



NORTHAMPTON SCHOOL FOR GIRLS



YEAR 11 HOW TO REVISE GUIDE

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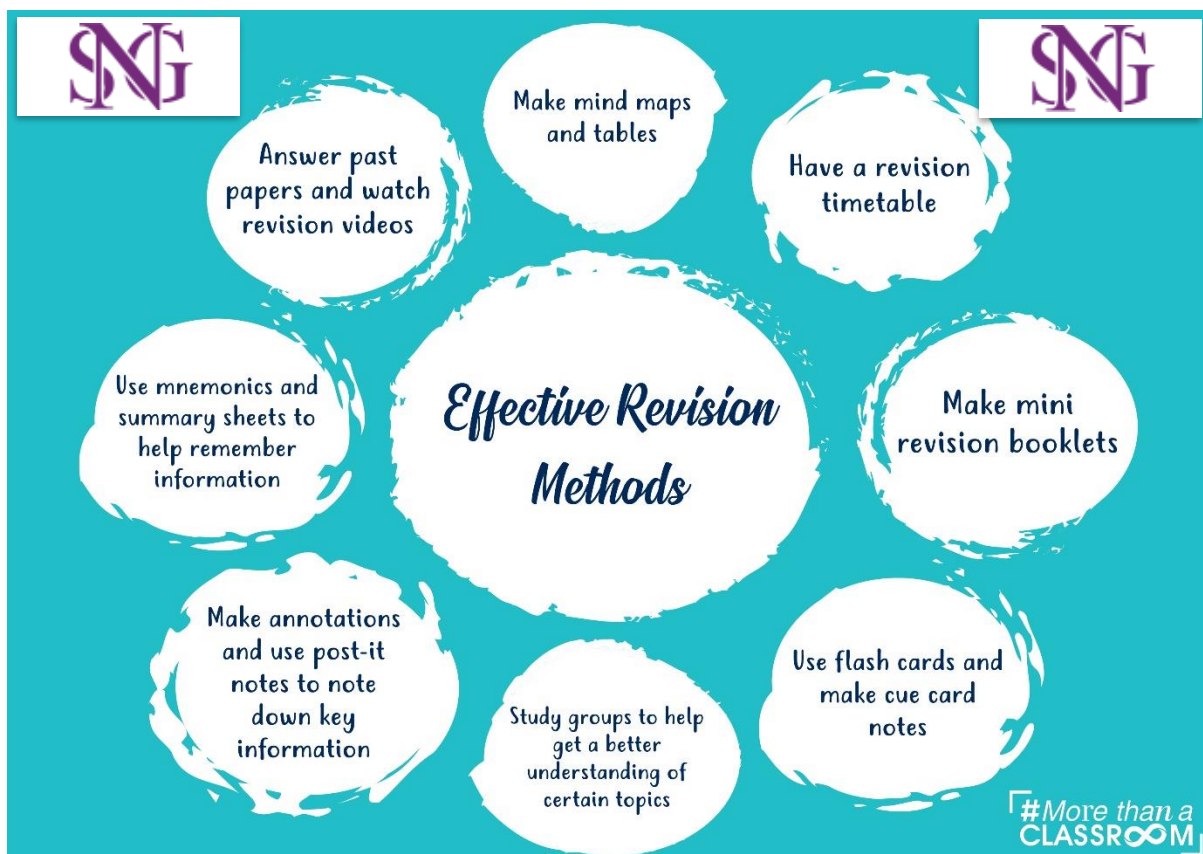
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INTRODUCTION

This Revision Guide is intended to provide you with some helpful advice on how to revise and prepare successfully for examinations. Below are some general tips and throughout this information guide you will find many other suggestions and recommendations to help you.

Below are some general tips:

- Preparation is key
- Plan to start NOW!
- Set Realistic achievable targets
- Use the syllabus to structure your revision
- Use the revision notes provided by your teachers
- Use support groups and help each other to succeed
- Make a revision timetable for term time and holidays
- Get plenty of sleep, eat healthy and drink plenty of water



STRENGTHS, MOTIVATIONS, ASPIRATIONS

My strengths are:

The things that I need help with are:


The things that motivate me are:

My goals for year 11:

My aims for next year:

What do I need to do to get there (minimum grades, actions, targets):


