

Welcome to the Revision Skills Evening

Mrs F Stephenson - Head of Year 11

Mrs A Speight - Mental Health & Wellbeing Lead



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Before we start.....

**THREE TOUGH
TRUTHS ABOUT
REVISION**

**Can you guess what these
are?**



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1. It is down to you as the learner

Not the teachers with their revision sessions.

Not flipping through internet sites or revision guides.

It is YOU that's got to do it, and it involves making decisions and will-power.



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2. Revision takes time.

There is no quick version which will cut corners.

Just having the resources does not do it.

The harder it is, the longer you will have to spend on it ... or you will not see progress.



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3. Fix the information

Revising is remembering and understanding. It's not 'revising' unless you're fixing it into your brain.

If you spend five hours working, but you still can't remember it in the exam, you've spent 5 hours working, but you've not done any revision.

Use revision methods to help fix the information into your brain - we have some for you tonight!



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Memories....

Try to recall each of the items below. After each one, think about what you did to help you remember:

- What is your own mobile number?
- How do you tie shoelaces?
- What was your first day at school like?
- What was the name of your very first teacher?
- How do you get from school to your house?



Memory Technique 1: Chunking

Good for helping memorise passages of information

Break your work down into sentence 'chunks'.

Take one paragraph/topic and count the number of sentences/areas.

Draw that number of boxes onto a page.

Write each sentence into a box from left to right

Look at the first sentence and read it out loud. Then, close your eyes and say ('seeing the words in your mind') or 'air write' the sentence without looking at it.

Repeat the step above, this time with the first 2 sentences.

Next, try it with 3 sentences. Then 4. Repeat until you have memorized the first paragraph.



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Chunking Example

Regular exercise improves health and fitness. Health is defined as a state of complete mental, physical and social well-being; not merely the absence of illness or infirmity. Fitness is the ability to meet the demands of the environment. Mental benefits include improved confidence, relief of stress/tension and stress related illness. Physical benefits include losing weight, improved posture and improved body shape. Social benefits include meeting people and making friends. Being a member of a sports club and regularly participating in sport will develop personal qualities from working with others, testing yourself against others and testing yourself against the environment or your best performances.



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Chunking Example

BENEFITS OF SPORT

Regular exercise improves health and fitness.

Health is defined as a state of complete mental, physical and social well-being; not merely the absence of illness or infirmity.

Fitness is the ability to meet the demands of the environment.

Mental benefits include:

- improved confidence
- relief of stress/tension and stress related illness

Physical benefits include:

- losing weight
- improved posture
- improved body shape

Social benefits include:

- meeting people
- making friends



Memory Technique 2: Visualisation

L'affiche

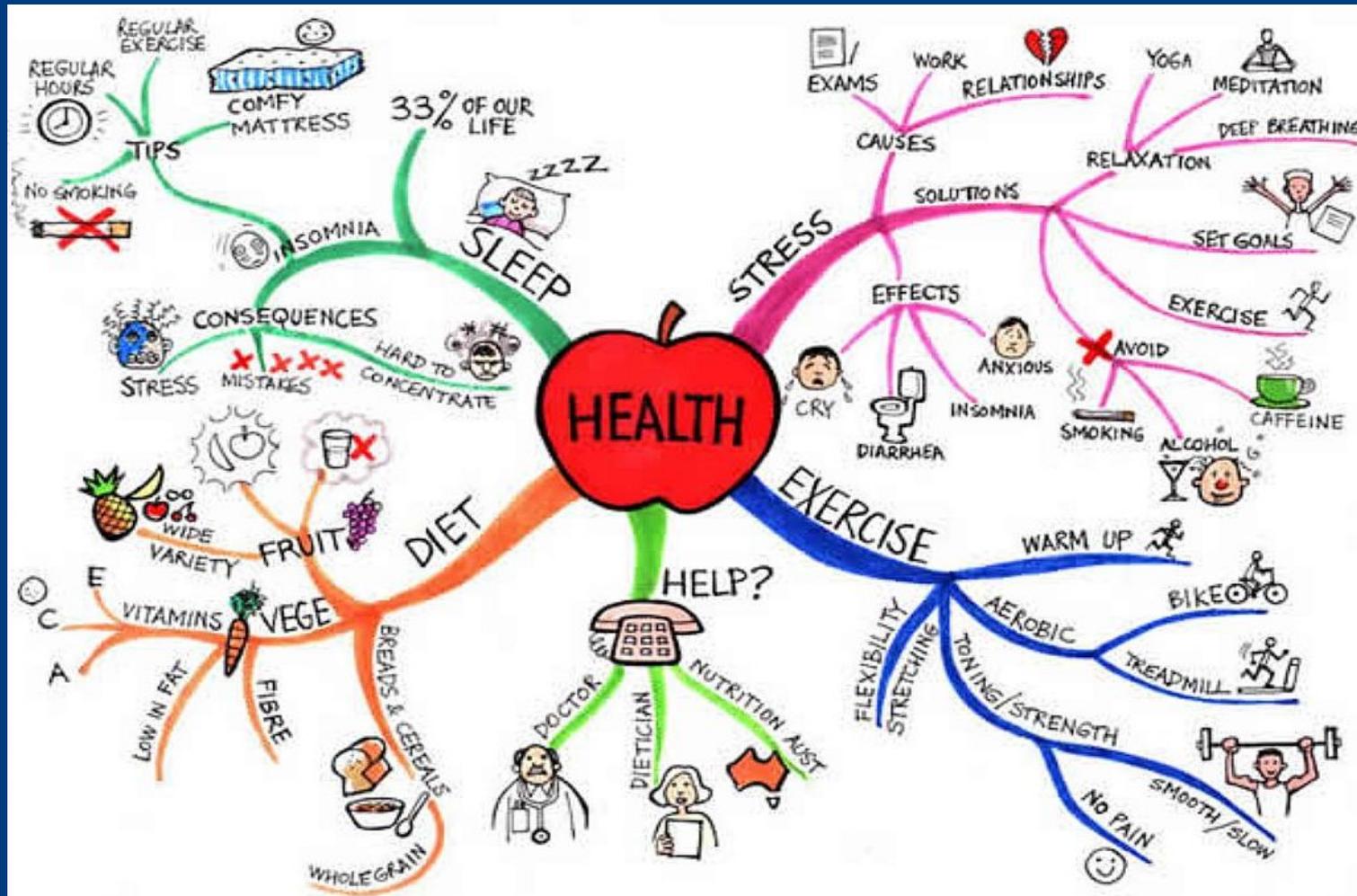


Poster
(in French)



