



SUTTON COLDFIELD
GRAMMAR SCHOOL FOR GIRLS

How to revise effectively

Six steps to effective revision

How to make the most of revision.

Everyone has a different way of studying. Comparing yourself to others might leave you wondering whether you are going about things the right way – but different methods work for different people, so find out what works best for you.

- Do you find it easier to work at different times of the day? Planning your daily schedule can help you avoid having to work at times that don't suit you.
- Do you find it easier to work in certain places? You might find it helpful to work in a library to separate your studies from your social life.
- How long can you concentrate for? Most of us need regular breaks. Scheduling these in can help you work more effectively.

Step 1: Produce topic lists for each of your subjects

- It is vital that you produce topic lists for each of your subjects.
- This will ensure you revise everything that could possibly come up on the exam.
- Ask your teacher if they have a check list or learning log they can give you. Many of these will be in your exercise book already.

For example:

Chemistry
5.The Periodic Table
5.1 Life, death and beauty
5.2 Organising Elements
5.3 The Noble Gases
5.4 The Halogens
5.5 Four vital non-metals
5.6 The strange magic of silicon
6. Inside Materials
6.1 Inside gases
6.2 Inside our atmosphere
6.3 More molecules
6.4 Polymers
6.5 Inside solids

You can then develop these lists to show how confident you feel about each topic. This will help you prioritise your revision.

*Confidence level 1-10 with 10 being the most confident with your own subject knowledge of the topic.

Chemistry	Confidence level before revision	Revised once	Confidence level after revision	Revised for a second time	Confidence level after second revision	Revised for a third time
5. The Periodic Table						
5.1 Life, death and beauty						
5.2 Organising Elements						
5.3 The Noble Gases						
5.4 The Halogens						
5.5 Four vital non-metals						
5.6 The strange magic of silicon						
6. Inside Materials						
6.1 Inside gases						
6.2 Inside our atmosphere						
6.3 More molecules						
6.4 Polymers						
6.5 Inside solids						

Step 2: Produce a revision timetable

- It is vital that you draw up a revision timetable and you stick to it.
- Put it up around your house so that your family know when you should be revising and what you should be doing.

Revision timetable—May

W/C	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
08/05	Maths - Algebra		Physics - Convection	Netball Training	Biology – Digestion.	Piano Lesson Geography – rock formations	20 minute revision review
15/05	Maths - Geometry		English - Anthology	Netball Training	History – The Berlin Wall	Piano Lesson Dad's Birthday Meal	20 minute revision review
22/05	French – Dialogue		History – World War II	Netball Training		Piano Lesson	20 minute revision review
29/05	Chemistry – The periodic table		English – An Inspector Calls	Netball Training	Sleepover at Emily's	Piano Lesson	20 minute revision review

How do I create a revision timetable?

Revision timetable—May

W/C	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
08/05							
15/05							
22/05							
29/05							

Make sure you write in any after school or weekend commitments that you might have onto your timetable first.

Revision timetable—May

W/C	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
08/05				Netball Training		Piano Lesson	
15/05				Netball Training		Piano Lesson Dad's Birthday Meal	
22/05				Netball Training		Piano Lesson	
29/05				Netball Training	Sleepover at Emily's	Piano Lesson	

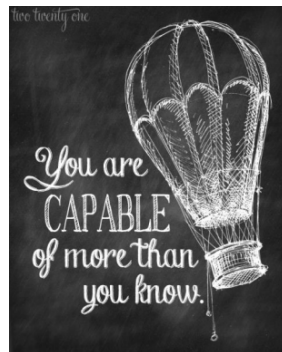
Then write in when you will revise and what you will revise. Don't put too much each night because you will have homework to do as well.

Revision timetable—May

W/C	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
08/05	Maths - Algebra		Physics - Convection	Netball Training	Biology – Digestion.	Piano Lesson Geography – rock formations	20 minute revision review
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How long should I spend revising one subject/topic?

- You will not be able to properly focus on a topic for more than 23-30 minutes at a time.
- It is also very important that you have a break if you are revising more than one subject in a row.
- If you are doing a 1 hour revision session for a subject then it should include 40 minutes of focused revision with two 10 minute breaks.
- In the break you need to rest or reward yourself. Be careful rewarding yourself by using your phone as it can be too distracting.