HOLIDAY REVISION TIMETABLE – Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Maths	Science	Free Time	Catch up with work or friends	Computer Science
Break - Make sure it's brain food	Apple	Cookies and milk	TREAT TIME	Surprise me!	TREAT TIME
Morning	English	History	Free Time	Catch up with work or friends	Free Time
Lunch - A balanced lunch will help you to concentrate	Jacket potato	Sandwich	Pasta Salad	Wraps	Surprise me!
Afternoon	Free Time	Catch up with work or friends	Film	Spanish	Free Time
Evening	FAMILY TIME	FAMILY TIME	FAMILY TIME	FAMILY TIME	FAMILY TIME


TERM TIME REVISION TIMETABLE - Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm - 4.45pm	Maths	Science	Revision	Catch up with work	Art	9am - 10am Revision	9am - 10am Revision
Break - Make sure it's brain food	Apple	Cookies and milk	TREAT TIME	Surprise me!	TREAT TIME		
5pm - 5.45pm	English	History	Revision	Catch up with work	Revision	12pm-1pm Revision	12pm-1pm Revision
Dinner	Jacket potato	Pasta	Stir Fry	Curry and Rice	Surprise me!		
7pm - 8pm	Revision	Catch up with work	Film	Spanish	Revision		
Evening	FAMILY TIME	FAMILY TIME	FAMILY TIME	FAMILY TIME	FAMILY TIME	FAMILY TIME	FAMILY TIME

HOLIDAY REVISION TIMETABLE – Template

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Break - Make sure it's brain food					
Morning					
Lunch - A balanced lunch will help you to concentrate					
Afternoon					
Evening					

TERM TIME REVISION TIMETABLE - Template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm - 4.45pm							
Break - Make sure it's brain food							
5pm - 5.45pm							
Dinner							
7pm - 8pm							
Evening							

