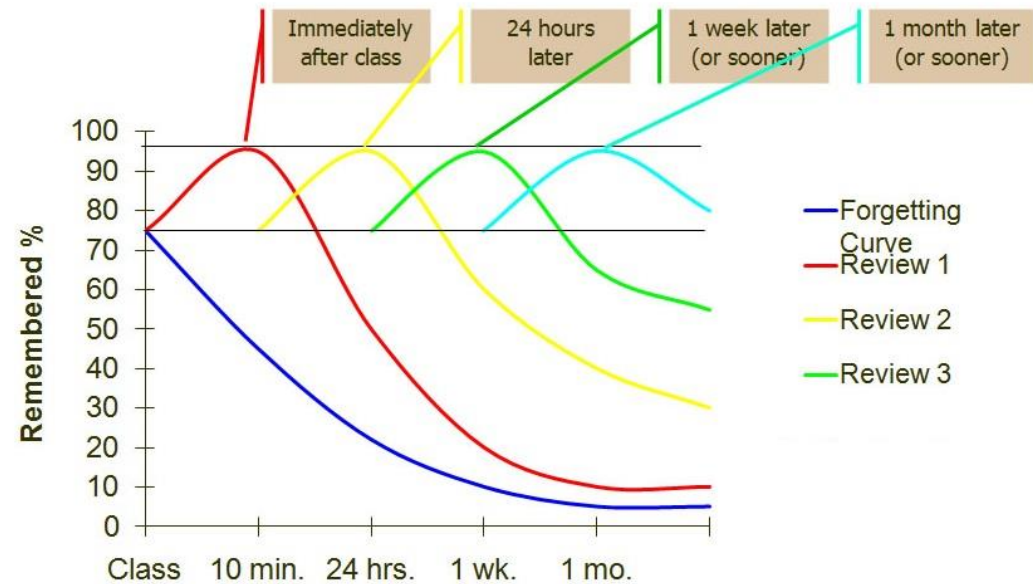


Decide on say 4 topics

- 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....

Post it notes



Re-call and
revisiting

Flash cards... Highly effective...

Make flash cards on index or file cards you can purchase in any office supply store in a variety of colours. They can be used to study vocabulary, facts, formulas, and events... virtually any kind of information.

When making flash cards:

1. Write only **one question** along with its answer on each flash card.
2. Write the **question on one side** and the **answer on the other**.
3. Use **point form**.
4. Put information in **your own words**.
5. Add **diagrams** and **examples** to the answer side.

When using flash cards:

1. As you test yourself, divide the cards into two piles: an **"I know it"** pile and an **"I don't know it"** pile.
2. **Test yourself** with both sides of the flash card, once asking the question, and once flipping the cards over and turning the answer into a question.
3. Only stop **practicing** when all of the cards are in the "I know it" pile.
4. **Review** all cards regularly to ensure that you know them all with 100% accuracy for your exam.

Organizing your cards:

Flash cards will not be helpful if they cannot be found. Once made, it is important to develop a system of organization.

1. Store cards in a **recipe/index card box**. Purchase dividers to organize cards by subject. The [NAIT Bookstore](#) sells a portable index cardholder with dividers.
2. Cards can be colour-coded. If you purchase several colours of cards, each subject can be a separate color, or you can use separate colours for vocabulary, facts, formulas, etc.

Link [to](#) Website

Front

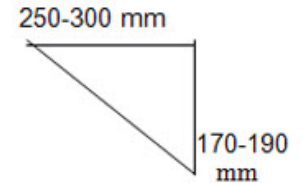
Common rise and run of a concrete stair?

Carbohydrates?

Canine Parvo Virus?

What is an expression?

Back



- Classified as plants
- Starches, sugars, & fiber
- Simple (sugar) or complex (starches, fiber)
- Supply energy

- Water hose diarrhea with mucus and blood
- Sunken eyes
- Anorexia
- Rapid, weak pulse
- Destroyed intestinal villi

Combining two or more values using some operation: add, multiply, greater than etc.

Value
Value } +, x, >...
Value

Flip it

Create a grid with 16 squares... cut it up... Students write 16 questions with the corresponding answers on the back of each card..... Effectively this is making flash cards.....

