

# We want to help you to:

- help students to prepare to revise
- understand how and what students need to revise
- help to reduce exam stress



# HOW TO SUCK EGGS

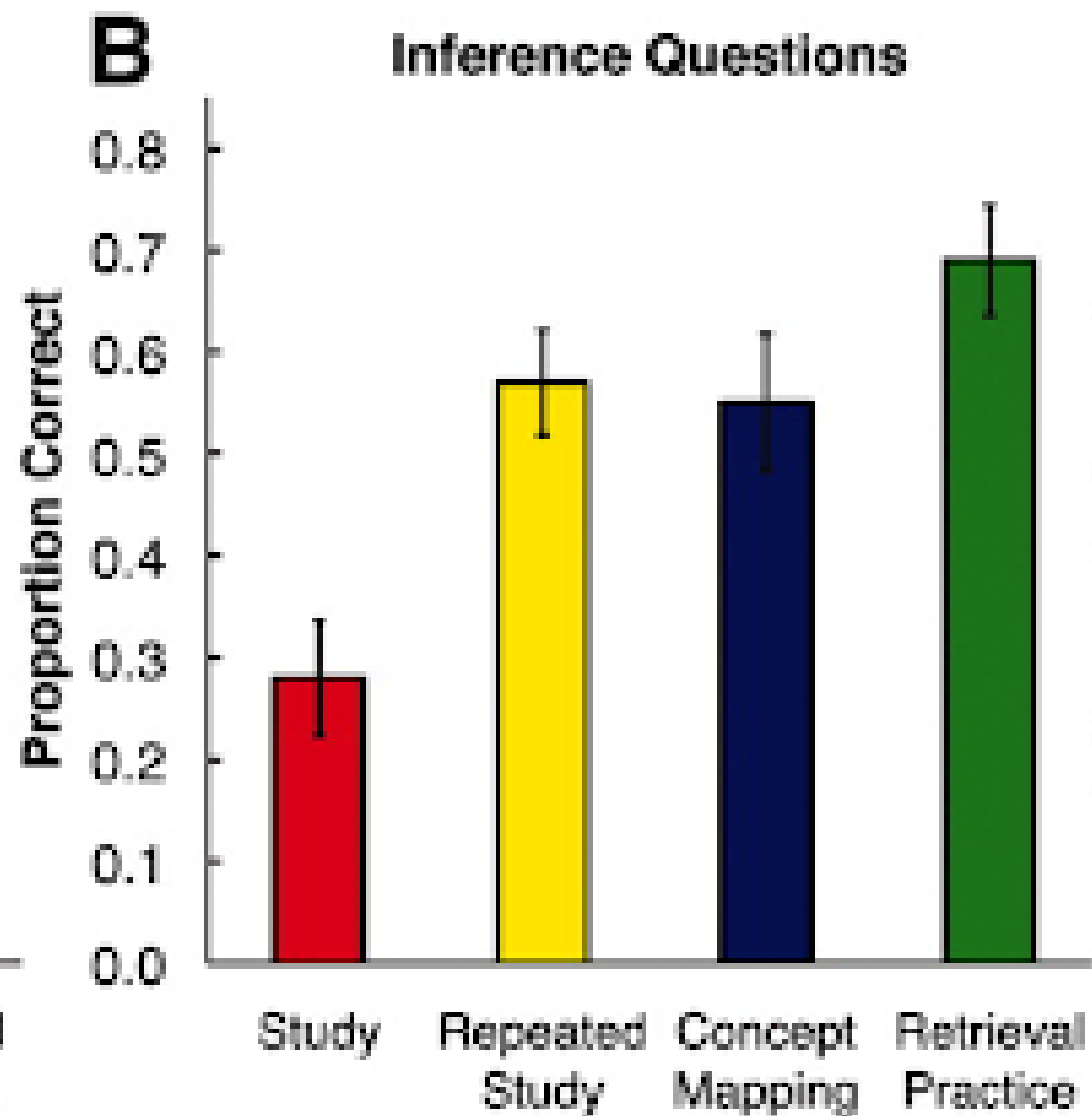
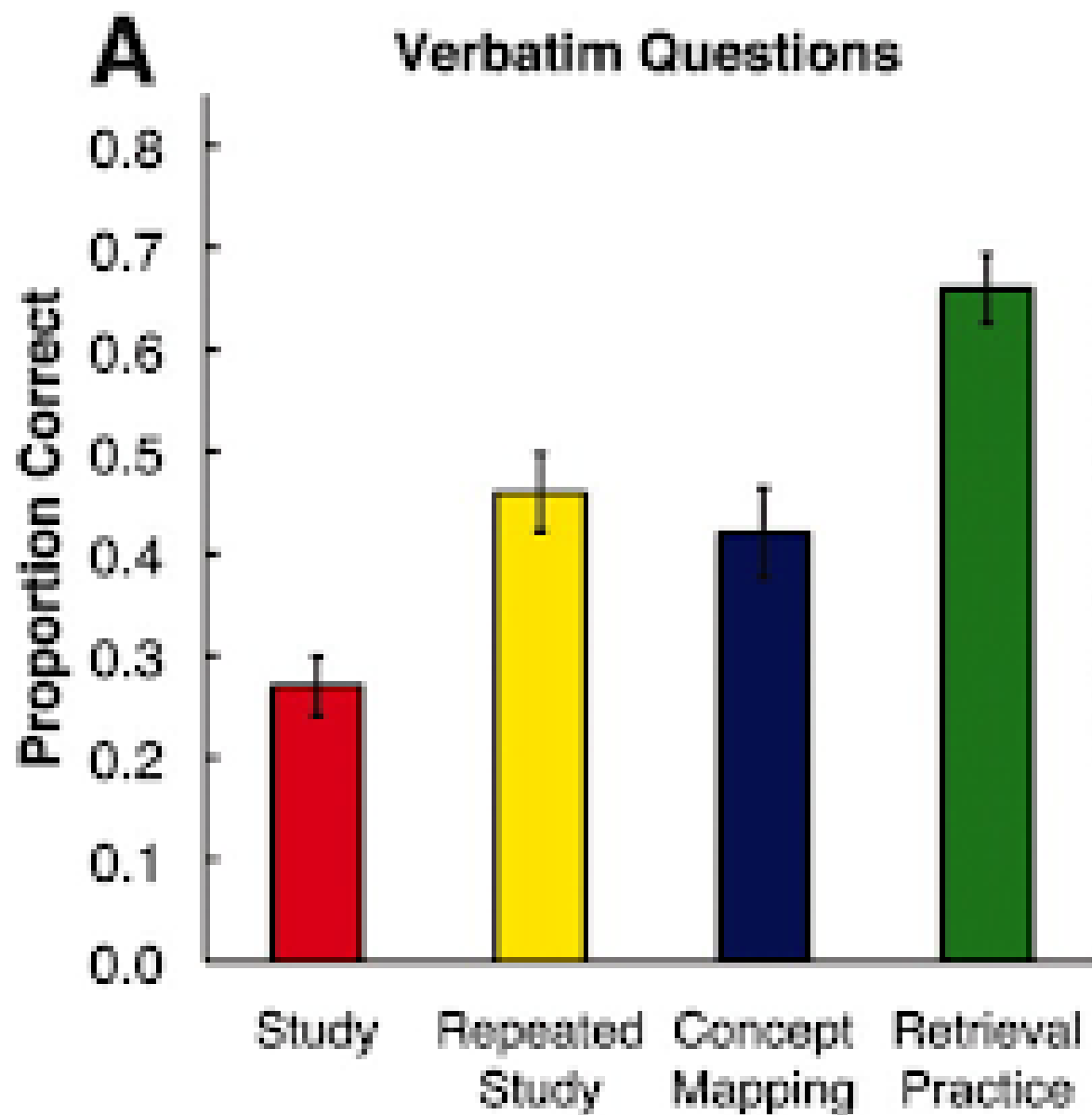


