



# **Alderman Peel High School**

## **Year 11**

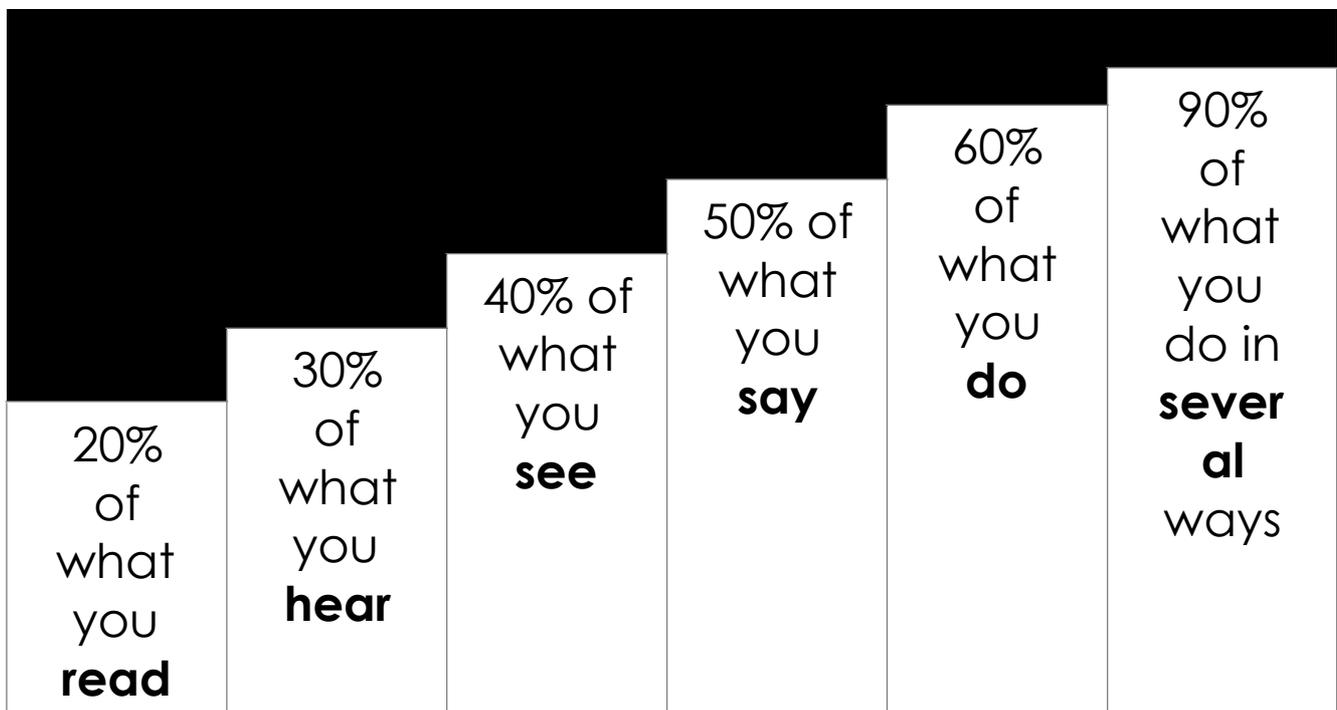
### **A family survival guide!**

## 1. What does 'revision' mean?

Firstly and most importantly, revision does **not** mean looking at books and reading.

Revision is only effective if there is some kind of **interaction** with the material concerned; you need to **do** something with it.

You  
remember:



Here are some effective revision methods that are worth considering:

### **Revision cards**

Put a simple piece of information and/or a picture on one side of the card, and a full explanation/definition on the other. This is particularly useful for revising:

- Key people or dates
- Formulae
- Key words

There are also some fantastic flashcard Apps on the

Appstore and in the Android Marketplace – free and paid. Some even allow you to draw pictures. Just search for ‘flash cards’.

## Mindmaps

Put the main point (E.g. ‘human reproduction’) in the middle of the sheet. Coming out of this, put subdivisions for this topic. Include pictures, diagrams, colours, arrows to connect things.