Lay them out on the table. They have to pick a question – if they get the answer right they can turn it over... if its wrong they have to turn it back and go to another question.... Keep going until they have all 16 right....

What is an amino acid?	What is a cell?		





Geog your memory...

A case study of a major city in the UK to illustrate: the location and importance of the city in the UK and the wider world

Regional and national importance:

Regional importance of Bristol.....



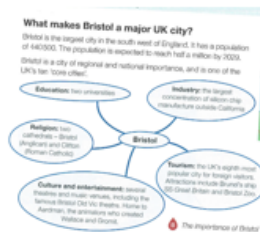
Using the map why is Bristol regionally important? (SW England)

- Add some extra notes from the slides

Education, culture and entertainment.

Regional and national importance:

Core cities group, tourism, industry, education, culture and entertainment. Religion



- **The Core Cities Group** (also **Core Cities UK**) is a self-selected and self-financed collaborative group of large regional cities in the United Kingdom outside Greater London. The Core Cities Group has wide ranging interests, encompassing transport and connectivity, innovation and business support, skills and employment, sustainable communities, culture and creative industries, climate change, finance and industry, and governance. Bristol is one of the UK's 'core cities'.
- **Tourism-** Learn up on the life and works of Victorian engineer, Isambard Kingdom Brunel at Bristol's brand new museum, **Being Brunel**, ~~opened~~ in spring 2018. Located alongside the SS Great Britain, the museum will bring to life never-before-seen personal possessions, documents and artefacts.
- **SS Great Britain** - She was the longest passenger ship in the world from 1846 to 1854. She was designed by Isambard Kingdom ~~Brown~~ **Brunel** (1806-1859), for the Great Western Steamship Company's transatlantic service between Bristol and New York. While other ships had been built of iron or equipped with a screw propeller, the **Great Britain** was the first to combine these features in a large ocean-going ship. She was the first iron steamer to cross the Atlantic, which she did in 1845, in the time of 14 days.
- Bristol has two world-class universities with an annual intake of around 5,000 international students.

Why has Bristol grown internationally:

International and global importance of Bristol:

- **UNESCO Learning City**, promoting learning opportunities for people of all ages and backgrounds. The Network supports the achievement of all seventeen Sustainable Development Goals (SDGs)
- **Bristol** is a "City of Sanctuary" which welcomes and supports refugees and asylum seekers. 59 Syrians and their families have been rehomed in Bristol since the start of the scheme at the end of 2015
- **The European Green Capital Award** is an award for a European city based on its environmental record. Bristol was the first UK city to be named as European Green Capital since the award was launched in 2008. It's also the only city which has an energy company owned by the local council – Bristol Energy, the first energy company in the country to offer 100% green electricity and reinvest its profits back into local communities.

Location of Bristol:

Regional and national importance:

Core cities group, tourism, industry, education, culture and entertainment. Religion

Why has Bristol grown internationally:

International and global importance of Bristol:

Exam Question:

Describe the location of Bristol (2 marks)

Describe Bristol's network of communications (4 marks)