If you have a phone/tablet/iPad—make use of the apps.

SQA—My Study Plan

You put it in where your exams are, the times in the day you have for revision and how long you need to revise for each subject.

The App then creates a revision timetable for you



Other useful tips when it comes to creating a revision timetable.

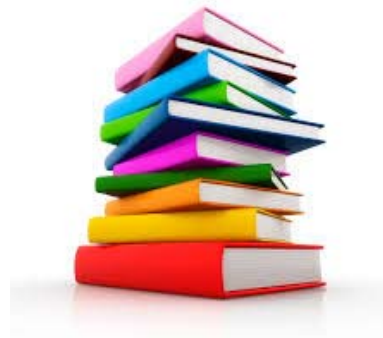
Try to make sure your revision timetable is:

- linked to your exam timetable, so you revise subjects in the right order.
- realistic and flexible, in case of any unexpected events
- shows your priorities clearly - distinguishing between things that have to be done and things that you would like to be done can help you see what can be dropped if you are feeling under pressure.
- balances your revision with other demands on your time, e.g. meals, sleep, chores or other commitments.
- takes into account your best time of day for studying – think about when you find it easiest to sleep or if you are taking medication that affects you when you can concentrate
- Include plenty of time for breaks.

Step 3: Make sure you have all the resources you need.

There are a number of different resources that would be useful, the mains ones are:

- Your work books for each subject
- Text book or revision guide
- Exams papers/mark schemes for subjects.
- Coloured pens/highlighters
- Paper/post it notes/ flash cards
- Revision websites.



Step 4: Find a good place to study.

- You will need to find a quiet, well lit place to study which is away from distractions.
- Log out of or temporary disable social media such as Facebook.



Step 5: Use revision strategies that actually work.

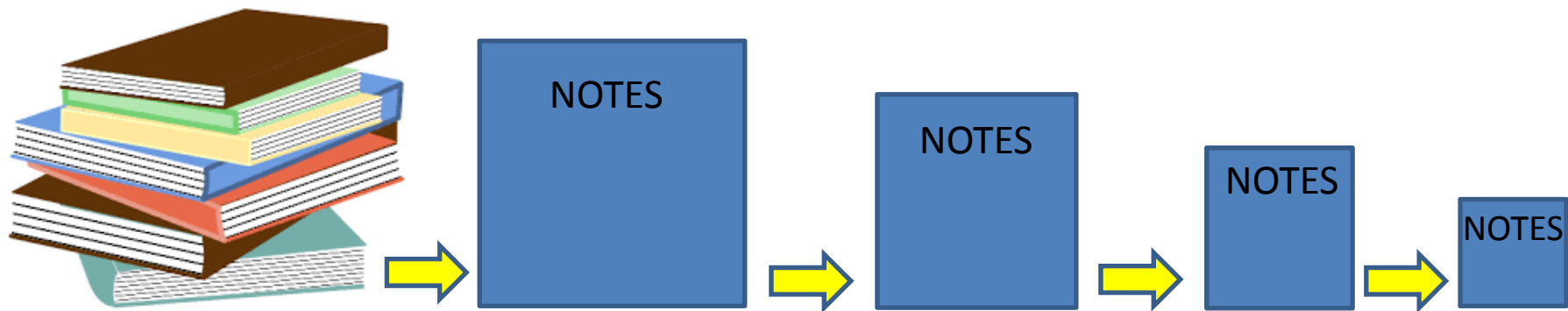
Too many people think that simply reading through their notes is effective revision.

Unfortunately it isn't, mainly because your brain doesn't have to think much while you do it. It only puts the information into the short term memory, so most of the information will be cleared by the brain at the end of the session. To retain information, it needs to be stored in the long term memory by using the strategies we are looking at.

