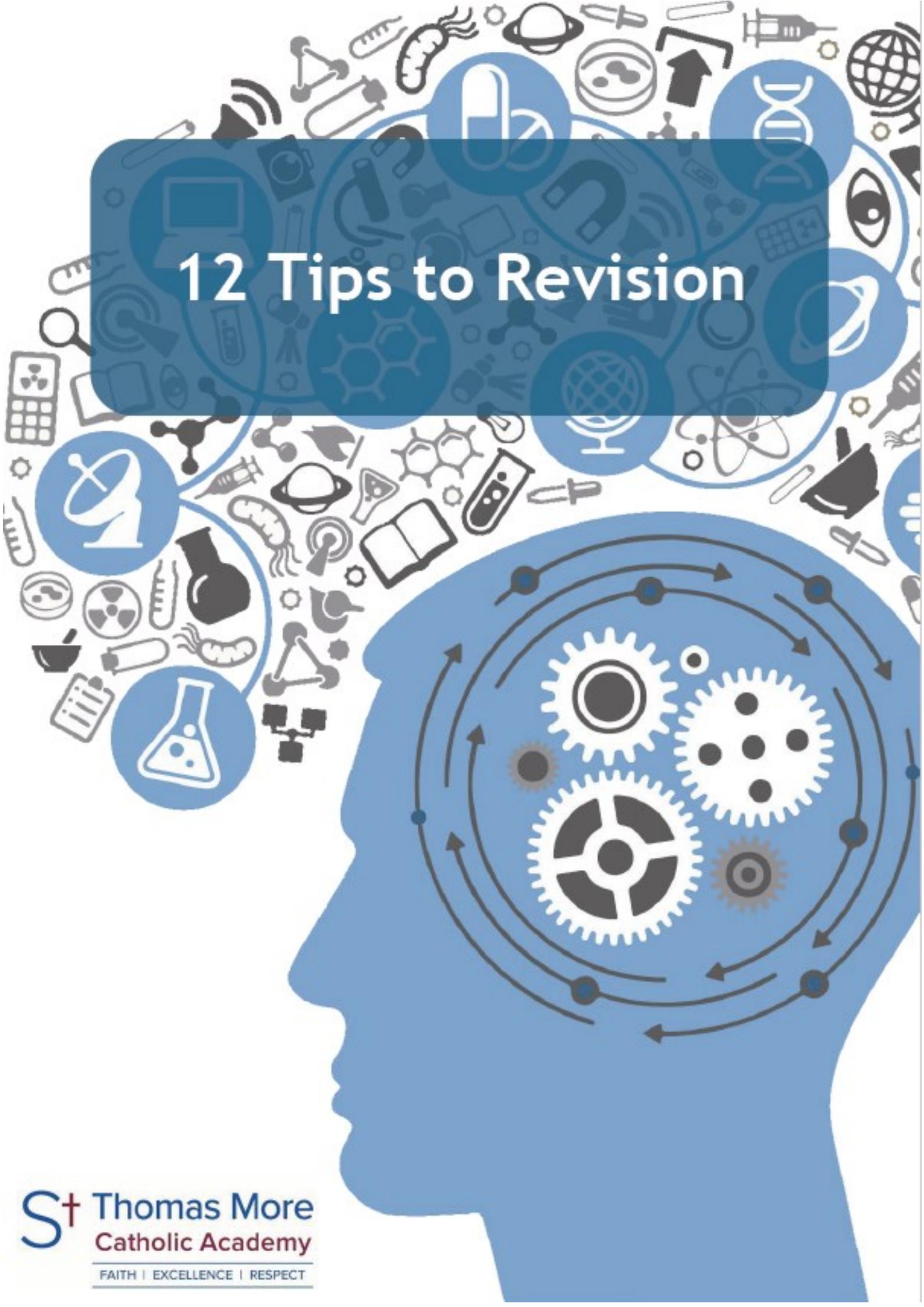


# 12 Tips to Revision



St Thomas More  
Catholic Academy

FAITH | EXCELLENCE | RESPECT

# 12 Tips to Revision

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# My Revision Schedule

| Subjects | Monday | Tuesday | Wednesday | Thursday | Friday | Weekend |  |  |  |  |  |
|----------|--------|---------|-----------|----------|--------|---------|--|--|--|--|--|
|          |        |         |           |          |        |         |  |  |  |  |  |
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# Active Learning

## Summarising

**Read Carefully** Before you can summarize a text, you need to understand it. Read the entire text carefully, making sure you comprehend the main ideas and supporting details.

Determine the primary message or argument of the text. This is usually found in the introduction or thesis statement. Understand what the author is trying to convey.

