

Preparing for Exams

Year 10 Trial Exams – June 2022

Revision Tips

Revision
Topics

Revision
Wellbeing

Year 10 Mocks: 22nd June-7th July

Week 1	Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
AM					English Lang Paper 1
PM			Maths Paper 1	GCSE Business NCFE Business	Maths Paper 2

Week 2	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 1 st
AM	Biology Paper 1	English Lit Paper 1	Chemistry Paper 1	History Paper 2	Physics Paper 1
PM	Geography Paper 1 History Paper 3	Maths Paper 3	GCSE Music	PE Paper 1 Dance Practical	Computer Science

Week 3	Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
AM	English Lit Paper 2		English Lang Paper 2	French Design	
PM	PE Paper 2		EP	Food	

Blank Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Slot 1 1 hour					
Slot 2 1 hour					

If you would like support creating a revision timetable then email your form tutor or Miss P

Revision Tips

Look at the tips below and recap the methods we went through for form time



Try breaking it up into chunks and creating a daily timetable

so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.



Be realistic about what you can achieve in a day

An unrealistic revision plan won't help you and will put you under unnecessary stress.



Make sure you take regular breaks from studying

Your brain cannot concentrate for hours at a time.



Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.



Focus on you and don't compare yourself to others

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are.

Click [here](#) for some different methods of revision you could use

Click [here](#) for the Study Skills sessions we went through

Revision Topics

Click on the subject to be taken to the revision slide. Some have 2 slides to check!



- [English](#)
- [Maths Foundation](#)
- [Maths Higher](#)
- [Combined Science](#)
- [Biology](#)
- [Chemistry](#)
- [Physics](#)
- [History](#)
- [Geography](#)
- [Sports Studies](#)
- [EP](#)
- [Art/ Photography](#)

- [ICT](#)
- [Computer Science](#)
- [Business GCSE](#)
- [Business NCFE](#)
- [Food](#)
- [Design](#)
- [Health and Social Care](#)
- [PE](#)

Follow the links below to access Key Stage 4 Knowledge Organisers:

<https://www.montsaye.northants.sch.uk/students/homework/knowledge-organisers/yer-10-knowledge-organisers/>

<https://www.montsaye.northants.sch.uk/students/homework/knowledge-organisers/year-11-knowledge-organisers/>

Revision Wellbeing

Exams are important but so is your wellbeing – look after yourself and reach out if needed!



If you need support or advice, please let Miss Pickering or Mrs Long know and we can help guide you.

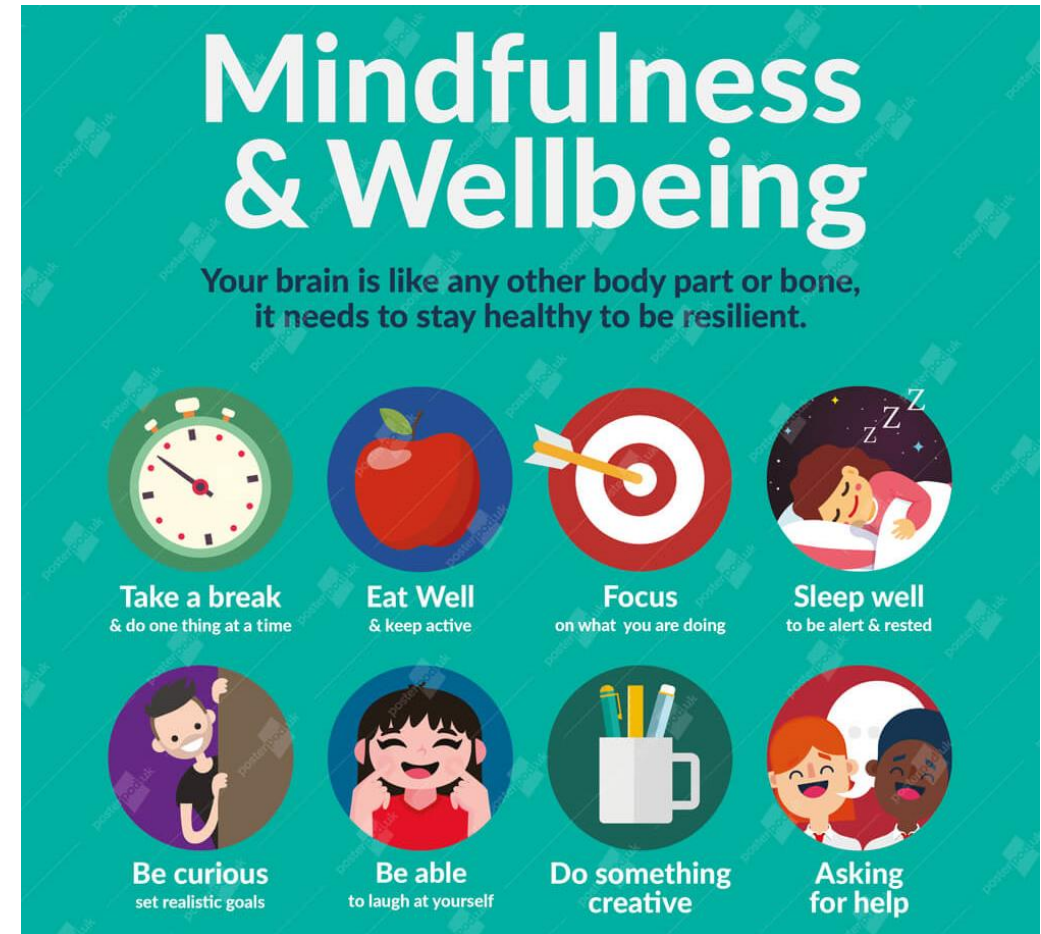
hpickering@montsaye.northants.sch.uk

llong@montsaye.northants.sch.uk

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://www.headspace.com/articles/study-buddy-focus-featured-collection>

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>



Other avenues of support

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's anonymous and won't appear on your bill.

Text **SHOUT** to **85258**
for 24/7 support.
Anytime. Anywhere.

shout

CRISIS TEXT LINE |

ERAStudy

MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE



If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.

OPEN



- Support and Advice
- Wellbeing Activities
- Peer Support
- Parent Support is Available
- Also Available Remotely

Monday & Friday 4pm - 8pm

the lowdown, 3 Kingswell Street,
Northampton, NN1 1PP
01604 634385

Tuesday 4pm - 8pm

Youth Works at Corby Mind,
18 Argyll St, Corby, NN17 1RU
01536 518339

Wednesday 4pm - 8pm

CHAT Youth Counselling,
Souster Youth Building,
30 Market Road, Thrapston,
NN14 4JU
01832 274422

Thursday 4pm - 8pm

Youth Works, 97 Rockingham Rd,
Kettering, NN16 9HX
01536 518339

Saturday 10am - 2pm

Service Six, 15 Sassoon Mews
Wellingborough NN8 3LT
01933 277520

Saturday 12pm - 4pm

Time 2 Talk, The Abbey,
Market Square, Daventry,
NN11 4XC
01327 706706





There are 4 English papers during the mock window:

- Language Paper One: Fiction, Section B on descriptive/narrative writing
- Language Paper Two: Non-Fiction, Section B on transactional writing
- Literature Paper One: A Christmas Carol and Macbeth
- Literature Paper Two: An Inspector Calls, Anthology Poetry and Unseen Poetry

Maths - Foundation

Revision
Topics



NUMBER	ALGEBRA	SHAPE	DATA AND PROBABILITY
Ordering decimals	Linear equation	Scale drawings	Systematic listing
Index value	Expression	Area of a triangle	Probability
Bank statement	Cells as coordinates	Area of a circle	Probability
Number puzzle	Complete a table of values	Time units and proportion	Correlation
Height above sea level	Drawing a quadratic graph	Compound unit in context	Outlier
Number problem	Multiply out a bracket	Locus	Interpret scatter graph
Multiplicative relationship	Sum of expressions and perimeter	Construct a triangle	Mean and range
Price per unit difference	nth term	Circle definitions	
Limits of accuracy		Similar shapes	
Ratio problem		Gradient of a line	
Prime number and percentage		Unit conversion, pressure	
		Elevation	
		Plan	
		Interior angle	

Maths - Higher

Revision
Topics



NUMBER	ALGEBRA	SHAPE	DATA AND PROBABILITY
Bounds	Algebra problem	Circle theorem proof	Histogram
Fractional indices	Difference of two squares	Elevation	Mean and range
Order decimals	Equation of a circle	Interior angle	Probability and algebra
Percentage change	Exponential graph	Plan	Venn diagram and money
Prime number and percentage	Inequality	Ratio and area	
Ratio and area	Intercept from equation	Similar solids	
Ratio problem	Iterative method	Unit conversion, pressure	
	Laws of indices	Vector geometry	
	Linear sequences	Volume of cuboid and cylinder	
	Multiply out three brackets		
	Perpendicular lines		
	Write an expression		