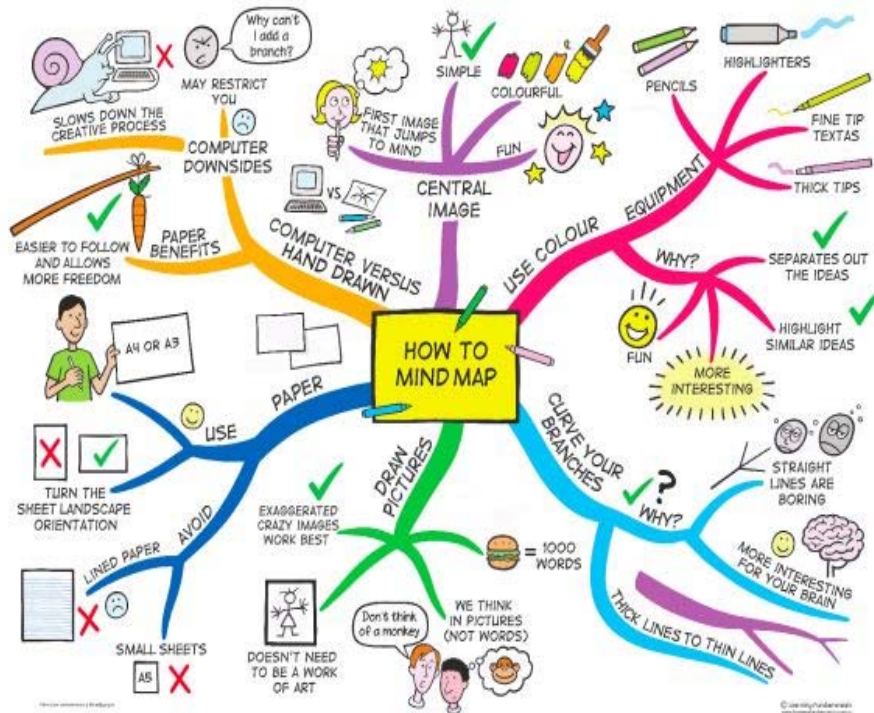


Reduce/Transform

- One of the best things to do is try and condense your notes.
- You should be trying to reduce the information in your workbook or textbook into just key points.
- Try and fit a whole topic onto one side of A4 paper.



One of the best ways to do this is to create a mind map.



Create a mind-map that includes all of the information in the topic that you are revising.

You should create one main central image for this topic, and use images and words in the mind-map for key points.

Talk through your mind-map to a friend or family member.

Cover your mind-map and then reproduce it from memory.

There are more instructions on how to make a mind map online.

Summary Grids

- To produce a summary grid you write the title at the top of the page.
- You then produce a brief summary.
- You then summarise your summary by reducing it to three key points.

Title: (What title would you give this?)

Summary: (write bullet points, draw diagrams, flowcharts and the most important points)

Summary of my summary: (what are the three main points)

- 1.
- 2.
- 3.

Next time I revise this topic I will need to:
Just skim over this topic:
Go over this in more detail:

Another effective method is to use Flashcards.



What do flash cards include?

- Subject/topic on one side
- Bite-size chunks of information opposite
 - Keywords
 - Definitions
 - Lists
 - For/against
 - Main points
 - Mnemonics
 - Colour-coding
 - Diagrams

STICKY IDEAS

- Flash – cards/question and answer cards
- Post-its 'all around the house!'
- Text → image
- PEE – Point, example, explain
- Keywords TABOO – explain without using the key word.
- Arguments for/against
- Explain definitions and concepts to yourself/parents/guardians/dog (it's not the feedback that is important but the speaking that counts)
- You can make flashcards online at www.tinycards.duolingo.com

Make Revision Fun!

No revision is ever exciting but...it's do-able if you can make it vaguely interesting and fun.

Games you could play:

PICTIONARY

With your friends or on your own have sheets of key information.

Draw pictures (single/comic strip) and no more than 5 words to help you remember as much of the sheet as possible.

Turn sheet over and use your pictures to answer the quiz.

TABOO

With a study partner, describe the key words you have been given to your partner without mentioning the word itself. Your partner has to work out the key word you are describing.

After 5 minutes swap and they explain their 5 words to you.

Remember to be as active as possible; work with friends if you are social, drawing pictures if you are artistic; use colours if you're visual; using crazy ideas or images if you are imaginative and give yourself rewards for successful revision!

Step 6: Test yourself regularly.