MONDAY

MONDAY

WEDNESDAY

TUESDAY

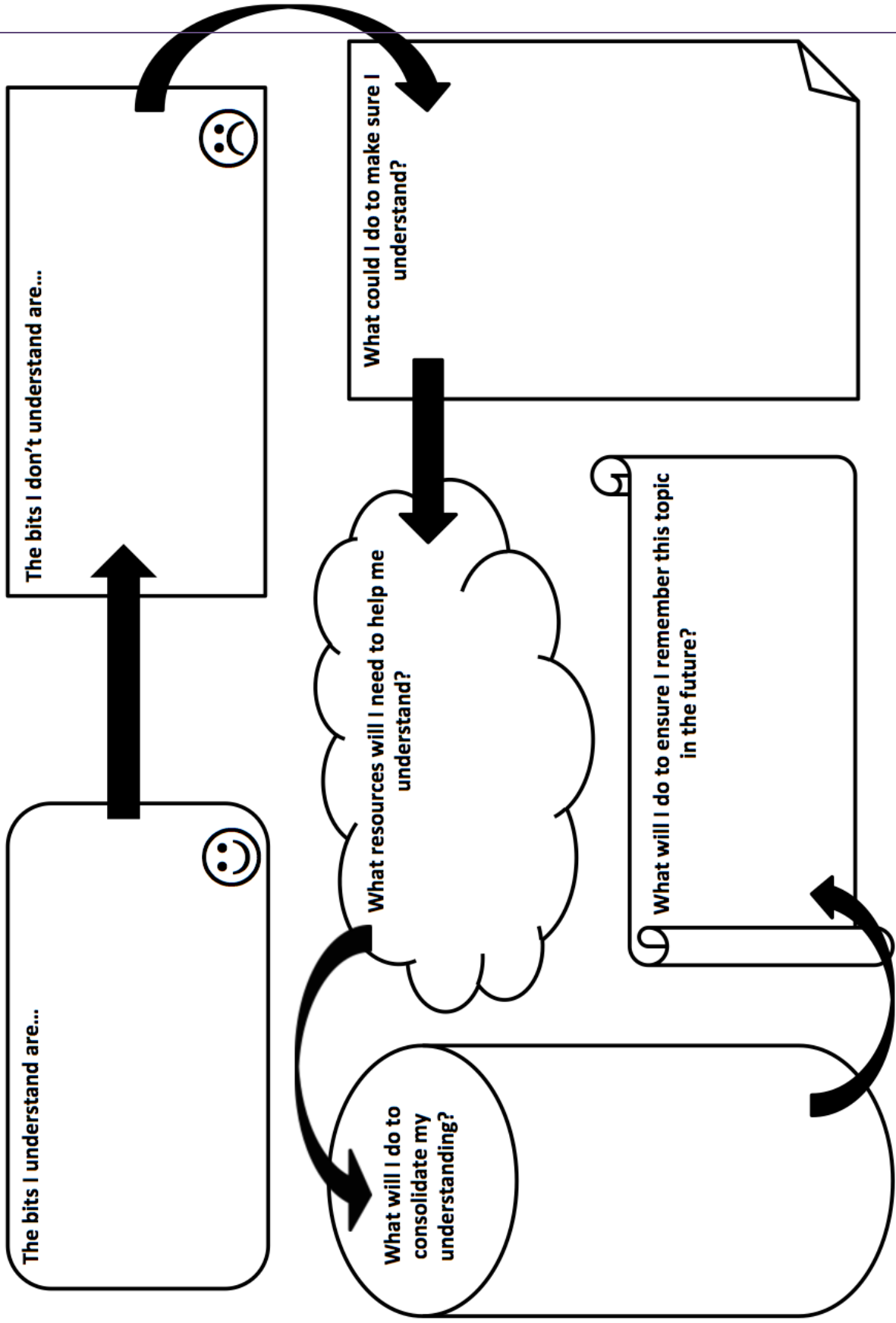
**YEAR 11
WEEKLY
REVISION
PLAN**

THURSDAY

FRIDAY

WHAT ARE THE KEY AREAS TO FOCUS ON THIS WEEK?

The 5 minute "I'm stuck!" Plan



DAILY CHECKLISTS

Today I will accomplish:

1 Big Thing

Write BIG task here

3 Medium Things

Write MEDIUM tasks here

- 1.
- 2.
- 3.

5 Little Things

Write LITTLE tasks here

- 1.
- 2.
- 3.
- 4.
- 5.

things to
do today

Things to do Today...	
DATE:	✓
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

ETOPS 2170



REVISION TECHNIQUES AND EXAM PREPARATION CHECKLIST

TECHNIQUE	TICK IF TRIED <input checked="" type="checkbox"/>	WAS IT EFFECTIVE YES/NO
Past Papers		
Mind map		
Use highlighters		
Plan revision time		
Break revision into manageable 'chunks'		
Post notes around the room		
Tick each topic as it has been revised		
Make a revision timetable		
Reduce notes to key words		
Make a poster		
Make a chart		
Make a diagram		
Make a cartoon		
Make notes on key ideas		
Create a picture in your imagination		
Practice in timed conditions		
Say key ideas out loud		
Explain key ideas to another student		
Explain key ideas to the dog!		
Get someone to test you		
Exchange key ideas with a friend		
Build in rewards such as watching TV		
Approach revision positively		
Take regular breaks		
Seek advice on difficult concepts		
Review the progress of revision to make sure the appropriate techniques are being used		

REMEMBER the average person needs to revisit something five times. Give time for it to be retained in memory.

REVISION TECHNIQUES AND EXAM PREPARATION

It can take a couple of weeks to understand a new topic at first, but it may only take twenty minutes to revise it!

So when you want to do your best in your examinations, a little revision goes a long way.

Effective learners do not lose their social lives, friends, health and sanity while revising, effective learners use the 6 Ps to Revision.

- Plan it!
- Pace it!
- Identify and use preferred learning styles!
- Prepare your bodies!
- Prepare your minds!
- Find a place - somewhere that's quiet!



These revision tips allow you to make the most of the time you spend revising. They show you how to plan so you get to be a fantastic success in your examinations, and still watch your favourite TV programmes, go out and stay sane. Be a successful examination candidate!

- Find the best learning style for you.
- Find the best place to revise.
- Practise jotting down answers and making essay plans.
- Practise writing against the clock (within the allocated time) using past exam papers.
- Check that you have really answered the question and have not strayed off the point.
- Familiarise yourself with past papers (question types, mark allocation etc.).
- Make a timetable for revising.
- Carefully select the topics you are going to revise.
- Use good quality notes and refine them further, if possible, into lists or diagrams and transfer them on to index cards.
- Keep in touch with other students and practise your academic writing skills in your other modules. It's a good idea to form study groups as you can use these to clarify points you don't understand.
- Practise your handwriting – make sure it's neat and legible



RETRIEVAL PRACTICE



LEARN TO STUDY USING...

Retrieval Practice

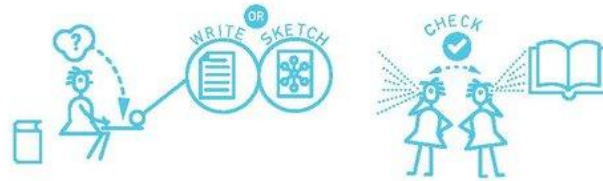
PRACTICE BRINGING INFORMATION TO MIND

LEARNINGSOCIETISTS.ORG



HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.



Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.



HOLD ON!



