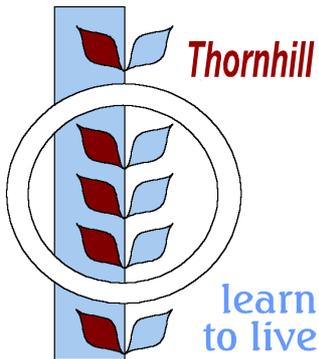


# Thornhill Business & Enterprise College



# REVISION MATTERS

Pupil information booklet

Name : \_\_\_\_\_

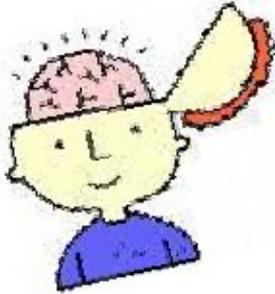
TG: \_\_\_\_\_

# Revision Matters

## Intro

To help support you over the exam period we have put together this advice booklet. It contains some key information you will need for your exam revision.

### Firstly . . .



Before you can plan your revision you need to know what you've got to cover, what your study *strengths* and *weaknesses* are and what you need to help you revise.

To do this well, you've got to be systematic and go through each subject in turn working out what you need to cover, your present level of understanding and what you are going to need to thoroughly revise that area.

Once you have all that information, you can start to plan your revision timetable.

**Don't panic !** Now . . . you may start to panic as you find things are missing and there are things you just don't understand. Everyone feels like that but the people who pass exams are the ones that actually **do** something about it!

## Planning

Now it's time to actually plan your revision. Your aim is to prioritise the difficult topics first, get them sorted and move on the easier areas in good time for each of your exams. That means you need to know when your exams are and how much time you have left for each of your subjects. Make sure you have a copy of the exam timetable.

Then, you need to start to plan your revision time.

Remember that 30 minute sessions are best, then have a short break. It's better to do 2 hours a night over a long period of time than cram it all in at the last minute. You should aim for up to 3-4 hours on a non-school day. That's not as easy as it sounds because to do it really well you have got to plan in *loads* of detail.



## A positive revising environment

A clean, well equipped study environment *really helps* revision. It removes distractions and promotes an organised approach to study...things you can include:



- ✓ Creating a tidy undisturbed place to work.
- ✓ Having a comfortable chair.
- ✓ Using a table which gives enough room for books, etc.
- ✓ A bright lamp.
- ✓ Pens, pencils, other equipment including scrap paper.

p.s. Don't forget to REWARD yourself for all your hard work !!

## Active Revision Techniques



For most learners, simply *reading* through is a **VERY POOR** way of remembering it.

You can spend hours thinking that you're revising by doing this – but actually, very little information actually stays in your head!

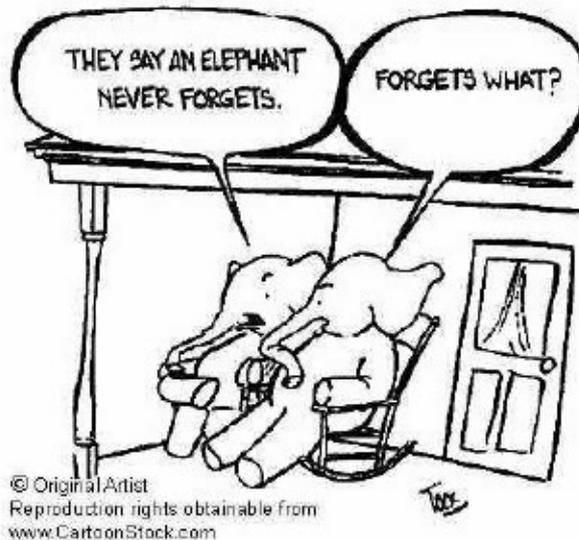
**Active** revision strategies are much better.