Combined Science

Revision
Topics



Biology:

Cell Biology

- Prokaryotic and eukaryotic cells
- Cell specialisation
- Microscopy
- Transport into and out of cells – diffusion, osmosis and active transport

Organisation

- Levels of organisation – cell, tissue, organ, organ system, organism
- The respiratory system and gas exchange including numeracy surface area: volume
- The heart and circulatory system
- The digestive system & enzymes
- Food tests
- Plant transport including working scientifically (practical skills) & required practical (potometer)

Infection and Response

- Pathogens and disease
- Control of disease including vaccination
- Development of drugs

Bioenergetics

- Photosynthesis including required practical (effect of light intensity on rate)

Chemistry:

Atomic structure and Periodic table

- Atomic and electronic structure
- Development of the periodic table
- Groups 1, 7 and 0

Bonding, structure and properties of matter

- Ionic and covalent bonding
- Properties related to bonding

Quantitative chemistry

- RAM, amount of substance and moles

Chemical changes

- Reactivity of metals
- Reactions of acids
- Electrolysis (and half equations – higher tier only)

Energy changes

- Variables that affect temperature change Required practical
- Energy changes and bond energies¹⁰

Physics:

Energy

- Energy stores
- Gravitational potential energy = mass x gravitational field strength x height
- Efficiency
- Renewable and non-renewable resources
- Energy transferred = power x time

Electricity

- Electrical components
- Potential difference = current x resistance ($V=IR$)
- Energy transferred = charge flow x potential difference ($E=QV$)
- Power = potential difference x current ($P=IV$)
- Power = (current)² x resistance ($P=I^2R$)
- Charge flow = current x time ($Q=It$)
- Series and parallel circuits
- The plug
- Electrical transmission

Particle Model

- Particle arrangement and changes of state
- Internal energy
- Gas pressure
- Specific heat capacity and Specific latent heat

Atomic Radiation

- Atomic structure
- Alpha particle scattering experiment
- Electromagnetic radiation and energy levels
- Types of radiation
- Nuclear equations
- Count rate and half-life

Scientific Enquiry Skills

- Be able to identify independent, dependent and control variables
- Identify, random, systematic and random error
- Know repeatability and reproducibility
- Know and identify anomalous results

Maths in Science

- Significant Figures

Science - Chemistry

Revision
Topics



Atomic structure and Periodic table

- Atomic and electronic structure
- Development of the periodic table and atomic structure
- Isotopes and RAM
- Mixtures and separation methods
- Group 1 and 7

Bonding, structure and properties of matter

- Ionic and small and giant covalent bonding
- Properties related to bonding especially carbon allotropes
- Bulk and surface properties

Quantitative chemistry

- RAM, RFM amount of substance and moles
- Conservation of mass
- Atom economy / percentage yield
- Gas volumes
- Amount of substance

Chemical changes

- Reactions of acids and titrations
- Extraction of metals
- Electrolysis (and half equations – higher tier only)

Energy changes

- Variables that affect temperature change
Required practical
- Energy changes and bond energies
- Chemical cells, batteries and fuel cells

Science - Biology

Revision
Topics



Cell Biology:

- Cell Structure and specialisation
- Microscopy including required practical
- Stem cells
- Transport in and out of cells
- Exchange surfaces

Organisation:

- Enzymes
- Food tests including required practical
- Circulatory system
- Non-communicable disease: Cancer
- Leaf structure and function
- Transport in plants

Infection and Response:

- Pathogens, disease and immunity
- Culturing bacteria and the antibiotics including required practical
- Developing drugs
- Monoclonal antibodies (*higher tier only*)

Bioenergetics

- Photosynthesis including required practical
- Respiration (aerobic and anaerobic)

Science - Physics

Revision
Topics



Energy

- Energy stores
- Gravitational potential energy = mass x gravitational field strength x height
- Kinetic energy = $0.5 \times \text{mass} \times (\text{speed})^2$
- Conservation of energy
- Efficiency = useful power output/total power input
- Investigate the effectiveness of different materials as thermal insulators and the factors that may affect the thermal insulation properties of a material.
- Thermal conductivity
- Energy transferred = power x time
- Energy resources

Electricity

- Electrical components
- Potential difference = current x resistance ($V=IR$)
- Energy transferred = charge x potential difference ($E=QV$)
- Power = potential difference x current ($P=IV$)
- Power = (current)² x resistance ($P=I^2R$)
- Charge flow = current x time ($Q=It$)
- Series and parallel circuits
- Main electricity
- Static electricity
- The plug

Particle Model

- Density
- Particle arrangement and changes of state
- Internal energy
- Gas pressure
- Specific heat capacity and Specific latent heat

Atomic radiation

- Atomic structure and alpha particle scattering experiments
- Types of radiation
- Nuclear equations
- Contamination and irradiation
- Count rate and Half-life

Scientific enquiry skills

- Be able to identify independent, dependent and control variables
- Identify, random, systematic and random error
- Know repeatability and reproducibility
- Know resolution and accuracy
- Know and identify anomalous results
- Know peer review

History

Revision
Topics



Paper 3 Russia and the Soviet Union 1917-41 (Edexcel)

Paper 2 Anglo-Saxon and Norman England 1066-86 (Edexcel)

Please use the resources which have been sent to you such as Knowledge Organisers and Revision Guides.

Use BBC Bitesize to support any gaps of learning

YouTube videos are very useful for an accurate overview of topics/events/people

BOTH papers are on Seneca

Geography

Revision
Topics



- UK cities and urban areas
- Rural issues
- Coasts and coastal management
- Ecosystems (semi arid and tropical rainforests)

- Montsaye Geography Sharepoint: [https://montsaye-](https://montsaye-my.sharepoint.com/personal/hwillis_montsaye_northants_sch_uk/_layouts/15/onedrive.aspx?id=%2Fsites%2FMA%2DSubjects%2FGg%2FYear%2010%2FYr10%20Geography%20Mock%20Revision&listurl=https%3A%2F%2Fmontsaye%2Esharepoint%2Ecom%2Fsites%2FMA%2DSubjects%2FGg%2FYear%2010&viewid=35584bb7%2Dbac2%2D4989%2D9e5e%2D2e84583f5afb)

[my.sharepoint.com/personal/hwillis_montsaye_northants_sch_uk/_layouts/15/onedrive.aspx?id=%2Fsites%2FMA%2DSubjects%2FGg%2FYear%2010%2FYr10%20Geography%20Mock%20Revision&listurl=https%3A%2F%2Fmontsaye%2Esharepoint%2Ecom%2Fsites%2FMA%2DSubjects%2FGg%2FYear%2010&viewid=35584bb7%2Dbac2%2D4989%2D9e5e%2D2e84583f5afb](https://montsaye-my.sharepoint.com/personal/hwillis_montsaye_northants_sch_uk/_layouts/15/onedrive.aspx?id=%2Fsites%2FMA%2DSubjects%2FGg%2FYear%2010%2FYr10%20Geography%20Mock%20Revision&listurl=https%3A%2F%2Fmontsaye%2Esharepoint%2Ecom%2Fsites%2FMA%2DSubjects%2FGg%2FYear%2010&viewid=35584bb7%2Dbac2%2D4989%2D9e5e%2D2e84583f5afb)

- Eduqas Geography B on Seneca <https://app.senecalearning.com/>

- BBC Bitesize – some topics are relevant <https://www.bbc.co.uk/bitesize/examspecs/ztp2qty>

Dance

Revision
Topics



Practical rehearsal for Component 2 assessment

This will be a live exam which is 30% of their overall grade they will receive at the end of Y11

Afterschool rehearsal space on Tuesday's 3-4pm

French

Revision
Topics



Skills	Topics to Revise
Listening	Range of topics from the whole course
Reading	Range of topics from the whole course
Writing (Foundation)	Sports School Family
Writing (Higher)	Family School Hometown

IT/Creative iMedia

Revision
Topics



No trial exam as you will have sat your real exam

Computer Science

Revision
Topics



Paper 2 Topics

- 2.1 Algorithms
- 2.2 Programming fundamentals
- 2.3 Producing robust programs
- 2.4 Boolean logic
- 2.5 Programming languages and Integrated

Development Environments



Specific areas of focus should be:

- Badinerie
- Africa
- Musical key terms related to the musical elements
- Musical periods and their features
- Chamber music and ensembles (e.g.: string quartets)
- Pop / rock – including Power Trios
- Blues & Jazz
- Using MR D TIGHTS to evaluate film music

If you are in a position to buy a revision book from Amazon, the link is below and is highly recommended.