## Traffic lights

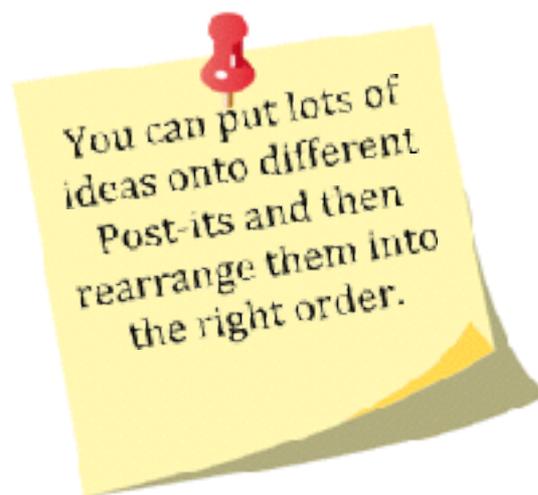
Highlight your notes in terms of how confident you are with different parts.

- Red/pink = priorities for revision; things you really don't understand
- Orange/yellow = things you have some understanding of
- Green = things you are confident about

Once you've done this, you can apply other revision strategies to the things you have put in pink/red.

## Post-it notes

Write short, sharp notes about things you find it hard to remember, and stick them in places where you know you will look (light switches, the kettle, by the toilet roll...).



## Colour coding

Come up with a colour-coding system for your notes. For example: key words are in one colour, case studies in another, positive/negative points in another. You can also apply this to mind maps or revision cards.

## Do the Youtube thing!

Other students have done GCSEs in the past, and many of them are creative geniuses! There are a huge array of revision videos available, many of which include memorable songs.

## Write mnemonics or rhymes

Writing these for yourself can help you to remember sequences of information, especially when they need to be in a particular order.



## Work with a friend

Do your revision with someone else who wants to revise the same thing. You can help each other out if you're stuck, and test each other.

## Write summaries

Write a summary of each section of your exam; condense an entire set of notes into one A5 set of bullet points, for example.

## Make recordings

Record yourself saying key things and play them back. Mobile phones all have a voice-recorder function, so you can listen to them wherever you like.

## Draw up a lastminute.com sheet

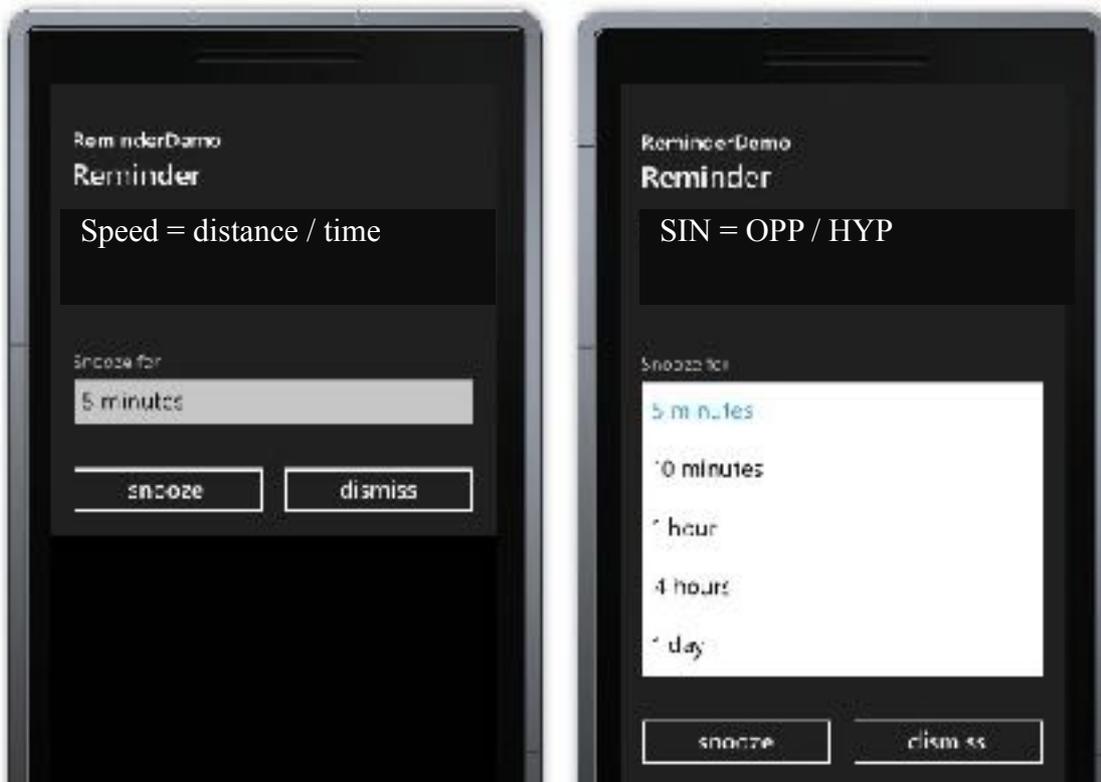
Make an A5 piece of paper that contains a really concise list of things that you absolutely *cannot* forget. Take this with you on the day of the exam so that it's the last thing you see before you go into your exam.

