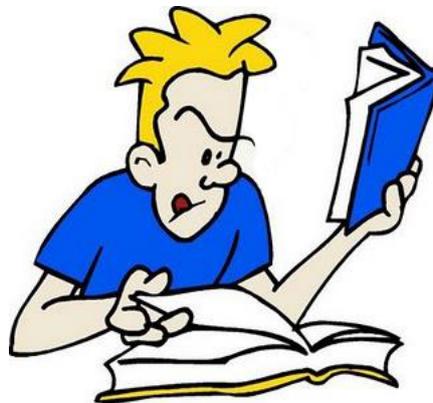


HARLINGTON SIXTH FORM

Revision Tips



**A Survival Guide to Exams
2016**

Have you ever done the following?



- Sit at your desk but then spend 15 minutes getting up and down collecting books, papers, pencils etc.
- Realise your pen is downstairs, stop for a snack whilst getting it, then discover a really interesting programme on TV.
- 20 minutes later get back to your bedroom, but decide you work better with music on; take 10 minutes choosing a CD.
- Start to think about the weekend; start texting friend to arrange something; oh something interesting is on social media.....
- O dear! It's 10pm. Spend 30 minutes trying to do something useful.
- Get to school the next day and tell your friends you spent the **whole evening** revising.

Or are you the 'can't be bothered/I'll do it later type?' Be honest with yourself – have you started yet and how effective is your revision?

Don't waste time

START REVISING EFFECTIVELY NOW!

WHAT TYPE OF LEARNER ARE YOU?

There are three main types of learning styles: **auditory**, **visual** and **kinesthetic**. Most people learn best through a combination of the three types of learning styles, but everybody is different.

Visual Learners: See

Would you learn best by looking at graphics, pictures, watching a demonstration or reading?

Then use charts, diagrams and graphs when you revise. Have colourful posters and post it notes around your room or house.

Auditory Learners: Hear

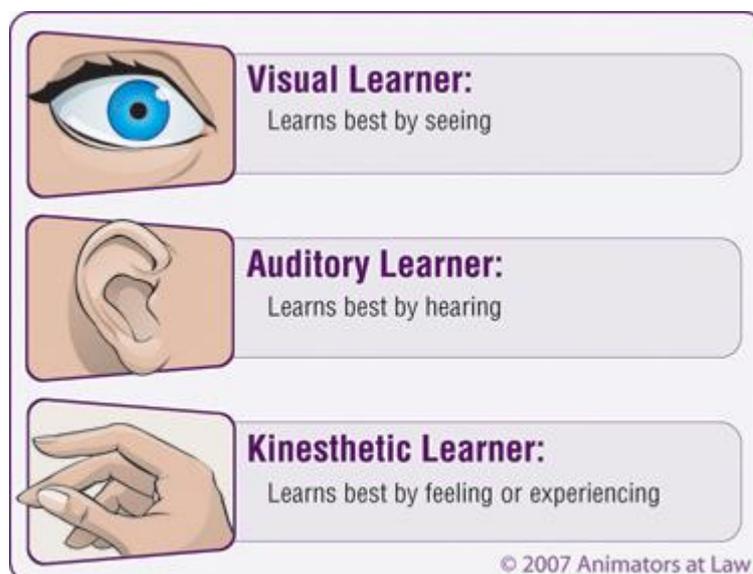
Would you rather listen to things being explained than read about them?

Then reciting information out loud and listening to the information on a dictaphone may help. Appropriate background music may assist but other noises may become a distraction so revise in a quiet place.

Kinesthetic Learners: Touch

Do you process information best through actually doing an activity?

Then sitting still while studying may be difficult so get up and move around; writing things down also makes it easier to understand.



REVISING

It has been proved that you cannot sit and revise for long periods without a break. After 60 minutes, you are less effective at revising. This means that you should break down your revision time into manageable blocks.



WHEN TO REVISE

Start Now!!