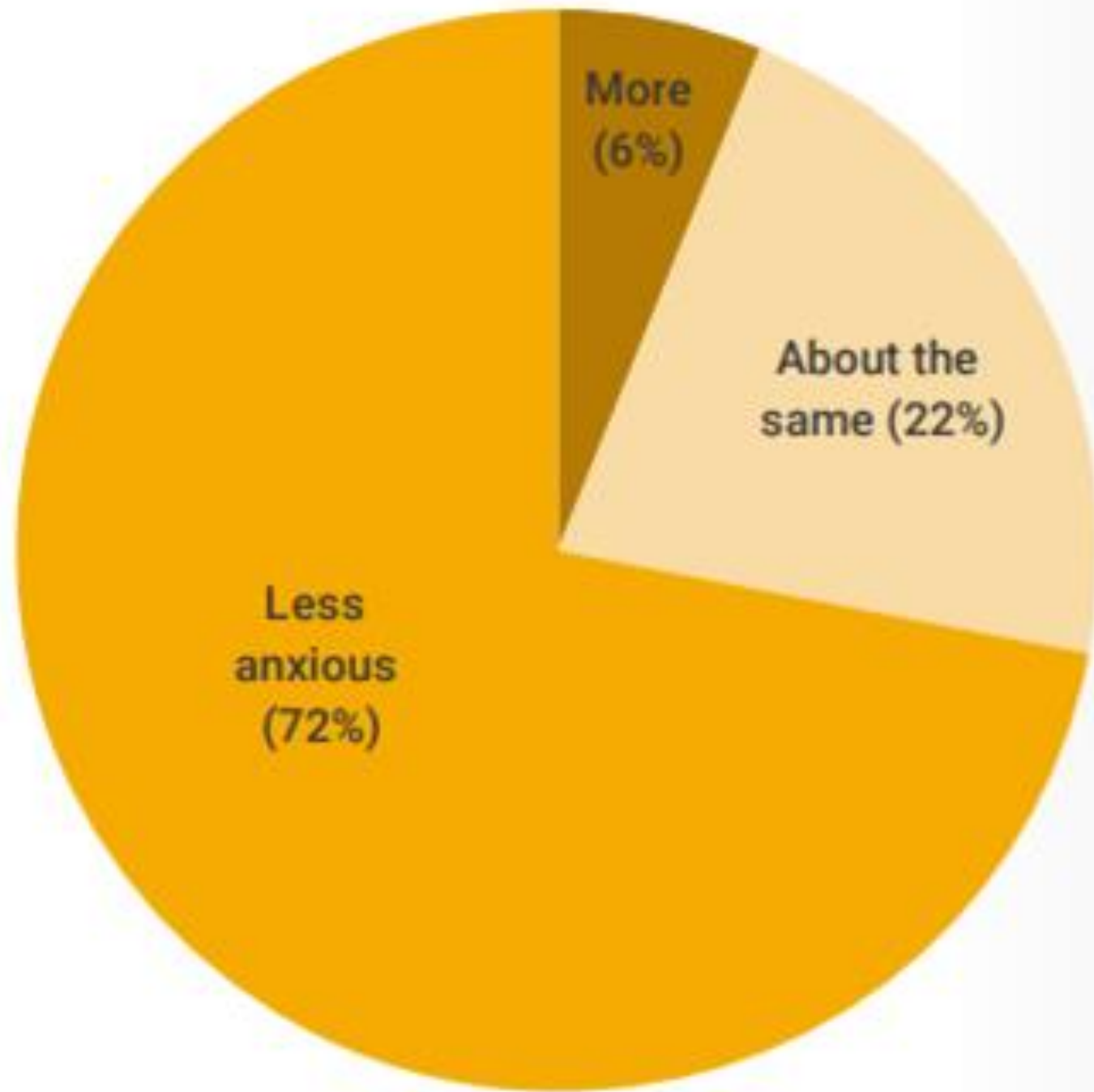
POSSESSED2FISH EYE

Often we focus on getting information into our heads...