- This is the most important thing that you can do,
- Research has proven that without regular testing, revision does not work.
- You should try and complete past exam questions in timed conditions.
- Try and get a friend or member of your family to test you on what you have revised at the end of each day and at the end of the week.



Is there anything else I should know?

- At the end of each day or week of revision you should set aside 20 minutes to go back through everything you have revised that day/week. This helps you to remember it.
- Drink plenty of water, get regular exercise and make sure you get a good nights sleep whilst revising. Sleep has been proven to improve memory and retention.
- Energy drinks actually have a negative effect on your concentration levels whilst revising—don't drink them.
- Revision isn't easy. If you are doing it right it should be tiring and it should make your brain hurt. However, the benefits of revision are huge.

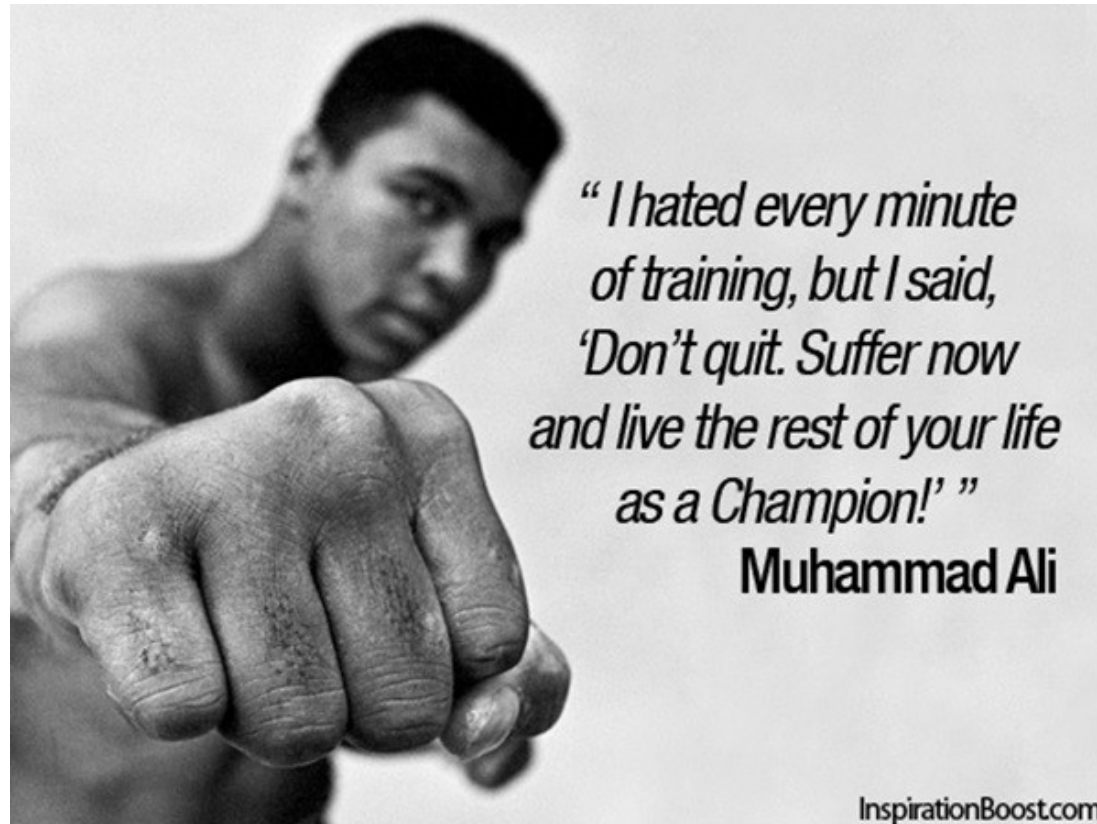
What have you learnt?

Write down somewhere (in your planners, in a book, on a scrap of paper, etc....)

- What for you is the 2 key things you will remember for effective revision?
- What methods do you intend to use for the future?



Finally, in the words of Muhammad Ali.....



*“ I hated every minute
of training, but I said,
'Don't quit. Suffer now
and live the rest of your life
as a Champion!' ”*

Muhammad Ali

InspirationBoost.com