

Revision Materials

Text Books
 Class Notes
 Revision Guides
 Websites
 Past papers and mark schemes
 Official exam syllabus



DISCUSS

How do you feel that you learn most effectively?

Research shows that an **early start** to your revision and using a 'little and often' approach gives students an enormous advantage

Revision Techniques

Note taking	Re-read your notes, summarise them and highlight the important points. <i>Tip:</i> Use coloured pens, highlighters, bullet points and diagrams for clarity.
Index cards	Write a fact that you need to memorise on each card or write a question on one side and the answer on the back. <i>Tip:</i> Use pencil so that you cannot see your answer through the card.
Past papers	Essential! Complete as many as possible and familiarise yourself with the mark schemes.
Online resources	There are numerous websites dedicated to helping you revise. <i>Tip:</i> Ask your teachers to recommend the best sites.
Mind maps	Put your topic title in an oval in the centre of your page. Use the main key words to form the first branches and then their key points as sub-branches etc. <i>Tip:</i> Use A3 sized paper and work horizontally. Look up example mind maps.
Quick tests	Ask friends or family to test you, or test yourself by covering up answers in your notes or revision guide.
Audio	Record your notes out loud and then play the back, for example when you are on the school bus. <i>Tip:</i> Pre-recorded revision notes are available to download from the internet.

Recognise your own way of working. You don't have to work in the same way or as quickly as the person next to you!

Try sticking facts on post-it notes around your home

Positive thinking

Your GCSE courses have been designed to interest and stimulate you.

Aim to approach studying with positivity and curiosity.

You will need to spend time revising for your exams, you may as well try to enjoy it!

Your brain does not function as well when you are feeling stressed

Keep calm by taking deep breaths and reminding yourself that you are a great student who is going to do well

Try taking a relaxing bath or listening to calming music

Breathing techniques can help you feel calm



DISCUSS

How other methods could you try to keep yourself calm?

Your Amazing Brain



Your brain has the capacity to hold a million Gigabytes of information (equivalent to 3 million hours of TV shows) and uses 20% of the oxygen energy that you produce

It makes sense to look after your brain, especially when you are studying!

Exercise boosts your oxygen levels e.g. a 10 minute brisk walk.

It is important to eat a **brain- friendly diet** and stay well **hydrated**.

A good night's **sleep** will ensure you are fresh for a new day of study.

Personal Plan

I will keep calm by...	
I will eat foods such as...	
I will exercise by...	