

Year 11

Revision Guide



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Five for the Finish Line

Use these ideas from your teachers to help plan and organise your revision. Each subject has highlighted up to 5 ways to help you improve your grade.

English Language
<ol style="list-style-type: none">1. Mind the gaps: Use your PPE feedback from PPE 1 and PPE 2 to identify the questions and skills that you still need to work on. Then use revision materials like Mr Bruff to revise these areas.2. Understand Q5: 50% of your marks come from the writing sections of Paper 1 and Paper 2. In Paper1, you are asked to choose to write either a narrative or a description, make sure you know the difference between the two. In Paper 2, you are asked to write for a specific purpose and format of transactional text. Ensure you know the different features of each text type: letters, speeches, newspaper articles, magazine articles, and reviews so that you can effectively use them in your response.3. Know the exam: The beauty of the Language exams is that wording of the questions never change, only the extracts do. Therefore, you know that Paper 1 question 3 is always going to ask how the writer structures the text to interest the reader – you can use this to help with your revision e.g. Q3 needs you to learn the different structural techniques to look out for.4. Exam technique: Timing and technique is essential for the exam: there is a lot to do, in not a lot of time. Spend some time learning the timings for the questions and stick to them in the exam. Also, learn the techniques of how to answer the questions most effectively e.g. for Paper 2 Q2 you should use a SQUIDSQUI paragraph.5. Deliberate practice: Complete practice papers targeting the questions you know you need to work on. Your teachers will happily mark them for you.
English Literature
<ol style="list-style-type: none">1. Mind the gaps: Use your PPE feedback from PPE 1 and PPE 2 to help you prioritise your revision. Then use revision materials like knowledge organisers, quotation lists, or Mr Bruff videos on You Tube to revise these areas.2. Regular retrieval practice: Create flash cards of useful quotations, information on plot, character and theme, plus contextual information and ask friends and family to quiz you. Complete quotations task on SENECA. Retrieval practice and quizzing is essential for success!3. Thesis statements: Learn what these are and use them at the start of your essays. Thesis statements are brilliant for allowing you to bring in your knowledge of the writer and their intentions at the start of your essay; they also help drive your essay by giving you an argument to link back to all the way through.4. Beginning, middle and end: To achieve in English Literature, you need to prove to your examiner that you know the text inside out. Therefore, a top tip is to ensure that you pick examples from the beginning, middle and end of the text to explore in your essay.5. Deliberate planning and practice: My top tip for effective revision in English Literature is planning essays. Take a practice paper from you Literature group on Classcharts and plan the essay: make sure the plans are detailed, down to which quotation you'd choose and what techniques & words and phrases you would analyse (explode the quotes whilst you're at it). This process helps you identify which quotations you are using most often – you then know to learn them! Planning multiple essays will also give you a boost going into the exam as there is a high chance that the themes & characters you have planned essays about will crop up, thus saving you time in the exam as you will know roughly what you are going to argue already.

Go the extra mile and write these plans up: deliberate practice and timing yourself is great revision and your teachers will be happy to mark these attempts to help move you forward.

Mathematics

1. **Mind the gaps:** Use your mock feedback sheets to identify topics to revise. Use the video links to Sparx Maths and complete the relevant quizzes, (or Corbettmaths/Mathsgenie if you prefer these have videos and questions you can print). Revise a topic then repeat the quiz. Still stuck? Make a list to ask your teacher about.
2. **5 a day:** the best way to revise Maths is to do Maths! Allocate a small amount of time each day to complete 5 questions and mark them. Still stuck? Make a list to ask your teacher about.
3. **Tools of the trade:** Make sure you have all the equipment you need AND know how to use them. Ruler, protractor, compasses and most importantly a scientific calculator. Do you know how the fraction button works? How do you square a negative number? Familiarise yourself with the formula sheet. Make revision cards for any other key formulae you might need to remember.
4. **Practice, Practice, Practice:** Complete a past paper a week. Make sure that you write down all your working out! Use the links to worked solutions to mark work as you go. Mix up how you tackle the papers: Work in exam conditions to complete the paper or work for shorter amounts of time and Mark your answers so far. You could use the video links and complete a question at a time. Still stuck? Make a list to ask your teacher about.
5. **Still stuck?** Make a list of topics you are still unsure about or questions you have about the exam or equipment to ask your teacher about. On your return to school make sure that you do ask your teacher!