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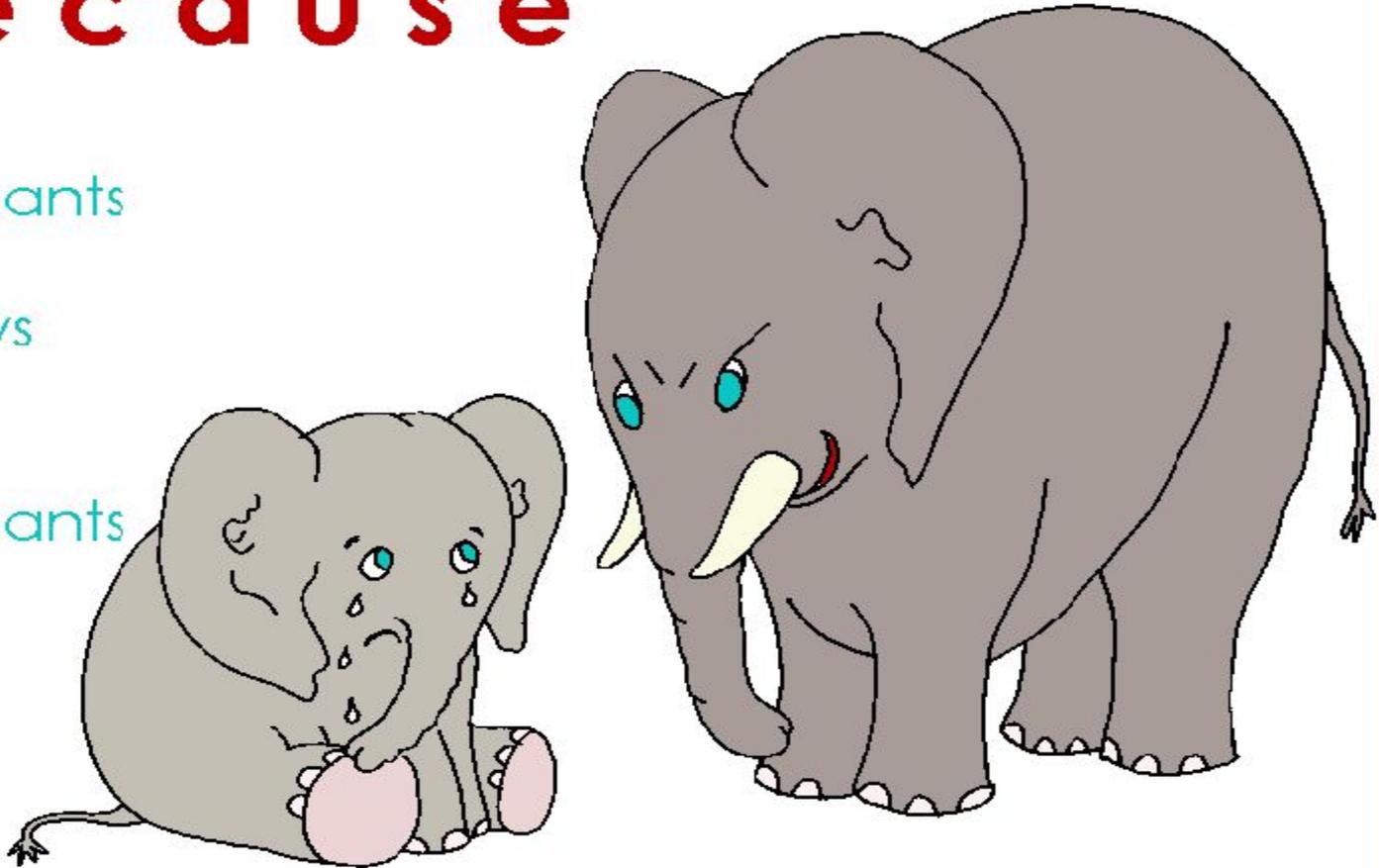
Memory Technique 2: Visualisation



Memory Techniques 3: Mnemonics

b e c a u s e

big
elephants
can
always
upset
small
elephants



Memory Techniques 3: Mnemonics

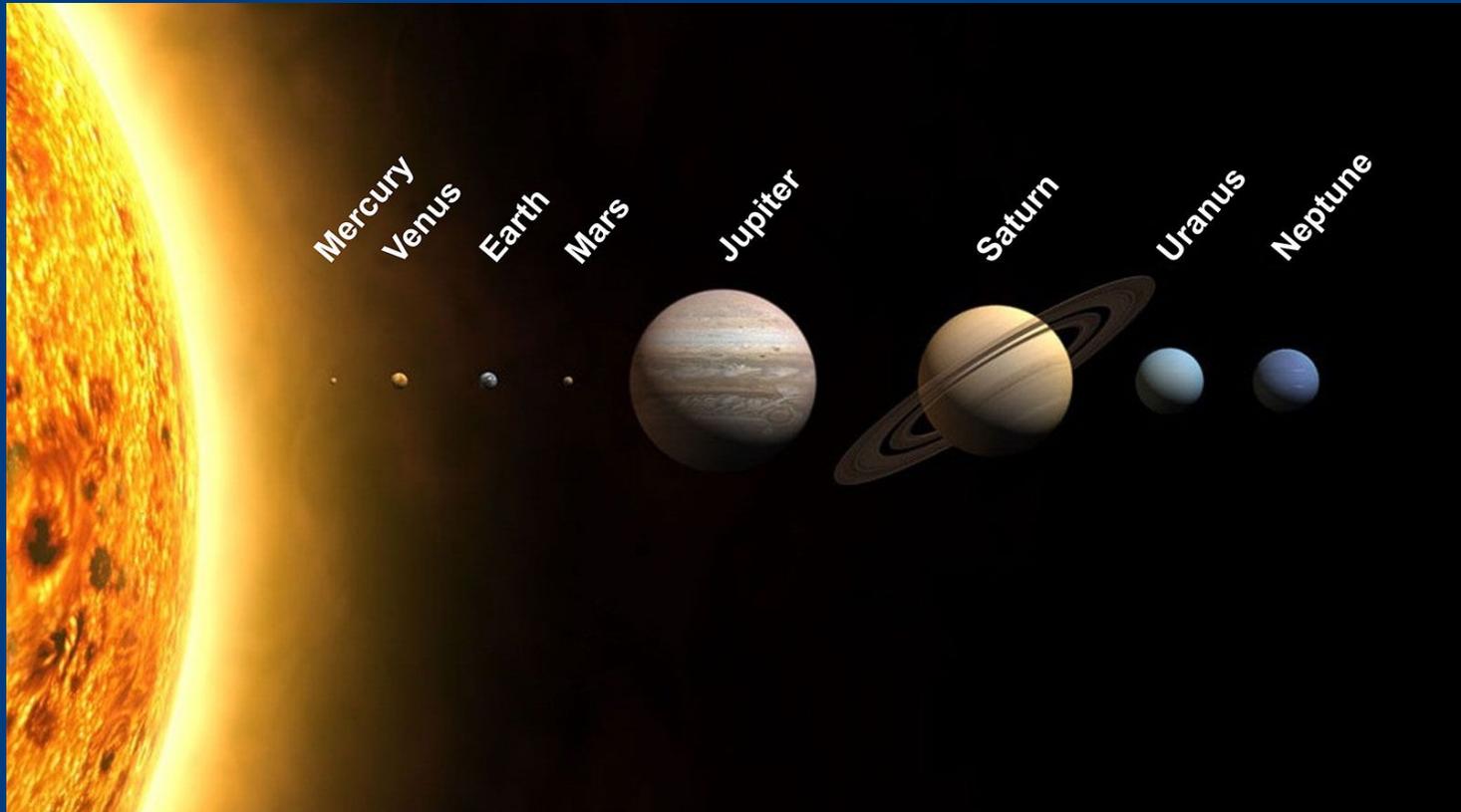


Red, Orange, Yellow, Green,
Blue, Indigo, Violet
**Richard of York gave battle in
vain**



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Memory Techniques 3: Mnemonics



My Very Easy Method Just Shows You Nine (Planets)



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Memory Techniques

3: Mnemonics

Byte



Kilobyte



Megabyte

Gigabyte



Terabyte



Remember....