## Complete and check practice papers

Many past papers or sample papers are available on line, with the answers. Complete the papers and correct your mistakes (check you are using the correct exam board)

## Harness your inner geek

Set reminders in your mobile phone; this is ideal for remembering small bits of simple information, like dates and names. If the same reminder goes off seven times, (please don't do this at school) it will become a part of your long-term memory. You can have several reminders going at a time.



### 3. Key words

Developing the right vocabulary for each subject is absolutely **crucial**. Without it, understanding exam questions is really hard, and writing answers that give top marks is also really hard. It is therefore a good idea to have key word lists, revision cards and conversations that involve these key words.

## 4. How can parents help with revision?

There are lots of things that you can do to ensure that your child is healthy, happy and learning.

\*Test your child on their revision cards.

\*Support a sensible diet; sugary food and caffeine do not help with revision! Healthy snacks that provide energy over a longer period of time are helpful...



**BBC Good Food**, the top 10 foods for studying

1. Wholegrains: they release energy slowly into the body.
2. Oily fish: contain Omega 3, which promotes general wellbeing and long-term memory.
3. Blueberries: recent studies suggest they help short term memory.
4. Tomatoes: contain lycopene, which research suggests can protect against dementia.
5. Vitamins: particular vitamins such as B6, B12 and folic acid can reduce cognitive impairment.
6. Blackcurrants: contain lots of Vitamin C, which is linked to possible increases in mental agility.
7. Pumpkin seeds: contain zinc, which improves memory.
8. Broccoli: contains Vitamin K, which improves cognitive function.
9. Sage: studies of sage as an essential oil have found that it improves memory.
10. Nuts: contain vitamin E, which prevent cognitive decline.

\*Provide a quiet space where there are no distractions. If that means getting everyone else out of the house from time to time, so be it.

\*Make sure that your child is sticking to their revision plan.

\*No revision is perfect; sticking to the plan 80% of the time is reasonable!

\* Sometimes it will all get on top of your child. Remind them that they have worked hard and there isn't far to go.

\*Avoid nagging, but gentle revision reminders are helpful.

\*Ensure that your child turns up for the right exams, at the right times, on the right days!

\*Make sure that your child has all of the equipment that they need (**black** pen, spare black pen, pencil, rubber, ruler. Maths exams may also need a calculator, protractor and compass). It should be in a clear bag or pencil case.

\*During the revision period, highlighters, large pieces of paper, and post-it notes are also really useful. Revision guides, revision cards and revision apps are also handy.

\* On the night before an exam, your wonderful teenager may be stressed and difficult to be around, but you may have to let that slip!



\*Try not to talk about what it was like 'in your day'.

Things have changed a great deal, and it's likely to irritate your child if they think you just *don't get it*.

\*Be interested; ask questions about revision subjects!



\* Be prepared to get in contact with the school if there's something you need to know, or something you feel we should know.