Science Combined

1. Complete the printed revision questions and use the QR codes to take you to past papers. Also found on classcharts.
2. Complete the feedback sheets for PPEs given in class. (Bio, Chem, Phys)
3. Use knowledge organisers on teams to make revision cards
4. Complete the core practical revision sheets found on classcharts, making Cornell notes from linked videos.
5. Do past paper questions on 'Save my exams' or 'Physics and Maths Tutor' and given in class after Easter.

Art

1. All tasks on the key dates sheet must be completed, to enable you to hit all assessment objectives: You will only have 1 week when we return after the Easter holidays.
2. Annotate all pages in your study book (What you did and why?) so the examiner can see your journey throughout the process and development.
3. Get your final outcome ready for your 10 hour exam session: Outlines, canvases and base sculptures can be pre-prepared.
4. Make sure you bring your study book to your **first** exam session (WB 22nd April 2024). Any work not handed in on this first exam session cannot be handed in for your final GCSE exam grading (30% of final GCSE grade).
5. If you are confused over Easter, please get in touch, we only have 1 week left when we return: heather.essadiq@clf.uk

Art Textiles

1. All tasks on the key dates sheet must be completed, to enable you to hit all assessment objectives: You will only have 1 week when we return after the Easter holidays.
2. Annotate all pages in your study book (What you did and why?) so the examiner can see your journey throughout the process and development.

<ol style="list-style-type: none"> 3. Get your final outcome ready for your 10 hour exam session: Outlines, fabrics and base sculptures can be pre-prepared. 4. Make sure you bring your study book to your first exam session (WB 22nd April 2024). Any work not handed in on this first exam session cannot be handed in for your final GCSE exam grading (30% of final GCSE grade). 5. If you are confused over Easter, please get in touch, we only have 1 week left when we return: heather.essadiq@clf.uk
Business
<ol style="list-style-type: none"> 1. Complete all of your notes and revision resources on each of the 6 units. (Make sure that you complete the paper 1 units by the end of the easter holidays) You can use your revision workbook or your own notes, spider diagrams, flashcards etc. 2. Complete the 2 paper one practice papers in your revision workbook – in note form! 3. Look at the key words for each of the Paper 1 topics and design flash cards on words that you don't know. If you have already created flashcards, make sure that you are starting to use them! 4. Use bbc bitesize to read and practice the quizzes to test your knowledge and understanding.
Computer Science
<ol style="list-style-type: none"> 1. Use the CGP Flashcards 2. Complete a past exam paper then mark & purple pen improvements 3. Retake quizzes on Educake 4. Make Cornell notes using the Craig & Dave videos 5. Use your knowledge organiser to make a spider diagram
Dance BTEC
<ol style="list-style-type: none"> 1. All work for BTEC Performing Arts will be completed on the 15th of May 2. For Component 3 students can be practicing movement at home and rehearsing so that they can progress as a group within lessons.
Drama BTEC
<ol style="list-style-type: none"> 1. All work for BTEC Performing Arts will be completed on the 15th of May 2. For Component 3 students can be practicing scripts at home and learning lines so that they can progress as a group within lessons.
DT
<ol style="list-style-type: none"> 1. Use the revision sheets you have been provided with to continue to work your way through all of the topic areas, making mind maps, flash cards and Cornell notes 2. Regularly revisit these revision resources as part of your revision, until you are confident with each topic. 3. Use the knowledge recap Q's in the Blue revision guide and white work books to probe your understanding. 4. If you miss a revision session make sure you take the time to cover that topic yourself so you don't have any gaps 5. Use the glossary in the Blue revision guide to make sure you understand all key words. Circle any you are unfamiliar with and make flash cards to learn them.
Food Preparation and Nutrition
<ol style="list-style-type: none"> 1. Using the revision schedule that you have been provided, make sure that you complete each weeks homework task in your white workbook 2. If you miss a revision lesson, recap the topics yourself using either your red revision books, your yellow exercise book from yr10. 3. After each revision lesson create at least 5 flash cards of key words or terms that you are still not quite sure of!

4. Make sure long answer practice questions are front and centre in your independent learning. We are preparing these in class. You need to practice them at home.
5. Look at past paper multi choice questions and check your answers are correct. Go to AQA website for past papers.