" It's much easier to remember colourful, memorable mental images, than it is to remember dull facts."



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Top tips for using mnemonics to remember your text:

- Use positive, pleasant images. Your brain often blocks out unpleasant ones!
- Use vivid, colourful, sense-laden images
- Use all your senses to code information or dress up an image. Remember that your mnemonic can contain sounds, smells, tastes, touch, movements and feelings as well as pictures.
- **Use humour! Silly, rude or crude rhymes are harder to forget!**
- Symbols (red traffic lights, pointing fingers, road signs, etc.) can code quite complex messages quickly and effectively.





Making the right choices

Where do you revise?

Is it noisy?

What about comfort factors?

Do you prefer to revise alone or with friends/both?

What is likely to distract you?

What time of day do you prefer to revise/study?



What impact will these have on your revision?



Biddenhams top revision tips



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1. Post - it notes.



2. Use rewards

Give yourself a treats, rewards and downtime when revising.

Chocolate, use of phone (time limit), a film etc

Remember your main reward is good results!



3. Be organised

For each subject make a folder for your revision notes. Do you work better with hard copies or digital folders?

Colour code revision types:

- Mind maps on pink paper
- Notes on blue paper
- Formulae on yellow

This makes it easier to find within your folder.



4. Get your exam technique right!

Highlight key terms or words on your exam paper. For maths 'BUG' your problems.

Answer every question

Match the number of points you make to the number of marks available, and the time you spend on that question.

Develop out your points and reasons.



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5. 'Guerrilla' method.

On the
fridge

Phone
wallpaper

Mirror



Games
console

Bedroom
door

Toilet!

On the
fridge



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6. Have a plan!

Cover all your subjects, not just your favourite ones.

Cover all your topics, not just the ones you understand already.

Use the timetable to plan when you will revise and when.

Give yourself time to go over all areas in sufficient depth.



7. Have notes/reminders on hand.



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8. Get the family involved!

Revising alone can be hard and dull.

Being asked about Romeo and Juliet by a family member while eating breakfast is.....

Can family members ask you questions?

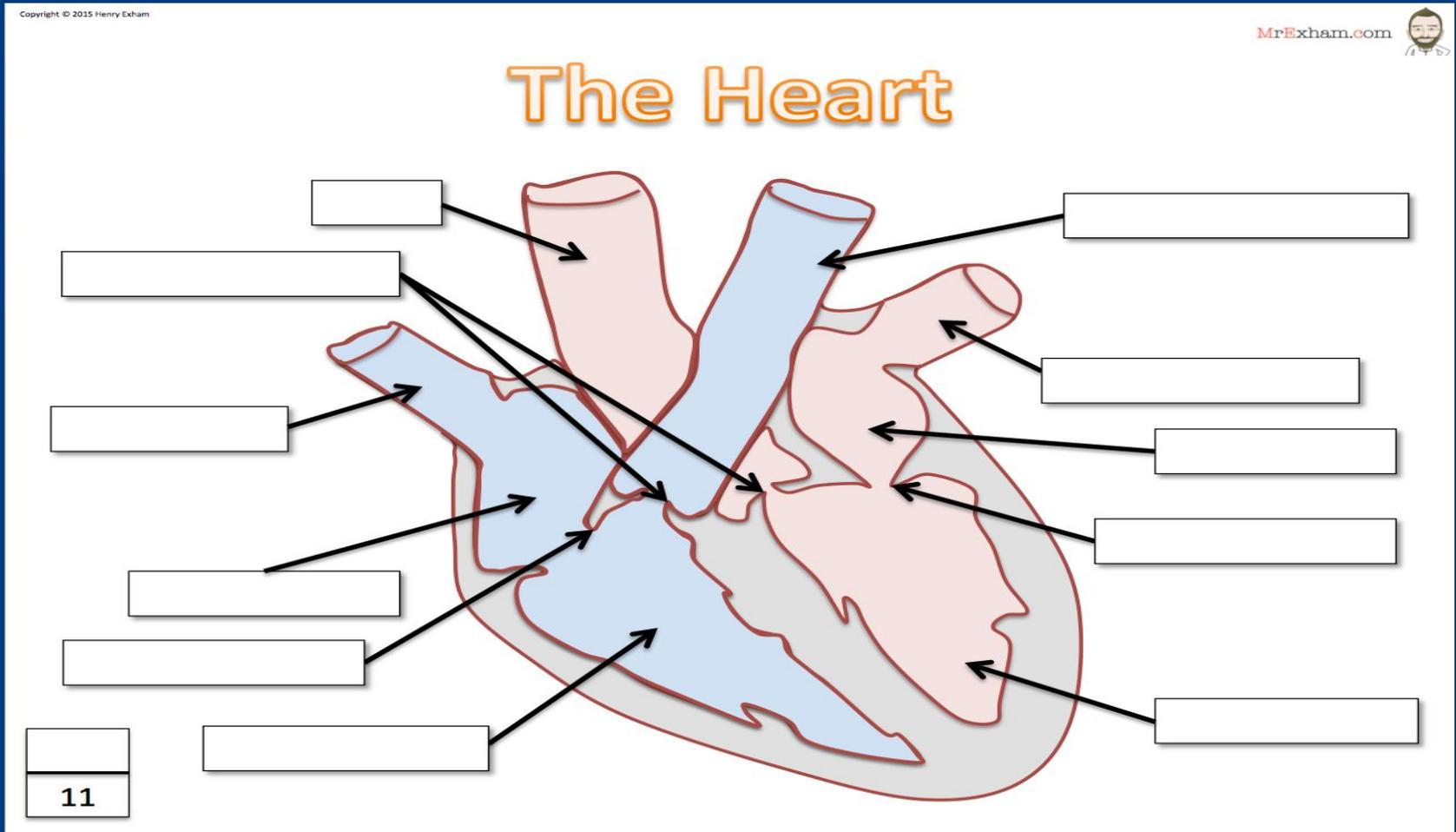
Can you give them queue cards with main points on?

Can you deliver your memories notes/poems?



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9. Diagrams



10. Teach others

Try teaching others your knowledge.