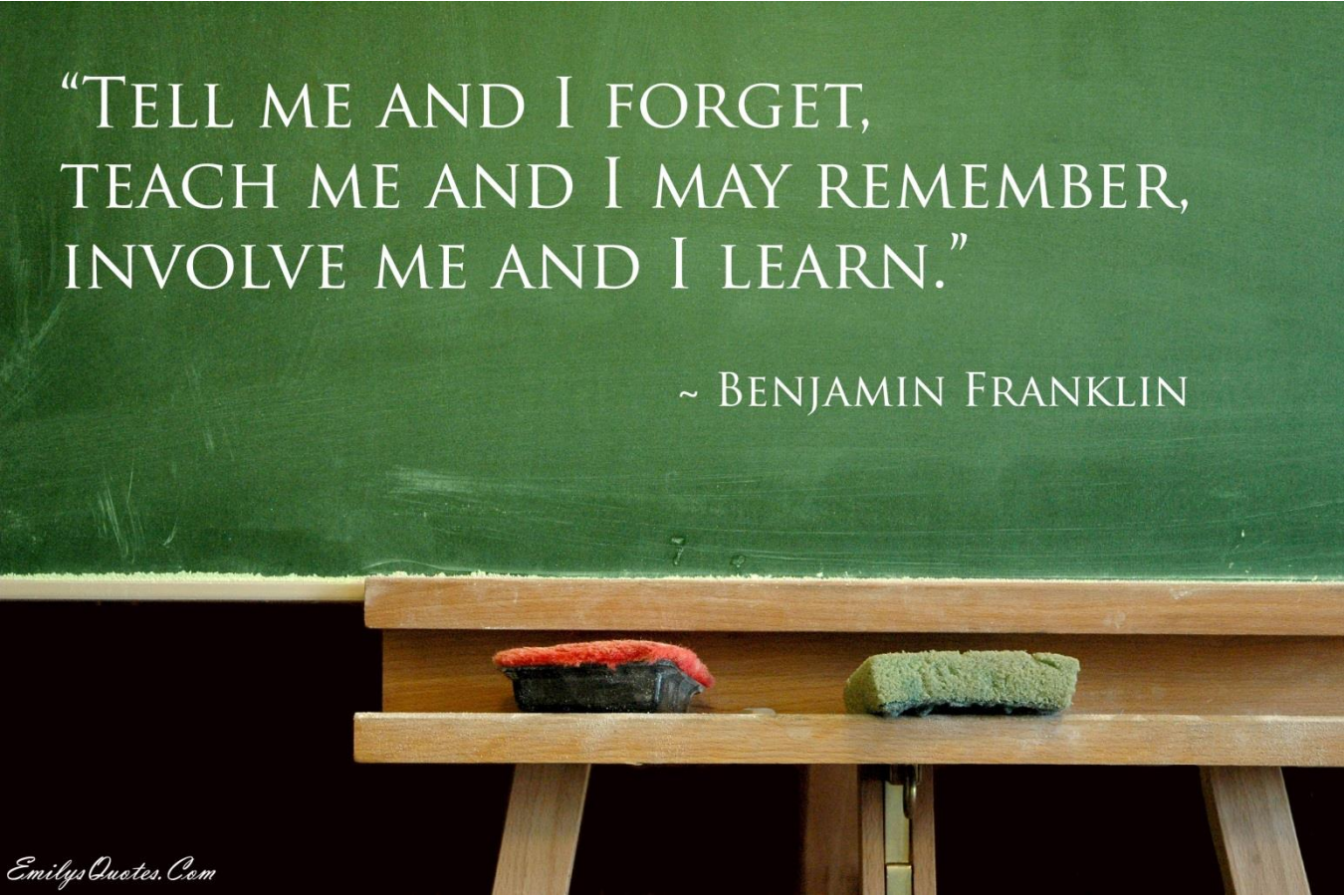
Explain the regional importance of Bristol (4 marks)

Assess the importance of the importance of a major city in the UK that you have studied regionally and in the wider world (6 marks)

Teach it!

Get students to teach you – preferably in a practical way.....

Once they have covered a topic get them to turn it into a quiz, a gap fill exercise, a diagram with missing labels, a jumbled up timeline. They then can test it out on you....



“TELL ME AND I FORGET,
TEACH ME AND I MAY REMEMBER,
INVOLVE ME AND I LEARN.”

~ BENJAMIN FRANKLIN

SOME NEW MNEMONICS

ORDER OF OPERATIONS
 PARENTHESES, EXPONENTS, DIVISION & MULTIPLICATION, ADDITION & SUBTRACTION
 TRADITIONAL: PLEASE EXCUSE MY DEAR AUNT SALLY