Retrieval practice works best when you go back to check your class materials for accuracy afterward.



Retrieval is hard! If you're struggling, identify the things you've missed from your class materials, and work your way up to recalling it on your own with the class materials closed.



Don't only recall words and definitions. Make sure to recall main ideas, how things are related or different from one another, and new examples.

RESEARCH

Read more about retrieval practice as a study strategy

Roediger, H. L., Putnam, A. L., & Smith, M. A. (2011). Ten benefits of testing and their applications to educational practice. In J. Mestre & B. Ross (Eds.), *Psychology of learning and motivation: Cognition in education*, (pp. 1-36). Oxford: Elsevier.

DUAL CODING

LEARN TO STUDY USING... Dual Coding COMBINE WORDS AND VISUALS

LEARNINGSIENTISTS.ORG



HOW TO DO IT



Look at your class materials and find visuals. Look over the visuals and compare to the words.



Look at visuals, and explain in your own words what they mean.

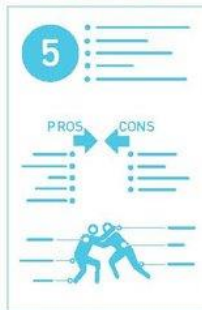


Take information that you are trying to learn, and draw visuals to go along with it.

HOLD ON!

Try to come up with different ways to represent the information visually, for example an infographic, a timeline, a cartoon strip, or a diagram of parts that work together.

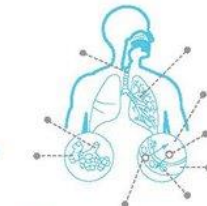
INFOGRAPHIC



CARTOON STRIP



DIAGRAM



TIMELINE



GRAPHIC ORGANIZER



Work your way up to drawing what you know from memory.



RESEARCH

Read more about dual coding as a study strategy

Mayer, R. E., & Anderson, R. B. (1992). The instructive animation: Helping students build connections between words and pictures in multimedia learning. *Journal of Educational Psychology*, 4, 444-452.

SPACED PRACTICE



LEARN TO STUDY USING...

Spaced Practice

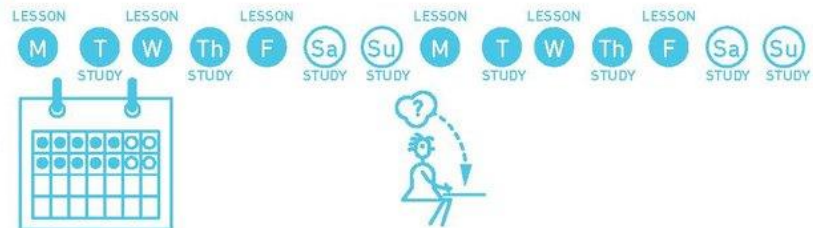
SPACE OUT YOUR STUDYING OVER TIME

LEARNINGSOCIETISTS.ORG

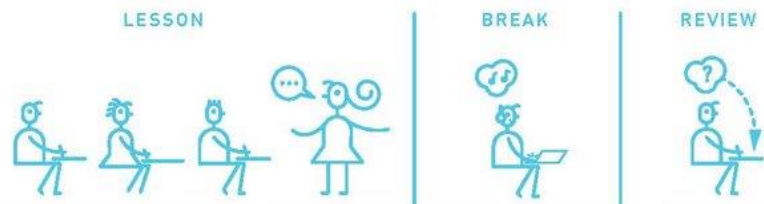


HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.



Review information from each class, but not immediately after class.



After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



HOLD ON!



When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.



This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory (see Retrieval Practice poster).



Create small spaces (a few days) and do a little bit over time, so that it adds up!

RESEARCH

Read more about spaced practice as a study strategy

Benjamin, A. S., & Tullis, J. (2010). What makes distributed practice effective? *Cognitive Psychology*, 61, 228-247.

INTERLEAVING



LEARNINGSOCIETISTS.ORG

LEARN TO STUDY USING...

Interleaving

SWITCH BETWEEN IDEAS WHILE YOU STUDY



HOW TO DO IT

Switch between ideas during a study session. Don't study one idea for too long.



Go back over the ideas again in different orders to strengthen your understanding.

TOPICS
A B C



STUDY
SESSION
1

TOPICS
C B A



STUDY
SESSION
2

TOPICS
A C B



STUDY
SESSION
3

Make links between different ideas as you switch between them.



HOLD ON!



While it's good to switch between ideas, don't switch too often, or spend too little time on any one idea; you need to make sure you understand them.