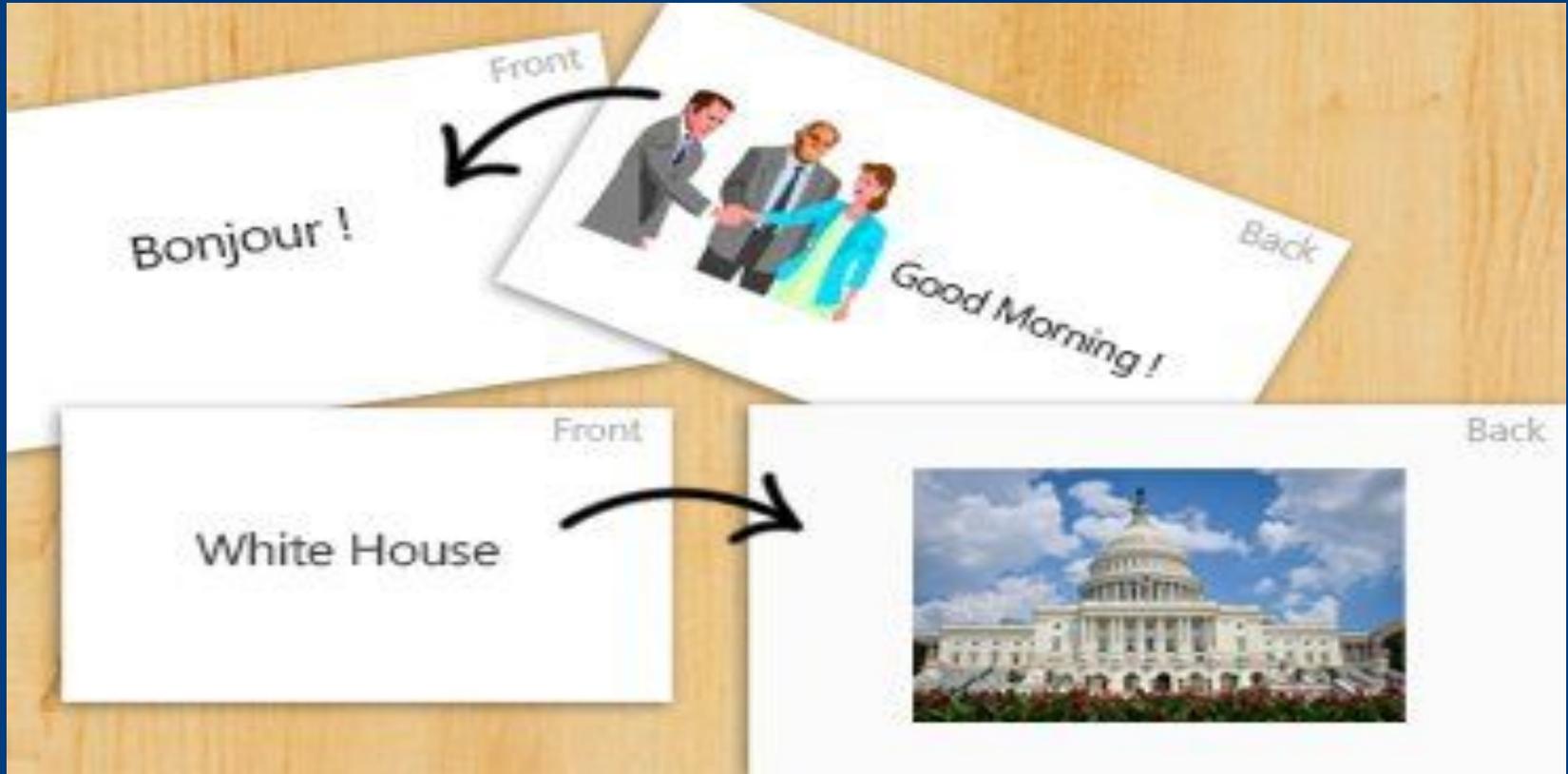
If you can explain it, it shows you know it.

Can you spot someone else's mistakes or misconceptions?



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11. Flashcards.



12. Use past exam papers

All subjects will have past papers and the answers. Use them, with your teachers, to improve your exam technique.

Item C

The importance of parenting in society

Many longitudinal studies conducted in Britain investigate the roles that parents play in the development of children. The National Child Development Survey is an example of a longitudinal study. It began in 1958, and continues to follow the same representative sample of individuals born in one particular week of that year. The aim of the study is to improve understanding of the factors affecting human development.

After the first survey, there were a further eight surveys between 1965 and 2009 to obtain information concerning educational and social development. The National Child Development Survey has become a major resource for investigating social mobility and the impact of childhood conditions on later life.

0 1 From **Item A**, what percentage of young people said they had a very happy relationship with their family? *(1 mark)*

0 2 From **Item B**, identify the research method used by Nicola Ross. *(1 mark)*

0 3 Give **one** advantage and **one** disadvantage of using Nicola Ross's research method, as referred to in **Item B**. *(2 marks)*

0 4 Study **Item C**. Describe how a longitudinal study might be useful for research into the influence of parents on a child's development. *(4 marks)*