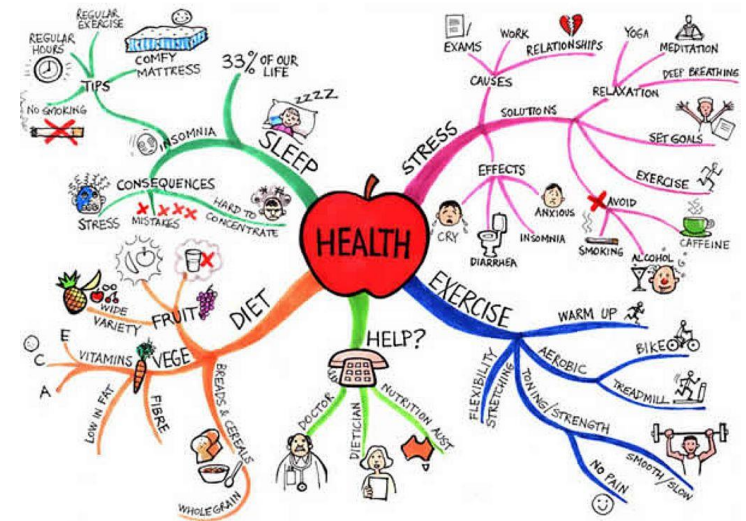
SI PREFIXES
 KILO, MEGA, GIGA, TERA, PETA, EXA, ZETTA, YOTTA
 MILLI, MICRO, NANO, PICO, FEMTO, ATTO, ZEPTO
 TRADITIONAL: (I never learned one)

TAXONOMY
 KINGDOM, PHYLUM, CLASS, ORDER, FAMILY, GENUS, SPECIES
 TRADITIONAL: KING PHILIP CAME OVER FOR GOOD SEX

GEOLOGIC PERIODS
 (PRECAMBRIAN) CAMBRIAN, ORDOVICIAN, SILURIAN, DEVONIAN, CARBONIFEROUS, PERMIAN, TRIASSIC, JURASSIC, CRETACEOUS, PALEOGENE, NEOGENE
 TRADITIONAL: (I never learned one)

RESISTOR COLOR CODES
 BROWN, RED, ORANGE, YELLOW, GREEN, BLUE, VIOLET, GRAY, WHITE
 TRADITIONAL: (NONE I CARE)

PLANETS
 MERCURY, VENUS, EARTH, MARS, JUPITER, SATURN, URANUS, NEPTUNE
 TRADITIONAL: MY VERY EXCELLENT MOTHER JUST SERVED US NACHOS



Mind mapping, flow charts help set out ideas.... But they are not enough on their own.....

Talk it through to someone

Blogging



Amazon Rainforest: Tropical Rainforest Case Study

9,605 views • Published on 8 Jun 2017

106 4 SHARE SAVE ...