- You also need to focus on getting the information **out** of your head

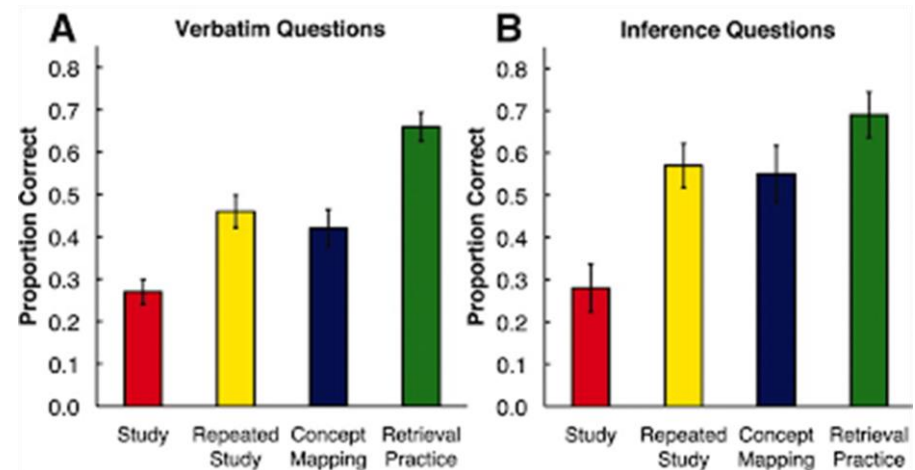






# Retrieval practice – proven the best!

- Put all notes and books away.
- Write everything you can remember about a topic/unit of work
- Go back to notes/revision guide to find out what you missed out.
- Repeat until you memorise it all
- Revisit a few weeks/months later
- This is a **proven** best way to revise!





# RETRIEVAL PRACTICE

- Flashcards
- QUIZLET
- Testing 'buddy'
- Past paper questions and mark schemes
- Sam Learning



Quizlet

**SAM**  
Learning

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# Maximise your potential with the SAM Learning Revision Trainer

Revision hints and planner for all GCSE students

- Treat revision like training
- Plan your revision early
- Set aside the time for work and stay focussed
- Polish your skills using the exam practice questions
- Work on your weaknesses

\* Independent research shows that 10 task hours' use of SAM Learning Secondary will improve your GCSE results

**HOURS**  
[www.samlearning.com](http://www.samlearning.com)



**TRY  
10 HOURS  
to improve  
your results**





# Revision ⌚ POWER HOUR



STEP  
01

Choose a past  
paper question

Google your subject,  
level and exam board  
e.g. "Geography A-Level  
Past Papers AQA"

STEP  
02



Revise

Spend 20 minutes  
revising what you need  
to know to answer your  
chosen question

STEP  
03



Do the question

Set a timer for 20  
minutes and answer the  
past paper question you  
chose

STEP  
04



Get feedback

Show your teacher your  
work. Ask them whether  
your marking is accurate  
and how you could  
improve your answers



Mark your answer

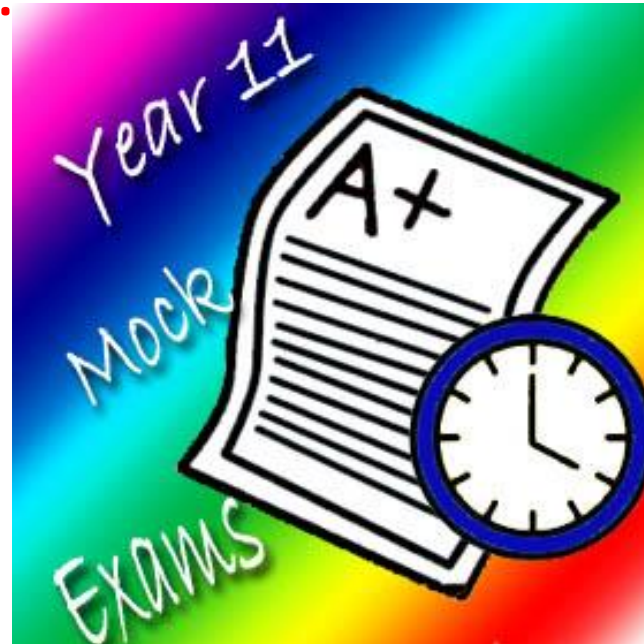
Using the mark scheme  
for the past paper mark  
your answer. This will  
help you to think like an  
examiner



STEP  
05

# Mocks.....

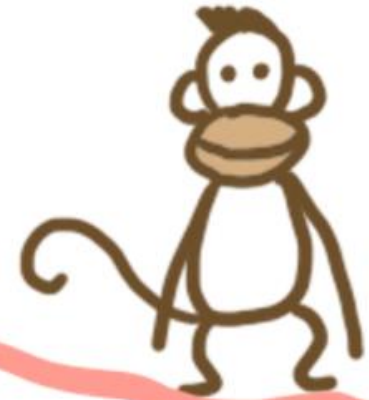
- Their mocks start in 8 weeks time
- They are a practice GCSE
- We want us all to REALLY pretend they are the real thing.
- Let's all go for it!