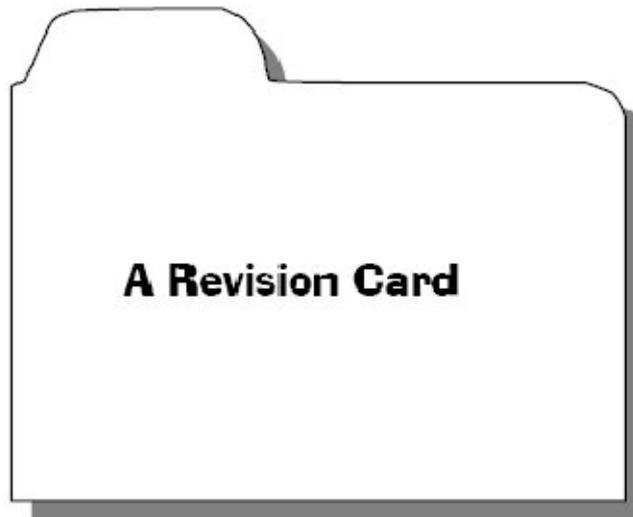
work

Here are Belvoir High's 'Top Ten Tips' on **active** revision strategies:

1. Summarise points on **revision cards**.
2. Make **mind maps** - stick them on your bedroom wall or even on the toilet door!
3. Use **mnemonics**. (See below)
4. Use a variety of learning styles - **VAK** strategies / strengths.
5. **SQ4R** - Scan, Question, Read, Recall, Review, Revisit.
6. **Record** notes or information and play them back, regularly - e.g. Podcasts.
7. **Explain / teach** the work to someone else  
e.g. a brother / a parent or a friend.
8. Get someone to **test** you.
9. Be **wwise** revise **online** e.g. GCSE Bitesize etc.
10. Work through **past papers** (available from teachers or online e.g. ocr.org.uk)



## 1. Revision Cards



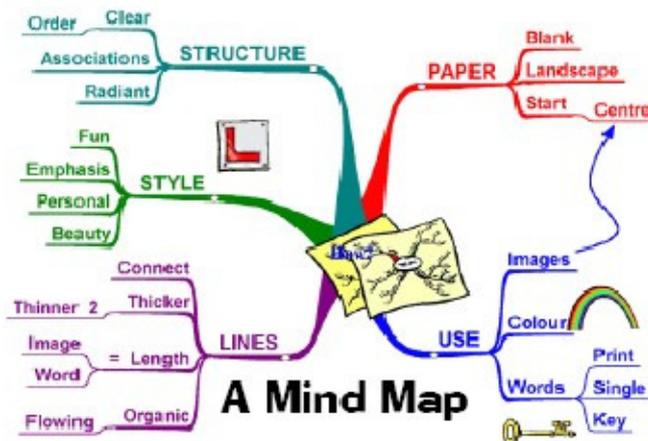
A *very* good way to turn lesson notes into a form that is much more manageable when you come to revise is to make a set of revision cards.

A good revision card should contain all the *key points* on a topic in a clear and concise way. It should be a condensed version of whatever you have in your notes and you should be able to take in the information on the card at a glance.

By transferring information from your notes to the revision cards you are re-learning what you have covered in class. This is because you have to put information *in your own words*, and to do that you have to understand it!

If you come back to a revision card and you don't understand it, use your more detailed class notes.

## 2. Mind Maps



Mind mapping is *really* useful for including lots of ideas and connecting them together in a way that is easy to remember.

You can use it to record information, as you are revising, or you can use it to see how much you know or have remembered about a particular topic, area or subject.

## How to Mind Map :

- ⇒ Use simple, key words or, wherever possible, images / pictures.
- ⇒ Start from the centre of the page and work outwards.
- ⇒ Make the centre a clear and strong visual image / title that stands out, is memorable and represents the general theme of the map.
- ⇒ Create sub-centres for sub-themes.
- ⇒ Underline key words. This reinforces your notes.
- ⇒ Print words clearly. It makes them easier to read and more memorable.
- ⇒ Lower case can be easier to remember than CAPITALS.
- ⇒ Use colour to show themes, links and make things stand out. (Anything that stands out on the page will stand out in your mind.)
- ⇒ Think three-dimensionally.
- ⇒ Use arrows or pictures to show links between different parts.
- ⇒ Don't get stuck in one area. If you dry up in one area go to another 'branch'.
- ⇒ Be creative. Creativity will help your memory.