Interleaving will feel harder than studying the same thing for a long time. But don't worry - this is actually helpful to your learning!

RESEARCH

Read more about interleaving as a study strategy

Rohrer, D. (2012). Interleaving helps students distinguish among similar concepts. *Educational Psychology Review*, 24, 355-367.

ELABORATION



LEARNINGSIENTISTS.ORG

LEARN TO STUDY USING...

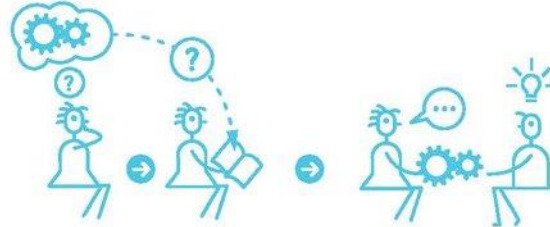
Elaboration

EXPLAIN AND DESCRIBE IDEAS WITH MANY DETAILS

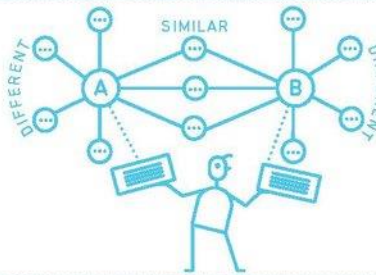


HOW TO DO IT

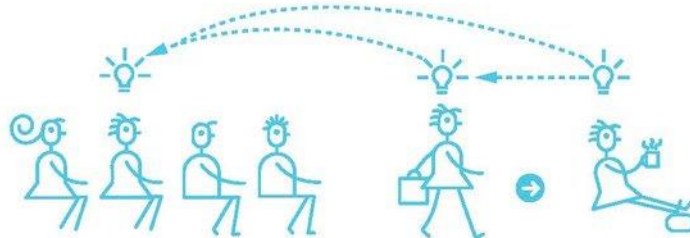
Ask yourself questions while you are studying about how things work and why, and then find the answers in your class materials and discuss them with your classmates.



As you elaborate, make connections between different ideas to explain how they work together. Take two ideas and think of ways they are similar and different.



Describe how the ideas you are studying apply to your own experiences or memories. As you go through your day, make connections to the ideas you are learning in class.



HOLD ON!



Make sure the way you are explaining and describing an idea is accurate. Don't overextend the elaborations, and always check your class materials or ask your teacher.



Work your way up so that you can describe and explain without looking at your class materials.

RESEARCH

Read more about elaboration as a study strategy

McDaniel, M. A., & Donnelly, C. M. (1996). Learning with analogy and elaborative interrogation. *Journal of Educational Psychology, 88*, 508-519.

Wong, B. Y. L. (1985). Self-questioning instructional research: A review. *Review of Educational Research, 55*, 227-268.

Content by Yana Weinstein (University of Massachusetts Lowell) & Megan Smith (Rhode Island College) | Illustrations by Oliver Caviglioli (teachinghow2s.com/cogsci)
Funding provided by the APS Fund for Teaching and Public Understanding of Psychological Science

CONCRETE EXAMPLES



LEARNINGSOCIETY.ORG

LEARN TO STUDY USING ... Concrete Examples

USE SPECIFIC EXAMPLES TO UNDERSTAND ABSTRACT IDEAS



HOW TO DO IT

Collect examples your teacher has used, and look in your class materials for as many examples as you can find.



Make the link between the idea you are studying and each example, so that you understand how the example applies to the idea.



Share examples with friends, and explain them to each other for added benefits.



HOLD ON!



You may find examples on the internet that are not used appropriately. Make sure your examples are correct - check with your teacher.



Ultimately, creating your own relevant examples will be the most helpful for learning.