# Why should I bother?- said the monkey

- Important for A-level options
- College references
- Apprenticeships
- For students' confidence!
- Head of Department will use the mock results to decide Higher or Foundation Tiers in the exams

Instant  
Gratification  
Monkey





# How to do it....

# Revision Timetable

## History

## Geography

## Physics

Spanish

Chemistry

Biology

English

+

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Maths

# Making a key:



Maths



English



Biology



Chemistry



Physics



Art



History



Business studies

# How to do it....

## Revision Timetable

October

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
			Training 		Match 	
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
			Training 		Match 	
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
			Training 		Match 	
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
			Training		Match	

- Maths
- English
- Biology
- Chemistry
- Physics
- Art
- History
- Business studies

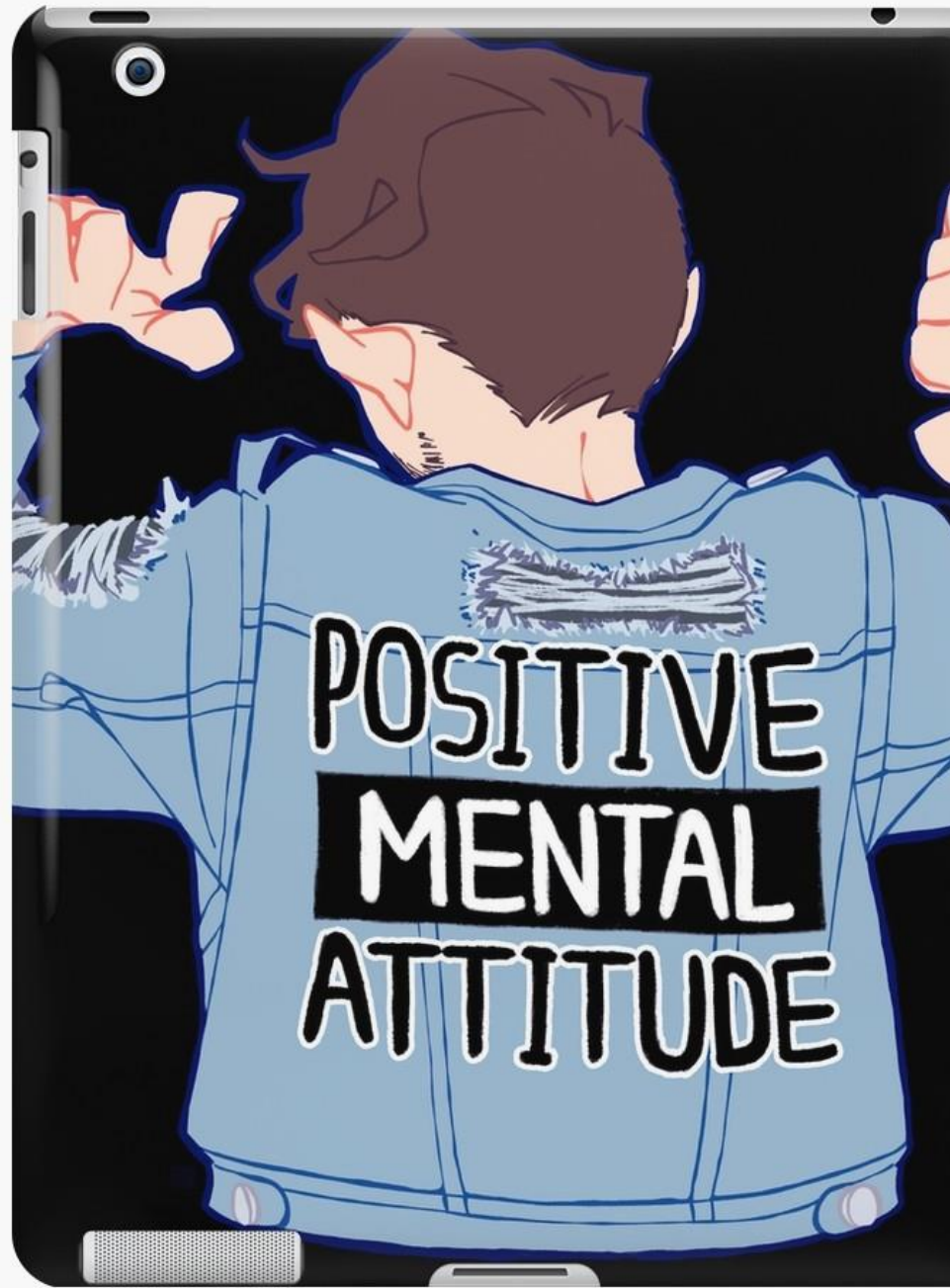
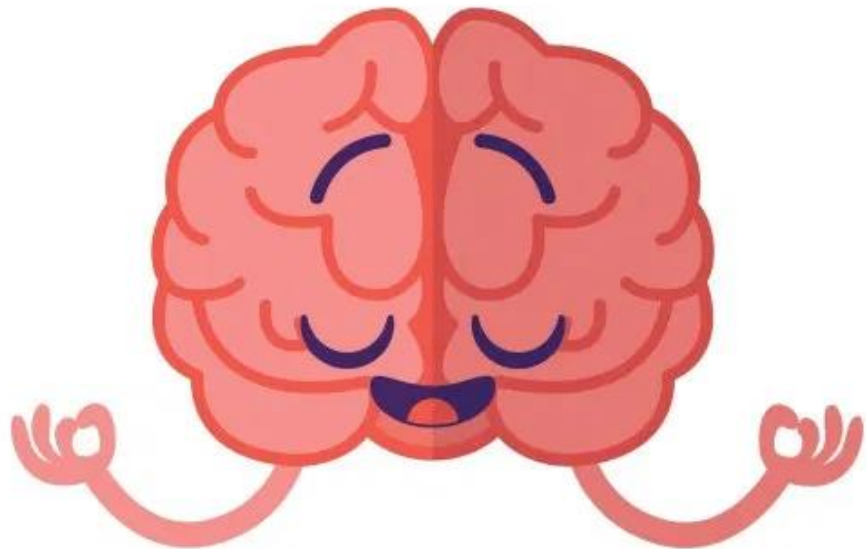
November