French

1. Use your speaking booklet to practise answering the speaking exam questions. Remember that theme two will come up in the general conversation!
2. Use BBC Bitesize / Kerboodle and your workbook to do at least one listening task a day
3. Use the translation pack on Teams to regularly practise your translation skills from French to English and vice versa
4. Use your knowledge organisers to make flashcards of the key verbs in each topic
5. Do a 90 word question a week (see Teams)

Geography

1. **Revision:** Use the resources on the "Revision" channel on our class team which has a host of revision materials and resources along with a revision plan (links to youtube, sheets to complete etc). Here there is also a revision powerpoint made by the department with what you need to know + links. Make flash cards using the key word lists and info on Case Studies (+ examples) in your KO booklet (and on the revision channel).
2. **Deliberate Practice:** Look over past papers and practice questions. Follow the link on the revision channel on teams to AQA. Look over answered exam questions – booklet on the Revision channel on teams from AQA.
3. **Exam Technique:** Remember to use resources in the paper and extend beyond any text given. Use phrases like "this means that...", "so....." Or "as... " you will not get any marks for copying text!
4. **Exam Technique:** Go over case studies and examples. Don't just write about the "Geography of Anywhere". You must provide more information for Case Studies and Examples than just the name of the event or location. Practice using the Hochman Method (When? What? Where? Why? How?) to revise Case Studies and Examples. Use this as a plan before writing an answer in the exam too. One fact specific to an event or place will mean you get more marks!
5. **Exam Technique:** Make sure you include a conclusion on all 6 and 9 mark answers. Referring to scale (how big the impact is) and/or longevity (how long XYZ goes on for)

History

1. Make and learn/revise flash cards for all 4 of the Knowledge organisers
2. Go back through the lessons (knowledge and skills) loaded onto Teams and complete any missed learning from all 4 of our modules + practice any exam technique
3. Use the Textbooks on Teams to gain more specific knowledge about a topic and use the Textbooks to complete practice questions (these are in orange on the scanned in pages)
4. Work through your Historic Environment booklet given to you by your class teacher – the specific pages to complete are directed on ClassCharts and Teams
5. Use the video links on Teams to deepen your breadth of understanding about each module. Use these to gain contextual knowledge as well as focusing on key dates within each module that you can memorise and use in your exams.

Music BTEC

1. All work for BTEC Performing Arts should be completed by the beginning of May to be submitted to BTEC on the 15th of May
2. For Component 3 students can be practicing on BandLab and come to intervention help sessions at lunch to aid with their Component 3 exam

<p>3. All work for those retaking Components 1 and 2 MUST be completed by the end of April to ensure it can be marked before submission. There are coursework catch up sessions for these components on Wednesday lunch times.</p>
<p>Musical Theatre</p>
<p>1. All work for BTEC Performing Arts will be completed on the 15th of May</p> <p>2. For Component 3 students can be practicing scripts, singing and movement at home and learning lines so that they can progress as a group within lessons.</p>
<p>PE GCSE</p>
<p>1. Please look over the mock paper that we have been through to identify your areas to focus on. Look at the guesses that the AQA sheet to see if they should be target areas.</p> <p>2. Make a revision timetable – often and short revision works better.</p> <p>3. Practice your skills over the Easter holiday if you are being moderated.</p> <p>4. Use the glossary and try to learn 10 definitions each week.</p> <p>5. We will do 2/3 misconcepts quizzes on Teams each week-keep up!</p>
<p>Psychology</p>
<p>1. Make sure you know key details such as the number of participants, experimental method etc for the 2 key studies for each psychology topic. There are 12 studies in total that you need to know.</p> <p>2. Do past paper questions - if a question asks you to explain an idea or theory, it will normally be based around an example in the question which you need to mention in order to get full marks.</p> <p>3. There are maths skills which will be assessed in the research methods topic, make sure you don't overlook these when revising.</p> <p>4. You need to know criticisms of the studies and theories we have looked at, importantly you need to be able to explain why this is an issue.</p> <p>5. Use the 13 mark revision help sheet that has been given to you make sure you are confident with the main themes that run through all of psychology. You need to be able to critically evaluate these and say which one has a greater impact on human behaviour. They are: Nature vs nurture, Reductionism vs holism, Free will vs determinism, Observations vs experiments.</p>
<p>RE</p>
<p>Spanish</p>
<p>1. Use your speaking booklet to practise answering the speaking exam questions. Remember that theme two will come up in the general conversation!</p> <p>2. Use BBC Bitesize / Kerboodle and your workbook to do at least one listening task a day</p> <p>3. Use the translation pack on Teams to regularly practise your translation skills from Spanish to English and vice versa</p> <p>4. Use your knowledge organisers to make flashcards of the key verbs in each topic</p> <p>5. Do a 90 word question a week (see Teams)</p>