Revision guide https://www.amazon.co.uk/WJEC-Eduqas-Music-Revision-Guide/dp/1912820781/ref=sr_1_fkmr0_2?crd=3TY71H3Q8KVAS&keywords=illuminate+GCSE+music+eduqas+Jan+Edwards&qid=1654522674&sprefix=illuminate+gcse+music+eduqas+jan+edwards%2Caps%2C74&sr=8-2-fkmr0

Textbook https://www.amazon.co.uk/WJEC-Eduqas-GCSE-Music-Revised/dp/1912820692/ref=sr_1_1?crd=3TY71H3Q8KVAS&keywords=illuminate+GCSE+music+eduqas+Jan+Edwards&qid=1654522541&sprefix=illuminate+gcse+music+eduqas+jan+edwards%2Caps%2C74&sr=8-1

Health and Social Care

Revision
Topics



No trial exam as you will have sat your real exam



Buddhists beliefs

- The concept of Dhamma
- The concept of dependent arising
- The Three Marks of Existence:
 - anicca (impermanence)
 - anatta (no fixed self)
 - dukkha (unsatisfactoriness of life, suffering).
- The human personality, in Theravada and Mahayana traditions:
 - Theravada: the 5 Aggregates (skandhas) / Mahayana: sunyata, attaining Buddhahood and Buddha-nature.
- Human destiny: different ideals in Theravada and Mahayana traditions: Arhat (a 'perfected person') and Bodhisattva ideals
- Buddhahood and the Pure Land.



Human relationships	Religion and Life	Human Rights
<p>Key topics (know 2 views)</p> <ul style="list-style-type: none"> • Contraception. • Sexual relationships before marriage. • Homosexual relationships. <p>Sex, marriage and divorce, including: sexuality, Sex before marriage, contraception, purpose of marriage, divorce, remarriage.</p> <p>Families and gender equality including: nature of families, purpose of families, same sex parents, polygamy, gender equality</p>	<p>Key topics (know 2 views)</p> <ul style="list-style-type: none"> • Abortion. • Euthanasia. • Animal experimentation. <p>The origins and value of the universe eg: Big Bang theory, and religious views. The value of the world, stewardship, dominion, responsibility, awe and wonder. The use and abuse of the environment. The use and abuse of animals.</p> <p>The origins and value of human life including: religious teachings about the origins of human life, scientific, and religious views.</p> <p>The sanctity of life and the quality of life. Abortion, including situations when the mother's life is at risk. Ethical arguments related to abortion, including those based on the sanctity of life and quality of life. Same for Euthanasia.</p> <p>Beliefs about death and an afterlife, and impact on beliefs about value of human life.</p>	<p>Key topics (know 2 views)</p> <ul style="list-style-type: none"> • Status of women in religion. • The uses of wealth. • Freedom of rel expression. <p>Prejudice and discrimination in religion and belief, including to women and homosexuals. Issues of equality, freedom of religion and belief</p> <p>Human rights. Social justice. Racial prejudice & discrimination. Ethical arguments related to racial discrimination (including positive discrimination),</p> <p>Wealth and poverty including: the right attitude to wealth & uses of wealth. The responsibilities of wealth, Exploitation of the poor including fair pay & excessive interest on loans, people-trafficking. The responsibilities of those living in poverty to help themselves Charity, inc giving money to poor.</p>

Food

Revision
Topics



- Food poisoning
- Primary processing
- Sugar
- Carbohydrates
- Fish
- Nutrients
- Cooking methods
- Diet related diseases
- Fruits and vegetables
- Pastry
- Preserving food
- Meat
- Taste testing

Website

[14 - 16 Years - Food A Fact Of Life](#)

Business GCSE – revision resources

Revision
Topics



Long answer topics:

- Business ownership
- Legislation
- Recruitment
- Training
- Location
- Motivation
- Organisation Structures

Miss Jansons has emailed you additional knowledge organisers

<https://www.bbc.co.uk/bitesize/examspecs/zvwb382>

<https://quizlet.com/en-gb/content/aqa-gcse-business-studies-flashcards>

<https://www.youtube.com/watch?v=OZtstmE89qE>

There will also short answer questions such as 'define the key term' – these will be on topics we have covered throughout this year.

Business NCFE

Revision
Topics



Topics:

- Business ownership
- Organisational structures
- Market Research
- External influences: Interest rates, unemployment and income tax.
- Mayo Motivational theory
- Promotional methods
- Training
- Lean Production
- Improving customer service
- Pricing Strategies

Although these links are tailored to the GCSE course the topics are the same:

<https://www.bbc.co.uk/bitesize/examspecs/zvwb382>

<https://quizlet.com/en-gb/content/aqa-gcse-business-studies-flashcards>

The knowledge organisers have been emailed to you
by Miss Jansons

Design Technology

Revision
Topics



Please contact Mrs Edney for more information
nedney@montsaye.northants.sch.uk

Art and Photography

Revision
Topics



There will be an art and photography mock days

More information will be provided by your teacher

PE (GCSE)

Revision
Topics



Paper 1

- Skeletal System
- Muscular System
- Respiratory System
- Cardiovascular System
- Levers
- Planes and Axis
- Aerobic and anaerobic exercise.
- Short and long term effects of exercise
- Components of fitness and fitness testing
- Principles of training FITT, and SPORT)
- Types of training.
- Warm ups (5 part) and cool downs (2 part)
- Reducing the impact of risks and hazards in sporting areas.

Paper 2

- Characteristics of skillful movement (PFACE)
- Difficulty and difficulty continuums
- SMART targets
- Benefits of leading an active and healthy lifestyle
- Diet and nutrition.

All students have a GCSE PE Seneca account linked to our class.
<https://app.senecalearning.com/> and <https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

<https://app.senecalearning.com/>

Please email Mr Wing if you need another copy of the knowledge organisers.

Revision Sessions 6th, 13th 20th June. 3pm until 4pm in SM1

Sports Studies

Revision
Topics



No mock exam as real exam was sat in May

Drama

Revision
Topics



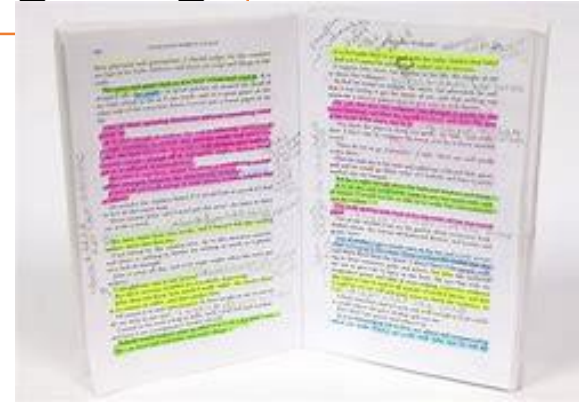
No written exam

Coursework catch up sessions will be offered near end of the year

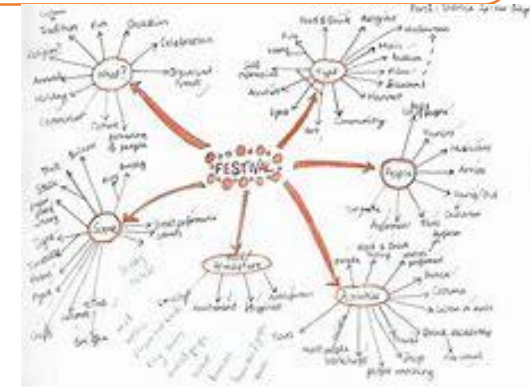
Revision Cards



Highlighting



Spider Maps

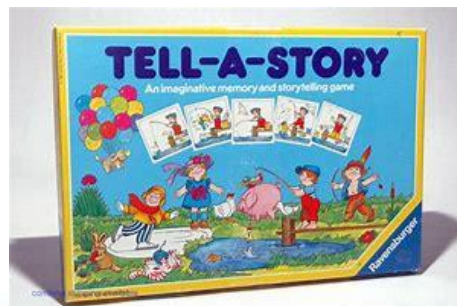


How to Revise

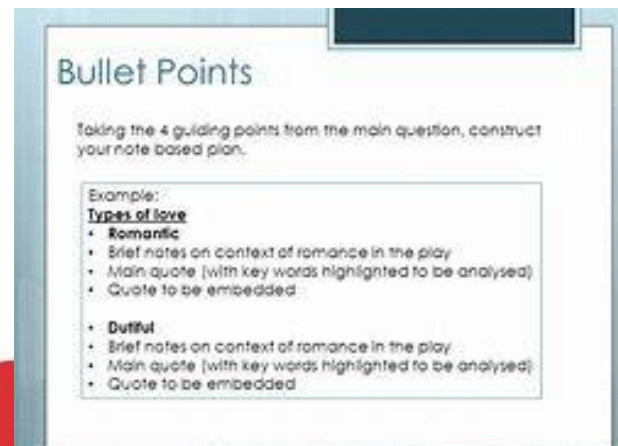
Quizzing



Creative
Memory



Bullet Points



Flashcards



Session 1: Ineffective Revision

Ineffective Revision



Did students do enough revision to prepare for their GCSEs?

