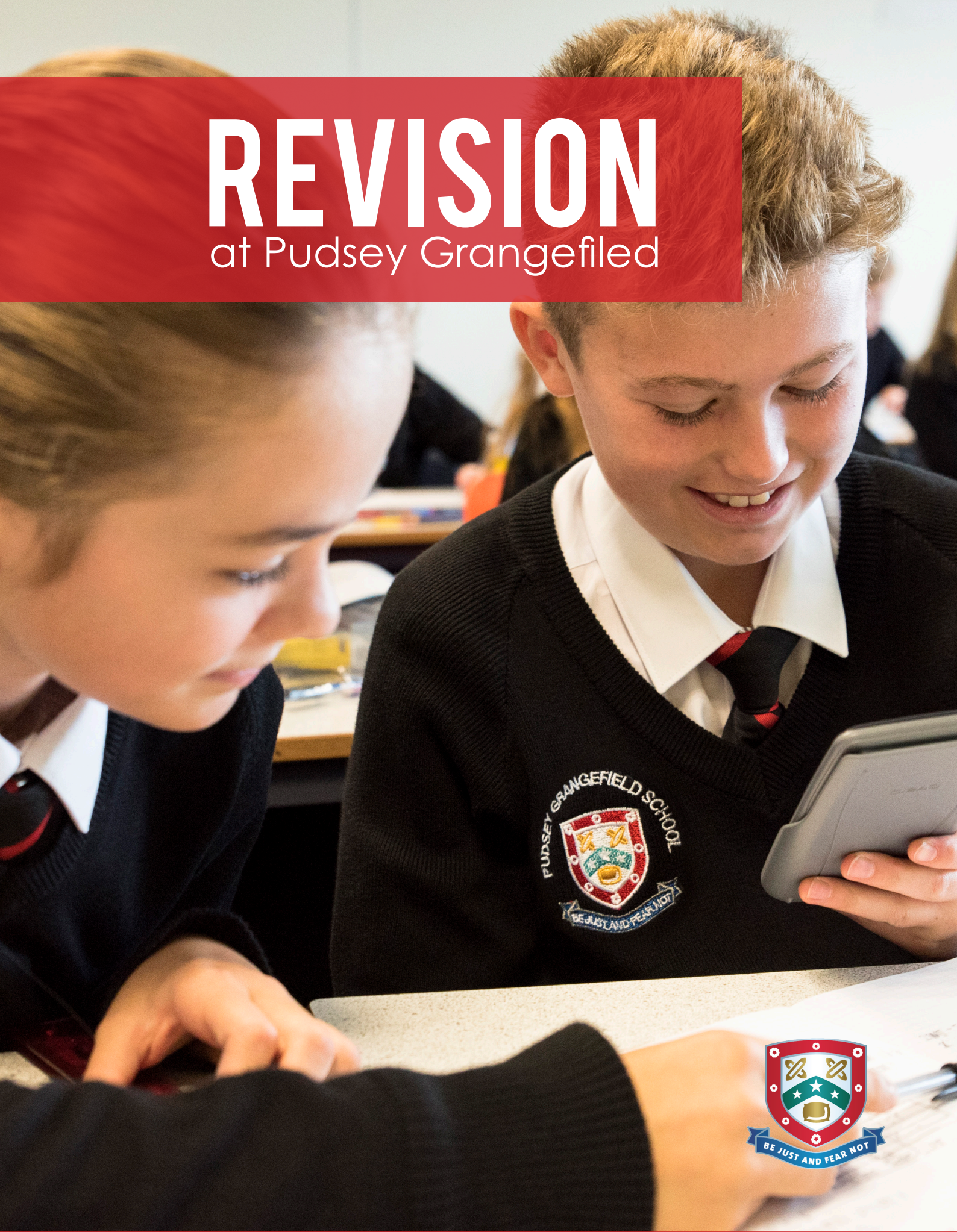


REVISION

at Pudsey Grangefield





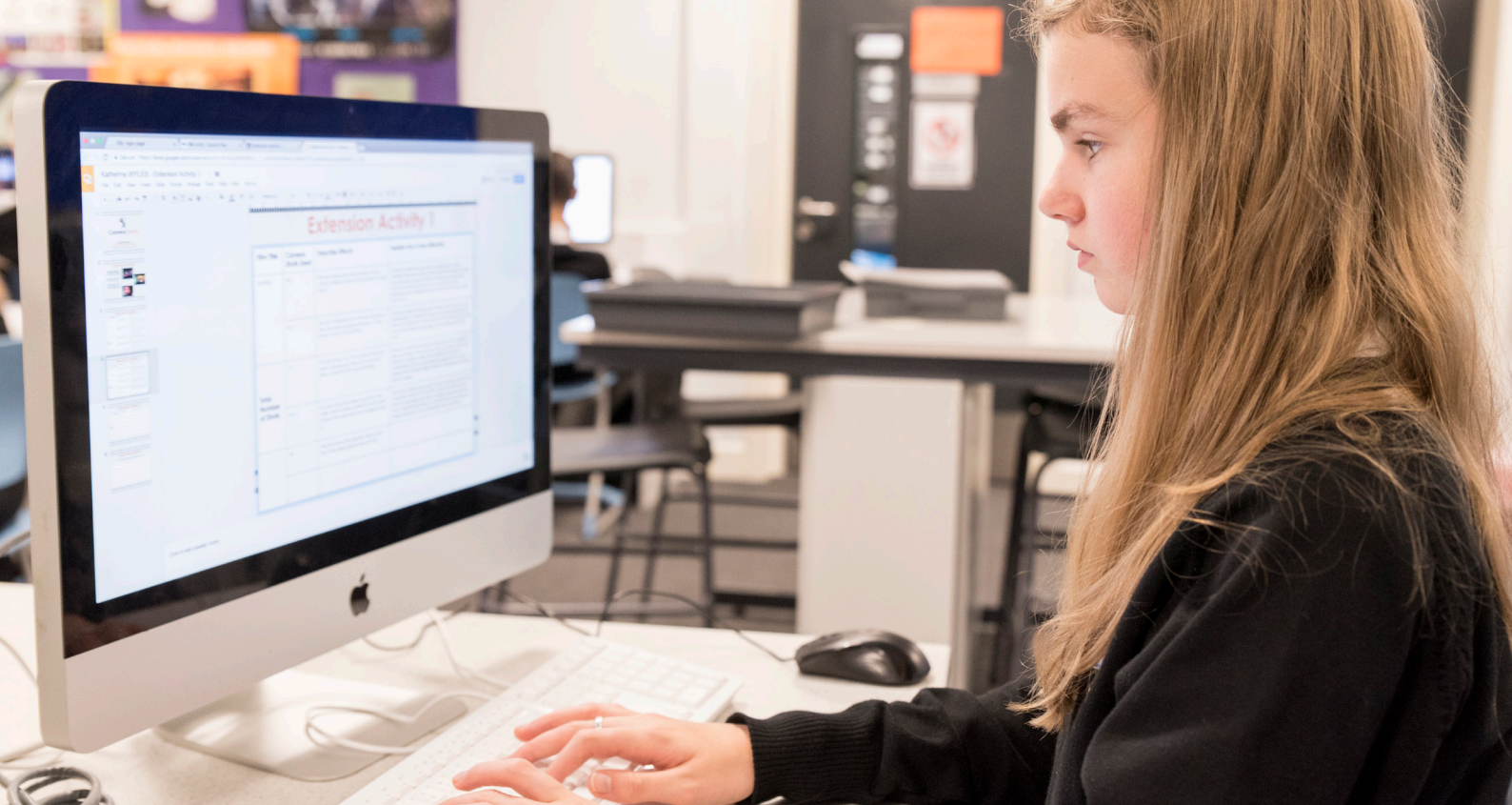
Developing great revision habits

Regular and effective revision is an essential part of learning and therefore as a School we are working very hard to ensure that students are motivated to revise and know how to. This is something we believe is important for Year 7s right through to Year 13s because all students have to sit challenging exams each year, and we know that students who revise effectively tend to do better than those who don't. It is our aspiration that the students at Pudsey Grangefield will develop some of the best revision habits so that they leave us in Year 11 or Year 13 with brilliant qualifications.

