



STUDENT & PARENT GUIDE FOR REVISION

WHAT IS REVISION?

Revision is another word for reviewing or re-visiting knowledge.

It allows students to:

- Reinforce and embed school learning
- Regularly recall knowledge to avoid forgetting
- Identify the knowledge that know and that they don't know
- Make links with other learning
- Practice applying their knowledge and skills ready for examinations
- Gain confidence

What you should avoid because it does not involve you thinking or retrieving information from your long-term memory:

- Cramming (trying to do everything just before a test or exam)
- Just re-reading
- Just highlighting or underlining
- Just copying out

Research suggests that when someone really has to think about something, they are more likely to remember it. We need to engage the brain more to help us move knowledge into our long-term memory. Therefore, we test ourselves and these methods of testing are called retrieval practice. Retrieval practice is the act of recalling information without having it in front of you.

Students can use many methods to test themselves, such as:

- Look, cover, write, check
- Self-quizzing
- Creating notes or mindmaps from memory
- Flashcards
- Summarising information
- Past paper questions
- Use of online materials and revision websites

Tips for knowing more and remembering more:

- Retrieval practice – testing yourself to recall information
- Spacing out your learning – spaced practice is the theory that short, sharp bursts of learning are more effective than cramming just before the exam
- Dual coding – using both words and images
- Avoiding distractions – no TV, phones or devices when revising
- Reading out loud
- Teaching someone else the material



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PLANNING YOUR REVISION

When you are revising for exams, you should be aiming to revise a minimum of three subjects per day and checking your revision notes regularly.

Ensure that you revise all subjects equally and regularly through the week.

Plan out what you will revise before you start, bullet point it and show your teacher the evidence of what you have achieved.

TAKING BREAKS

Taking breaks is widely acknowledged to help increase the long-term efficiency of your revision. After a certain point, your brain starts wandering off and if you're thinking about other things, there's no point pretending that you are revising.

- 20-30 minutes of revising should be rewarded with a 5-minute break
- 30-60 minutes of revising can be rewarded with a 10-15 minute break
- Revising for more than 60 minutes in one go is likely to reduce the efficiency of your revision. Split your revision into chunks to make it as effective as possible.

REVISION TIPS FOR STUDENTS

1. Start as early as you can – cramming at the last minute is stressful and has limited success
2. Make a plan – work out how much time you have and how long you can spend on each subject
3. Create a study space – find a quiet spot away from distractions and keep your things all in one place
4. Use past papers – These are great way to get used to exam format and testing what you have learnt
5. Mix it up – Use a mixture of revision for best results. Ask your subject teachers what works best in their subject
6. Take regular breaks – it is possible to work too hard, make sure to take regular breaks
7. Revise with a friend – talking through what you've learned can help information stick
8. Eat healthily – certain foods will boost your brainpower and help you remember more

PRIORITISING YOUR REVISION

To determine where to focus your time, look at each element of the course and rank them according to your level of confidence:

- I need help with this (make sure you see your teacher)
- I need to learn this as I don't remember it all
- I remember doing this, but I need to revise it
- I know the content on this, but I need to practise exam questions
- I am exam ready.



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REDUCING FORGETTING

Did you know that you can forget up to 80% of what you learn in the first 24 hours after you have learned it? That is why cramming for exams doesn't work. It is proven that by reviewing what you've learn at regular intervals, you can significantly reduce how much you forget.

Examples to reduce forgetting:

1. Immediately after class – MIND MAPPING – Look through your class notes and write down all the key words. Now from memory, fill in as much information as you can remember.
2. Four hours later – REVIEW MAPS – Cover your mind map and see how much you can remember. Make a note of the information you couldn't remember and focus your revision on that.
3. One week later – FLASHCARDS – With a friend, create your own question cards with answers on the reverse and then test each other's knowledge
4. One month later – PAST PAPERS – Revise from your mind maps and flashcards and then practice past paper questions to make sure you have understood everything.

REVISION TIPS FOR PARENTS

Revising for examinations can be a stressful time, so here are four tips for parents to help their children during revision.

1. **Provide the tools for the job**
Supporting your child with the necessary books and resources can help them to get started, and it stops them from using a lack of pens or paper as an excuse
2. **Be a revision partner**
Listen carefully to your child when they are explaining a revision topic to you. Ask them questions to test their knowledge and challenge them on the subject content. You should also be an official timekeeper. Ensure your child doesn't do too much or too little revision in one go and build in breaks for food and drink.
3. **Encourage relaxation time**
It is important that your child maintains a social life while revising. It is important though to be realistic that your child is in Year 11 and their exams are important, so will sometimes take priority over social activities. Work with your child so that the amount of revision they do is realistic.
4. **Understand the stress of revision**
The atmosphere in the home needs to be one of quiet and calm so that the student can revise without interruption. Also, it is worth considering giving them something to look forward to when the examinations are over – something that will act as an incentive to spur on all their hard work.