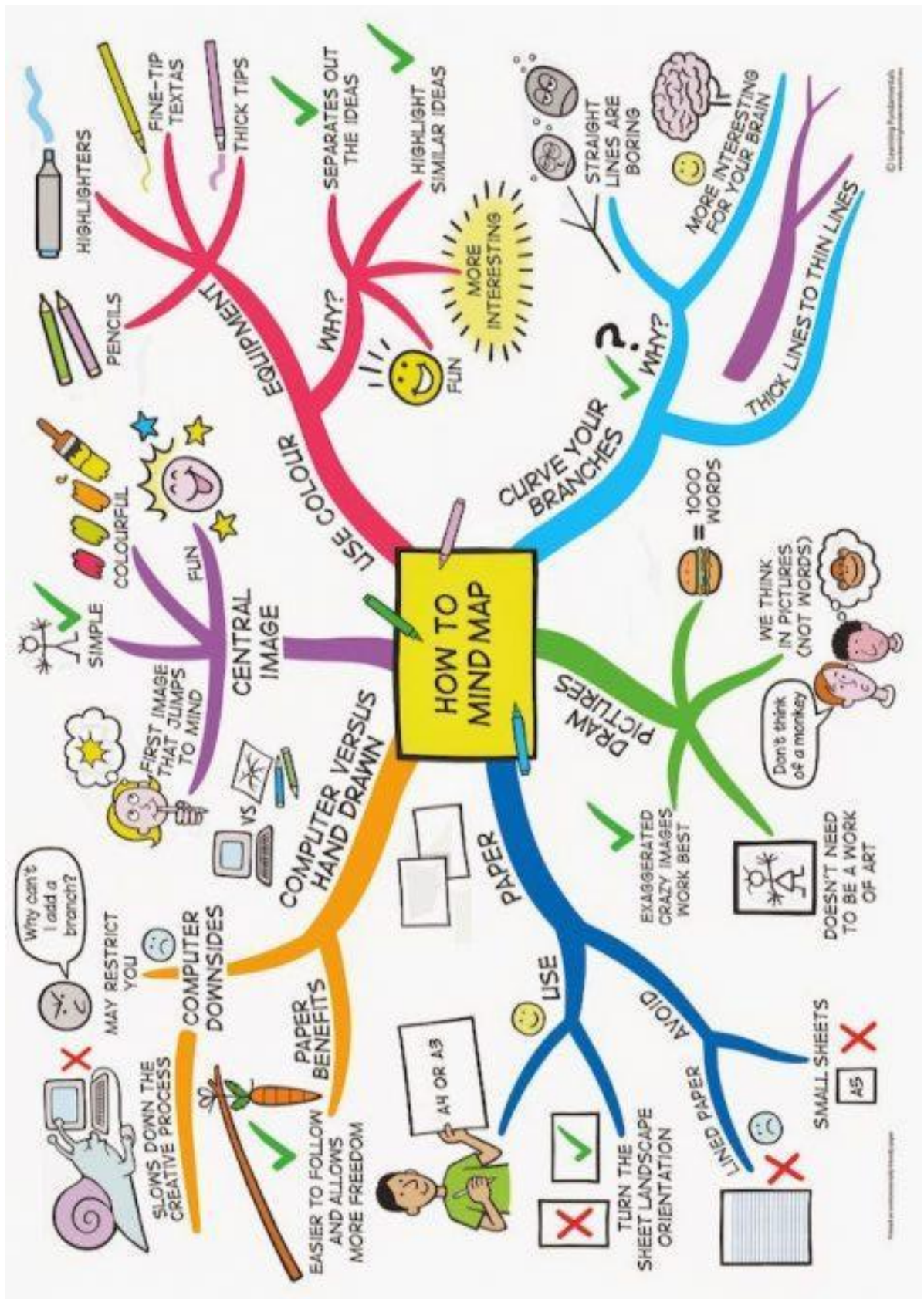
RESEARCH

Read more about concrete examples as a study strategy

Rawson, K. A., Thomas, R. C., & Jacoby, L. L. (2014). The power of examples: Illustrative examples enhance conceptual learning of declarative concepts. *Educational Psychology Review*, 27, 483-504.

Content by Yana Weinstein (University of Massachusetts Lowell) & Megan Smith (Rhode Island College) | Illustrations by Oliver Cavignoli (teachinghow2s.com/cavignoli)
Funding provided by the APS Fund for Teaching and Public Understanding of Psychological Science

MIND MAPS



SIMPLE BUT EFFECTIVE REVISION TECHNIQUES

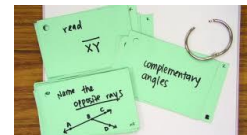
❖ READ INTELLIGENTLY

Spend five minutes flipping through a book or your notes looking at headings and summaries. Then attempt to mind map what you have spotted and what you can remember.



❖ USE CARDS

Write questions on one side and answers on the other. Then get your family to test you. Merely creating the cards will help your recall. You can also use them to test yourself when faced with 'dead' time at bus stops or waiting for someone.



❖ PHYSICAL LEARNING Use the environment. Use a different room for each subject. Notice aspects of the environment such as the light or feel of the room - how do you feel in that place?

- Attach your notes to the furniture. Notice their location.
- Associate a different location with each subject.
- Associate furniture, windows, plants and ornaments with particular topics.