- You need a revision timetable:
 - It takes away conflict or indecision about the use of your time.
 - You are in charge of your revision so have an overview.
 - Your mind is a creature of habit. If you set up the correct habit patterns in your mind by sticking to a timetable for a number of weeks you will start to feel comfortable with this pattern and you will find it difficult to break.
 - You will be organised and therefore efficient with your time.
- Be realistic – you still need breaks, relaxation and social time.
- Make time to revise – work it out. Take out school time, travelling, eating, sleeping etc. When do you have flexible time?
- Plan it and stick to it.
- Are you a morning person or an evening person? Revise when you work best. Do the most difficult bits when you are most awake and alert. BUT REMEMBER – if you have a morning exam you must get your body clock in tune for that!
- Never work too late in the evening and make sure you take a break before going to bed.
- It's no good thinking you can do all your revision during the Easter holiday – but you should do more revision during the holidays.
- Don't leave all your revision until the last minute!



HOW TO REVISE



- Use methods that suit you.
- Use your exam syllabus to check against.
- Be active – just reading your notes is not good enough and is not a good way to revise. You need to be ‘active’ as you learn, understand and remember.
- Reduce your notes by summarising them onto cards/posters. Use keywords and phrases.
- Make lists and outlines. Use flow diagrams or post it notes.
- Test yourself – its easier if you get someone to help with this.
- Make a tape – you can listen to it while you do something else.
- Get a ‘study-buddy’: a friend to work and share revision with.
- Stick posters of relevant points on your bedroom wall.
- EXAM TECHNIQUE - Do past papers, questions and essays and time yourself! Read examiners reports from the previous year.
- Use memory aids, e.g. mnemonics like Richard Of York Gave Battle In Vain (ROYGBIV) for colours of the rainbow.
- Use any ‘revision’ sessions that might be available at school.
- Work in bursts e.g. 50 minutes. Then take a 10 minute break – move around, have a snack, take the dog for a walk! This gets rid of brain and body tension and keeps your memory working.
- When you finish a revision session, make a note about what you need to do next, so that you get off to a good start next time.
- Balance your revision and other school work with leisure – hard work happens before leisure.



REVIEWING

When you have revised something you should be aware that in order for it to stay in your long-term memory you have to keep revising it again and again. The good news is that it takes you less time to revise it the more times you revisit it!



For example:

After 10 minutes	:	Revise it again and it should only take 10 minutes
After 1 day	:	Revise it again and it should only take 5 minutes
After 1 week	:	Revise it again and it should only take 2-5 minutes
After 1 month	:	Revise it again and it should only take 2-5 minutes

This means that it becomes embedded in your long-term memory.

RULES OF MEMORY

- Be relaxed – it will help you to learn and you are more able to focus on your work.
- Believe in yourself – if you **believe** you can do it then you will.
- Be interested – when you are enthusiastic about something your memory will switch on to help you.
- Use triggers – anything can be remembered easily if it can be associated with something you **already know**.



SUMMARISING TIPS

1 PAPER

Do not skimp on using paper.

Leave margins at the top and bottom and both sides so that you can add any extra notes whilst you are revising. It also makes the page look less formidable!



You might want to put each topic onto cards, which can be used to test yourself.

2 HEADINGS

Make your own headings as it breaks the work down into 'learnable' chunks. These could be used as triggers.

3 FLUORESCENT MARKERS



Use a lot! Colour can help you remember. It makes clear what is important and again can be used as a trigger.

4 ABBREVIATIONS

Use as often as possible – it will make your work easier to understand as you are using less words/letters.

5 UNDERLINE AND BLOCK CAPITALS

Again these can separate out different sections and give a trigger.

6 GRAPHIC REPRESENTATIONS

Maps
Charts
Drawings
Diagrams



all these give the brain a change and help you to remember.



7 START WRITING

As you read your work, jot down the bits of information you find. This can be neaten-up later.

8 DO NOT WORRY ABOUT NEAT WORK

To start with they are your notes.

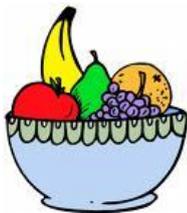
Once you are happy that you have got all the information down in a way that suits your revision, then you can write it up neatly as this will act as another aid for good revision.

HELP YOURSELF

- Accept that there are different learning environments. To revise whilst listening to music may suit some students but not all – but avoid other distractions – turn your phone off!



- Monitor the effective use of time. Too much time spent revising can be as bad as too little.



