

# How to Revise...

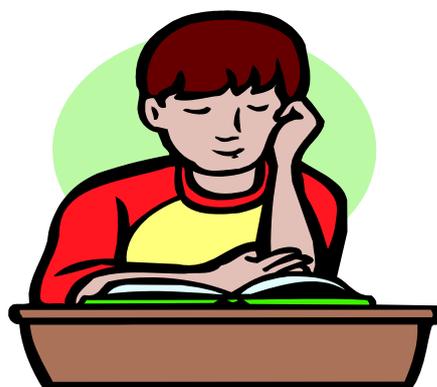
## WELCOME

Welcome to revision guide for QEGS students.



Unfortunately, there is no easy way to pass tests, but we can give you lots of tips on how to use your study time more effectively. This guide has been written to remind students about how to revise and how to learn. Many of the learning and revision strategies in this booklet are applicable to a vocabulary test in Year Seven and to the final examination of a degree level course.

Although this booklet contains superb advice, great tips and fantastic study skills, the guide isn't as important as the person reading it – YOU! It is you who have to put them into practice and apply them to your work. If you do, we're sure that you will improve your performance and your study skills. But to get better at something, you have to practise!



**So, over to you – happy studying and good luck!**

You will find a list of the topics that you need to study for your school exams for each subject attached to this booklet. Be careful to take a note of those subjects that do not have an exam!



# How to Revise...

**HOT TIP: be active and change the way you think**



**WHY?**



1. Revision helps learning
2. Revision increases your achievement in tests
3. Achievement in tests give you wider choices later on
4. Achievement will make everyone proud of you!
5. You will feel great!



It is important to be positive about yourself because people who think they can do well find it easier to learn. Think about five things which you felt good about doing – scoring a goal, asking someone out ... think about how you felt when you did those things....and get yourself into a positive frame of mind.

**HOT TIP: get yourself a vision of success**

# How to Revise...



## WHEN?



Your school exams will be in the week beginning 7<sup>th</sup> June and will last for five days. During this week you will have a mix of exams, revision time and sports. Timetables will be released after Easter.

Make yourself a **revision timetable**.



- ★ Fill in leisure, relaxation and family commitments
- ★ Put in some sessions that you can devote to revision
- ★ Share out the available revision sessions between your subjects, not all subjects need the same amount of time.
- ★ Allow extra sessions if you know some subjects will take longer than others, or you will know you find harder so will need more time.
- ★ Vary the subjects – don't do all your Maths revision on day one!
- ★ Here's an example for *one* weekend:

	Morning	Morning	Afternoon	Evening
Saturday	Football	Maths; geography	Science; RE	Video
Sunday	English; tech	Lunch at gran's	Still at gran's	French; history

The ideal length to revise one topic is **25 to 45 minutes**.



You remember more at the beginnings and the ends of sessions, so create more beginnings and ends by stopping for a brief break or doing a brain gym exercise.

**HOT TIP: stop and start – create brief breaks**

# How to Revise...

## ❓ WHERE? ❓

The ideal study room is light, airy, quiet, with a desk. Some people are lucky enough to have this and enjoy working in it. Don't worry if you haven't got this. You can still try to get some of the elements. Identify where is the best place for you to revise away from distractions.

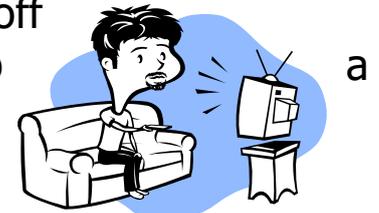


Vary your revision place. It's a good idea to put up posters, lists and post-it notes in other places in the house.



Some students find they revise well with friends and it is a good idea to do this sometimes as a bit of variety and fun.

Ban technology! Television and your phone are too distracting, so make sure they are turned off when you are working. Remember to keep space in your revision timetable for your favourite programmes or to catch up with friends. Only use technology for focused revising tasks and don't be distracted by other functions or messages.



Some students find that some background music helps the revision process. Classical music such as Mozart can help to stimulate your brain waves. Avoid music with lyrics as you are likely to concentrate on these rather than your work!

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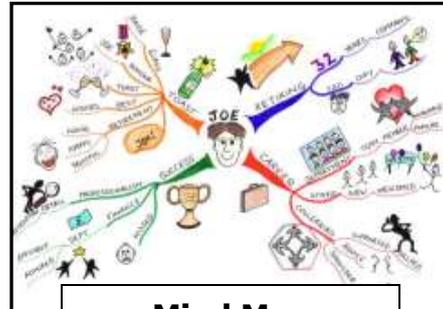


## HOW?



There are three easy steps to doing revision well:

- ★ Change
- ★ Challenge
- ★ Treats

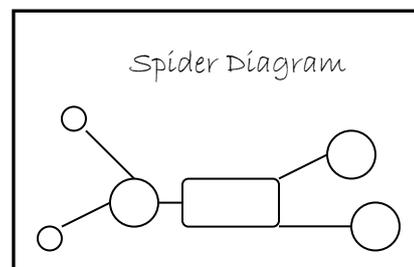
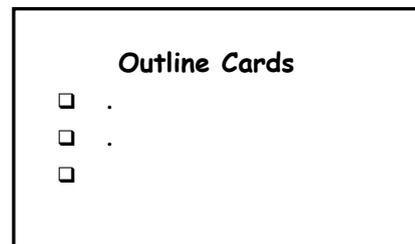


Mind Map

The first step is to try **change**. By changing what is in our exercise books or textbooks into a different form, we kick start our brains into action – we start thinking about new ways of presenting and digesting the information and start learning.