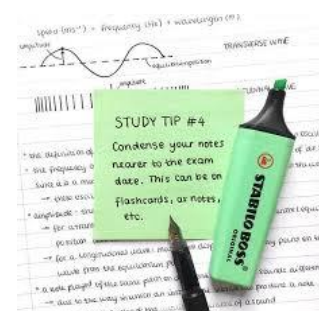
Use your clothes. Associate items of clothing with topics in your learning - a shoe could represent one aspect of foreign policy; each button on a shirt could represent a quotation. Clothes with patterns, pockets and buttons are especially useful.

Use parts of your body. Parts of your body are especially helpful as triggers to memory, as your body will be there in the exam room! For example, each hand could represent an essay plan – each finger one major topic; each segment of each finger a principal reference you would use. The fingernails could represent counterarguments; the knuckles could be associated with relevant quotations.

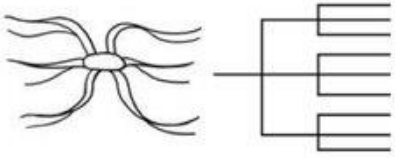

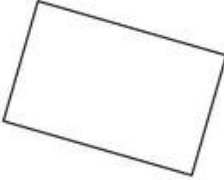

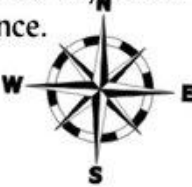

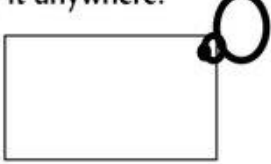





Use motor memory. Study on the move. If you exercise, associate each movement with something you wish to remember. To refresh the memory, go through the exercise in your mind. Writing, drawing and speaking also use motor memory: the fine-muscle sequence is recorded by the brain.

❖ CONDENSE.

Fitting notes onto one side of paper makes them easier to stomach, so rewrite and cut down as you go.



Learning/Revision Techniques

<h2>Map It</h2> <p>Create a mind map of the key points.</p> 	<h2>Journey It</h2> <p>Remember lists of information by placing images on a journey.</p> 	<h2>Index It</h2> <p>Transfer the key points to index cards.</p> 
<h2>Story It</h2> <p>Create a weird and vivid story using the key points.</p> 	<h2>Mnemonic It</h2> <p>Use the first letter of key words to create a sentence.</p> <p>A well known example:</p> <ul style="list-style-type: none"> Never Eat Shredded Wheat 	<h2>Click It</h2> <p>Create a presentation about the key points.</p> 
<h2>Flip It</h2> <p>Write questions and answers and flip it anywhere.</p> 	<h2>Timeline It</h2> <p>Place key points along a line in date order.</p> 	<h2>Sing It</h2> <p>Set key points to some familiar music/rap.</p> 
<h2>Record It</h2> <p>Use your mobile to record yourself explaining the key points and play it back regularly.</p> 	<h2>Post It</h2> <p>Write key words on to Post Its and stick them around your room.</p> 	<h2>Comic It</h2> <p>Create your own comic strip using the key points.</p> 

TOP TEN REVISION TIPS

1. Short bursts of revision (30-40 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).



2. Find a quiet place to revise - your bedroom, school, the library - and refuse to be interrupted or distracted.

3. Make sure you don't just revise the subjects and topics you like. Work on your weaker ones as well.

4. Make your own revision notes because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them every day.

5. Rewrite the key points of your revision notes; read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.

6. Use different techniques. Make your own learning maps, use Post-it notes to write key words on, create flash cards. Record your notes on tape and listen to them back on your Walkman. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a rap song.

7. Practise on past exam papers or revision tests available on the internet initially do one section at a time and progress to doing an entire paper against the clock.



8. You will need help at some stage, ask parents, older brothers and sisters, teachers or friends. If there is a teacher with whom you get on well at school ask for their e-mail address so you can clarify points you are unsure of whilst on study leave. Use websites specifically designed for revision.