13. Mind-mapping information



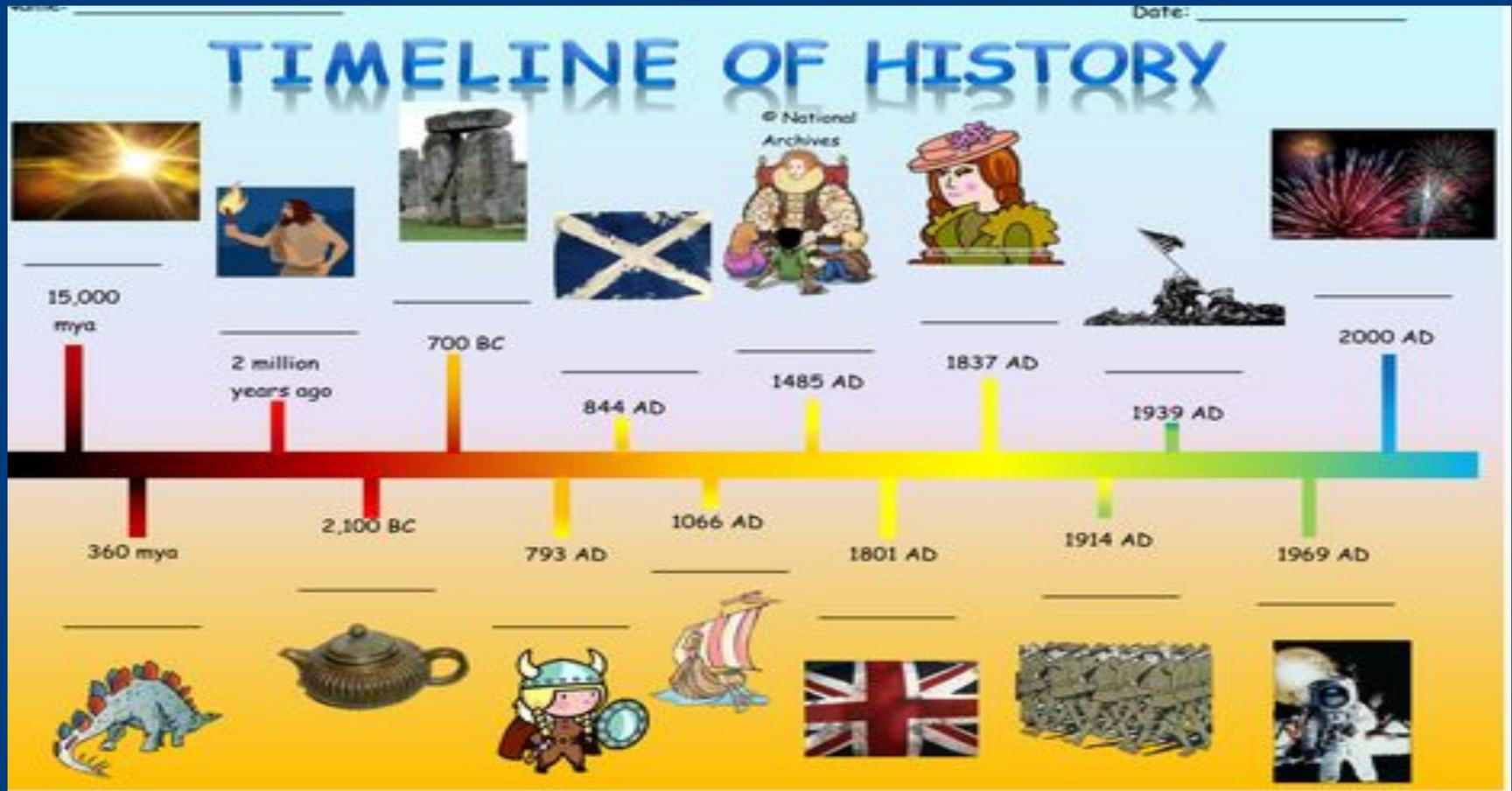
14. Revision guides

Fairly cheap, simple to use and condensed.
Help to structure your revision.

Available (at cost) from school reception. Pupil premium funding available to assist with purchasing required revision guides. These are the recommended ones from each department.



15. Timelines



16. Quality and quantity

Revising for four hours straight is not useful.

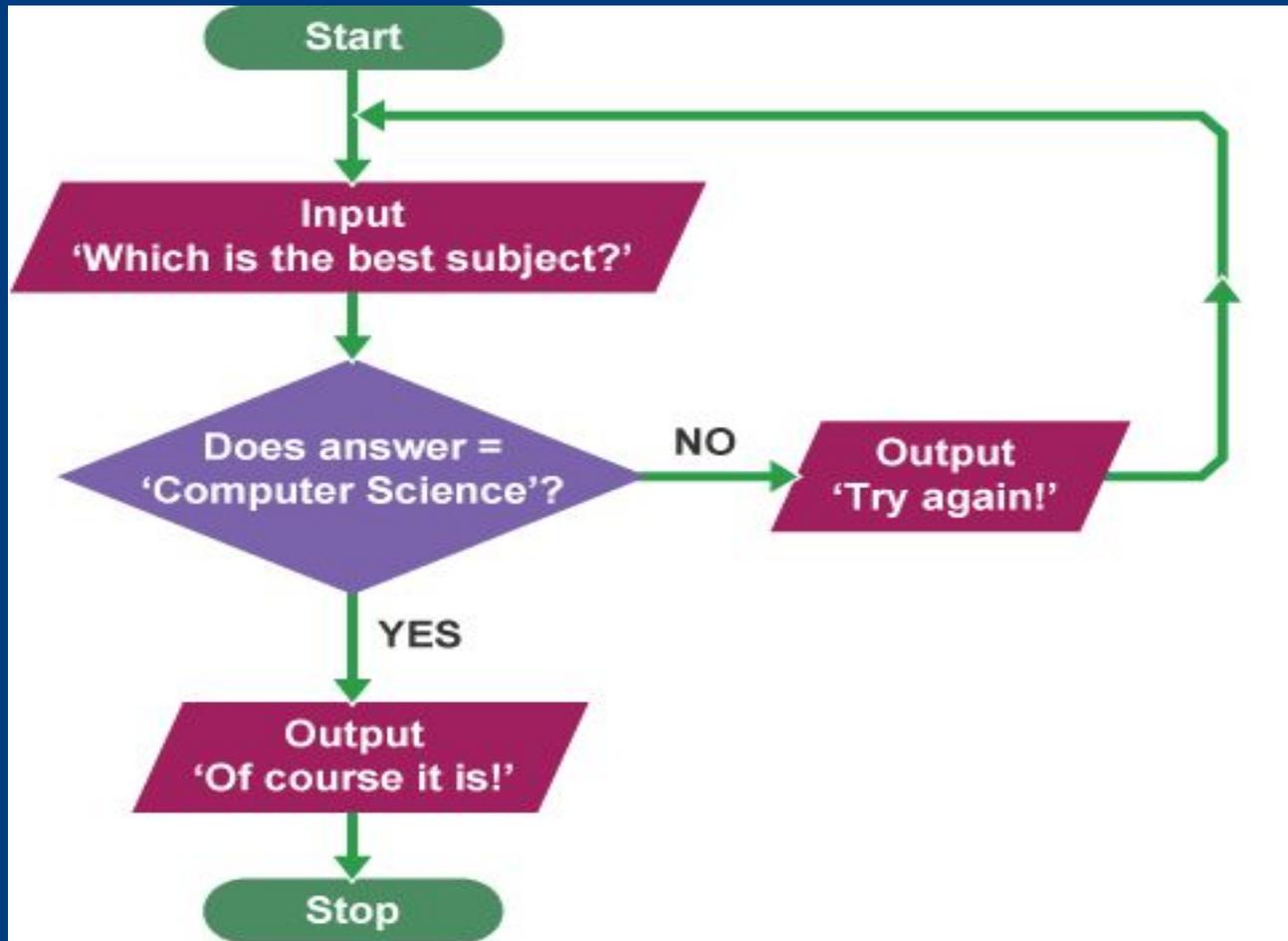
Revising for 45 minutes followed by a 15 minute break is!

Take rest breaks, have 'down time' and don't stay up all night.



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17. Flow diagrams



18. People's brains work differently

Find what works for you. What works for a friend may not work for you. What works for you in the morning, may not work in the afternoon.

Rewards?

Results?

Meeting your own expectations/targets?

Swapping methods?



19. Start now!

Don't wait to start revising. Start this evening!

Waiting until the month before is too late to do good quality revision.



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Finding the time to revise.