<b>Name</b>	<b>Role</b>	<b>Areas of responsibility</b>	<b>email</b>
Mr W Boyce	Head of Maths	Maths	wboyce9nrc@nsix.org.uk
Mrs S Murkin	Head of English	English Language English Literature	smurkin4crt@nsix.org.uk
Mrs S Kelly	Head of Science	Science Child Development	skelly6nrr@nsix.org.uk
Mrs M Wolfe	Head of Arts & Technology	Drama, Music Art, Catering Design & Technology	mwolfe64rb@nsix.org.uk
Mr J Wilding	Head of PE	Physical Education GCSE Physical Education	jjwilding7rrn@nsix.org.uk
Mrs F La Grange	Head of MfL and Humanities	French, Spanish Geography, History, RS	flagrangep3nr9@nsix.org.uk
Mrs K Norman	Special Educational Needs Co-ordinator	Provision for children with Special Educational Needs	knorman5yrt@nsix.org.uk
Mr R Corby	Head of ICT, Business and Computing	ICT, Computing, Business Studies, Digital Media	rcorby46rg@nsix.org.uk

Mrs Platten	Exams Officer	Examination queries	aplatten9nru@nsix.org.uk
Mrs Sperry	Pastoral Manager	Behaviour, well-being, safeguarding, attendance	esperry77rv@nsix.org.uk
Mrs S Page	Business Manager	Financial queries	spage6nrm@nsix.org.uk
Mrs K Hardman	Assistant Principal	Teaching and Learning Teacher Induction and training	khardman9bru@nsix.org.uk
Mr B Tawana	Assistant Principal	Pupil Premium, LAC, Transition Careers advice and guidance	btawana8nrg@nsix.org.uk
Mr M Hardman	Vice Principal	Curriculum, Assessment Reports	mhardman7hr5@nsix.org.uk
Mr A Ogle	Principal	Formal complaints	head@aldermanpeel.norfolk.sch.uk

\*Whatever your child might say, all the research says that TV and music (unless it has no words) in the background *does not* help you to revise. It should be relatively quiet too... There are several YouTube videos that contain music which is ideal for studying.



- \*Help your child to organise and file their learning.
- \*Make sure that your child has a watch or a clock so that

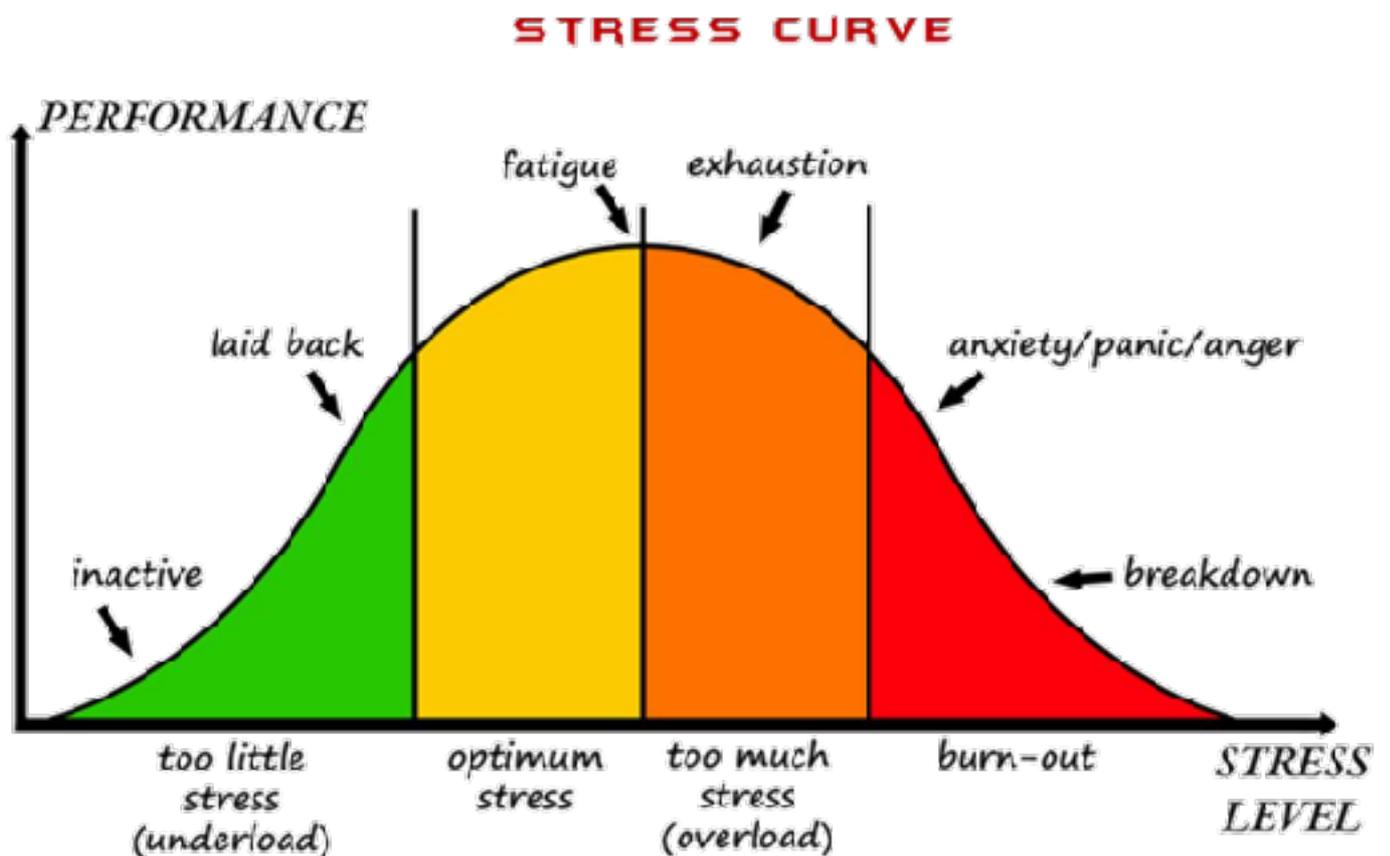
they can keep an eye on how long they have spent on each revision task, and when it's time to stop.