Sports Studies

1. Use your revision book, knowledge organiser and practice exam papers to re-cap your knowledge and practice exam questions.
2. Take on board the teacher feedback to develop and improve your work.
3. Attend the revision/ catch up Sports Studies session on Monday and Wednesday lunch times.
4. Complete your weekly Teams quizzes recapping exam content.
5. With regards to coursework, take on board your teacher feedback after Easter to improve your work.

Triple Science

1. Complete the printed revision questions and use the QR codes to take you to past papers. Also found on classcharts.
2. Complete the feedback sheets for PPEs given in class. (Bio, Chem, Phys)
3. Use knowledge organisers on teams to make revision cards
4. Complete the core practical revision sheets found on classcharts, making Cornell notes from linked videos.
5. Do past paper questions on 'Save my exams' or 'Physics and Maths Tutor' and given in class after Easter.

The Revision Timetable

This is what a revision timetable could look like. Revision timetables help to plan your time and revision. As we go through the next few weeks, working towards your final exams, you will have the opportunity to change the plan according to your needs. For the first week, try it as it is:

2 recall sessions and 1 deliberate practice session per GCSE/BTEC.

You do want to space them out, so that English is not all on one day. Spacing the topics out does two things: the gaps between topics actually reinforces your knowledge (teachers call this interleaving or spaced learning) and prevents you getting bored with revision.

In the example below, I have spaced out all the subject areas in quite a random way.

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Recall: English Lit	Recall: Maths	Recall: Science 1	Recall: English Lang:	Recall: English Lang:	Recall: Science 2	Recall: Maths
2	Recall: Science 1	Recall: Option 1	Recall: Option 2	Recall: Science 2	Recall: Option 1	Recall: English Lit	Recall: Option 3
3	Deliberate Practice: Maths	Deliberate Practice: Option 4	Deliberate Practice: Option 3	Deliberate Practice: English Lang	Deliberate Practice: Option 2	Deliberate Practice: English Lit	Deliberate Practice: Science
4						Recall: Option 2	Recall: Option 4
5						Recall: Option 3	Recall: Option 4
6						Deliberate Practice: Option 1	Deliberate Practice: Science 2

This timetable assumes you are doing 9 GCSEs and that you need to work on all of them the same. If you do fewer, you can build in more sessions for each subject. **If you have subjects that are assessed by coursework**, bear in mind you still need to complete the coursework. You may need to take some slots away for those. See the FAQ for additional points on subjects like art and food tech.

You also need to know what topics are in each exam so you can make sure that you cover them all over the course of your revision, and have time to go back to those you struggle most with. **Use the 'Five for the Finish Line' from your teachers to help guide you with what to focus each revision session on.**

Blank Revision Timetable

18 recall sessions and 9 deliberate practice sessions: 2 recall and 1 deliberate practice per GCSE*

Write subject, topic and task for each session, for example: *English Lit, A Christmas Carol, The Cratchits quotations and context.*

Your tutor will have spare copies of this, or you can make your own version. If you do it yourself, you can colour code it and make it look nice!

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	R:	R:	R:	R:	R:	R:	R:
2	R:	R:	R:	R:	R:	R:	R:
3	D:	D:	D:	D:	D:	D:	D:
4						R:	R:
5						R:	R:
6						D:	D:

Revision Timetable FAQ

Is this enough revision? Start with two pomodoros and a deliberate practice per GCSE. At the end of the week plan out the next week and adjust it.

Should I have a day off? There's nothing wrong with having a day off. You just need to move the slots around so that you cover everything.

Can I do more than this? Yes. Try it like this for a week and see how you feel. When you plan next week, make adjustments.