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Biddenham Revision Planner

SUBJECT OVERVIEW							
Combined Science	Physics	Chemistry	Biology	Maths	English Lit	English Lang	Religious Studies
History	Geography	PE	Languages	Computing	Business	DT	Art
Graphics	Textiles	Dance	Music	Drama	Food	SPARE 1	SPARE 2
REVISION OVERVIEW							
06/12/2021	13/12/2021	CHRISTMAS	03/01/2022	10/01/2022	17/01/2022	24/01/2022	31/01/2022
07/02/2022	FEBRUARY HALF TERM	21/02/2022	28/02/2022	07/03/2022	14/03/2022	21/03/2022	28/03/2022
EASTER	18/04/2022	25/04/2022	02/05/2022	09/05/2022	16/05/2022	23/05/2022	MAY HALF TERM



Biddenham Revision Planner

OCR Gateway Biology (J241) from 2016 Topic B1: Cell level systems					
Topic	Student Checklist	December RAG	Revised	JAN RAG	EASTER RAG
B1.1	Describe how light microscopes and staining can be used to view cells	Blank	Blank	Blank	Blank
	Name the main subcellular structures of eukaryotic cells and prokaryotic cells and explain how they are related to their functions	Blank	Blank	Blank	Blank
	Explain how electron microscopy has increased our understanding of subcellular structures	Blank	Blank	Blank	Blank
B1.2	Describe DNA as a polymer that is made up of two strands, forming a double helix	Blank	Blank	Blank	Blank
	Describe that DNA is made from four different nucleotides	Blank	Blank	Blank	Blank
	Describe experiments that can be used to investigate enzymatic reactions	Blank	Blank	Blank	Blank
	Explain the mechanism of enzyme action	Blank	Blank	Blank	Blank
B1.3	Describe cellular respiration as a universal chemical process that occurs continuously to supply ATP in all living cells	Blank	Blank	Blank	Blank
	Describe cellular respiration as an exothermic reaction	Blank	Blank	Blank	Blank
	Describe and compare the processes of aerobic and anaerobic respiration in animals and plants/fungi inc ATP yield and location	Blank	Blank	Blank	Blank
	Explain the importance of sugars in the synthesis and breakdown of carbohydrates	Blank	Blank	Blank	Blank
	Explain the importance of amino acids in the synthesis and breakdown of proteins	Blank	Blank	Blank	Blank
	Explain the importance of fatty acids and glycerol in the synthesis and breakdown of lipids	Blank	Blank	Blank	Blank
	Recall that photosynthetic organisms are the main source of food and therefore biomass for life on Earth	Blank	Blank	Blank	Blank
B1.4	Describe the process of photosynthesis, to include reactants and products, the word equation and location of the reaction	Blank	Blank	Blank	Blank
	Describe photosynthesis as an endothermic reaction	Blank	Blank	Blank	Blank
	Describe experiments to investigate photosynthesis	Blank	Blank	Blank	Blank
	Explain the effect of temperature, light intensity and carbon dioxide concentration on the rate of photosynthesis	Blank	Blank	Blank	Blank
	<i>HT ONLY: Explain the interaction of the effect of temperature, light intensity and carbon dioxide concentration in limiting the rate of photosynthesis</i>	Blank	Blank	Blank	Blank
OCR Gateway Biology (J241) from 2016 Topic B2: Scaling up					
Topic	Student Checklist	December RAG	Revised	JAN RAG	EASTER RAG
	Explain how substances are transported into and out of cells through diffusion, osmosis and active transport	Blank	Blank	Blank	Blank
	Describe the process of mitosis in growth, including the cell cycle	Blank	Blank	Blank	Blank
	Explain the importance of cell differentiation	Blank	Blank	Blank	Blank



Create a personal revision timetable that you can stick to.

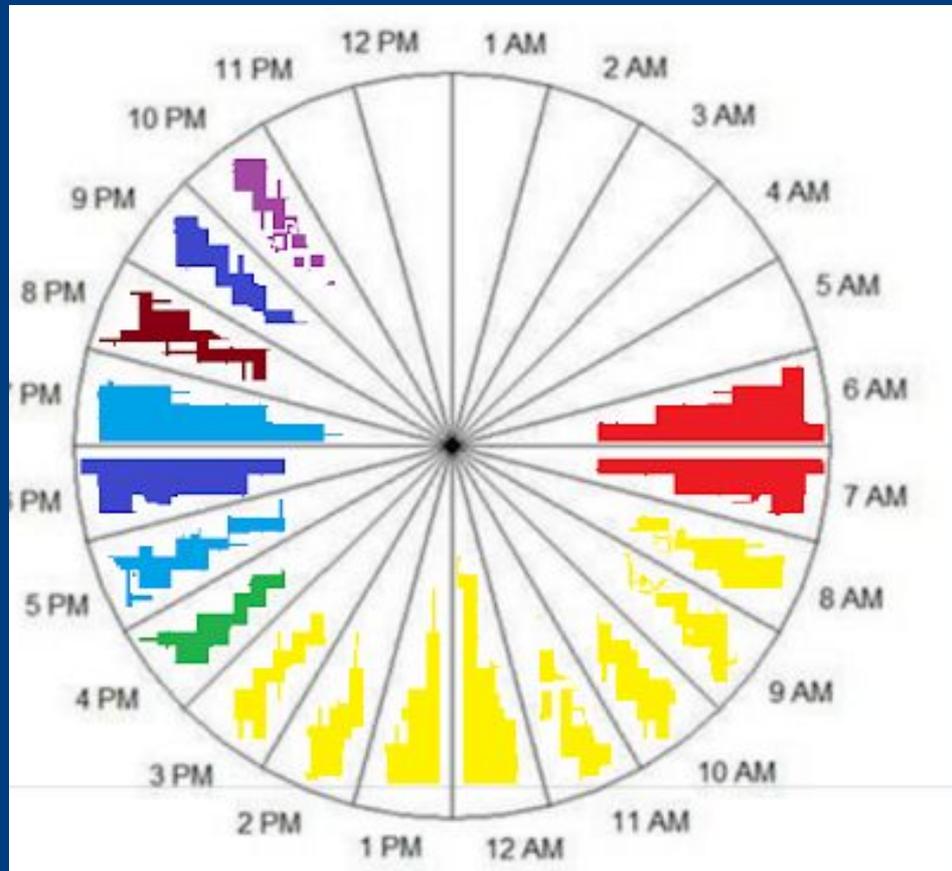
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3pm - 3:30pm	Arrive home have a snack						
3:30 - 4:30	ICT revision						
4:30 - 5pm	TV break						
5pm - 6pm	English revision						
6pm - 6:15pm	Social media break						
6:15 - 7:30	RS revision						
7:30 - 8:30	Dinner						
8:30 - 9pm	Q & A with parents						
9pm	Bedtime						



Try colour coding to make it clear



Schedule time for all subjects, breaks and relaxation time.