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
			Training 		Match 	
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
			Training 		Match 	
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
			Training 		Match 	
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 1
English	Maths 2	Science 2	MFL	Geog 1		

Maths



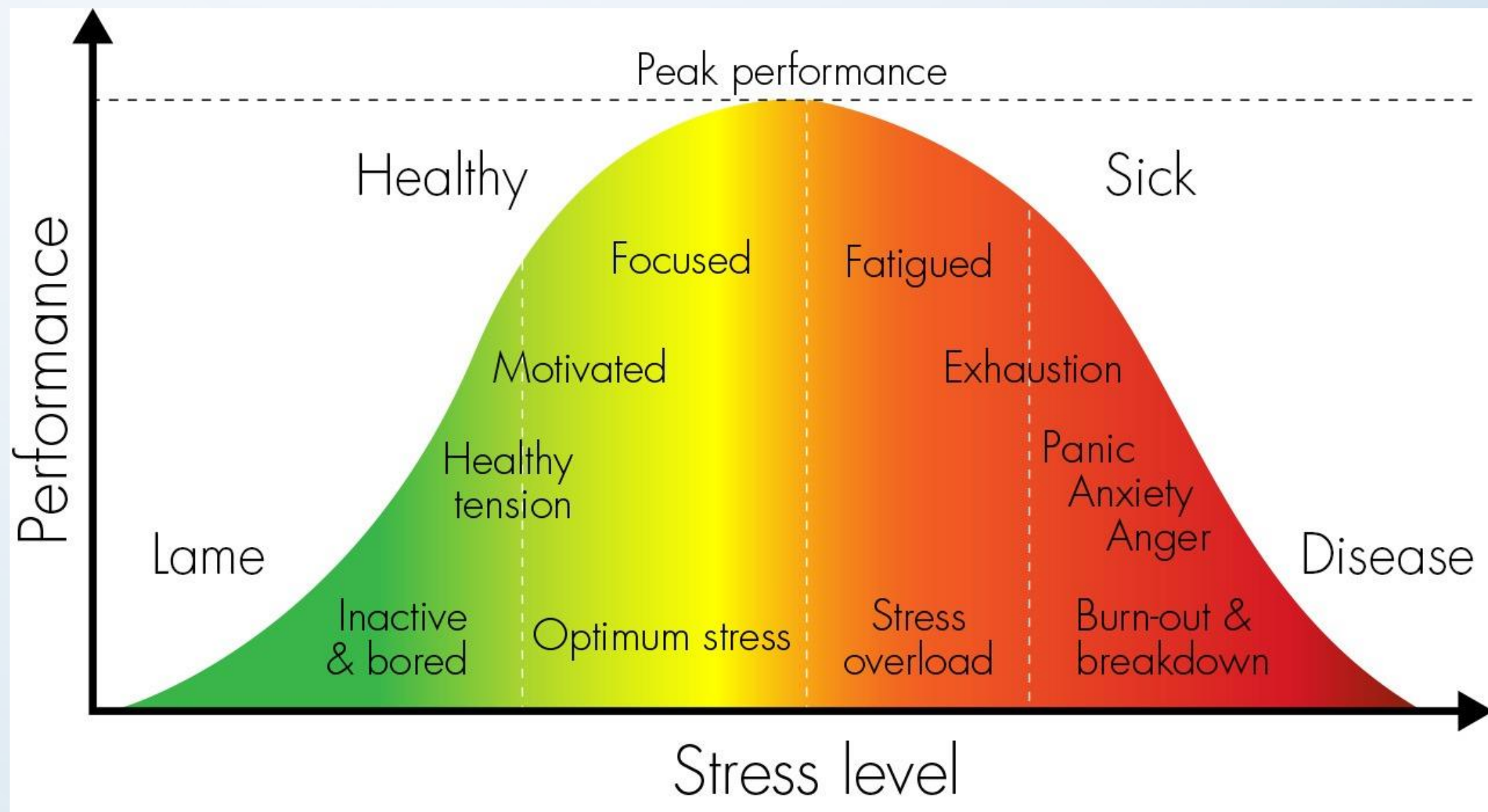
- Good luck
- Believe you will be brilliant and you will be!