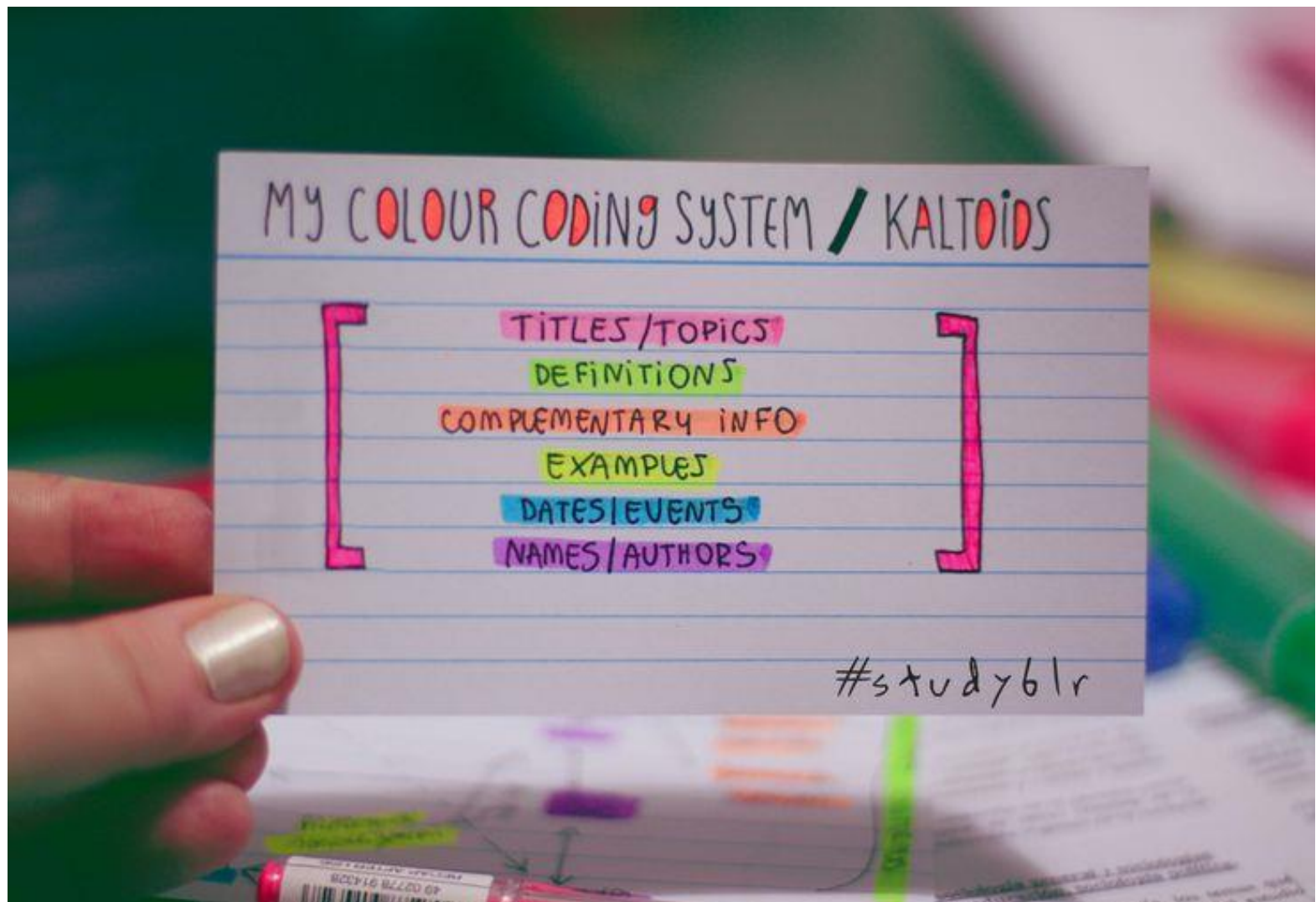


DHS Geography
757 subscribers

SUBSCRIBE

A video explaining all aspects of the Tropical Rainforest case study for the new GCSE Geography specification. The video examines the location and climate characteristics of the TRF, the vegetation and animal adaptations, the value of the ecosystem, the causes and impacts of

[SHOW MORE](#)



Get ready for colour coding and post-it-note mania!

Colours, colours, colours,

RED

Instantly grabs your attention and stimulates the brain **ideal for memory retrieval.**

YELLOW

Attention grabbing colour, hues of yellow help to **stimulate mental activity.**

ORANGE

Prevents boredom and **keeps the mind focused.**

BLUE

Has a calming influence and is known to increase concentration, **proven to boost creative thinking.**

PURPLE

Calms whilst helping to release creativity and helps you to **express ideas more easily.**