## 3. Mnemonics

Mnemonics are *really* simple but can be very useful for revision. You can use them to remember a sequence of events, a list of facts or parts of a process.



To create a **Mnemonic**, you need to write down a list of facts or information.

Here's an example to help you remember the order of the planets that orbit the sun:

First . . . write them down in order:

Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto

Then . . . take the first letter from each of the planet names:  
MVEMJSUNP

Then . . . create a memorable sentence or phrase that uses each of the letters above in turn as the first letter of each word in your new sentence:

### **My Very Energetic Monster Just Snaps Up Naughty Pupils**

This *can* help you to create something memorable that you can then 'decode' when you need to.

#### 4. V.A.K. - a variety of learning styles

**Visual**

**Auditory**

**Kinaesthetic**

#### 5. SQ4R

##### **S.Q.R.R.R.R.**

##### **SCAN**



Spend approximately 5 minutes looking through your notes / text book to find out the **key points** you have to know.

##### **QUESTION**



What do I have to know?  
Find questions in past papers and text books related to this topic. Plan to do some of these!

##### **READ**



With these questions in mind, read through the relevant pages in your text books and exercise books.

##### **RECALL**



Try to actually do some of the questions.

##### **REVIEW**



Check your answers with your text book, notes, parents or teachers.

##### **REVISIT**



Go back over your notes at regular intervals.

**Discuss any problems with subject staff !**

---

#### **Relax - Be a Stress Buster !**

In an exam year, it is vital to get the right balance between work, rest and play; to learn how to relax; to have plenty of variety; to ensure you've still 'got a life'.

#### Take Time Out

The body and the mind both need regular 'time-outs'. When you are tired, concentration is more difficult; you get distracted much more easily and learning and memory is less effective. There comes a point in an evening study session when it is counter-productive to stay at the desk - nothing is going in and you are only tiring yourself further. Use breaks effectively, particularly after completing a task. Reward all your successes!

Take the opportunity of a 'mini-break' during the day, perhaps when you come home from school in the afternoon. Lie down and 'chill out' for 15 minutes or so; use some relaxation techniques or breathing exercises; get some 'quiet time' for yourself. Switch off the music and mobile phone and relax those brain muscles.



### Catch Those Zzzzs

The best guarantee of a relaxed mind is to achieve a regular sleep pattern. On busy weekdays, with travel, classes and homework, it can be difficult to stick to the schedule but it is well worth trying. A regular eight hours is much more beneficial to the system than a build-up of lost sleep followed by spending half the weekend in bed!

### Get off the couch

If your idea of vigorous exercise involves sending multiple text messages, then you may need to consider some performance enhancing activity. A regular exercise programme, even if it only involves a brisk daily walk or bike ride for 20 minutes, helps to clear the head and work the body. It speeds up the body's metabolism of fat and carbohydrate, boosts the immune system and reduces stress levels and anxiety. On the occasions that your head feels like it's going to explode, you may need to do a bit more - like go for a long run, push some weights or take it out on a punch bag (not your younger brother!)



### Nab Those Nutrients



Having a balanced, nutritious diet based on fruit, vegetables, fish and carbohydrates will give you the right fuel for life. Snacking and grazing on crisps and chocolate is fine, *in moderation*, but if that's the only 'fuel' your system is getting, it will soon be running on empty ! People tend to think that caffeine, alcohol or tobacco are good ways of de-stressing but in fact they have the totally opposite effect on the body; so use them sparingly or not at all !!

### Get a Life

If you don't get out and about, doing the things you like to do, meeting the friends you like to hang out with, you will have a pretty miserable and unproductive year. Do as much as you can - play the music, see the films, do the training and play the matches, get to the parties, enjoy yourself ! Get the balance right and all parts of your life will progress. Build your friendships and chat things through with your mates - it's a great way to keep things in perspective.

### Exercise Your Chuckle Muscles

Psychologists maintain that laughter is one of the best protectors against stress. Having a sense of humour means being able to laugh at yourself and try to see the funny side to events and circumstances. So have a laugh, don't take yourself too seriously and 'always look on the bright side of life'. If you think school is cruel, just wait 'til you hit the real world ! Have fun and . . . . **GOOD LUCK !!!!!**

**30** years from now,

it won't matter

what

shoes you wore,

how your

hair looked,

or the

jeans

you bought.