If I go to revision sessions, do I still have to revise? Yes! Use the organised revision session as one of your slots. But revision is all about you taking control.

Can I revise on the bus or in a car? Sort of. You can do simple things in short periods of time, like reinforcing knowledge using flashcards. This doesn't really replace a whole pomodoro though, so use it in addition.

Should I always revise at the same time? It can be beneficial to have a learning habit or routine, so regular times can be useful. Quite often though, we have to move around the other things in our life, so try where possible to keep the routine, but adapt as you need to.

Can I just write the whole revision timetable for year 11 out now? No. It's fine to think ahead, but your subject teachers will pace out what you should be revising to make sure that you cover everything, and you will want to adjust it as you go.

I am still studying my course. Should I wait to revise? No! You need to start early so that you have enough time to thoroughly go over what was taught in year 10.

I am doing coursework subjects – how does this work for them? Where you are still completing coursework, all you need to do is cross off 2 recall sessions and a deliberate practice session for that GCSE, and replace it with your coursework session. As time goes on, the coursework will be finished and that will free up extra sessions for revision in your other subjects.

How to avoid Revision Misconceptions and Problems

<p>Thinking last minute revision will be fine</p>	<p>Every now and again you'll hear a story about someone who crammed the night before an exam and the topic they revised came up and they aced it. This is what you don't hear about:</p> <p>The person who did the same and the topic didn't come up</p> <p>The people who were not on top form because they were too tired</p> <p>The people who did really well and felt confident because they knew what they were doing all along.</p>
<p>I am struggling to start revising</p>	<p>The first step is always the hardest. Here's a few tips to help:</p> <p>Go back to the content of each exam. Start with the core knowledge.</p> <p>Use knowledge organisers to create flashcards and mind maps – these are easy starting points.</p> <p>Ask your teacher if you unsure what areas would be most beneficial – Use the 'Five for the Finish Line' ideas from your teachers to help you plan your revision.</p> <p>Think about why you are putting things off and address those issues</p> <p>Try revising with someone</p>
<p>Revision is boring</p>	<p>Keep to the pomodoros so you are only trying to focus for 25 mins at a time</p> <p>If you struggle doing two or three pomodoros in a row, give yourself a ten-minute break instead of five. But do ask yourself is this makes it harder to restart</p> <p>Change up how you revise. GO back to the sections on recall and deliberate practice and see if you are missing ideas</p> <p>Make your notes so you want to use them. Make them attractive, use images and colour to help it stick, and create something you are proud of. Show the notes to someone at home and discuss why you made them that way.</p> <p>Revisit your goals and remind yourself of what you want to achieve. This helps you see the reason for the hard work.</p>
<p>I'm spending all my time reading and re-reading</p>	<p>Reading is only ever a starting point. You have to do something with the information to make it stay in the memory.</p> <p>Use more creative strategies, like creating mind maps and testing yourself.</p> <p>Check what you don't know. Create a confidence check for all the topics in a GCSE and reflect on what else you need to know.</p>
<p>I've copied out modelled work, essays and answers. I know it.</p>	<p>Like reading, just copying can only ever take you so far.</p> <p>Transforming information in a creative way will make it stick.</p> <p>The exact same question is unlikely to come up again. Look back to the questions you are working on and think of other ways that the question could be asked.</p>

DOING A POMODORO

Independent Study Skills



Prepare

Help yourself by getting your revision guide or knowledge organiser. Work out what you will focus on.



Learning activity

Do you need a mindmap, Cornell notes or flashcards? Is it time to practise answering questions?



Turn off distractions

Put your phone on 'Do Not Disturb'. Turn the TV off. Shut the door. Put a sign on it saying 'Studying: do not disturb!'



Set the timer

Try 25 minutes. If that's too long, shorten it next time. You can use a watch, clock or timer on your phone.



Focus!

Work for the whole time. Push any distractions away. If you're disturbed, try something firm but polite: "I'm just studying. I'll speak to you in ten!"



Break time

5 minutes. Chill. Look at cats on the internet. Eat some fruit. Go to the loo. It's your time, do with it as you please.



Repeat

Do another 25 minute pomodoro. Have a 10 minute break next time.