Our research showed that Year 11s are less motivated to revise for exams than Year 13s.

Many students do not revise for tests or exams, or do not revise as well as they should.

Discuss the statements above with your partner

In your tutor books write down what possible reasons (or excuses!) can you come up with?

- I don't know where to start
- I don't know what or how to revise
- I tried revising in the past and it didn't make a difference
- I've never had to revise before and still did ok in tests
- I don't want to look like I'm trying too hard
- My friends get good grades easily and I don't want to look stupid
- Just thinking about exams stresses me out
- I'm scared of failing after working hard
- Revision is boring
- I don't have time to revise
- I don't have a suitable environment to revise in
- I am easily distracted

Ineffective Revision



Many students - who are otherwise very capable - fall short of performing to their potential because they don't employ a strategic approach to their learning.

A study published in *Psychological Science* found that applying a strategic approach to studying helped college students improve their exam scores by an average of **one-third of a grade**.

What does strategic mean?

How might this apply to revision?

Do you think you are strategic with your school work and revision?

What not to do!



When have you crammed before?

How does it make you feel?

"Cramming" is last-minute revision right before an exam... and it doesn't work as well as you may think!

Cramming can lead us to believe we have studied the important thing well and will remember them the next day, but instead we recognise a statistic here, a keyword there, and small pieces of text.

As Dr Scanlon from Birmingham University puts it: "In reality, recognising information is easier than remembering it. Alongside not actually helping you remember well, procrastination and cramming are linked to increased stress at exam times, higher levels of illness in students, and decreased exam performance."

Cramming might improve your recognition, but is less likely to help you actually remember the important information. So by leaving study until the last minute, you are likely to feel worse and perform below your real ability!

What not to do!



Let's practice a revision method, using this text

In your tutor books, create a summary of this text...

BUT you can use no more than 12 words.

Can you use symbols or diagrams to help you note the key information?

"Cramming" is last-minute revision right before an exam... and it doesn't work as well as you may think!

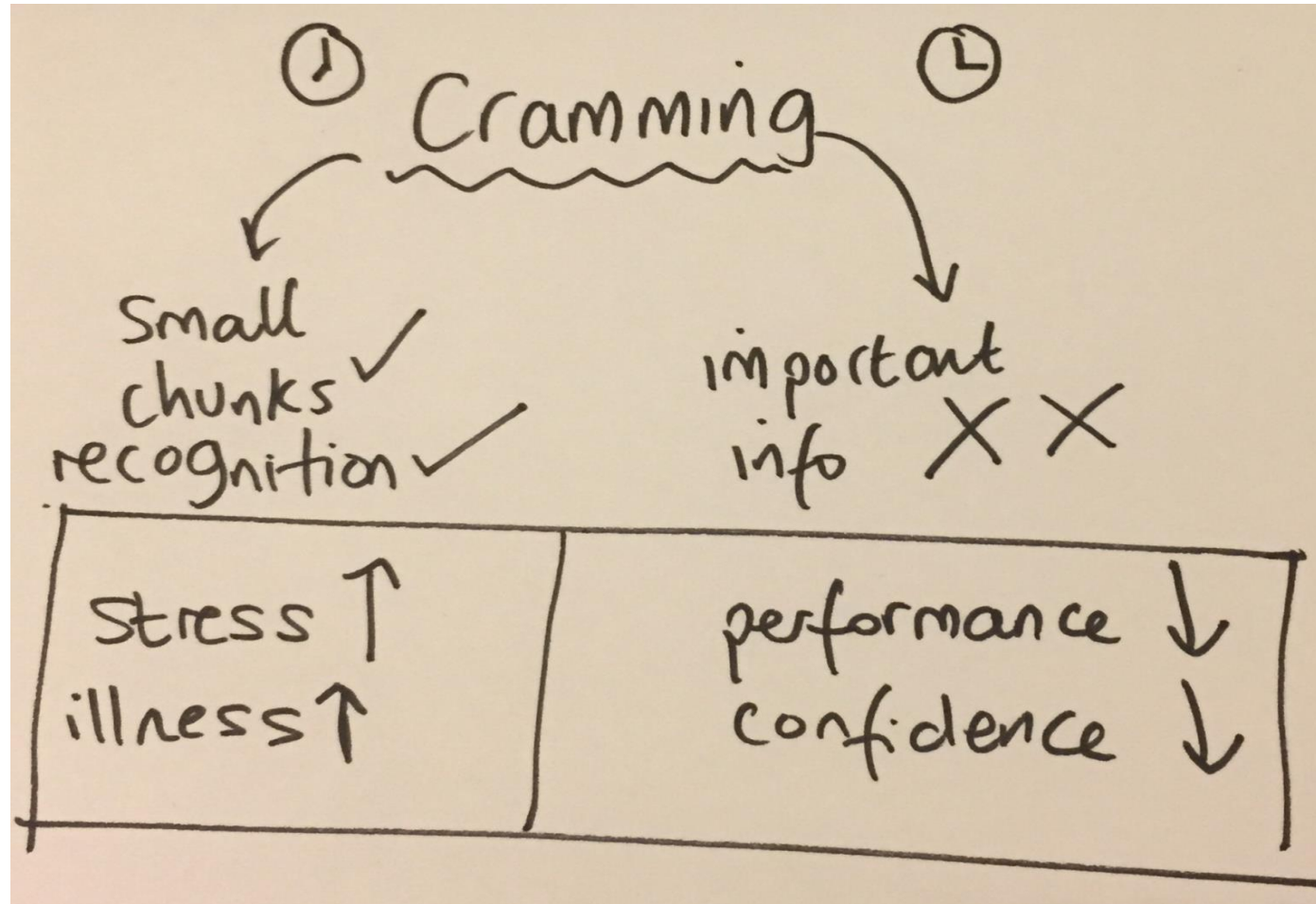
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As Dr Scanlon from Birmingham University puts it: "In reality, recognising information is easier than remembering it. Alongside not actually helping you remember well, procrastination and cramming are linked to increased stress at exam times, higher levels of illness in students, and decreased exam performance."

Cramming might improve your recognition, but is less likely to help you actually remember the important information. So by leaving study until the last minute, you are likely to feel worse and perform below your real ability!

Here's an example

How much of the key information from the previous slide does it contain?
How could it be improved? How does it compare to yours?
Share your thoughts with the group



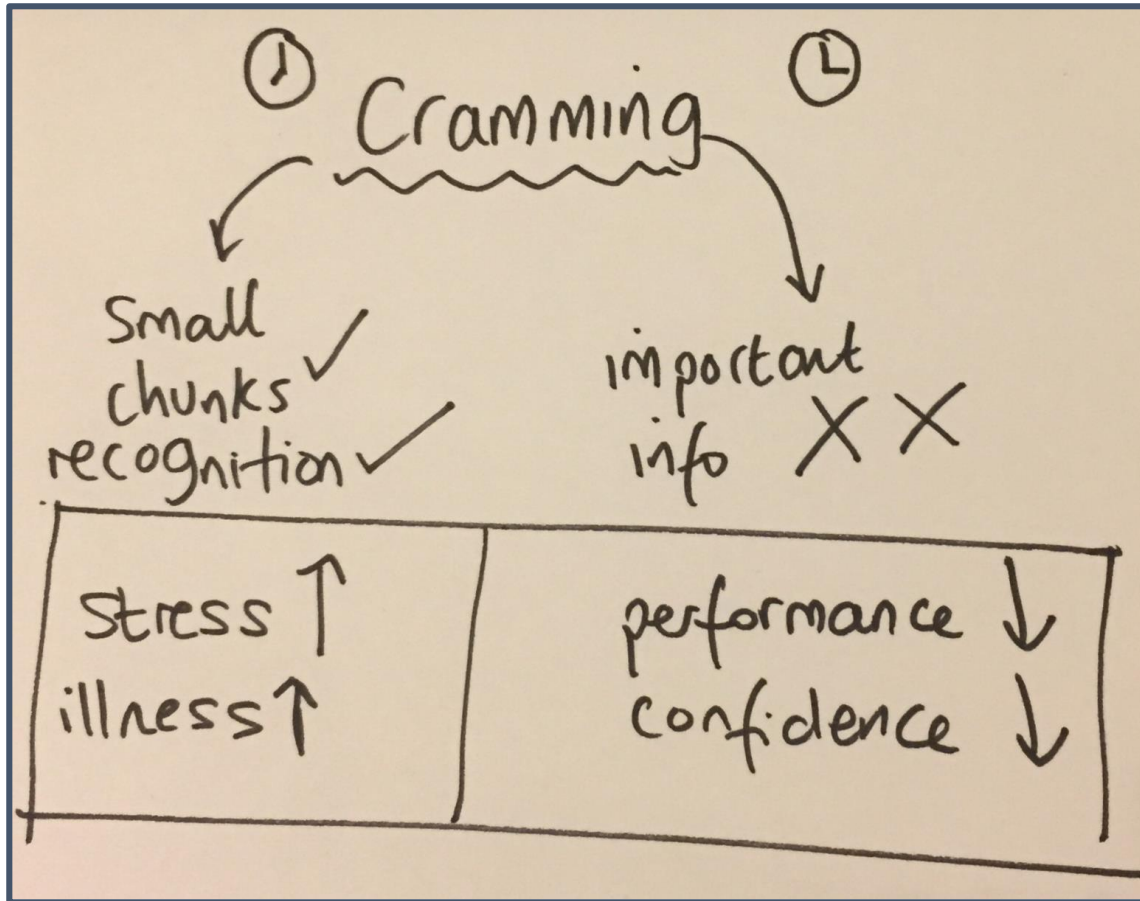
Session 2:
Study Less,
Study Smarter!