\*Remind them that you love them to bits whatever happens in the exam!

## 4. Stress

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.

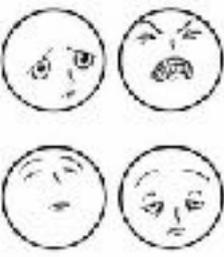
As a parent, one thing you need to look out for is evidence of stress. A small amount of stress and adrenaline is good, but *too much* stress can have a massive impact on revision and general mental health.



While you might not be able to get rid of exam stress, you can perhaps help your child to deal with *other* sources of stress, so that exams are less of a focus.



Look out for behaviour that is not normal for your child:

<p>B o d y</p>	<p>Headache s Colds Muscle tension Twitches Tiredness Skin conditions Breathlessne</p> 	<p>Excessive worry Confusio n Poor judgement Nightmares Indecision Negativity Rushed decisions</p> 	<p>M i n d</p>
<p>E m o t i o n</p>	<p>Loss of confidence Fussy behaviour Irritability Depression Apathy Withdrawn Anxious</p> 	<p>Accident prone Loss of appetite Insomni a Restlessness Unhealthy behaviours</p> 	<p>B e h a v i o u r</p>

Tips for reducing stress:

- ✦ Sport is extremely helpful; a walk, a run, an organised class/team sport...
- ✦ Time with friends, doing something which *isn't* revision!
- ✦ A film night or family meal.
- ✦ Listening to music.
- ✦ Manage time effectively; use a revision plan and stick to it to avoid last minute panic.
- ✦ Keep a checklist of everything that needs to be revised. Being able to cross things off the list makes the revision seem like it's getting somewhere.

## 5. What is the best way to plan revision?



Your child has a revision timetable that contains all exams (although please check this against the exam timetable).

Your child also has a list of all of the topics in each

exam. Each topic needs to appear at least once in one of the revision slots on the timetable.

Topics and subjects should be mixed up during the course of a revision session; never more than half an hour at a time.

Work backwards from the date of the exam so that the right things are included at the most appropriate times.

## 6. On the day of each exam...

- Set an alarm so that there's plenty of time.
- Prepare a good breakfast.
- Ask last minute questions *if asked*.
- Check that your child knows the *format* of the exam; which questions should they answer etc?
- Make sure that your child has the right equipment.
- Wish them good luck!



