

Top Tips for Revision



Caistor Grammar School

Key Stage 3

Name:

Form:

Welcome to revision guide for Y7 – 9 students.

This booklet is designed to give you lots of suggestions on how to use your study time effectively and to remind you about different ways to revise and learn.

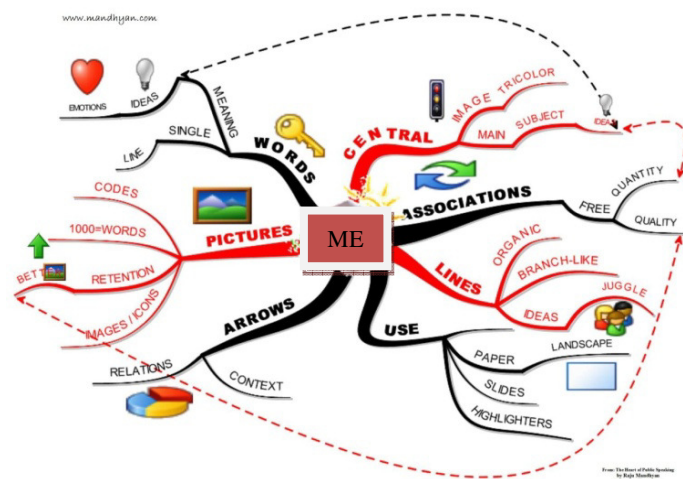
Although this booklet contains superb advice, great tips and fantastic study skills, the guide isn't as important as the person reading it – **YOU!** It is **you** who has to put them into practice and apply them to **your** work. If you do, we're sure that you will improve your performance and your study skills. But to get better at something, you have to practise!

Top Tips for Revision

Revision means “to look at again”. You need to look at things again as part of learning as well as in preparation for exams. But we need **active** ways to do this –DO NOT just re-read your notes or textbook.

- Revision gives time for reflection and learning.
- You can add in more details and examples.
- You may discover something you still don't understand and you can ask your teacher about it again.

The idea is to “revise” each major section of your work shortly after you have finished it. For instance, you could draw a **Mind Map** of each major topic you cover. These can be very useful for revising before exams.



HOT TIP: be active and change the way you think

? WHY? ?

1. Revision helps learning
2. Revision increases your achievement
3. Achievement in exams gives you wider choices later on
4. Achievement can make you feel great

Top Tips for Revision

It is important to **be positive** about yourself because people who think they can do well find it easier to learn.

HOT TIP: get yourself a vision of success

? WHEN? ?

Make sure you know when your exams are. Teachers will give you advice about how much revision to do, what you should revise and many will give you special notes to help with revising.

Make yourself a **revision timetable**.



- ✓ Fill in leisure, relaxation and family commitments
- ✓ Put in some sessions that you can devote to revision
- ✓ Share out the available revision sessions between your subjects
- ✓ Allow extra sessions if you know some subjects will take longer than others
- ✓ Vary the subjects – don't do all your Maths revision on day one!

Here's an example for *one* weekend:

	Morning	Morning	Afternoon	Evening
Saturday	Football	Maths; geography	Science; RE	video
Sunday	English; tech	Lunch at gran's	Still at gran's	French; history

The ideal length to revise one topic is **25 to 45 minutes**.

Top Tips for Revision

You remember more at the beginnings and the ends of sessions, so create more beginnings and ends by stopping for a brief break.

HOT TIP: stop and start – create brief breaks

? WHERE? ?

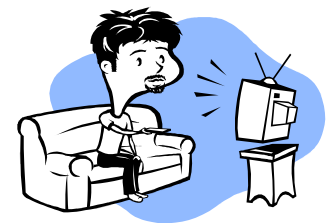
The ideal study room is light, airy and quiet.

Vary your revision place. It's a good idea to put up **posters**, **lists** and **post-it notes** in other places in the house.



Some students find they revise well with friends and it is a good idea to do this sometimes as a bit of variety and fun.

Ban the television, tablets and smart phones/social media! All of these are too distracting, so make sure they are turned off when you are working.