**Identify the Main Idea**

**Highlight Key Points** As you read, underline or highlight key points, supporting evidence, and any statistics or examples that are significant.

Organize the information you've highlighted into a logical outline. This will help you see the structure of the text and identify the main sections and subpoints.

**Create an Outline**

**Write Concisely** When writing the summary, aim for brief. Summarize each section of the text in your own words, using concise language. Avoid unnecessary details.

Use signal phrases to introduce the author's ideas. For example, you can say, "According to the author," or "In the text, it is mentioned that."

**Use Signal Phrases**

**Review and Revise** After writing your summary, review it to ensure it captures the main ideas accurately. Revise as needed to improve clarity and conciseness.

# Active Learning Flashcards

Step 1 Create your flashcards (choose one subject)

Step 2 Figure out how you would like to use them to revise.  
See below for our suggestion!

Find three envelopes and label them as below.

You would go through your flashcards, if you get it correct you would put it in the #2 envelope (Tuesday & Thursday). If you got it incorrect, you would put it in the everyday envelope.

1

Everyday

2

Tuesday & Thursday

3

Friday

To find out more on how to use the above suggestion please use the link below to watch the video on the Leitner System

[Leitner System - How to use Flashcards](#)

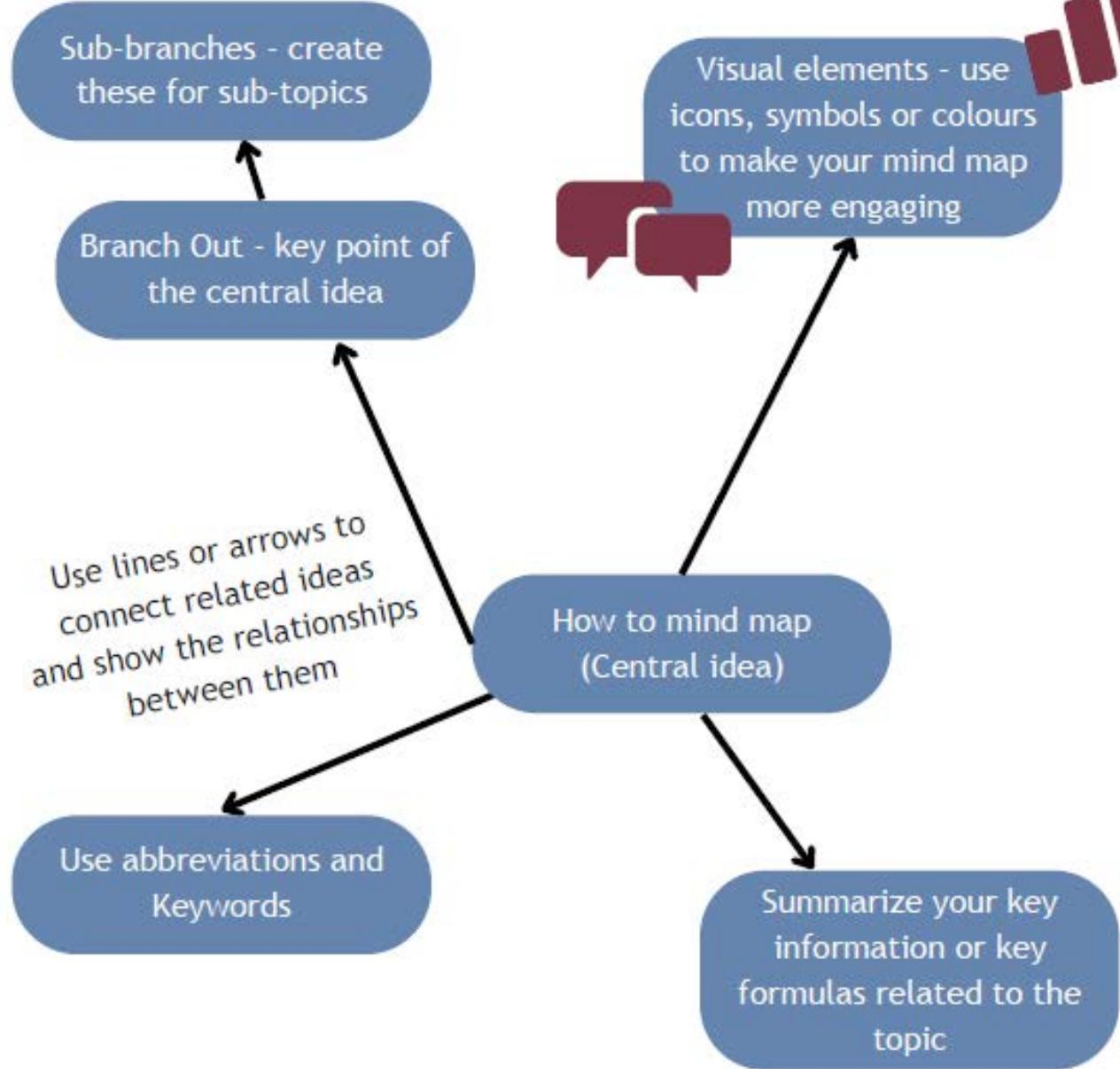
# Past Papers

Using past papers for GCSE revision is an excellent strategy to prepare for your exams. Past papers, also known as practice papers or specimen papers, are real or simulated exam papers from previous years. Here's how you can effectively use them for revision:

- 1. Familiarize Yourself with the Format:** Start by looking at a few past papers to understand the structure and format of the exam. This will help you know what to expect on the day of the real exam.
- 2. Content Review:** Go through your study materials and textbooks to review the content that is relevant to the subject and topics being tested. Make sure you have a good understanding of the subject matter.
- 3. Practice Papers:** Once you feel comfortable with the content, begin practicing with the past papers. Try to complete the questions within the specified time limits, just as you would in the real exam.
- 4. Marking and Feedback:** After you complete a practice paper, mark your answers using the provided mark scheme. Be critical of your work and try to understand where you went wrong. If possible, seek feedback from your teachers or tutors.
- 5. Time Management:** Pay attention to time management during your practice exams. GCSE exams are time-limited, so practicing with past papers will help you get a sense of how quickly you need to work through the questions.
- 6. Identify Weak Areas:** As you work through multiple past papers, you'll likely identify areas where you struggle or make common mistakes. Focus your revision efforts on these areas to improve your understanding and skills.
- 7. Simulate Exam Conditions:** Whenever possible, practice under exam conditions. This means timing yourself and sitting in a quiet place without distractions.
- 8. Review and Reflect:** After you've completed a set of practice papers, review your performance, and reflect on your progress. Make note of the areas where you're still struggling and continue to work on them.
- 9. Ask for Help:** If there are concepts or questions that you just can't seem to grasp, don't hesitate to seek help from your teachers, tutors, or classmates. They can provide guidance and clarification.

# Mind Mapping

(Choose a topic)



Review & Test yourself - explain each point in your mind map to yourself, ensuring you understand it.

Revisions & Refinements - revisit your mind map and make changes depending on the knowledge you know

Personalise & Be Creative - make it your own style!

# Teach Someone

1. Choose topic - select the topic or concept you want to revise.
2. Understand the concept - make sure you have a solid understanding of the topic.
3. Teach it simply - use plain language and avoid jargon as much as possible.
4. Identify knowledge gaps - as you explain the concept, pay attention to areas where you struggle to explain clearly and where you feel uncertain. You may need to study these areas more afterwards.
5. Revisit and review - go back to your materials and review the sections where you identified knowledge gaps.
6. Teach again - once you feel more confident about the topic, repeat the teaching process. Explain the concept again, this time incorporating the new information you've learned. Make sure your explanation is clear and concise.
7. Use analogies and examples - try to use analogies and examples to make the concept more relatable and easier to understand. This not only helps the person you're teaching but also reinforces your own understanding.
8. Repeat as necessary - repeat the teaching process as many times as needed until you can confidently explain the concept without hesitation.



# Study Groups



## Choose Study Group Members Wisely:

Form a group with classmates who are motivated, focused, and share similar academic goals. Diversity in knowledge and perspectives can be beneficial.



## Set Clear Goals:

Establish specific goals for each study session. This could include reviewing certain chapters, solving maths problems, or discussing challenging concepts.



## Assign Roles:

Assign specific roles to group members to ensure everyone contributes. For example, summarising key points, someone for posing questions and another for leading discussion.



## Teach Each Other:

Take turns teaching and explaining concepts to each other. Teaching material to someone else can deepen your understanding as highlighted previously.



## Discuss and Debate:

Encourage open discussions and debates about different perspectives on a topic. This can help you see the material from various angles and improve critical thinking.

# Study Groups



## Share Resources:

Share study materials, resources and notes. This can be especially helpful if different group members have found useful resources or have insights into particular topics.



## Quiz Each Other:

Create and share quizzes within the group. Testing each other on the material reinforces learning and helps identify areas that require more attention.



## Solve Problems Together:

Work on solving problems or practice questions as a group. This can be particularly beneficial for subjects that involve problem-solving, such as mathematics and science.



## Stay Focused:

While study groups provide a social element, it's crucial to stay focused on the task at hand. Limit socialising to breaks to ensure that the majority of the study session is productive.



## Provide Constructive Feedback:

Offer and receive constructive feedback within the group. This can help everyone improve their understanding and study techniques.