## 7. Sleep

Although sleep has already been mentioned, a lot of youngsters report that they aren't sleeping well (especially at this time of year) and don't know what to do about it. Some useful information on the subject:

- € Sleep is when the body recharges its' batteries.
- € Without adequate sleep, our ability to think, to remember and to interact with others is impaired. We make poorly considered decisions, think slowly and forget things when we tired. Exam season is the **worst** time to suffer from problems like these.
- € Biologically, teenagers feel tired later in the evenings than adults do, which means they play on phones, tablets, consoles, watch TV etc to in the time.
- € Evidence shows that looking at a screen last thing at night actually keeps the brain awake (the light from screens stimulates melatonin, which is the chemical that keeps us awake). **Therefore access to electronic devices just before bed stops young people from sleeping!**



So how can you help your fabulous teenager to get a better night's sleep?

- € Our bodies work well if they stick to routines. It is helpful to have the **same** sleep routine at weekends and during the week.
- € It's better to have a nap for 20m during the day than to have a lie-in.
- € Something calming (drawing, reading, having a bath, talking etc) before bed aids rest.
- € Doing exercise during the day (but not *just* before bed) also aids a good night's sleep.
- € Having a notebook by the bed means that if your child is worrying or thinking about something, they can write it down to get it off their mind.
- € Avoid caffeine after about 8pm.
- € Encourage a comfortable sleeping environment. Sometimes, a long bath and a clean duvet cover can be enough to encourage really deep sleep.
- € Encourage a quiet sleeping environment; no music, other people in the house talking quietly, phones in the room switched off...
- € Avoid eating too late as this can make it hard to get to sleep.
- € Don't drink too much in the evening...

Teenagers need around **9 hours** of sleep per night.



## **8. Plan and be Organised**

Find out which exams your child has, and what dates they're on. Make sure transport to school in time for exams will not be an issue. Share lifts to school with other parents to avoid any rush prior to exams.

## **9. Talk to us**

Let us know how you are feeling or if you are struggling. We cannot do work for you but we can help organize time for you to do work and in many other ways too.

## **Summary of How Parents / Carers Can Help**

It goes without saying that all children are different, so it follows that there is no single approach to how a parent can help out, but here are some suggestions.

### **Do**

- Discuss with your child what will be involved in the revision period and what your role could be.
- Provide the environment necessary for success. Ideally, they need a quiet, well-lit place to study with interruptions kept to a minimum when they are working.
- Respond positively when they ask for help. Ask exactly how you can help and if you can't help immediately say when it's convenient.
- Give plenty of praise and encouragement, stay calm and don't expect too much.
- Keep them well supplied with food and drinks.
- Keep a low profile.
- Be prepared to listen when they want to talk about problems

as every thing becomes more emotional and heightened during the exam period.

- Encourage them to take regular breaks during long periods of revision.
- Encourage morning revision when the brain is more receptive and discourage studying right up to bedtime.

### **Don't**

- Make comparisons with brothers, sisters, their friends and so on.
- Unintentionally add to their worries by constantly mentioning the exams.
- Relate too much to when you were sitting exams at school or how you did your revision.
- Worry if their revision techniques seem strange or unusual.
- Make a battleground out of whether or not they listen to music when doing their revision.
- Distract them unnecessarily.
- Expect them to study all the time as taking some time out to relax will have a positive effect on their work.
- Be patient
- Expect the unexpected. That is what teenagers are good at!

## For Students: Where do I start ?

- Listen to staff at school. They have been helping children achieve great grades for years. There are new GCSE assessments, exams and content which they have all had training on and advice from exam boards.
- If you are not sure, ASK your subject teachers.
- Use the exam board website and other online tools to help. Try practice papers and practice questions and check them. Make sure you are using the correct exam board and the most recent specification for that subject.
- For each subject, make a list of the major topics you have covered. This list is called a topic checklist. A topic checklist is a kind of route map showing you a path through your revision. If you find it difficult to list the topics you have studied ask your subject teachers for help. If you have a syllabus this can be helpful in checking what you have covered.
- For each subject, look at the topics and decide what order you want to tackle them. Pick a topic you like or find easy to start with as this boosts your confidence. You don't have to revise the topics in the same order you were taught them.
- Pin up your topic checklists in your bedroom or keep them in an easily accessible place.
- When you start a revision session look at your revision timetable to find out which subject you have chosen to revise. Then look at your topic checklist to find out which

topic you have chosen to tackle next.