Ways to change things:

- Make diagrams
- Labelled drawings
- Time-lines (for history)
- Mind maps
- Charts and flowcharts (for processes)
- Audio tapes (great for languages)
- Outline cards
- Mnemonics
- Use colours and highlighters



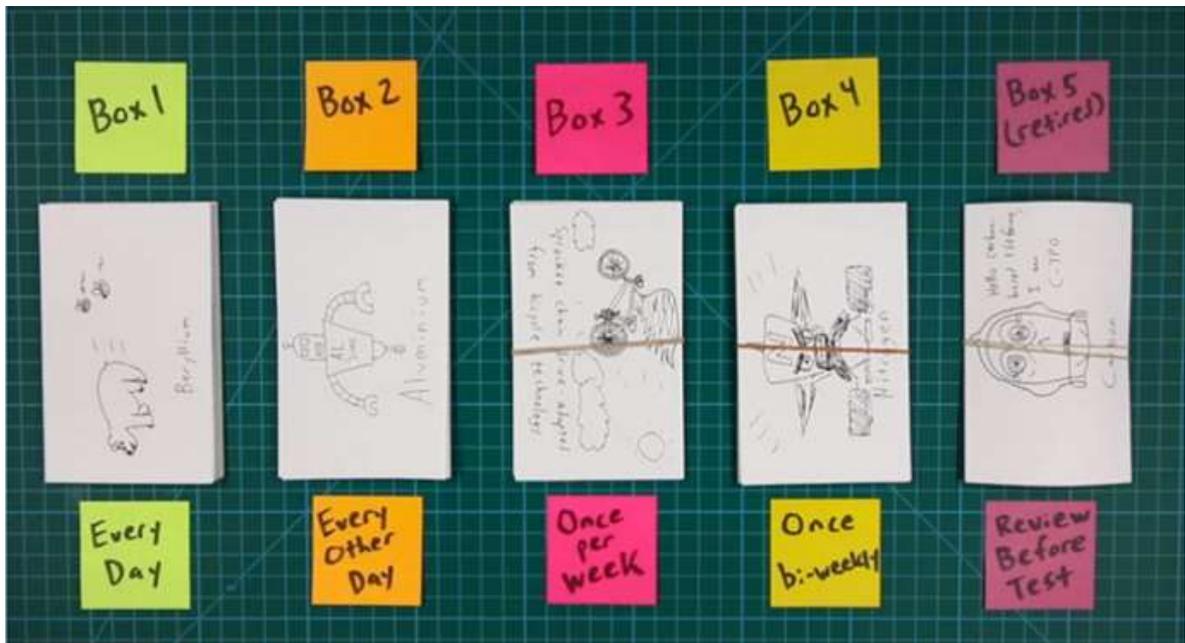
**HOT TIP: Flick through outline cards before the test**

# How to Revise...

Revision cards can be a good way to help space out learning and memory recall. Some tips to using revision cards are:

- Make your own
- Use pictures and colour
- 1 card = 1 questions
- Break down complicated ideas into simple ones.
- Say your answers out loud
- Use family member to help test you.
- Don't use them only, you need other methods too.
- Learn the information first then use the flash cards to review.

Consider using spaced repetition. Once you are confident they can move down a box so that you look at them less regularly. Some topics you will look at every day, other every week and so on.



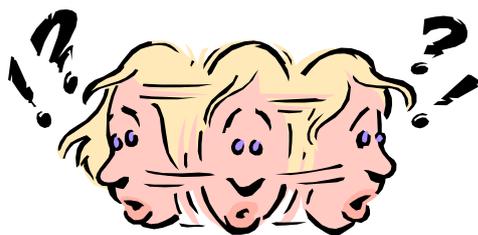
# How to Revise...



We work best when we are faced with a **challenge**.

Challenge yourself to really sort out a topic that you have found difficult.

- Will taking a new approach and turning it into a chart, diagram or Mind Map help?
- Get someone to test you after you have learned something new.
- We learn extremely well when we have to teach someone else – why not try teaching one of your parents, a brother or sister, your grandparents or even your friends?
- Get them to ask you questions about what you have just taught them – can you answer their questions?



**HOT TIP: Believe in yourself – you CAN do it!**

# How to Revise...

Don't forget to allow yourself some **treats**. Break up your revision sessions and plan some treats to look forward to: fruit, chocolate, a drink, ten minutes in the garden, glancing at a magazine, going for a walk...whatever will motivate you.



Remember, breaking up your revision gives you more stops and starts and more stops and starts increase your learning.



Relaxation is important to help you stop feeling the pressure of tests and getting stressed. Find a simple technique that works for you and practice using it when you are stressed or can't sleep. Have you tried:

- Stroking a pet
- Deep breathing
- Meditating
- Going for a walk
- Yoga
- Losing yourself in some music?



**HOT TIP: Feed your brain! Fresh fruit, water, fish and vegetables give you brain power!**