



Year 11 GCSE Revision Guide

STUDY SKILLS & PLANNER



MOTIVATION AND PROCRASTINATION



You'd probably rather be doing anything other than revising. But thinking about how revision can help with your future goals may make it seem less daunting!

Revising can **motivate** you

1 – Thinking about **why** you want to do well in **your** exams.

1. To get into **sixth form** or **college** after GCSE'S
2. To help you achieve your **dream job**
3. To **prove to yourself** and others that you **CAN** do it

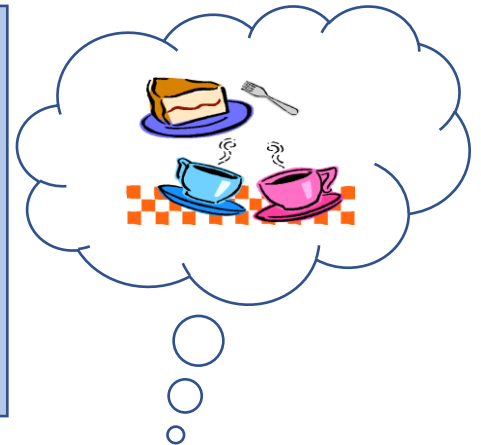
2 – Whatever **YOUR** goal, its best to **start** revising as **soon as possible**.

3 – Be **positive** about revision-it can be tough, but it'll **really help** when exams arrive.

4 – Focus on **your goals** and **don't compare** yourself to other people.

Five TOP TIPS for staying motivated

1. Set **small targets** with **rewards**
2. Remind yourself of your **long-term goals**
3. Plan a **big treat** for **after your exams**
4. Use a **topic planner** so you can see the **progress** you've made
5. If you're **dreading** a particular topic, start with some **easier topics first**



Procrastination Wastes Valuable TIME

Procrastination means **putting off a task** that needs doing. Avoid procrastination to make the most of your revision

- Turn off your phone, television and other distractions
- Give yourself regular breaks-it'll help you keep focused when you're revising.
- Break up your revision into small chunks so it's not one endless slog.
- Start with something small-this will ease you into focusing on your work

Organisation and Planning

Some things are best when you dive straight in – revision is not one of those things. Planning means you can spend more time revising and less time worrying you've forgotten something.



Planning will make you feel **in control**

Spend time on a **solid revision plan**, but don't spend so long that you don't have time to revise.

Reasons to plan

- You know you **have time** to **cover everything**
- You **won't forget** any topics
- You can **prioritise** early exams or tricky subjects
- It **reduces stress**
- Its **more efficient**

What Happens Without a Plan

- You'll **waste time** deciding what to revise each session
- You might **not** allow **enough time** to revise everything
- You **can't easily check** what you've already revised
- You may **forget** some topics

Timetables Can Help You Plan Your Revision

A revision timetable and topic planner will help you schedule your revision and see how you're progressing.

Being **Organised** Will Save Time

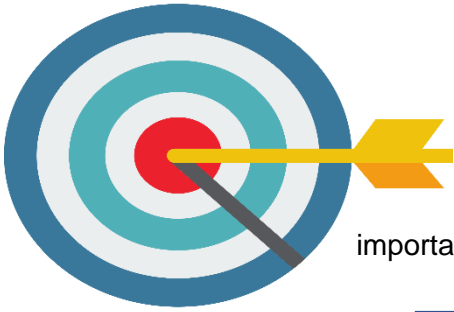
1. Organise your **notes and books** for each subject to make it easier to **find information**.
2. Write a **to-do-list**, then **prioritise** which tasks need to be done first.
3. Make sure you have all the **stationery you need** (lots of paper, pens, a calculator etc.) so you crack on with your revision without a fuss.

Did you hear the one about?

Planning your revision will help you remember to get every little last thing done.

Eventually...

Setting Targets



Knowing what you want to achieve in each session is important – it keeps you on track.



Example:

Imagine you are revising GCSE History.
Here's how you could set targets for your revision session.



A target to revise all of GCSE History is too large – split it into smaller chunks so it's easier to track your progress.

These targets are still too big – too much to revise in one go.

Set yourself manageable targets e.g. I'll learn the causes of World War I.

Time Frames can help you to be efficient, setting a time frame to achieve targets helps with **motivation**. You do need to be **realistic** though.

Generally, it's better to give yourself **slightly more** time than you think you'll need

Don't forget to reward yourself though for hitting your targets!

Your Revision Environment

How to make your home a revision-friendly environment

Their own study space



Adjust their tech

Because it's really distracting!

Use do not disturb mode; no desktop notifications (if they're using computer for revision; study without phone)



Encourage breaks



Keep talking



Teen & parents - so teen can voice their feelings & worries about anything & you, the parent, can help & comfort them

MyTutor

Coping with ***STRESS***

Exams are stressful for everyone – You won't be **alone** in feeling under pressure about exams, your classmates are also finding this time stressful

Stress in small amounts can be good for you - it can motivate you to do better or help you to focus on overcoming a difficult situation

However, too much stress can negatively impact your health. It's important to **recognise the signs** so you can do something about them.