We address revision skills within the normal curriculum and in coaching, but we have also created this booklet to do the following:

- Explain why revision is important
- Outline a few obstacles students should try to avoid
- Identify six proven strategies that will help learning – we have called these the “Big 6” -Revision Tips
- Showcase some examples of good revision / revision habits
- Inform you about what students need to revise in each of their GCSE/BTEC subjects

Google: “How to revise for GCSEs,” as there are a range of good websites from here that will be useful for students, parents and carers.



Why is revision so important?

In simple terms, revision is important because students have so much to learn!

The new GCSE qualifications are considerably more demanding and there is an expectation that students have a lot of knowledge that they can quickly use when they're in an exam. If a student has revised their classwork and homework, they will be able to quickly apply this knowledge in an exam. If they haven't revised enough then they may find themselves in that tough position when they simply can't remember the answer to a topic they know they have covered in class. Every student that achieves highly at the School has developed good revision habits and we want to ensure that every single student feels totally prepared when they sit down and open their exam papers.

What resources do students need to revise?

We recommend that every student has access to:

- A3 paper
- A note book
- Some highlighters
- Some different coloured pens
- Some blu-tack
- Some post-it notes
- A quiet place to work

We sell revision resources at the School and we also want to remind everyone that the library is open every night after school and we would encourage students to revise there if it is difficult to at home.

What pitfalls should students avoid when attempting to revise?

Thinking they can leave it all until the “last minute.”

We do not recommend ‘cram’ revising as students now sit so many exams there is no way they can cram all the knowledge in. Instead, revision should take place over a series of months and it should involve the students covering and re-covering the same information.

Thinking they don’t have to revise as they’ve “always been fine up to this point.”

GCSEs and A-Level results really matter, and unlike normal assessments, there may be no second chance to secure a good grade. Around the country, hundreds of thousands of students are all revising.

Worrying about looking like a “geek” by working hard in the evenings.

Some teenagers are highly prone to peer pressure and sometimes a culture develops in which students are embarrassed to tell each other that they care about their grades and are revising. We want to overcome this mindset and encourage students to be proud of working hard, and whilst they shouldn’t ‘show-off’ about how hard they work, they shouldn’t try to hide it either.

Panicking and doing too much work, or no work whatsoever.

We know that exam preparation can be stressful and we know that teachers and parents can put a lot of pressure on students to achieve good grades. Sometimes the result of this is that students feel they have to revise all the time or other students feel so overwhelmed, they do nothing at all. We believe that students should develop a balanced approach to revision in which they revise over a few months, do some revision most nights, but also leave time for relaxing or hobbies so that they don’t feel overly stressed.

Trying to revise in the wrong environment

Revising challenging subject content is hard and it requires periods of total focus. Students have to be able to avoid distractions if they are to ensure the learning ‘sticks’ and they aren’t just staring at the page or copying work. It is impossible to revise well with the TV on!

Working, but not learning

Some students find it comforting to just read or copy out information or revise topics they already know really well. This creates the illusion of learning, but actually the students aren’t learning anything. Instead, students should focus on covering all areas of each subject in a methodical way, and they should aim to learn the knowledge, not just read their notes. The “Big 6” revision tips in the next section will identify a range of methods that should result in high quality revision.

So what needs to happen next?

On the next page we have identified six strategies that all students can use to help them develop great revision habits. We have called these the PG “Big 6” Revision Tips. Students should practise each of them.





STAYING MOTIVATED

All this revision advice is useful but sometimes the hardest thing about revising is simply finding the motivation to keep doing it! Here are a few tips that can help students keep going:

1. Make it a habit

If you make revision part of your daily habit or routine, you'll get to a point when you are doing it automatically. Many psychologists believe it takes between 22-25 days to form a new habit, so if you can make yourself do some revision for 3 weeks, after then things should become a lot more routine. That doesn't mean the first 3 weeks will be easy though.

3. Keep the right company

Your peers can have a huge influence on you in both positive and negative ways. As exams approach surround yourself with people who are taking their futures seriously and are working hard in school and at home.

5. Set short term goals and rewards

Create rules for yourself to reward your own revision efforts. For example, if you can make yourself revise all evening (with short breaks) then you can go the party/eat a treat/watch TV as a reward.

2. Remember your goals

Remember that you are revising so that you perform well in your exams, which will in turn lead to good grades which will help you in different ways. Good grades will help you in the following ways: they will make you feel proud, help you get into sixth form, college or university, and they will almost certainly help you get a great job that you'll find rewarding. Thinking about these long term goals can help you get through the short term barriers.