GREEN

Cooling for the eyes, green helps with concentration and **balances the mind.**

- Writing in colour can help participants to retain 50-80% more information

- This is because 90% of information transmitted to the brain is visual

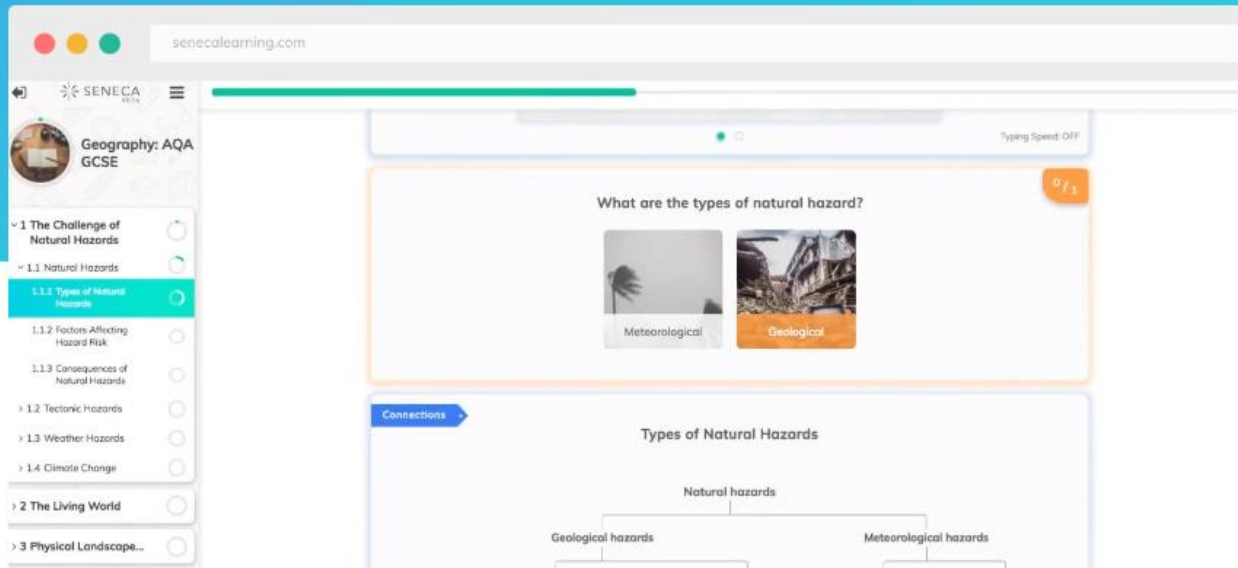
- Recall is 10% better with colourful images as compared to black and white images because they are more vivid

<https://blog.whsmith.co.uk/how-use-of-colour-can-help-your-childs-revision/>

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Get started free



The screenshot displays the Seneca Learning website interface. The browser address bar shows `senecalearning.com`. The left sidebar contains a navigation menu for "Geography: AQA GCSE" with the following items:

- 1 The Challenge of Natural Hazards
- 1.1 Natural Hazards
- 1.1.1 Types of Natural Hazards (highlighted)
- 1.1.2 Factors Affecting Hazard Risk
- 1.1.3 Consequences of Natural Hazards
- 1.2 Tectonic Hazards
- 1.3 Weather Hazards
- 1.4 Climate Change
- 2 The Living World
- 3 Physical Landscape...

The main content area displays a lesson titled "What are the types of natural hazard?" with a progress indicator of 0/1. Below the title are two images: "Meteorological" (showing a palm tree) and "Geological" (showing a collapsed building). A "Connections" section below shows a hierarchical diagram of "Types of Natural Hazards":

```
graph TD
    NH[Natural hazards] --> GH[Geological hazards]
    NH --> MH[Meteorological hazards]
```

Finally.....Exam papers and Mark Schemes....

If you don't get provided them but teachers... go and get them yourself and make students use them!

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

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

The screenshot shows the AQA website's navigation and search interface. At the top, the AQA logo is on the left, and links for 'Contact us', 'About us', and 'Log in' are on the right. A 'Site search' box with a magnifying glass icon is also present. Below the navigation bar, a horizontal menu contains 'Subjects', 'Qualifications', 'Professional development', and 'Exams administration', with the last one being underlined. A breadcrumb trail reads: 'Home / Exams administration / Exams guidance / Find past papers and mark schemes'. On the left is a vertical sidebar menu with items: 'Dates and timetables', 'Entries', 'Coursework and controlled assessment', 'Access arrangements', 'Special consideration', 'Exams guidance' (expanded), 'Exam papers and stationery', 'Estimated grades', 'Send scripts for marking', 'Invoices and how to pay', and 'Find past papers and mark schemes' (highlighted). The main content area is titled 'Find past papers and mark schemes' and includes a sub-header 'Find past papers and mark schemes for your exams, and specimen papers for new courses.' Below this is a 'Find' section with four dropdown menus: 'Subject' (placeholder: 'Which subject?'), 'Qualification' (placeholder: 'What type of qualification?'), 'Specification' (placeholder: 'Which specification?'), and 'Series' (placeholder: 'When was the exam?'). At the bottom, a section titled 'Can't find your papers?' contains a bulleted list of information regarding document availability and search tips.