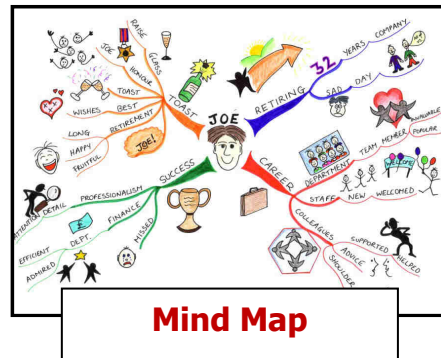
Lots of students find that some background music helps the revision process. Classical music such as Mozart can help to stimulate your brain waves. Avoid music with lyrics as you are likely to concentrate on these rather than your work!

Top Tips for Revision

? HOW? ?

There are three easy steps to doing revision well:

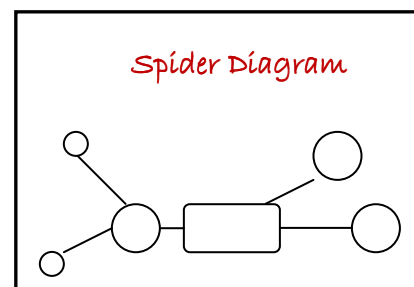
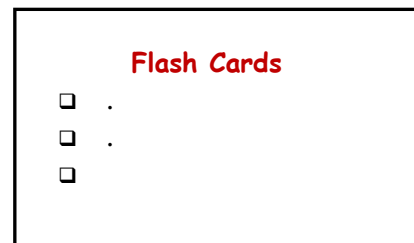
- ★ Change
- ★ Challenge
- ★ Treats



The first step is to try **change**. By changing what is in our exercise books or textbooks into a different form, we stimulate our brains into action – we start thinking about new ways of presenting and digesting the information and start learning.

Ways to change things:

- Make diagrams
- Labelled drawings
- Time-lines (for history)
- Mind maps
- Charts and flowcharts (for processes)
- Pod casts (great for languages)
- Flash cards/Outline cards
- Mnemonics
- Use colours and highlighters



Top Tips for Revision

HOT TIP: Flick through flash cards/outline cards before the test



We work best when we are faced with a **challenge**.

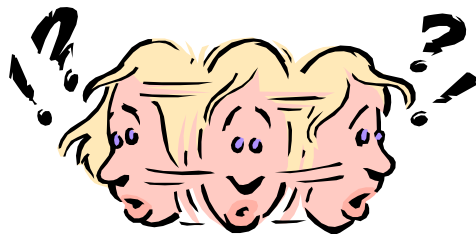
Challenge yourself to really sort out a topic that you have found difficult.

- ★ Will taking a new approach and turning it into a chart, diagram or Mind Map help?
- ★ Get someone to test you after you have learned something new.

- ★ We learn extremely well when we have to teach someone else – why not try teaching one of your parents, a brother or sister?



- ★ Get them to ask you questions about what you have just taught them – can you answer their questions?



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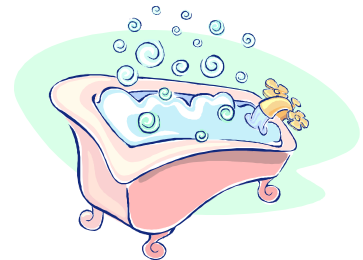
Don't forget to allow yourself some **treats**. Break up your revision sessions and plan some treats to look forward to: fruit, chocolate, a drink, ten minutes on a games machine, favourite TV programme, glancing at a magazine, going for a walk...whatever will motivate you.



Remember, breaking up your revision gives you more stops and starts; more stops and starts increase your learning.

Relaxation is important to help you stop feeling the pressure of exams and getting stressed. Find a simple technique that works for you and practice using it when you are stressed or can't sleep. Have you tried:

- A warm bath
- Visualising yourself passing the exam
- Brain gym exercises
- Playing with a pet
- Deep breathing
- Meditating
- Going for a walk
- Yoga
- Losing yourself in some music?



HOT TIP: Feed your brain! Fresh fruit, water, fish and vegetables give you brain power!



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