You need to **FEEL** prepared

This will help you to **KNOW** you
can do your best and succeed

You need to walk into the exam
hall knowing you are going to
PROVE what you are capable of



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YOUR
BEST IS
GOOD
ENOUGH

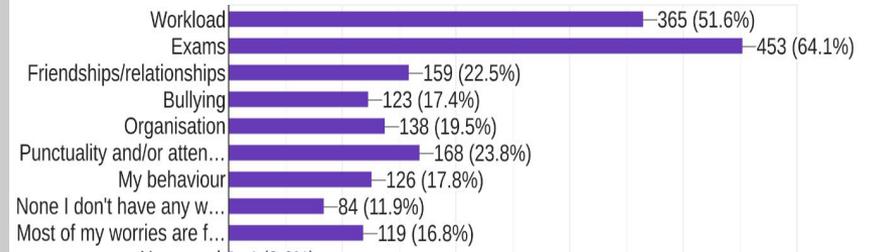


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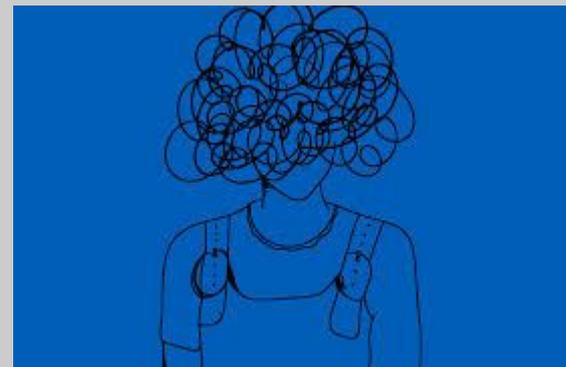
Student wellbeing questionnaire

What worries do you specifically have about school (tick as many as you need)

707 responses



51% said workload
64% said Exams!

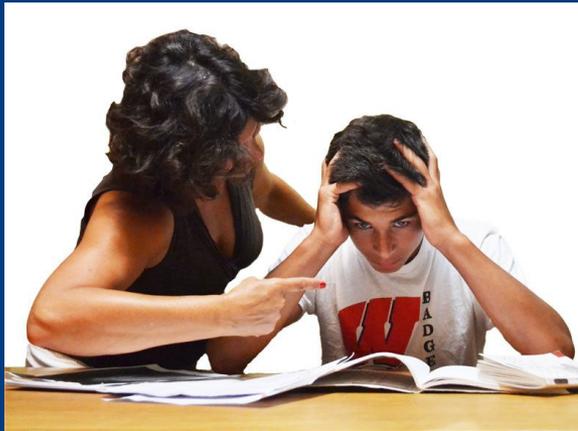


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INTERNATIONAL

What is it about exams that makes you stressed?



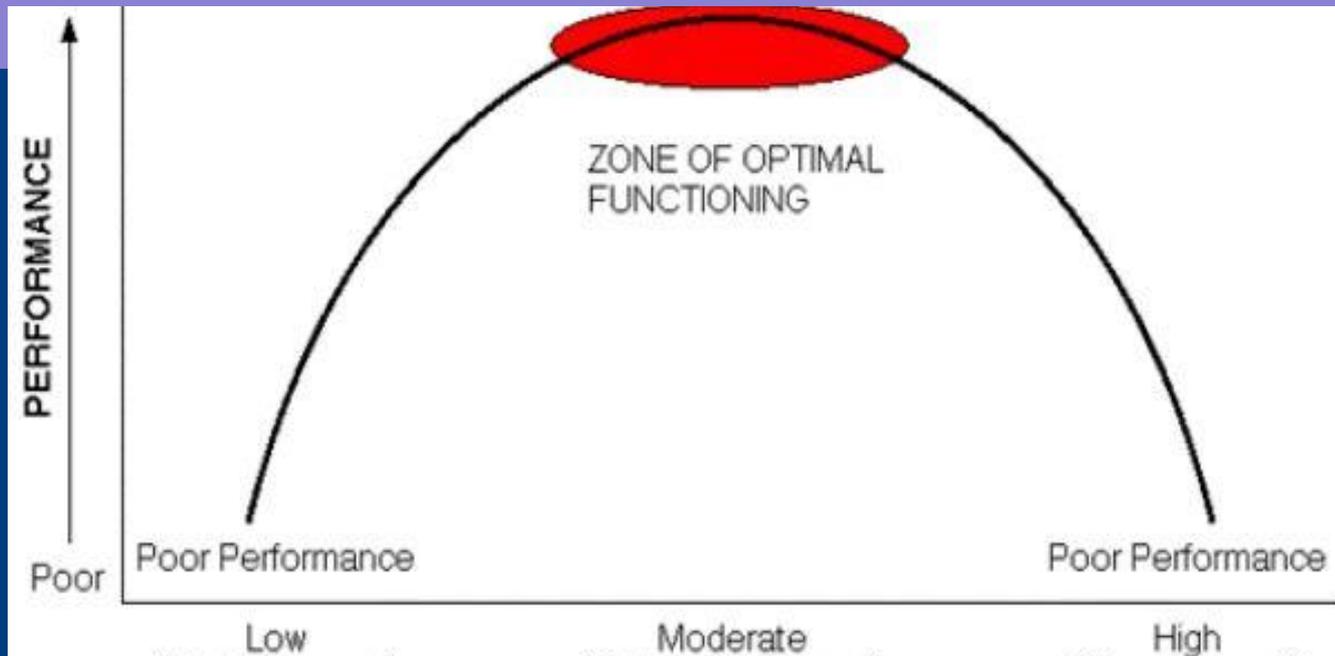
F₄ A₁ I₁ L₁ U₁ R₁ E₁



I knew the
answer, but my
mind went blank.



A little bit of anxiety is a good thing



- Helps us to perform at our best
- The problems occur when that anxiety goes to far



Dealing with exam stress

If you're stressed with exams, revision can be a form of **self-care**, because it can make you **feel more in control** of your exam stress or anxiety, and make you feel better prepared to get the grade that you are hoping for.



What other students have told us!



'I would often lose focus when revising as well as doing homework. Setting up a timer and breaking long revision sessions into manageable chunks helped me concentrate and I got a lot more done than before.'

'Just make sure that you don't push yourself too hard or stress yourself. But do take time to research things you enjoy too- not just your school work!'

'Think of revision as a kind of activity to do on your own to concentrate and for self-care, rather than a stressful exam preparation. Instead of making wordy flashcards. include pictures and diagrams. Give yourself rewards, e.g. 20 min revision = a mug of chocolate, or 30 mins revision = 10 mins on your phone.'



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**What can I do as a parent
to support my child's
revision and exam stress?**



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How do I know if my child is stressed?

Psychologist Dr Anna Colton states all young people are different both in the way they revise and show their stress.

Stress can manifest in many ways. For example, tearfulness, insomnia, a lack of appetite, or eating all the time. Alternatively, young people may show their stress by socialising too much or withdrawing from social activities altogether. To add to this, blind panic, which some young people experience when they are under pressure can result in inactivity - this can often be misinterpreted by parents as laziness.