9. Don't get stressed out! Eat properly and get lots of sleep!

10. Believe in yourself and be positive. If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen.



SUBJECT REVISION RESOURCES

English Language	All CGP books.	School finance during the school year or they can be sourced from the internet but they will be twice the price.	
English Language	Snap revision guides	Amazon or Collins	These are there for all texts and the language papers
English Literature	Mainly CGP books and one hodder.	School finance during the school year or they can be sourced from the internet but they will be twice the price.	
English Literature	Snap revision guides	Amazon or Collins	
General English revision	audiopi.co.uk	Free - school has a subscription	Login: northampton@audiopi.co.uk Password: northampton
Maths	CGP AQA Maths 9-1	Amazon	These will be offered at a discount to students in Year 11.
Combined Science	Oxford Revise: AQA GCSE Combined Science Higher/Foundation Revision and Exam Practice CGP Combined Science Higher or Foundation	Amazon (ISBN-10: 1382004877 or 1382004869)	
Biology	Oxford Revise: AQA GCSE Biology Revision and Exam Practice Paperback CGP Higher Biology	Amazon (ISBN-10 : 1382004842)	
Chemistry	Oxford Revise: AQA GCSE Chemistry Revision and Exam Practice Paperback CGP Higher Chemistry	Amazon (ISBN-10: 1382004850)	
Physics	Oxford Revise: AQA GCSE Physics Revision and Exam Practice Paperback CGP Higher Physics	Amazon (ISBN-10: 1382004885)	
History	Please speak directly to your subject teacher for more information.		
Geography	BBC bitesize book	Amazon: link is on your google classrooms	

EP	AQA Religious Studies A: Christianity and Buddhism revision guide	Amazon	
Design & Technology	Please speak directly to your subject teacher for more information.		
Film	Please speak directly to your subject teacher for more information.		
Food	Please speak directly to your subject teacher for more information.		
Spanish	Collins 9-1 GCSE Spanish AQA All-in-One Complete Revision and Practice	Available for purchase on Amazon.	
French	Collins 9-1 GCSE French AQA All-in-One Complete Revision and Practice	Available for purchase on Amazon.	
Art	N/A	N/A	N/A
Textiles	Please speak directly to your subject teacher for more information.		
Sport	CGP BTEC First in Sport: Study & Exam Practice	School or CGP	
CPE	Please speak directly to your subject teacher for more information.		
Computer Science	SmartRevise	https://smartrevise.online/	Login using your school Google account
	GCSE Edexcel Computer Science: Illustrated Revision and Practice (ClearRevise Edexcel GCSE Computer Science 1CP2)	Amazon (ISBN: 1910523283)	
Drama	AQA GCSE Drama Revised Edition by Annie Fox, GCSE Drama: Live Theatre Evaluation by Annie Fox and for those taking a design route: AQA GCSE Drama Designing Drama Lighting, Sound, Set, Costume & Puppet Design by Sue Shewring	All Available for purchase on Amazon	
iMedia	All materials used are on google classroom for coursework catch up (Resit exam will be in June 2023 revision book Available for purchase on Amazon.)		
Music	GCSE Music edexcel complete Revision and practice or Edexcel GCSE Music Revision Guide Paperback	Both available on Amazon	
Resistant Materials	Please speak directly to your subject teacher for more information.		
Dance	N/A	N/A	N/A

GCSE Science **Recommended Independent Study.**

You have recently been provided with a home learning timetable with the expected length of time students should be spending on each subject at home. In science we largely use 'Educake' to assign homework, for the remainder of the expected time allocation we expect students to complete some independent study. This should involve a mix of:

- Memorising the information on the supplied Knowledge Organisers
- Using videos to recap key knowledge and take notes.
- Making flashcards and using them to memorise the information
- Answering questions and marking their answers (see below for resources)
- Answering past exam questions and marking their answers (see below for resources)

You should be aware that all students will be studying the AQA exam board specification. There is a vast range of resources to help with home learning and the following are our most recommended.

Science@NSG website: <https://sites.google.com/nsg.northants.sch.uk/nsgscience/home>

Our website has a huge range of knowledge organisers, checklists and past exam questions. There are also links to useful revision websites and guidance for parents. You will also find a homework timetable. This is put together to give you a subject to revise each week with all the relevant resources.

BBC Bitesize: <https://www.bbc.co.uk/bitesize/levels/z98jmp3>

BBC Bitesize has course specific notes, model exam questions and short practice tests, ideal for boosting confidence before trying past papers.

Free Science Lessons: <https://www.freesciencelessons.co.uk/>

Free science lessons is an excellent resource for short videos which review key content. It is ideal to use when starting revision to be able to refresh notes and make flashcards.

Physics and maths tutor: <https://www.physicsandmathstutor.com/#>

This resource has revision notes, key points, worksheets and questions by topic from past papers for all three sciences.

Oak National Academy: <https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4>

Oak Academy provides whole lessons for all science topics. This is ideal for students that may have missed a lot of school that would like the content covered again.

Educake:

Students are assigned home learning tasks on Educake by their teacher, however students also have the ability to set their own tests on the platform. This is great for knowledge recall. Educake provides immediate feedback and will also help students tailor their revision for areas that require improvement by analysing their performance.