Study Smarter



STARTER: Here's the summary we looked at last session

How much of the information can you remember by looking at this (or your own summaries)?



TOP TIP



Were you able to recall the information from last week fairly easily using this method? If so, try using it on flashcards to help you prepare for your mock exams.

It's especially good for subjects with lots of interlinking ideas, such as Humanities (History, Geography), Social Sciences (Economics, Psychology) or Sciences (Biology, P.E.).

Watch the clip and answer the questions



1. How long is the average student's attention span? **25-30 mins**

2. After each revision session, how long a break should you take? **5 mins**

3. What should you do once you've finished your studying for the day? **Reward yourself**

4. Why should you create an area *just* for studying?

Our behaviour is related to our environments

5. Complete the sentence: "the more active you are in your learning, the more effective you'll be."

6. What are the two revision categories that Thomas mentions? **Facts and Concepts**

7. What does Thomas say was, in his opinion, the most important advice from the whole lecture?

You need to do active study, not just rely on recognition

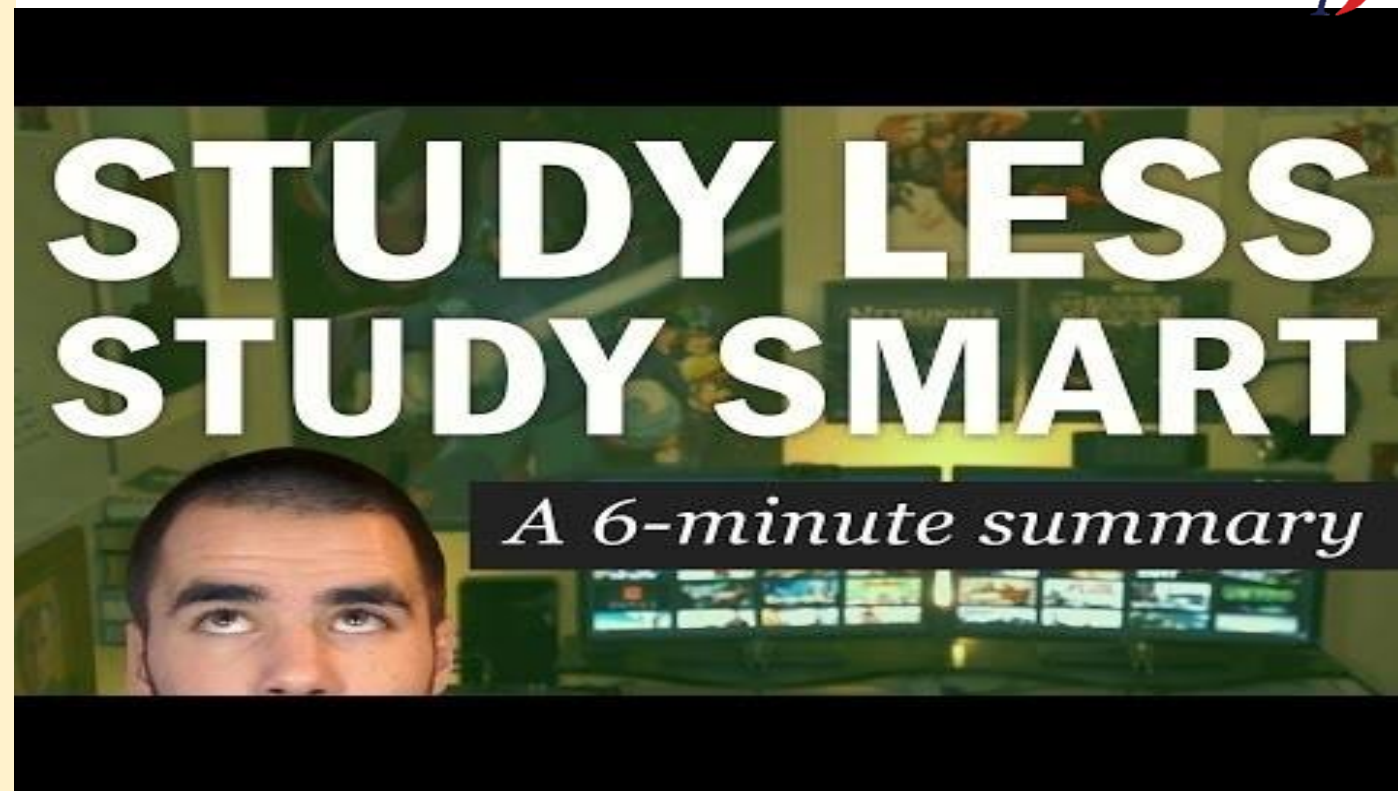
8. Why is teaching something the best way to learn it? (2 reasons)

Active study / you're recalling all information / you have to really know the topic

9. What does SQ3R method stand for and what does Thomas recommend that you do with it?

Survey Question Read Recite Review

10. What are the 3 examples of mnemonics mentioned? **Acronyms, Coined phrases, Image associations**



Study Smarter



Create an image association for this prompt from A Christmas Carol

"They are Man's....And they cling to me, appealing from their fathers. The boy is Ignorance. The girl is Want. Beware of them both, and all of their degree, but most of all beware this boy, for on his brow I see that written which is Doom, unless the writing be erased."

Break the quotation into sections first, then think of a picture to summarise. The funnier, the better!

Consider similar sounding words, silly images, or acting it out for best results!

"They are Man's....And they cling to me, appealing from their fathers.



The boy is Ignorance. The girl is Want.
Beware of them both, and all of their degree



Session 3: Getting in your "revision zone"

Getting in your "revision zone"



STARTER: Here are some of the image association suggestions from last session
Can you remember any of the quotation- even just parts of the sentences?



TOP TIP



This technique is really useful for remembering otherwise difficult or boring facts, and works best when revisited a number of times.

It's really good for subjects where you need to reel off information or quotes, like English, Psychology, or History.



When it comes to exam season, creating the perfect revision space is essential. Whatever your revision style, take the time to ensure that your study space is maximised for your happiness and effective revision techniques.

Different environments work for different people, it's important to find which one works for you.

In your tutor books, for each of these spaces write down the pros and cons for each study space

Home: Dining Room/ Kitchen

Library

Home: Living Room

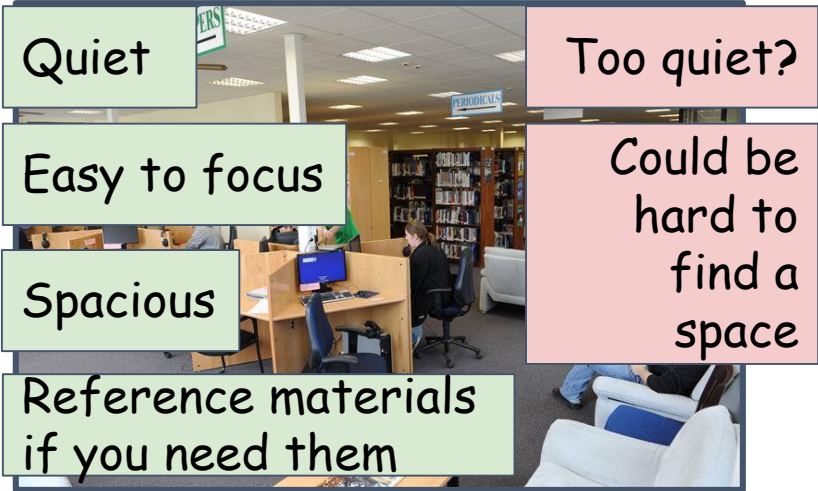
A café

A friend's house

Home: Bedroom

At school

What are the pros and cons for each of these study spaces?