4. Change it up

Try different revision techniques from the "Big 6" revision tips. We all have favourites but that doesn't mean we should do them all the time. Sometimes mixing up your strategies will help you stay focused.

6. Remember - you're not alone

Around the country hundreds and thousands of 15-22 year olds are all sitting challenging exams and no-one finds it easy. However, everyone's revising and you need to be doing the same.

Good luck with all your revision from the PG Staff

The PG “Big 6” Revision Tips

6 proven techniques that will help you remember more

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCIENCE	SCIENCE	SCIENCE	SCIENCE	SCIENCE		
4-5	CHEM	PHYS	ENGLISH	ENGLISH	ENGLISH		
5-7					MATHS	HISTORY	
7-7:30	PHYS	ENGLISH	ENGLISH		MATHS	HISTORY	
7:30-8:30	GEO	CHEM	PHYS		PHYSICS	MATHS	
8:30-9	HISTORY	MATHS	PHYSICS		ENGLISH	MATHS	
9-9:30							

1. Make time

- Create time in your evenings and weekends to revise regularly
- Create a revision timetable and stick to it
- Revise in 30 minute chunks and then break
- Revise additional content (on top of your set homework) that you studied last week/month/year
- Keep practising recalling the knowledge. Do it again, and again and again
- Revise away from other distractions (like your phones)



2. Recall from memory

Write or say everything you know about a topic, without looking at your notes.

Independently

Read a revision guide/your notes and then re-write everything you can without looking. How much can you remember? Do the same task a day and then a week later. Check back at the guide to see what you missed. Then do it again.

With a friend, parent or carer

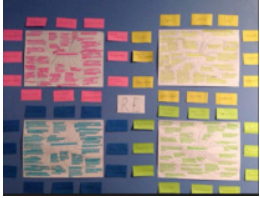
Give them the revision guide/your notes and ask them to ask you questions on the core knowledge. How much can you recall? Can you answer all their questions accurately?



3. Condense it down

Take a lot of knowledge, then make it smaller (but so that you could still expand it again in its entirety)

- Turn 100 words into 30 words **OR** Turn 1 long quote into 1 word
- Make a mind-map but only write down key facts and words
- Memorise acronyms and then think up your own



4. Visual variety

The use of colour and drawing can help you remember key factual information

- Make and memorise flashcards
- Revise using different colours and colour-code your topics
- Draw small pictures next to your annotations
- Turn your bedroom, home, bathroom into a revision palace by sticking mind-maps on the walls
- Stick up annotated post-it notes all over your bedroom/house



5. Perfect past papers

Completing past papers are excellent ways to test whether you can apply your knowledge and skills

- Complete an additional past paper at home
- Check whether you can do it without looking at a revision guide
- Check whether you can do it in the right amount of time



6. The Technology Type

- Use your phone or your computer to support revision
- Use an app e.g. Gojimo/Memrise
- Use GCSE Bitesize
- Record yourself and listen back to what you could recall

Techniques

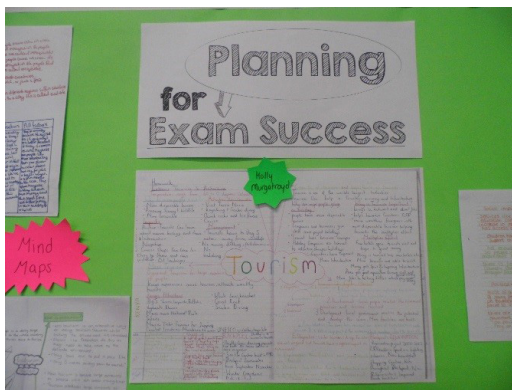
STUDY TIMETABLE

SCHOOL FREE TIME

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
4-5	CHEM	BAND	BAND	ENGLISH	BAND		
5-7							
7-7:30	BIOLOGY	TRUMPET	ENGLISH		MATHS	HISTORY	
7:45-8:30	GEO	CHEM	MUSIC		ENGLISH	MUSIC	
8:30-9	HISTORY	MATHS	BIOLOGY		BIOLOGY	MATHS	
9-9:30							

Every student is given support in helping them to create and use a revision timetable

All students have to sit a lot of exams and in order to prepare for each one effectively they should block out time in the week to revise each subject. This organised approach will help them develop a structured routine and alleviate stress as they feel more fully prepared.