# Coping with the pressures of exams

- How can we help each other through the exam period?





# Has their behaviour changed?

Worried?

Not  
sleeping?

Headaches  
or stomach  
pains?



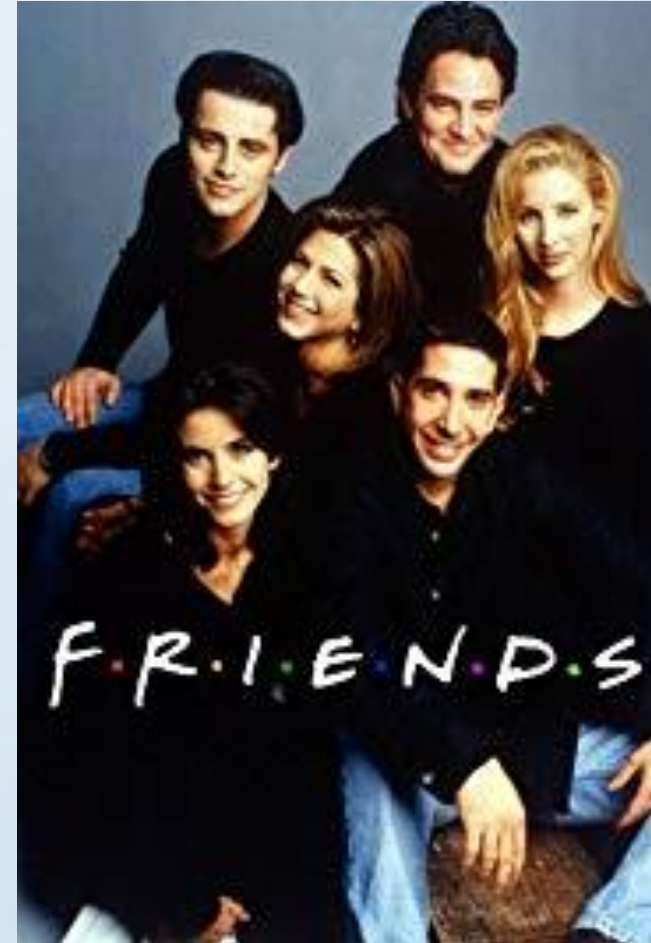
Irritable?

Change in  
eating  
habits?

What will I  
do?



# Who can help?



# Top tips to help at home

Provide the right fuel





# Sleep well

**Try to get 8-10 hours of sleep**



**Stick to regular bed times**



# Be flexible



# Try to be quiet



# Give them space





# Talk(and listen)



# TREATS!





# Encourage exercise



# Please talk to school



Keep  
nagging me  
to revise

You must  
revise for  
2 hours

Keep  
interrupting  
me

It was  
harder in  
my day

Tidy your  
stuff away



Attendance

Mock Results Day

Passport to the PROM!