Quiet

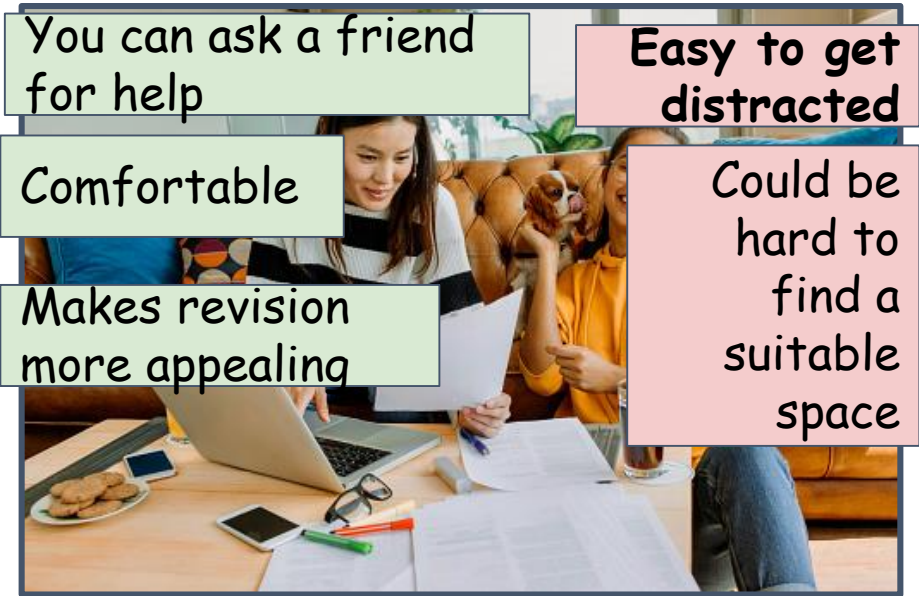
Too quiet?

Easy to focus

Could be hard to find a space

Spacious

Reference materials if you need them



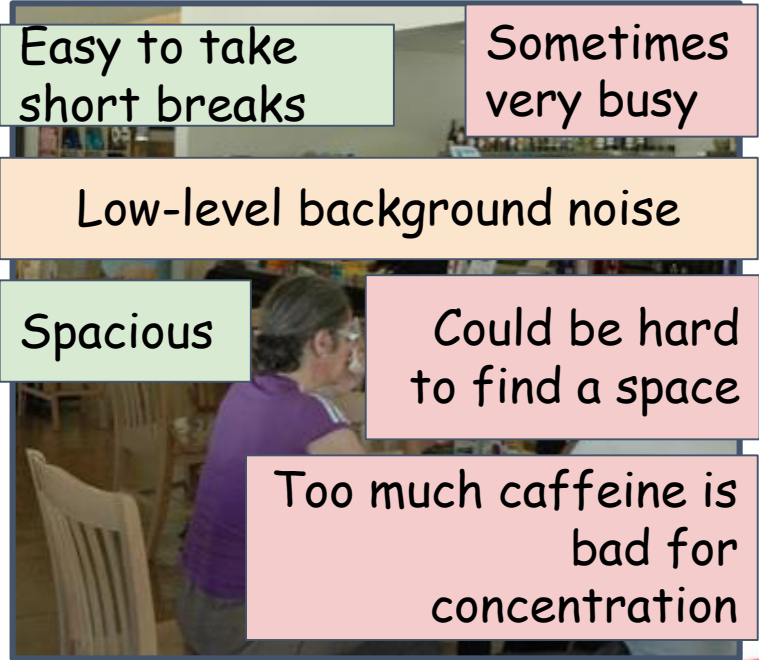
You can ask a friend for help

Easy to get distracted

Comfortable

Makes revision more appealing

Could be hard to find a suitable space



Easy to take short breaks

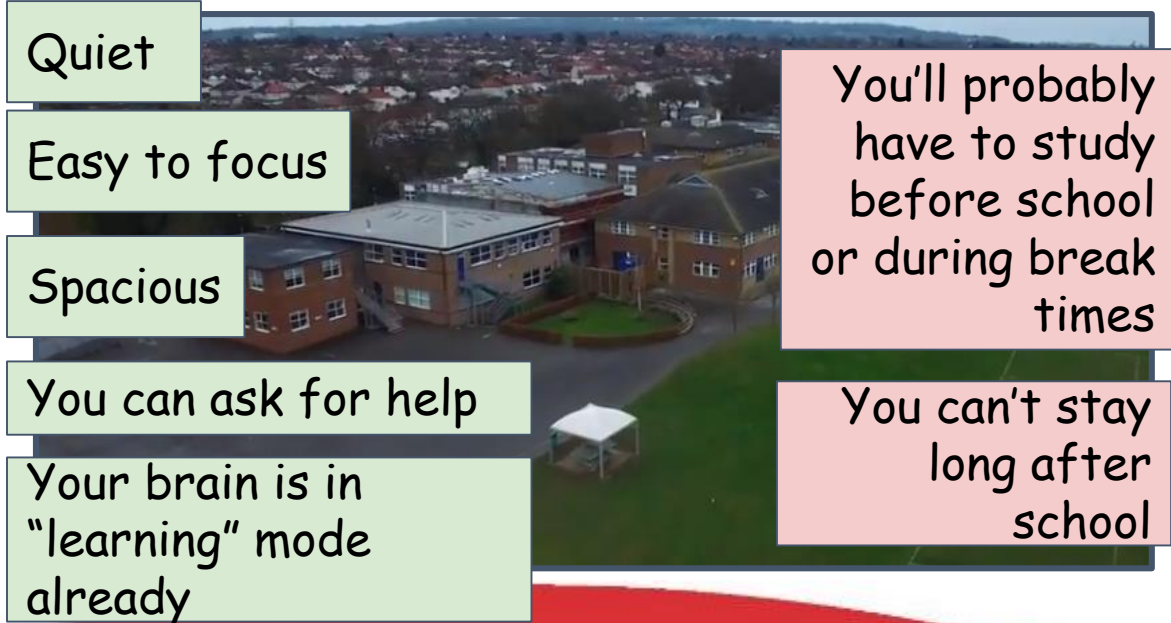
Sometimes very busy

Low-level background noise

Spacious

Could be hard to find a space

Too much caffeine is bad for concentration



Quiet

Easy to focus

Spacious

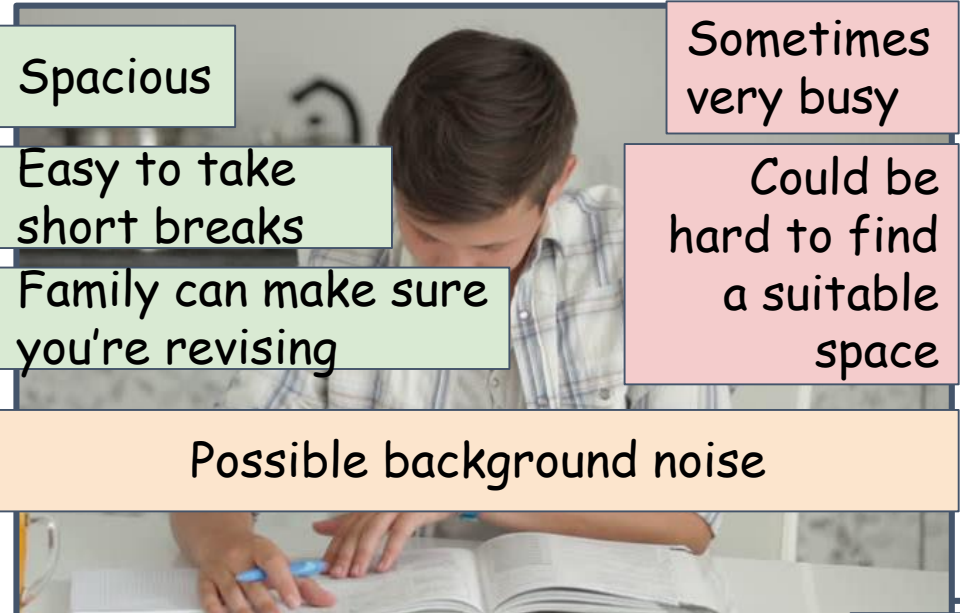
You can ask for help

Your brain is in "learning" mode already

You'll probably have to study before school or during break times

You can't stay long after school

What are the pros and cons for each of these study spaces?