- After each revision session, tick off the topic from your checklist (but only if you are happy that you have covered it adequately). This will help you to see the progress you are making and help you feel more in control. It will also stop you from feeling that you're not getting anywhere.
- Set a definite time when you will start and finish each revision session and stick to it.
- Keep revision sessions to a reasonable length. Between 1 - 3 hours is about right.
- Try to work in good light. You might get a headache if the light you work in is poor.
- Some students find they revise best in one place and feel that working in lots of different places is distracting. Others prefer the variety of working in different places.
- Most people are at their best in the morning. Try working on difficult topics in the morning when your mind is fresh.
- If you are going to listen to music, play it at low volumes and choose something that doesn't distract you. If you find yourself singing along, then you are distracted! When you have a break, try playing loud and lively music.
- Attend school EVERY DAY and you must be ON TIME
- Be super organised - use your planner or a diary.
- Be aware that problems, issues and challenges need fixing. Sticking your "head in the sand" and hoping it goes away NEVER works.
- If you are struggling, tell us. We can't help if we don't know you need it! With good communication there is nothing we cannot deal with.

## EXAM BOARDS FOR EXAMS 2018

Art	GCSE	Edexcel
Biology	GCSE	AQA
Business	GCSE	Edexcel
Chemistry	GCSE	AQA
Child Development	GCSE	OCR
Combined Science Trilogy	GCSE	AQA
Computer Science	GCSE	OCR
D & T Graphic Products	GCSE	AQA
D & T Product Design	GCSE	AQA
Drama	GCSE	AQA
English Language	GCSE	AQA
English Literature	GCSE	AQA
French	GCSE	Edexcel
Geography A	GCSE	Edexcel
History	GCSE	EDUCAS
Hospitality & Catering	L1/2 Award	EDUCAS
ICT	GCSE	Edexcel
Mathematics	GCSE	Edexcel
Music	GCSE	Edexcel
Physical Education	GCSE	Edexcel
Physics	GCSE	AQA
Religious Studies B	GCSE	Edexcel
Spanish	GCSE	Edexcel

### Useful websites

GCSE Bitesize [bbc.com/education](http://bbc.com/education)

AQA *aqa.org.uk*  
 OCR *ocr.org.uk*  
 Edexcel *qualifications.pearson.com*  
 SAM Learning *samlearning.com*  
 Get Revising *getrevising.co.uk*  
 Schmoop *shmoop.com*

**A school term time” Sample Revision Planner Timetable**  
**Remember to build in breaks, exercise and eating!**

	Mon	Tues	Wed	Thur	Fri		Sat	Sun
3.00-3.30						8.00-8.30		
						8.30-9.00		
3.30-4.00						9.00-9.30		
						9.30-10.00		
4.00-4.30						10.00-10.30		
						10.30-11.00		
4.30-5.00						11.00-11.30		
						11.30-12.00		
5.00-5.30						12.00-12.30		
						12.30-1.00		
5.30-6.00						1.00-1.30		
						1.30-2.00		
6.00-6.30						2.00-2.30		
						2.30-3.00		
6.30-7.00						3.00-3.30		
						3.30-4.00		

7.00-7.30						4.00-4.30		
						4.30-5.00		
7.30-8.00						5.00-5.30		
						5.30-6.00		
8.00-8.30						6.00-6.30		
						6.30-7.00		
8.30-9.00						7.00-7.30		
						7.30-8.00		

**A school “holiday” Sample Revision Planner Timetable**  
**Remember to build in breaks, exercise and eating!**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8.00-8.30							
8.30-9.00							
9.00-9.30							
9.30-10.00							
10.00-10.30							
10.30-11.00							
11.00-11.30							
11.30-12.00							
12.00-12.30							

<b>12.30-1.00</b>							
<b>1.00-1.30</b>							
<b>1.30-2.00</b>							
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<b>6.00-6.30</b>							
<b>6.30-7.00</b>							
<b>7.00-7.30</b>							
<b>7.30-8.00</b>							