USE THESE METHODS
TO LEARN:
CORNELL NOTES
FLASHCARDS
MIND MAPS



This technique is named after the pomodoro kitchen timer. But any timer is fine.

IF NOT NOW
When?

The first step is always the hardest. If you need to, make the time shorter to begin with. You may also need to make the time longer if you're going to practise writing an essay.



The break is important because your brain needs time to synthesise information.



CREATING AND USING FLASH CARDS

1 FLASHCARDS WORK FOR:



- word and definition;
- vocab in mfl;
- key terms in any topic;
- equations;
- quotations;
- facts.

2 FLASHCARDS DON'T WORK FOR:



- complex ideas;
- essay plans;
- whole topics.

3 IF YOU CAN, DO IT YOURSELF



- writing is part of the process;
- more likely to remember if you make them yourself.

4 GET SOME CARD



- small is fine;
- cut larger cards in half;
- any colour.

5 SIDE 1



the word, term, equation or quotation you are trying to learn.

6 SIDE 2



- the definition, meaning or use;
- use your own words.

N.B. DON'T WRITE MORE THAN ONE TERM PER CARD. YOU WON'T KNOW WHICH BITS YOU REALLY KNOW.

How to use

- SHUFFLE THEM SO YOU DON'T LEARN THEM IN AN ORDER;
- READ THE TOP ONE;
- SAY IT BEFORE YOU TURN IT OVER;
- IF YOU CAN SAY IT, CREATE A 'KNOW' PILE;
- IF YOU CAN'T, CREATE A 'DON'T KNOW' PILE;
- RE-READ THE 'DON'T KNOW' PILE.

IF NOT NOW When?

It takes only a few minutes to sort through the cards - do it often!



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Independent Study Skills: The Leitner System

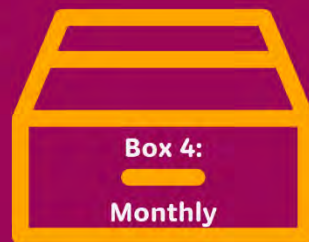
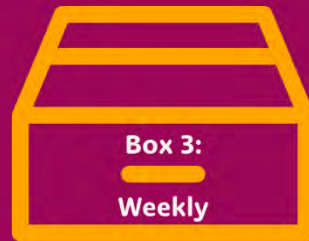
N.B. If you have cards from lots of different subjects and topics, mark the edges so that they are easily grouped back together later.

All new cards go in the first box. Test these every day. If you get the card wrong, keep it in the daily box.

If you get the card right, move it to the next box. These cards are then tested every other day.

If you get the card right, move it to the next box. These cards are then tested weekly.

If you get the card right, move it to the next box. These cards are then tested monthly.



If you get the card wrong, move it to the previous box so it can be tested daily again.

If you get the card wrong, move it to the previous box so it can be tested every other day again.

If you get the card wrong, move it to the previous box so it can be tested weekly again.



Start today! All you need is four boxes. You can actually use envelopes, or band the cards together with a rubber band. You might even be able to find an index card box that has dividers for the sections.



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CREATE AND USE CORNELL NOTES

(Named after an American University)

Divide your page into 3 boxes, like this:

RECALL COLUMN

- KEYWORDS
- IMAGES
- PROMPTS
- QUESTIONS

NOTES COLUMN

- DETAILED NOTES
- BE CONCISE
- USE ABBREVIATIONS
- USE DIAGRAMS
- USE COLOUR FOR EMPHASIS

YES!
THIS WORKS WITH ALL YOUR SUBJECTS.

USE YOUR KNOWLEDGE
ORGANISER

USE YOUR
CLASS NOTES

USE A REVISION
GUIDE

COVER THE NOTES
COLUMN.
HOW MUCH CAN YOU
REMEMBER?

IF NOT NOW
When?

All you need is a page and a pen.



Independent Study Skills: Revision techniques

Get a task.

1

Get a task. This could be an essay question, a practice paper or some questions. You can even set your own question based on what you've been concentrating in your recall sessions. Don't start with trying to do a whole paper: try a section. If it's an essay question, it's fine to aim for half of the task at the start. Whatever it is, aim for about 45 mins to begin with.

Get a success criteria.

2

Get a success criteria. This could be from your teacher, from an old example or from a revision guide. Spend a few minutes reading the success criteria so you know what makes a good response.