What will matter

is what

you learned

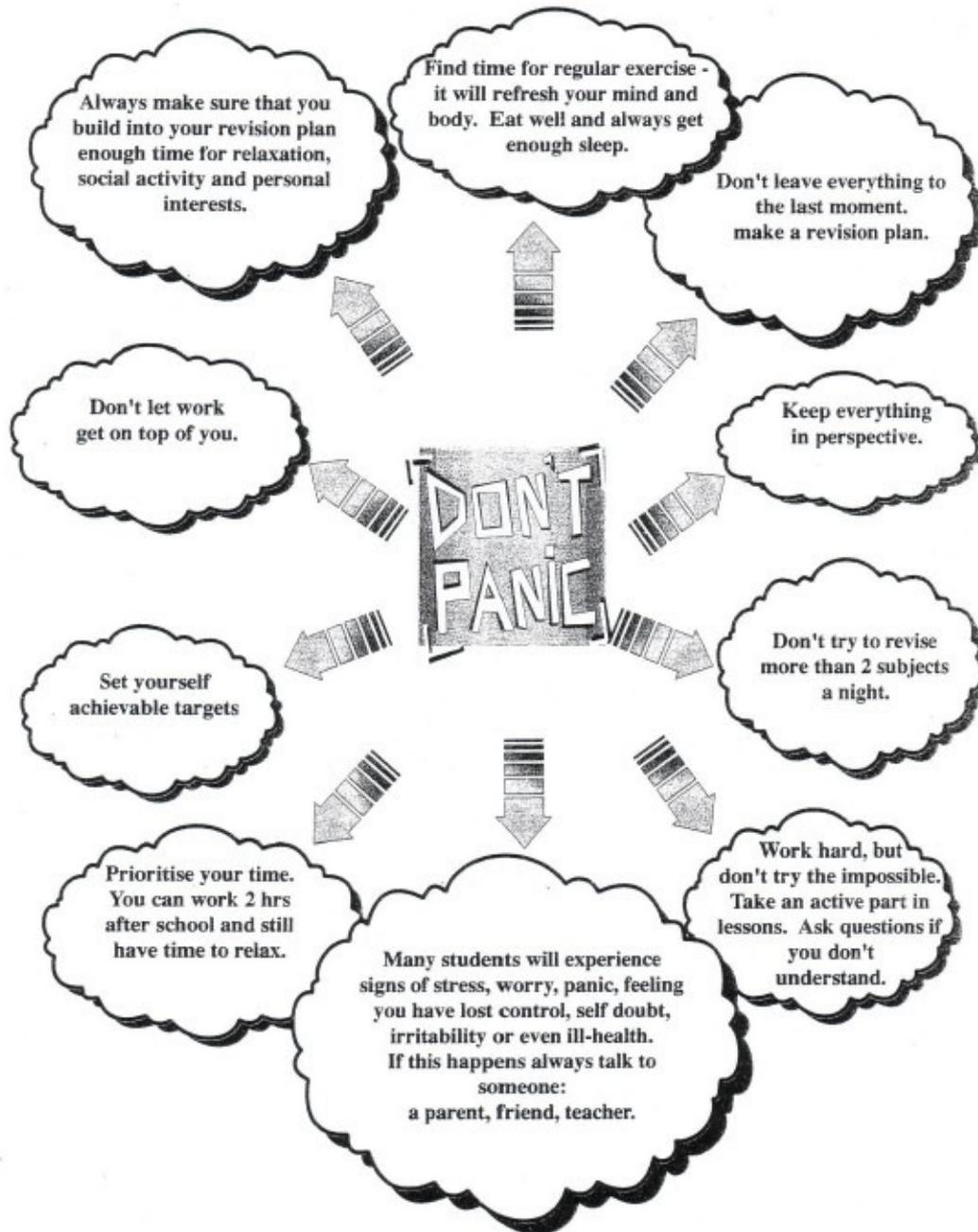
and how

you used it.