- You know your child best, is there a change in behaviour that indicates they are stressed?
- Help them find a balance between revision and free time
- Allow/encourage at least one day off revision a week
- Have meal times together, go for a walk or a drive to help open the lines of communication



How can you help your child with exam pressure

YOUNGMINDS

Things that can really help

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

Visit -

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/#Thingsthatcanreallyhelp>



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How can you help your child and prepare them to perform?

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period.
Help them make the balance

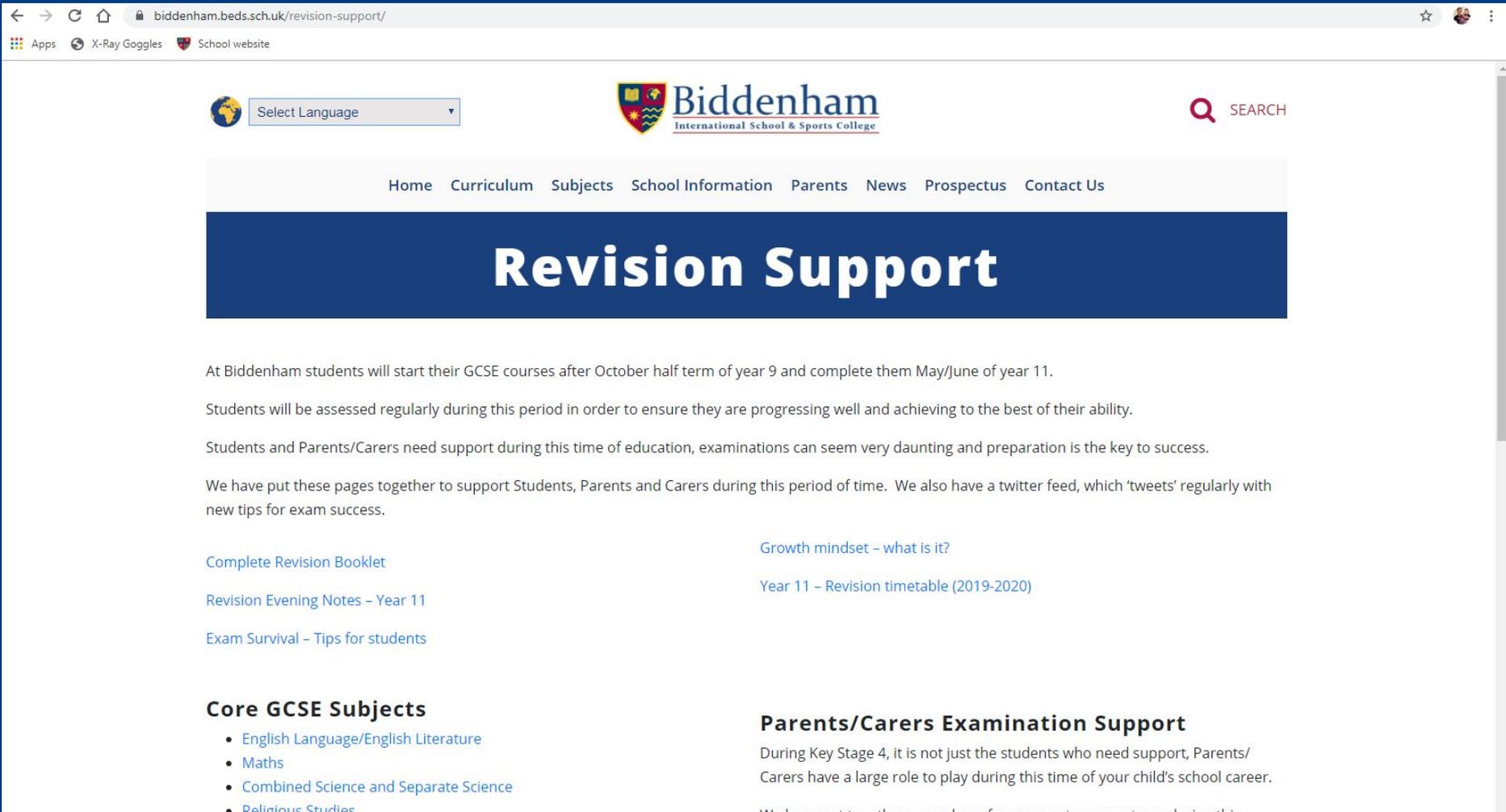


Support available

- All teachers and support staff
- Sanctuary support and clubs
- Kooth
- The Mix
- Bedford Open Door
- CAMHS/MHST
- School Nurse
- Aquarius
- Sixth form mentoring
- Read - there is a wellbeing section in the Library



www.biddenham.beds.sch.uk/revision-support



The screenshot shows a web browser window with the URL www.biddenham.beds.sch.uk/revision-support/. The page features a navigation menu with links to Home, Curriculum, Subjects, School Information, Parents, News, Prospectus, and Contact Us. A search bar is located in the top right corner. The main heading is "Revision Support". The text on the page explains that students start their GCSE courses after the October half term of year 9 and complete them in May/June of year 11. It mentions regular assessments and the need for support during this period. A list of resources is provided, including a Complete Revision Booklet, Revision Evening Notes for Year 11, Exam Survival tips, Growth mindset information, and a Year 11 revision timetable. The page also highlights Core GCSE Subjects and Parents/Carers Examination Support.

Select Language

 **Biddenham**
International School & Sports College

SEARCH

Home Curriculum Subjects School Information Parents News Prospectus Contact Us

Revision Support

At Biddenham students will start their GCSE courses after October half term of year 9 and complete them May/June of year 11.

Students will be assessed regularly during this period in order to ensure they are progressing well and achieving to the best of their ability.

Students and Parents/Carers need support during this time of education, examinations can seem very daunting and preparation is the key to success.

We have put these pages together to support Students, Parents and Carers during this period of time. We also have a twitter feed, which 'tweets' regularly with new tips for exam success.

[Complete Revision Booklet](#)

[Revision Evening Notes – Year 11](#)

[Exam Survival – Tips for students](#)

[Growth mindset – what is it?](#)

[Year 11 – Revision timetable \(2019-2020\)](#)

Core GCSE Subjects

- [English Language/English Literature](#)
- [Maths](#)
- [Combined Science and Separate Science](#)
- [Religious Studies](#)

Parents/Carers Examination Support

During Key Stage 4, it is not just the students who need support, Parents/Carers have a large role to play during this time of your child's school career.

We have put together a number of resources to support you during this



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Other revision strategies

Visual

www.goanimate.com

www.glogster.com

www.taxedo.com

www.popplet.com

www.storybird.com

www.wallwisher.com

www.toonlet.com

www.wordle.com

www.mypeexam.org

Auditory

www.youtube.com

www.lyricstraining.com

www.vocaroo.com

www.fotobabble.com

www.voki.com

www.masher.com

www.goanimate.com

www.vokabel.com

Kinaesthetic

www.ietherpad.com

www.twiddla.com

www.cueprompter.com

www.classtools.net

www.quizlet.com

www.zondle.com

www.fodey.com

Thank you for coming



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