Deliberate Practice

Complete the task.

3

Complete the task. Keep an eye on the time. Don't get distracted. Work for all of the time. Check the task and success criteria as you go.

Quick break.

4

Take a quick break. You've earned it. 5 minutes should do.

Evaluate.

5

Evaluate your work. Compare it with modelled examples. Compare it with your other work. Use the success criteria. Give yourself a WWW and EBI.

IF NOT NOW
When?

Start today! Build regular deliberate practice sessions into your revision.

This is going to build up your confidence - prove to yourself you can do it! - and keep you focused on how you show off your skills



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Independent Study Skills: Self Care



Sleep well. Get to bed early. Recharge the batteries.



Plan. Know what you're doing and what's coming up.



Keep your hobbies going.



Spend time outdoors. Get some vitamin D!



Set the virtuous cycle. Action grows motivation. Motivation improves study.



Eat well. Your body needs nutrition to function well. Don't neglect it.



Get the work done early. You'll feel better.



Avoid isolation. Talk about what you're doing with friends and family.



Avoid your phone too close to bed time.

IF NOT NOW
When?










Start today! You need to look after yourself to perform at your best. Here are 9 simple things that will make a difference to how you think and feel about your studies. Come back to this if you're struggling.



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Confidence Check

For each subject, mark on the scale how confident you feel:

Low confidence	High confidence
 <p>English Lang</p>	
 <p>English Lit</p>	
 <p>Maths</p>	
 <p>Science 1</p>	
 <p>Science 2</p>	
 <p>Option 1</p>	
 <p>Option 2</p>	
 <p>Option 3</p>	
 <p>Option 4</p>	

Now make your plan for the week's revision. You can change the amount of Recall and Deliberate Practice sessions per subject to reflect your confidence. Don't eliminate a subject entirely, but you could switch one recall session from a subject you felt confident with to one you felt less confident with, for instance.

Effective Paired Revision

If you need a little help, and want to revise with a friend, that's fine! Here are some guidelines to keep you on track.



1. Stick to the normal routine

Do a couple of pomodoros together. That means the same rules apply: stay focused. Don't distract each other - it's easy to fall into the trap of kidding yourselves that you've been revising for hours when you might not have been!

2. Pick tasks that work well in pairs

Creating a pair of excellent mind maps, or using an exemplar essay to create Cornell notes are good ideas. Create something you are both proud of.

3. Have a discussion

Debate the issues, work out the opposing ideas, add examples to arguments.

4. Test each other

Create a quiz for each other, improvise questions from knowledge organisers, mind maps or flash cards.

5. Evaluate each other's deliberate practice

This will give you both new ideas, and help you focus on the requirements of each task.

Use paired revision to break it up

But it can't be the only way you revise.



**Monkton
Wood
Academy**

Parents and Guardians: how can you support?

There are a number of ways that you may support your children through this time, and it is important that they know that you are there for them. Here are some things that will make a difference:

1. Discuss the revision timetable and sign it. Stress often occurs when there are conflicts over time, such as a family visit. If you are involved with the timetable you can suggest ways to reorganise it so that a day is kept free, for instance.
2. Discuss how they are revising, and what works for them.
3. Make sure they are eating and drinking well (see the self-care page). No one can perform well if they are tired and dehydrated. When we are busy, we often neglect ourselves, and young people need help correcting this.
4. Encourage your children to see the GCSEs as a way to the next stage, rather than an end in themselves.
5. Keep up good bedtime routines. Sleep is so important to learning and reducing anxiety. The NHS guidance recommends at least 30 mins winding down after studying, watching TV or playing a game before bedtime.
6. Make sure that they have a comfortable place to study, preferably somewhere they can leave their revision materials out, so that it's always accessible.
7. Express your pride in them as they are working. It shows growing independence, and they are developing organisational skills on top of the knowledge they are learning.
8. Keep on doing normal things like family events and encourage outdoor time.
9. Stay positive. If a child is anxious, listen to them and offer solutions. Focus on what is going well and build on that.
10. If your child is struggling, focus them on going back to the knowledge they need. The revision techniques outlined in this booklet will make a difference.
11. Find some treats! Reward the good things you see. This does not have to be extravagant or expensive. They can include simple things like making their favourite meal or watching TV.

More advice is available her: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>