



REVISION BOOKLET

Name:

.....



Why revise?



Firstly, revision helps you to remember facts, figures, topics and methodologies that you have covered some time ago. Secondly, if done correctly it will help increase your confidence and, if you feel prepared, you will feel calmer and with fewer nerves.

Like anything, the more we practise, the better we become – in years 7 and 8, learning how to revise is the most important thing. We all learn differently and finding out what works best for you is key.

The most important thing is to try your best. If things go wrong for you, it is an opportunity to learn and do better next time.

The best preparation for tomorrow, is doing your best today.

Work smarter not harder!

- Make sure your **study space** is **quiet, bright and free from distractions**.
- **Tidy desk** with space to work and only have work out for the subject you are revising.
- Have all the equipment and stationery you need to hand.
- Have your **phone off** and out of sight – distractions from your phone prevent you from focusing and committing to memory what you are trying to learn.
- **H2O!** Staying properly **hydrated** enables **the brain** to stay alert so you can concentrate and focus.
- Have a **revision timetable** that is realistic and stick to it.
- Make time for **physical activity** (increasing your heart rate will pump more oxygen to your brain. Exercise promotes the release of hormones, which provides an excellent environment for **growing more brain cells**). Exercise also releases our happy hormones too and will **keep you smiling** through your revision!
- **Sleep yourself smarter!** Sleep is like magic for our memory, so make sure you get a good night's sleep every night.

Revision timetable

Your revision should be organised around what you already do or have planned. Whilst it is important to make time to revise, you should still make time to keep all your hobbies going, make time for family and friends, time to unwind and **keep having fun!**

- Work out your optimum learning time – how long can you work for effectively before needing a break? This will become a 'learning chunk'
- Work out the times when you are free to revise and when you are at your most effective – then plan your learning chunks during this time.
- Your homework timetable* may serve as a starting point

** Remember, you will not be set additional homework at this time - any homework given will be revision themed work.*

You will be given further guidance on how to write a revision timetable but if still unsure, speak to your tutor.

mind
body
soul



Keep your **Body strong, Mind sharp,**
Soul nourished and Spirit Positive for
herein lies the secret to wellness

My brain and revision

There are three different learning styles:

- Kineasthetic (doing)
- Visual (seeing)
- Auditory (hearing)

Which way do you learn best? Consider this when revising ... certain methods will work better for you. Find out which.

The process

The process is super important! You can't revise what you don't understand or practise what you don't know. Seem simple enough? Make sure you follow these steps:

1. **Learn:** Before you start revising, you need to make sure you understand the topic.

Look back over your notes and read them carefully, look at a textbook if you have one, research it and, if need be, ask your teacher.

2. **Revise:** When you are happy that you understand something, you can now revise it!

Revision is the process of going back over it, committing it to memory and finding ways to help you remember the information best.

3. **Test yourself:** When you feel happy you have revised something and know it, it's time to test yourself!

Look, cover, test, check.

Try doing some quick recall questions.

Ask a parent, sibling or friend to test you.

Do some practice exam questions.

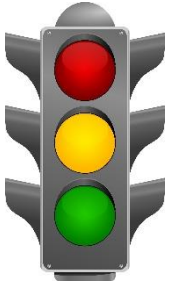
If you don't understand something when you revise it – go back and learn it!

If you can't remember something when you test – go back and revise it!

Revision lists

Each subject has provided you with a revision list. Start with going through each subject in turn and use a **traffic light system** to mark each topic. **Remember the**

process, it is crucial you learn and understand something first before you move to revision.



Red for something you really don't know or have work missing for.

Orange for something you are a bit uncertain over.

Green when you feel confident you know this.

Start with your red topics first in each subject. Make sure your notes are complete and, if need be, speak to teachers – particularly if you do not understand something. It is really important you spend more time on topics you are less familiar with so that by the time the exam comes, everything is green for **GO, GO, GO!**

Ways to revise



- ❓ Using the same technique is snoring (snore + boring) 😂 and it's much harder to make information stick in your mind.
- ❓ Be creative – try different revision techniques. This is the time to try things out and see what works best for you!

Before anything else, preparation is the key to success.

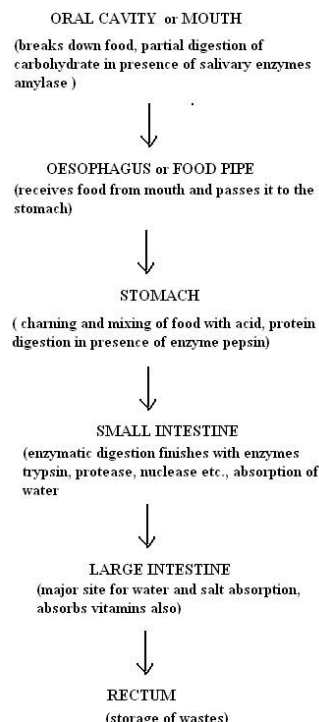
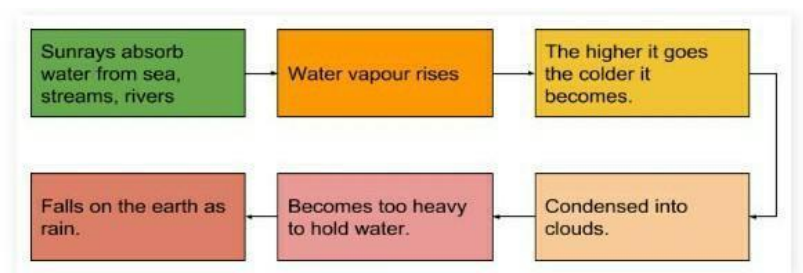
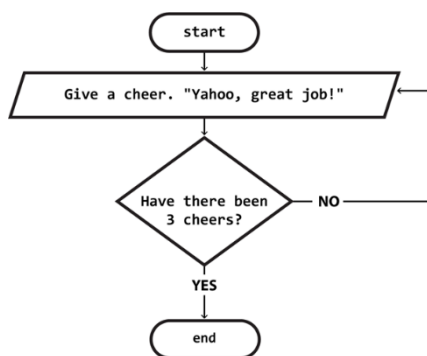
Alexander Graham Bell