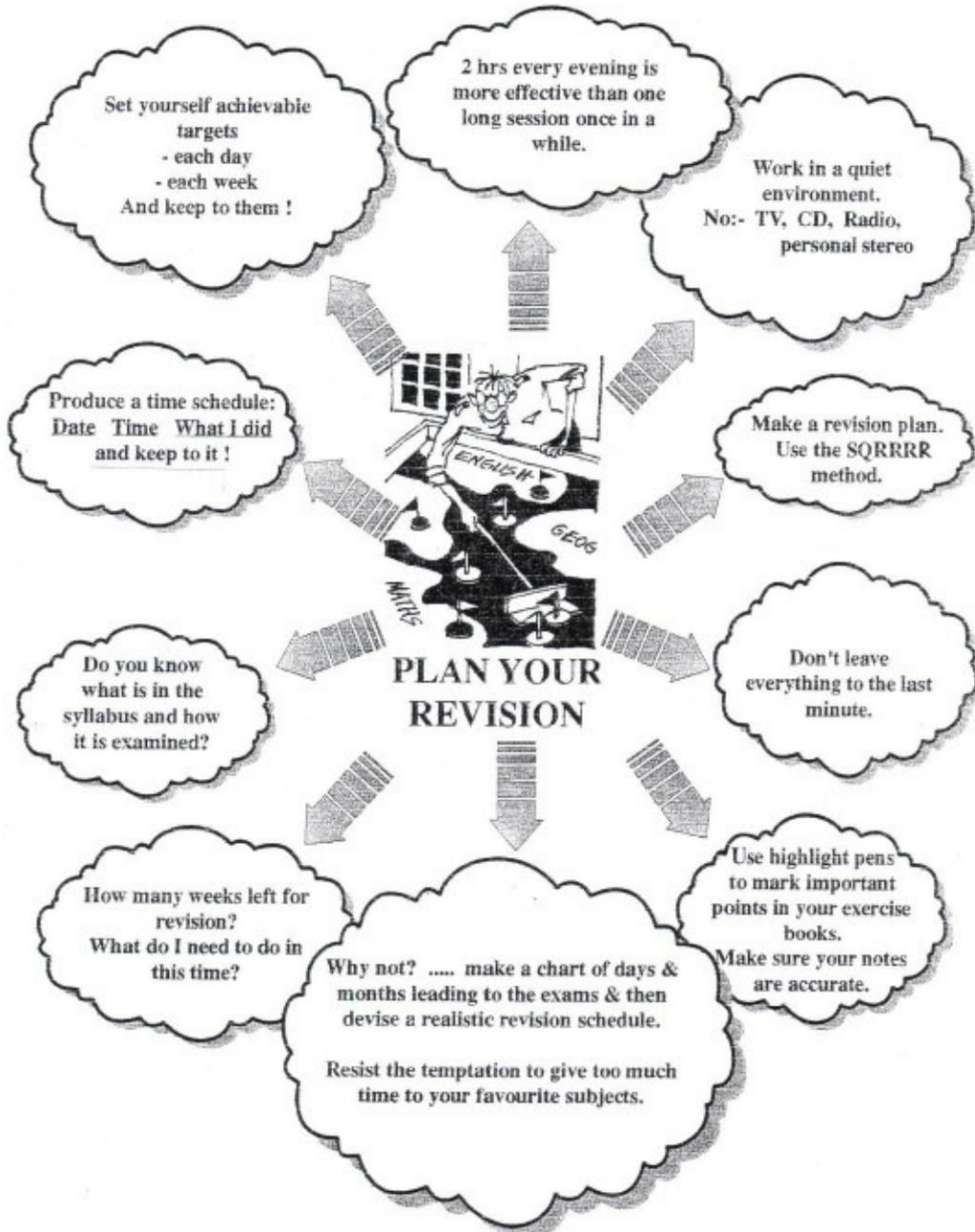
Remember . . . . "If you always **do** what you always **did**,

you'll always **have** what you always **had** !"

# What shall I do?



# What shall I do?



# What shall I do?