# Use Technology

Click the images below to be taken to the login screen for each!

**BBC**  
**Bitesize**

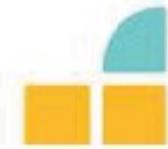


**gcsepod**  
education on demand

Sparx Maths

**unifrog**

 **SENECA**



bedrock learning



# Variety is Key

Maths

English

Science

History

RE

Geography

French

ICT

Art

Technology

German

PE



# Stay Active and Eat Well



1. Enhances Cognitive Function
2. Stress Reduction
3. Increased Energy Levels
4. Better Sleep Quality
5. Improved Mood

1. Provides Nutrients for Brain Function
2. Sustained Energy Levels
3. Enhances Concentration
4. Aids Stress Management
5. Supports Overall Health



## Balanced Lifestyle

Combining regular physical activity with a nutritious diet contributes to a balanced and healthy lifestyle. This balance is essential for sustained academic performance and overall well-being.

## Enhanced Productivity

When you take care of your physical health, you're better equipped to manage stress, maintain focus, and sustain high levels of productivity during revision.

TAKE CARE  
OF  
YOURSELF



# Take a BREAK

# DON'T FORGET!

## Tips For Effective Breaks:

- 1. Duration:** Aim for short breaks of 5-10 minutes after every 25-30 minutes of focused study. Longer breaks (15-30 minutes) can be taken after a couple of hours.
- 2. Activities:** Engage in activities that promote relaxation and refreshment, such as stretching, going for a short walk, deep breathing, or listening to music.
- 3. Avoid Screens:** If possible, try to avoid screens during your breaks to give your eyes a rest. Opt for activities that involve physical movement or relaxation.
- 4. Hydration:** Use breaks to stay hydrated by drinking water or herbal tea. Dehydration can affect cognitive function.
- 5. Mindfulness:** Consider incorporating mindfulness or meditation techniques into your breaks to promote mental clarity and relaxation.

# Stay Positive

## Exam Anxiety / Stress

Embrace mindfulness through deep breaths, break tasks into manageable steps, and remember, the journey is just as important as the destination.

You've got this!

### In the exam hall:

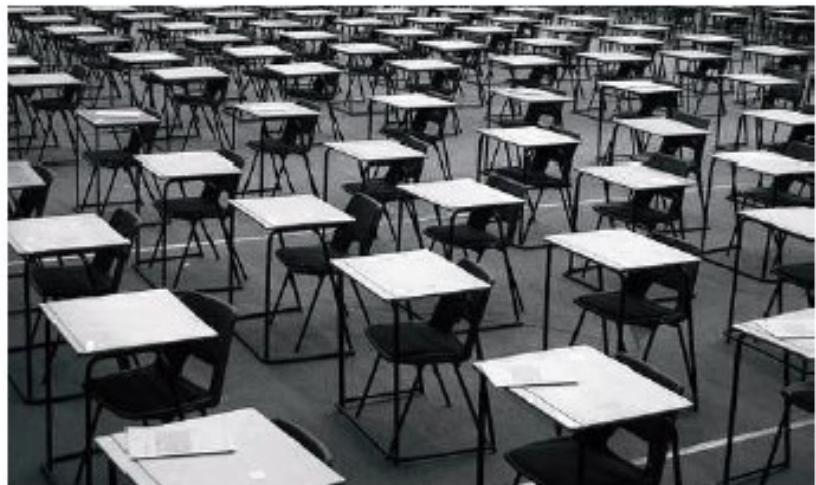
Deep Breathing - inhale deeply and exhale slowly. This helps calm the nervous system and enhances focus.

Positive Affirmations - remind yourself of your preparation and capabilities. Replace negative thoughts with positive affirmations.

Time Management - allocate a specific time for each question.

Stay Hydrated - dehydration can contribute to stress. Keep a clear water bottle with you and take sips when needed.

Don't Rush - read each question carefully and answer to the best of your ability.



Strive for  
**PROGRESS**  
- NOT -  
**Perfection**

each step forward is a victory on your journey of growth

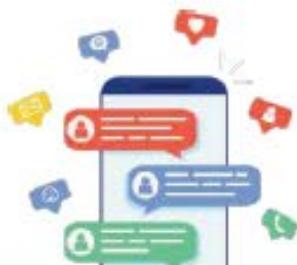
# Sleep Well



1. Establish a Consistent Sleep Schedule



3. Limit Stimulants



5. Limit Screen Time Before Bed



7. Limit the Amount of Naps you take!



2. Create a Relaxing Bedtime Routine



4. Create a Comfortable Sleep Environment

## KEEP CALM

6. Manage Stress



8. Review and Plan Ahead