Planning for exam success: revision

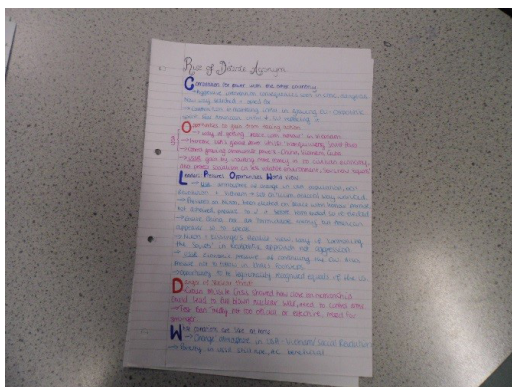
Students who are motivated to revise effectively will do better in their exams and therefore as a School we do a lot of work to help students:

- Want to revise
- Know how to revise
- Plan their revision
- Review their revision



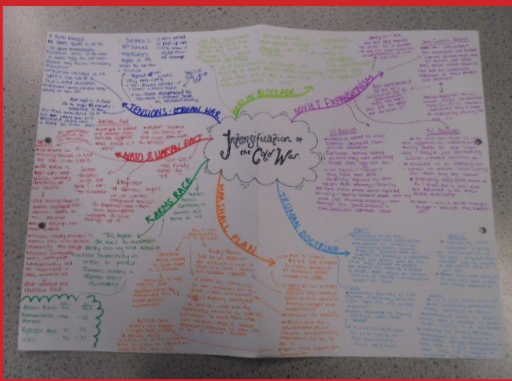
“Look, cover, write, repeat”

This work shows how a student has written a list of words three times to help retain the spellings. Each time, the student has covered the original list so as to try and remember how to spell it. This is done a lot at primary school, but it is also a brilliant technique to use at secondary school.



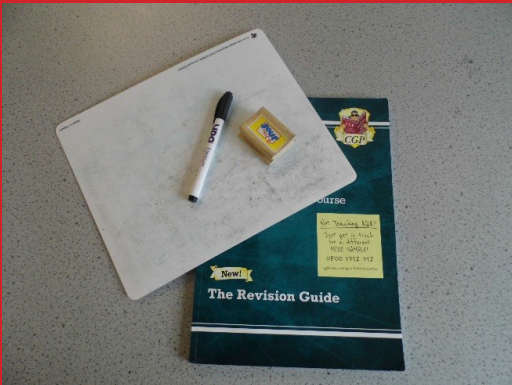
Using acronyms is proven to help the brain store more complex information

We encourage students to think up their own acronyms for topics as the brain can store them in the long term memory. For example, many people use “Never East Shredded Wheat” as a method to remember North, East, South and West. We apply this concept to lots of topics within the differing GCSE curriculum.



Colour coding aids memory

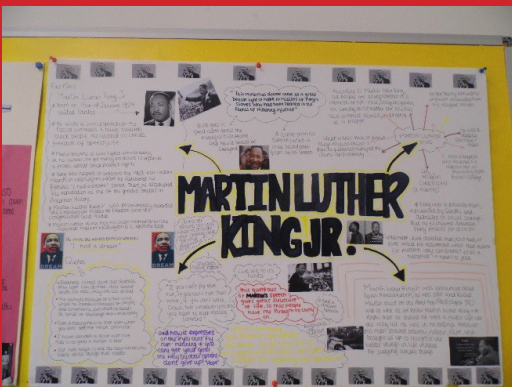
Colour coded mind-maps are also highly effective revision devices as students can map out sub topics in different colours and then associate each sub-topic with a particular colour.



Many subject areas provide revision guides for students to help with the revision process

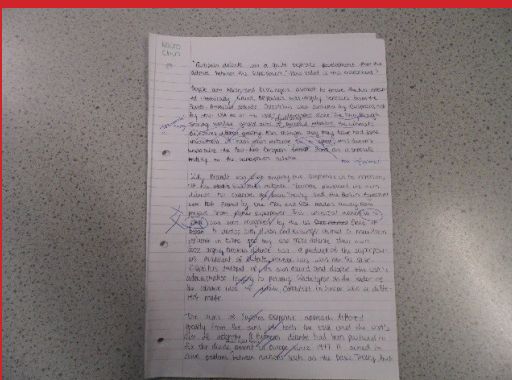
Revision guides are highly useful because they concentrate the knowledge down into core facts and processes that students need to know.