Spacious

Easy to take short breaks

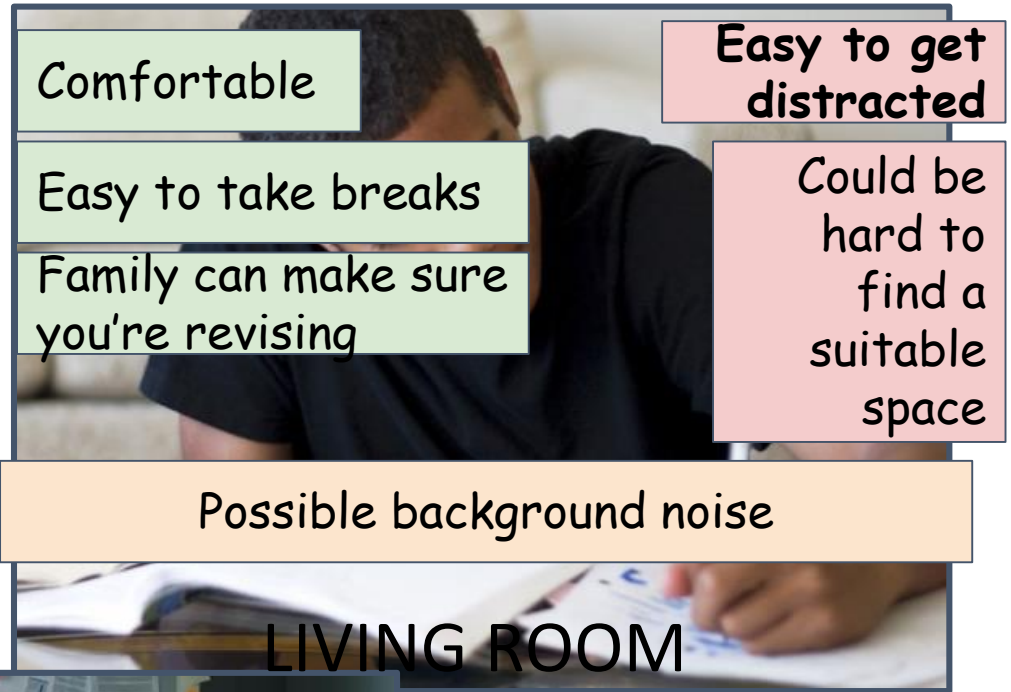
Family can make sure you're revising

Sometimes very busy

Could be hard to find a suitable space

Possible background noise

KITCHEN/ DINING ROOM



Comfortable

Easy to take breaks

Family can make sure you're revising

Easy to get distracted

Could be hard to find a suitable space

Possible background noise

LIVING ROOM

You can make your own study space

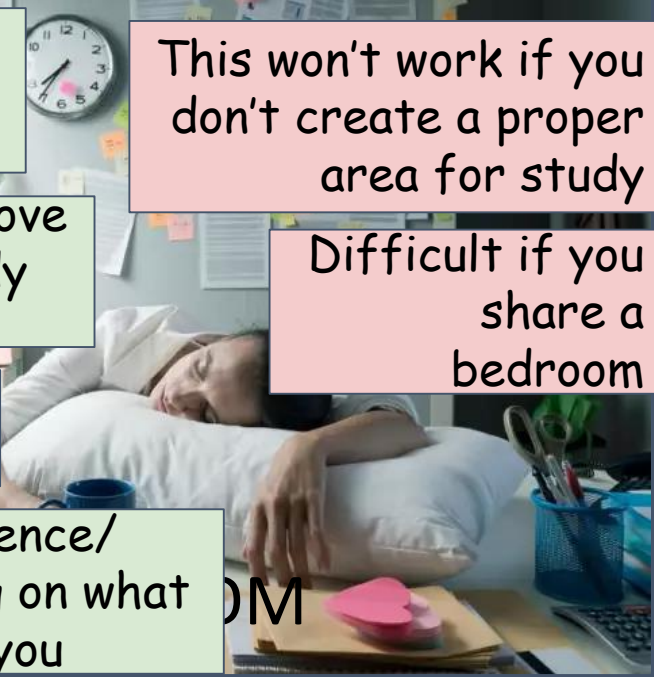
This won't work if you don't create a proper area for study

Don't need to move your work or tidy up

Difficult if you share a bedroom

Independence/responsibility

You can have silence/music depending on what works best for you



Have you decided on a study space yet?
Don't worry if you're not sure- but get thinking as you'll want something ready by the Easter holidays to ensure you get some revision done.

Once you've settled on a study space, consider the "Pomodoro technique".
What are your views on this technique?

The Pomodoro Technique

1 **Decide** on the task to be done.

2 Set the timer to **25 minutes**.

3 **Work** on the task until the timer rings.

4 Take a short 5 minute **break**.

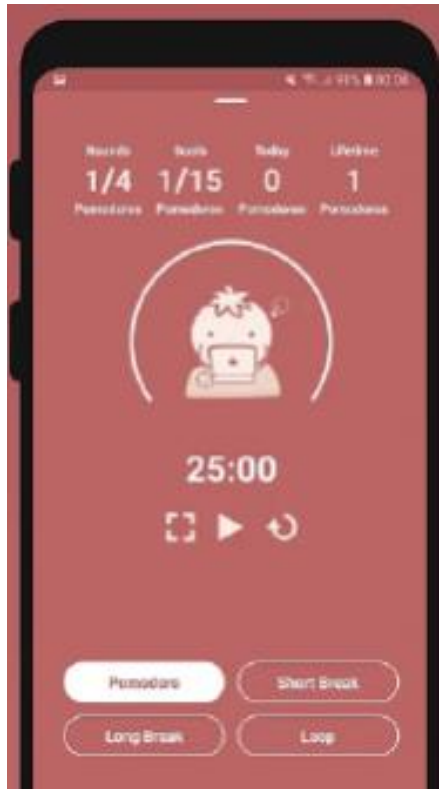
5 Take a 15-30 minute **break**.

repeat 4 times

FRACTUS LEARNING

#bitesizePD

If you struggle to set or stick to limits you've set for yourself, there's plenty of technological help to get you in good habits. For each method give a personal pro and con.

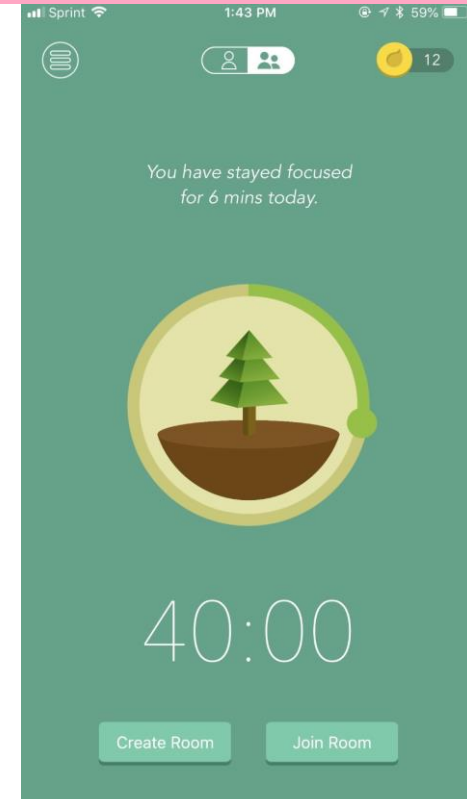


Tomato Timers lets you set up tasks to use with the Pomodoro method.