Flow chart and timelines

Flow charts are the next big thing. The talk of the town. Everyone's mad about them, haven't you heard?!

Flow charts take topics step by step

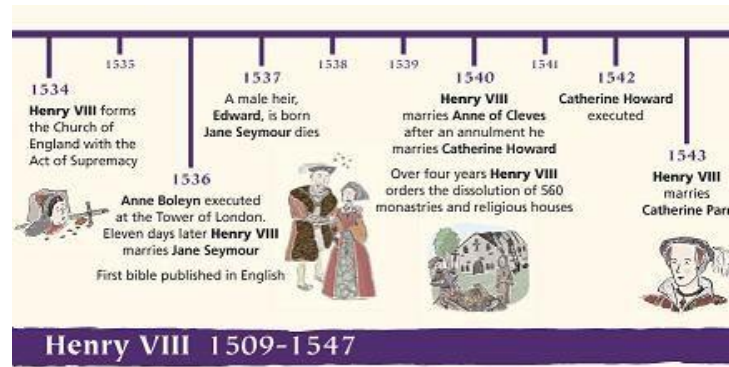
1. They are a type of diagram that show a process from beginning to end.
2. They organise information clearly – you can use words and images to show what happens and when.
3. They don't need to be fancy! Make it clear and easy to use.



Start at the start!

- Sounds obvious but order is really important!
- Write the first step at the top and work downwards.
- Flow charts highlight the main steps in a process but if you want, you could add key points ... but keep them short and concise! The points you make should help jog your memory to all the other information you know!

Timelines are similar to flowcharts, which may be more helpful in some subjects.



Just go with the flow! Flow charts are a great way to mix up your revision and keep it engaging.



Memory mnemonics and Acrostic poems

A memory mnemonic is a way of remembering facts or information in a certain order.

Trying to revise without a memory technique is a bit like an arrow with no end ... totally pointless! 😂



- The first letters of the words you need to know become the first letters of a sentence or rhyme.
- A mnemonic can be anything, as long as it makes sense to you (however, funny mnemonics can be easier to remember!)

An example of the electro-magnetic spectrum and the order of the waves you need to know ...

Radio waves, **M**icrowaves, **I**nfrared, **V**isible light, **U**ltraviolet, **X**-rays, **G**amma rays

Raccoons **M**ay **I**njure **V**ery **U**nfortunate **eX**-**G**olfers

An **acrostic** is similar to a mnemonic and can be used as a device to improve memory. An acrostic poem refers to a topic or takes a phrase and usually uses the first letter to spell out a word or message.



Mindmaps

Flashcards



Flash cards are one of the **simplest and most effective** ways to revise. They are a great way to **test yourself** and find gaps in your knowledge and they are super easy to make yourself.

- Cut out small pieces of card and place a question or prompt on one side. On the other side, write the answer or information.

Flashcards can be really good for learning dates for history or language vocabulary or key words or definitions - see what subjects you can make flash cards for! When testing yourself, **say it out loud** ... it makes you answer it properly!



Say it out loud!



Saying things out loud is a great way to engage with topics and helps stop your mind from wandering and avoids you skimming over details.

- Can you turn the lyrics of your favourite song about the topics you need to remember?
- Can you record yourself reading the key points of a topic and then listen back to the recording regularly?
- Why not work with a friend and take turns to explain a topic - things are always more fun with friends!

TOP TEN TIPS

1. Don't forget the process ... learn, revise, test.

2. Don't skip sleep to revise! Sleep helps you process what you've learnt.

3. Do something relaxing before bed

(and leave your phone downstairs ... it is NOT an alarm clock)



4. Include **exercise** as part of your revision routine. Can you throw and catch or bounce the ball whilst saying facts or reciting information about a topic?

5. Make sure you still **make time for yourself!** Sport, music, acting, arts and crafts - it is so important that you keep those hobbies going.

6. Eat plenty of **fruit and veg** and only have chocolate and sweets as treats! (no, your mum didn't ask me to write this and believe me - this was harder for me to write than it was for you to read!)



7. Eat plenty of oily fish



(great to eat but hard to catch!)

8. Drink lots of water



9. Ask for help and support if you need it.

10.

Keep a **positive** mindset.



Be positive, stay strong, and get enough rest. You can't
do it all **but you can do your best!**