We encourage students use a "Look, Cover, Write, Repeat" strategy to try to retain this factual knowledge.



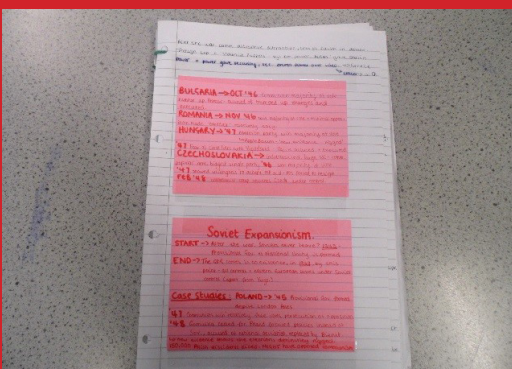
Mind-maps are a great way to retain knowledge

A mind-map is a great revision tool because students can revise an entire topic onto an A3 piece of paper, and once it's complete it can be stuck on a bedroom wall as a visual reminder of the learning.



Writing essays and practising exam papers are a brilliant revision tool

There's no better way to check your understanding than to apply your knowledge and skills by actually completing a past paper or practise question.



Flash cards are good for condensing knowledge

Flash cards are a brilliant way to try to remember lots of information in a condensed form. We encourage students to make them for the different topics they have to revise.

You can only try your best

Everyone will respect you if you try your best. We know that not everyone can achieve a Grade 9 in every subject - life just isn't like that. But we do know that everyone can try their best. Try to do a little bit more revision every day, stick to your revision timetable and work hard through weekends, holidays and in the evening. But remember, if you do too much you'll end up exhausted and this will lower your performance anyway. So if you're working hard, try not to become anxious – you can only do so much!

Good luck.



As a parent of a Y11 student, what can I do to help ensure success at GCSE?

- Use Show My Homework to check the independent study that has been set that day. Check that homework has been completed to a good standard.
- Provide a suitable environment for work which is free from distraction and has room to display and collect revision materials. Not all work will require ICT or internet access: consider how frequently this is made available.
- Monitor internet and social media usage and make sure this is balanced with homework, revision and other out of school activities.
- Use games consoles as a reward and incentive, not as a matter of routine. One hour per night would be enough time to spend – any longer could show or lead to addiction and damage a student's ability to learn.
- Support students with memory work by testing key knowledge from text books, flash cards and knowledge organisers. Just ten minutes focused practice a day can have a huge positive impact on ability to remember and recall. Examinations are closed book and do not contain formulae sheets so this aspect of learning is crucial.
- Help to draw up a revision timetable that includes rewards for hard work. Monitor the routine until it becomes a habit.
- Purchase approved revision guides and other supporting materials that complement the resources provided by school.
- Promote the use of GCSE pod at home and on the move. Location is no barrier to streaming revision content and completing short memory tests.

My revision timetable

Structuring your revision will help you feel more relaxed and confident.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am till 4pm	8 am till 4 pm	8 am till 4 pm	8 am till 4 pm	8 am till 4 pm	8 am till 4 pm	9 – 11 am	9 – 11 am
4 pm till 5 pm						11 am till 1pm	11 am till 1pm
5 pm till 6 pm						1 pm till 3 pm	1 pm till 3 pm
7 pm till 8 pm						3 pm till 5 pm	3 pm till 5 pm
8 pm till 9 pm						5 pm till 7 pm	5 pm till 7 pm

How to fill in your revision timetable:

- Schedule 2 hours of revision per night, ensuring you try to revise in 30-minute chunks. E.g. 30 minutes English Lit/ 30 minutes Chemistry
- Schedule in time to do a past paper each week e.g. completing a past paper in maths.
- Remember to schedule in breaks, hobbies and time for relaxation.
- Try and stick to your timetable over a series of weeks but don't worry if you sometimes get behind or miss a session.