- A **loss of appetite**
- Sudden **weight** loss or gain
- Feeling **anxious**
- Difficulty **concentrating**
- Feeling **emotional**
- Struggling to **sleep**

Ways to help with stress

HOW TO DEAL WITH EXAM STRESS



Take up exercise



Shared worries with friends or sought out university counsellor for help and guidance



Rewarded self for studying



Took up meditation



Blocked the internet while studying or revising



Read about successful people who had underperformed at college/university to discount any negative thoughts

Visualised what they want to achieve each day



Listen to uplifting music



Listen to comedy



Keep a plan of each day's work



Do small amount of work each day before letting it build up.



Stopped drinking alcohol



Learn, Revise, Test Yourself

Learn

The learning process starts **in school** and with homework, but sometimes you might have to do some **extra research** too.

- Before you start revising a topic, you need to make sure that you understand it
- Look back over your notes and read the textbook again.
- Do some research either online or in a library
- Ask your teacher

Revise

When you're happy that you **understand a topic**, you can move on to **revise it**.
Revising is the process of going back over what you've learnt so that you're **ready** to **answer questions** on it in an exam.

There are many different ways to revise-here are just a few examples

- Condensing your notes
- Mind maps
- Flow charts
- Revision cards

Test Yourself

Once you're happy that you **know a topic**, it's time to **test yourself**

Start by doing some quick **fact recall questions**

Practice exam questions or **past papers**

Know what you'll be tested on

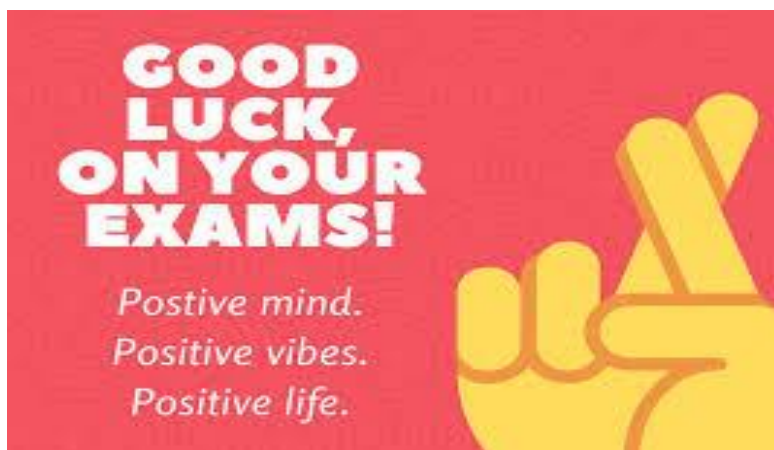
Check the Spec

1. Look at the exam board **specifications** and **past papers** for **all** of your exams.
2. Specifications tell you what you **need to know** and **how** you'll be **tested**.
3. Past papers show you the **types of questions** that could come up.

1. For **Maths** questions – make sure you know when to **show your working**
2. Use **specific vocabulary** and **examples** where possible (e.g. dates/locations in History.)
3. In Science and Maths, make sure **answers** are **realistic** and in the **correct units**.
4. **Check your writing** some humanities exams give marks for SPaG
5. Be prepared for questions about '**working scientifically**' in Science exams.

During the exam

- 1, Get your pens and stationery out
- 2, Place your water bottle on the floor next to your desk
- 3, Take some deep breaths to calm yourself
- 4, Fill in the front of your exam paper.
- 5, Listen to instructions given by the invigilators



Focus on what you're doing during the exam!

Read each question carefully

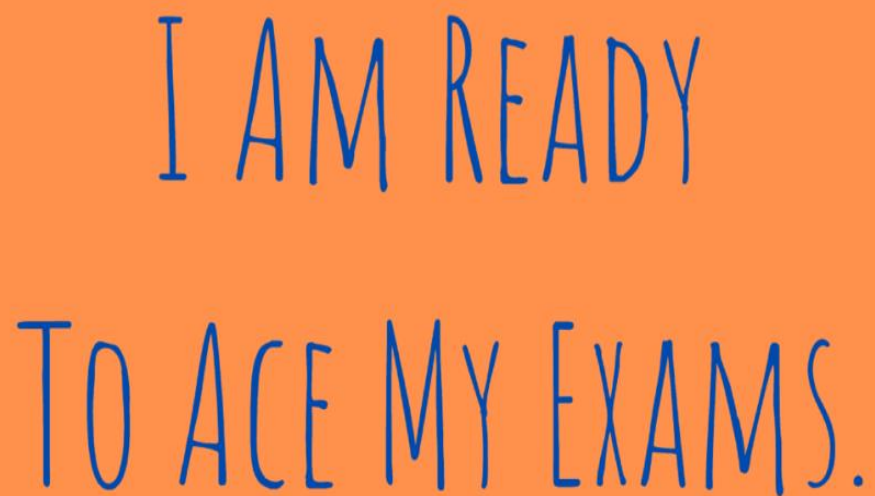
Read each question carefully – seriously, you might miss something if you rush

Answer every question that you need to – and don't answer any that you don't. If you're not sure of an answer, make an educated guess.

Keep an eye on the time, so you stay on track

Judge how long to spend on a question based on how many marks its worth

Keep focussed don't get distracted



I AM READY
TO ACE MY EXAMS.

After the Exam

After your last exam is done and you have left the building – **scream and dance around and unwind, you did it!**

Celebrate all of your hard work, have a nice dinner, go on a trip or spend time with friends

Take some time out to relax

Exams are tiring – try to relax after the exam or do something fun

If you're feeling frustrated or anxious, doing some exercise could help

Just relax until results day