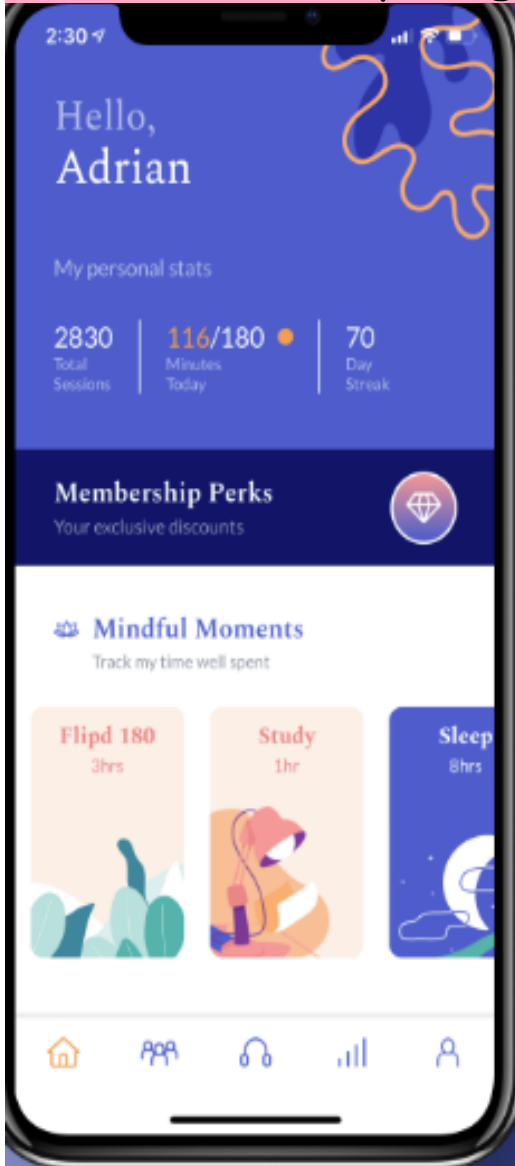
Several Youtube videos exist of students studying using the Pomodoro method, allowing you to set the video running on your phone, computer, or TV, and get on with some revision, knowing the video will tell you when it's time to start and stop.

There are also many channels dedicated to revision tips and tricks, or just general advice.



Forest encourages you to stay on task by growing a tree all while you leave your phone alone- and it actually helps plant trees worldwide, too!

If you struggle to set or stick to limits you've set for yourself, there's plenty of technological help to get you in good habits. For each method give a personal pro and con.



One more honourable mention:
FLIPD.

Allows you to temporarily block apps from your phone which would otherwise distract you (social media, games) for a set period of time.

You can now avoid wasting time being distracted... and have none of the guilt of not replying to people because you won't even be able to see you had a message!

You can also set study groups, encouraging each other to revise. If you're not allowed on the PS4 until you've done 30 mins of revision... why not force your friends to revise too? (rather than let them play and join later...)

Does listening to music while studying work?



Many students (and adults) feel they need to listen to music while they study or revise, believing it helps them 'concentrate better'.

Some even say that without music, they can't revise as it's too quiet or there's too much background noise... but there are also those who find music incredibly distracting and need silence to function best.

Listening to music releases hormones which reduce stress, helping prepare us for exams.

but...

You are much less efficient at reading and writing tasks while listening to music.

Music aids memorisation

but...

The effect is ruined if you try to recall the same information in a silent environment... (like in an exam)

Listening to music which relaxes you means you're more likely to retain the information

but...

By listening to music with lyrics, you make your brain multitask and everything will take longer.

If you can effectively tune out music then it will help your revision

but...

If you find yourself distracted, it's best to work in silence or with lyric-less, gentle music.

Consider saving the music you like for your 5/25 minute breaks (if using the Pomodoro technique) instead of listening during revision.

Session 4: Putting it into practice

Putting what we've learnt into practice



With the person next to you discuss these techniques.
Which do you like? Why?

Associating what you need to know with key words

Practice tests

Rereading your notes

Writing a summary of what you need to know

Revising little and often

Explaining why you know a concept is true

Associating pictures with what you need to know

Highlighting what you need to know on your notes

Explaining how new information is related to what you already know

Putting what we've learnt into practice



Which?

Chances are, you've already practised lots of different revision strategies in your lessons and at home - can you add to this list?
In your pairs discuss which methods work best for which subjects.
Be ready to share with the tutor group.

- 1) Mindmaps
- 2) Flashcards
- 3) Summarising key information in minimal words
- 4) Creating or learning mnemonics
- 5) Teach the information to someone else
- 6) Re-writing key information in your own words
- 7) Creating a list of for/against or pros/cons
- 8) Quiz yourself/ your friends
- 9) Create posters
- 10) Repetition
- 11) Stick flashcards on the walls in key areas of your house
- 12) Create a visual image to prompt your memory ([the Peg system](#))
- 13) Do past papers
- 14) Sing the information to a familiar tune
(or find one on Youtube)



The Macbeth Quotations Song: 'Mac's Not Hot'
mrbruff • 635K views • 2 years ago

Buy my revision guides in paperback on Amazon*: Mr Bruff's Guide to GCSE English Language
<https://amzn.to/2GvPrtV> Mr Bruff's ...



An Inspector Calls Revision Song
Spittingink • 28K views • 9 months ago

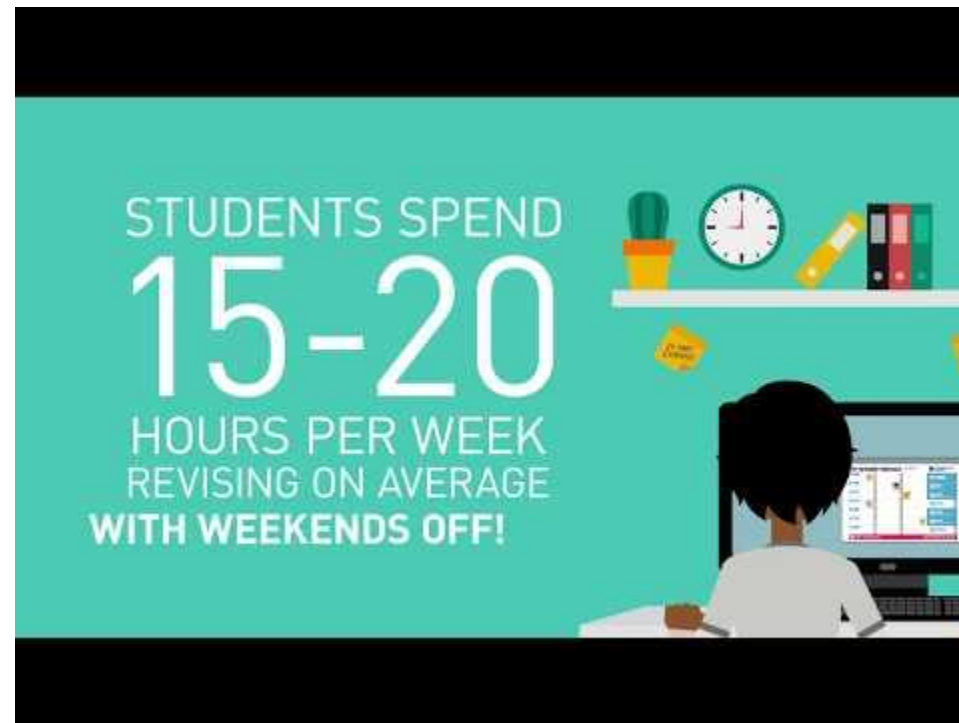
An Inspector Calls Revision Song Selected tracks now on Spotify and iTunes. <https://spoti.fi/34mgsAQ>.

Putting what we've learnt into practice



So we've got some smart revision techniques, we've got study areas...
what next?

- 1) Knowing **what** to revise
- 2) Creating (and sticking to) a revision schedule



Watch the clip and write down the stages Eve gives for creating a study timetable in your book.

1. Fit it around your life
2. Set out your day in half-hour sessions
3. Make sure school/ clubs are on there
4. Allow more time for harder subjects
5. Avoid spending too much time on one thing

1. Use a two week timetable
2. Colour-code your subjects
3. Don't feel bad if you mess up because...
4. Some revision is still better than none

Revision Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	School	School	School	School	School		
9:00	School	School	School	School	School	Physics	
10:00	School	School	School	School	School	Biology	
11:00	School	School	School	School	School	Chemistry	
12:00	School	School	School	School	School		
13:00	School	School	School	School	School		
14:00	School	School	School	School	School		RS
15:00	School	School	School	School	School		Spanish
16:00	School	School	School	School	School	History	German
17:00		Workout	HW	Workout	HW	English	Physics
18:00	Brownies	Rangers/ hw	Dance	HW	HW		
19:00	Brownies	Rangers/ hw	Dance	History	Rs		
20:00	RS	German	Dance	English	Chemistry	Workout	Workout
21:00	Biology	Physics	Spanish	English	Chemistry		
22:00	History	English		Biology			
23:00							



HOW TO WRITE AN A*/ 8-9 ENGLISH LITERATURE...

HOW TO REVISE GCSE, A Level, G



So You've Done NO Revision? This Video Could SAVE YOU...



HOW TO GET AN A* IN ANY LANGUAGE



How To MOTIVATE Yourself +



How to Make The PERFECT Mind Map and STUDY...

What surprised you in Eve's video?

How might you change your revision timetable in reflection?

What has worked well for you with your revision timetables previously?