AQA
Realising potential

Contact us About us Log in Site search

Subjects Qualifications Professional development Exams administration

Home / Exams administration / Exams guidance / Find past papers and mark schemes

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

Really good websites 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](#)this week 18th March issue – paper and online articles on memory



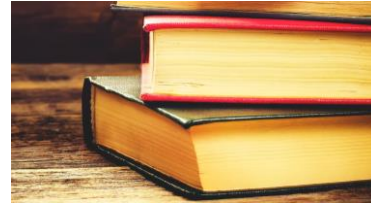
**“HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD”**

How can I get a good night's sleep?

- Don't drink tea/coffee before bed (herbal teas are thought to help relaxation and sleep).



- Relax before bed – have a hot bath, read a book, do some yoga, listen to music.



- A carb-rich snack an hour before bed will clear the way for sleep-inducing amino acids to reach the brain.

- Avoid using technology just before bedtime as the light from these devices delay the release of sleep-inducing hormones.



- 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

Eat well

If you have been feeling tired or stressed due to all that revising, your immune system will likely need a helping hand.



Make sure that you are eating lots of fruit and veg. A healthy and balanced diet is particularly important in the run up to exams.

Make sure that you are eating wholesome meals that will give you plenty of energy for studying. This is not the time to go on a diet!!

During revision, opt for healthy snacks to sustain your energy – blueberries, dried fruit and peanut butter on toast are all good options.



Tips for on the day

- Eat breakfast

A long exam is like a mental marathon in which endurance is critical.

Research shows that 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 so that you stay energised throughout your exam.



Avoid foods that are **high in sugar** – they will do the opposite of stabilising you during your long exams due to the sugar highs and lows.



Avoid **caffeine**, as it can increase your nervousness. However, if you are accustomed to drinking coffee regularly, then a small cup is fine.



Tips for on the day

- Walk or cycle to school



A bout of exercise increases your focus on the next activity, because your body is aroused.

Not only will you feel more awake, but your mind will be alert and ready for the exam ahead!



- Be organised

Get to school with plenty of time.

This will help you to feel calmer and you will have time to prepare yourself properly before entering the exam.



Tips for on the day

- Hydrate: Before *and* during your exam



A lack of water = A lack of brain power



When your brain is functioning on a full reserve of water, you will be able to think faster and be more focused.

Look after yourself - Get some sleep

Brain recall becomes stronger after sleep and information becomes easier to access.



Sleep is fundamental, as it allows memories to consolidate. It's a good idea to learn something just before going to bed, and then let your brain do the work

SLEEP
IS
GOOD

- Professor Della Sala



The benefits of exercise



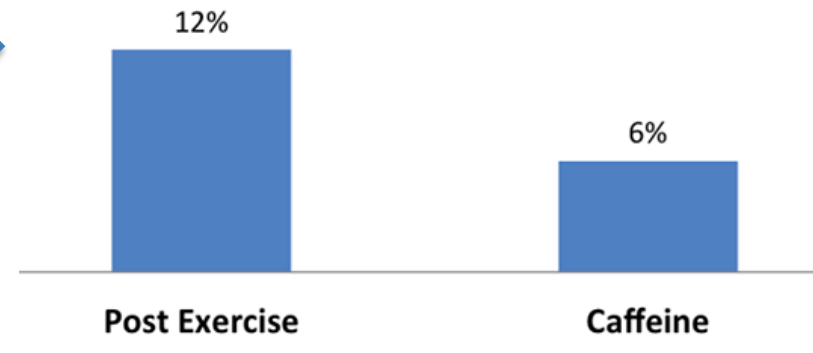
Exercise has been proven to increase mental focus and acuity for up to **10 hours** post-workout. So doing a quick bit of exercise in the morning could be extremely valuable during the revision period.

Exercise also releases endorphins, which improves your mood and energy levels.

A quick stint of exercise has shown more effective than a cup of coffee in promoting cognitive abilities, according to research.



Percent Improvement On Cognitive Test
Exercise vs. Caffeine



Short, sharp burst of exercise **in between revision sessions** can also be very beneficial. Why not try breaking up your revision with 60 seconds of star jumps to refresh and re-energise yourself.