- A healthy lifestyle aids success. Eat well, sleep well and exercise well.

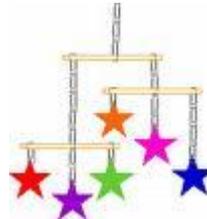
- Involve others – parents, friends, teachers and librarians. Attend any lunchtime and after school help sessions available.



AIDS TO REVISION

1. REVISION TIMETABLE

2. MOBILES/POSTERS in your bedroom



3. POST IT NOTES wherever you go often, e.g. fridge door etc.



4. SCREEN SAVERS



4. RECORDINGS

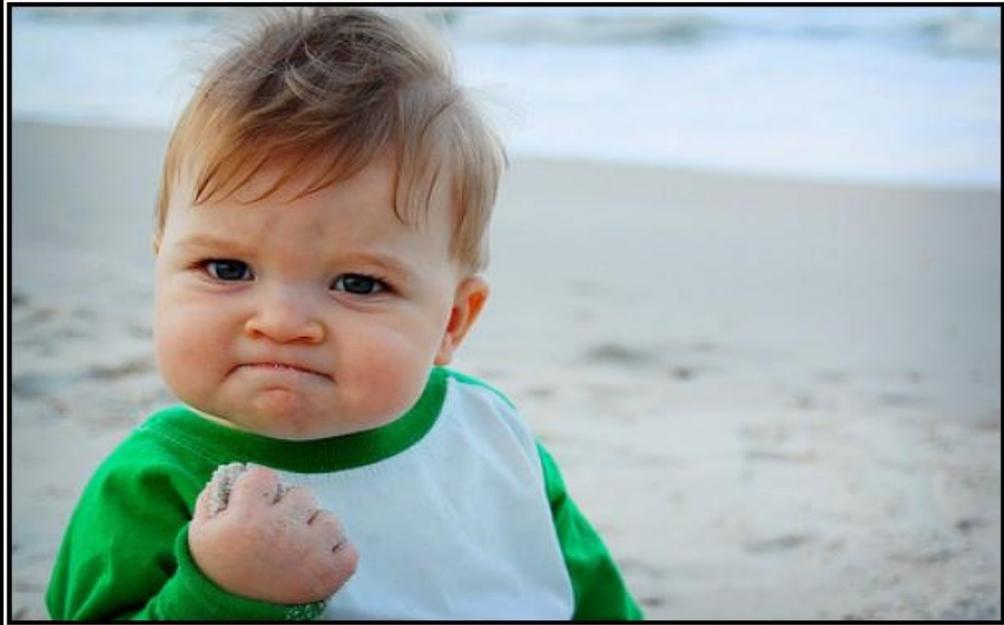
5. TIMED ESSAYS AND EXAM QUESTIONS



6. PARENTS/FRIENDS – QUESTION & ANSWER SESSIONS

CHECKLIST

- ✓ Examine your daily activities and write these down – work around your other commitments.
- ✓ Think for a minute what you want to achieve (your GOALS or TARGETS).
- ✓ Plan ahead - Draft out a **long-term** timetable.
- ✓ Assess the amount of study time needed on a weekly basis.
- ✓ Decide on the time slots for each week.
- ✓ Include homework slots.
- ✓ Include revision slots.
- ✓ At the beginning of each week, confirm timeslots and subject.
- ✓ Tick off each time slot when it has been completed = sense of accomplishment. Try to make up any missed slots.
- ✓ Set aside the 'best' time slots for the most difficult subjects.
- ✓ Remember that not all subjects need the same amount of time allocated to them.
- ✓ Do not forget to include some leisure time on your timetable – this can be as a reward for a productive revision session.
- ✓ All your notes, textbooks, syllabus.
- ✓ Revision resources - lots of paper and colourful pens.
- ✓ Correct environment to revise.
- ✓ Positive mind-set (with hard work = achievement).
- ✓LASTLY.....KNOW WHEN YOUR EXAMS ARE AND AT WHAT TIME!!



SUCCESS

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This is the face we want to see on results day!

**HARD WORK NOW WILL MEAN SUCCESS LATER
GOOD LUCK!!**

NEVER EVER
EVER
GIVE UP!



You don't want to look back and know you could have done better.....