

How to Revise



Advice for parents of Year 11
students

How your son/daughter would prefer to revise....

- Read through a textbook
- Text their friends to see how they are getting on
- Listen to music
- Realise they haven't got the right materials
- Check for revision stuff/Twitter/celeb news on the Internet
- Go round a friend's house to get something important
- Even tidy their room!!!
- Tell you they've spent hours and hours revising!

Parents – you are vital!

- You can help!
- You do not need to be an expert
- Be involved
- Firm support
- But try to avoid criticism and comparison

Why Revise?

- GCSEs matter, a lot
- It works – proper revision makes all the difference!
- Exam practice and technique make a huge impact
- To avoid stress
- To feel confident

The Chat

- This is an important time of your life – but just 80 days
- Support, acknowledgment, positive message
- Motivation – bribery, holiday, sponsorship, even the future!
- Monitor

The Basics

- A quiet place, a clock, no TV, no phone, no music (see later), gadgets
- Stationery – a good quality pen, highlighters, folders, cards etc.
- Exam specifications
- Revision books, notes
- List of key dates
- Candidate entry form

- BUT FIRST....

Schedule it

- Timetable – every day at Easter, not just weekdays!
- Same time, same place
- Plenty of blanks, plenty of non-work activities, outings
- A moderate amount, often
- 5 hours good quality work in one day is a maximum

Revise	40 minutes	20 minutes
Test	10minutes	5 minutes
Rest	10 minutes	5 minutes

Focus on what you don't know

- RAG (Red, Amber, Green) rate the specification
- Start with what you don't know!
- Refer back periodically

Revision is an active process

- Leafing through a revision guide is a very ineffective method
- Students need to actively revise
- Revision needs repetition and repetition and repetition

Revision Techniques

1. Past papers
2. Making revision products
3. Self-test
4. Explain a concept
5. Easter revision classes
6. Certain websites – but with caution
- 7.

Revision Products

- The process of reduction
 - Mindmaps
 - Revision cards
 - Post-it notes
 - Mnemonics
 - Memory stories
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- The bus journey
 - The bedroom wall

Mobile Phones

The 'phone goes in a different room!

Music – before, after, but not during

- ‘Listening to background music prior to task performance increases cognitive processes, such as attention and memory, through the mechanism of increasing arousal and positive mood.’
- ‘Results revealed performance to be poorer for music conditions.’

Nearer the exams

- Don't panic!
- Stick to the schedule
- Sleep is very important – never, ever stay up late before an exam
- Diet

Good luck!