

# How to Prepare for Exams!



Strategies to make revision and exams easier

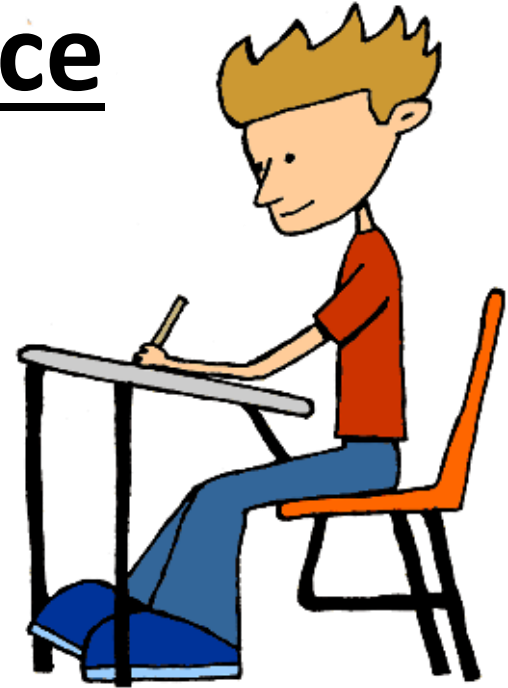
**1. How Parents & Carers  
Can Help.**

**2. How students can help  
themselves.**



# The Impact of Attendance

Is 90% attendance good?

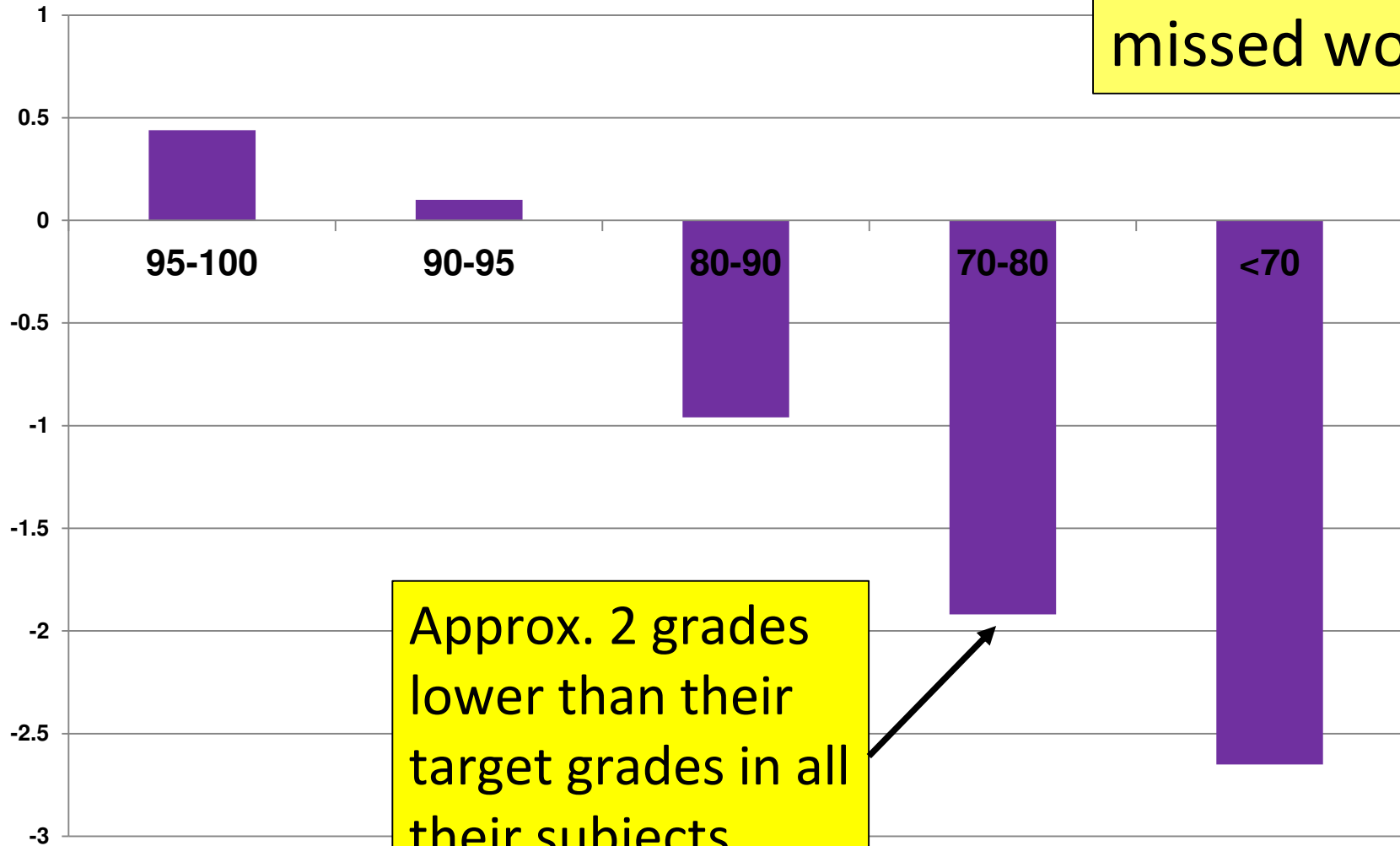


In one year, 90% attendance means 4 lost weeks of school – or 20 days!

A full GCSE is taught in less than 20 days per academic year

# The Impact of Attendance

## Progress 8 against Attendance



Catch up on missed work

Approx. 2 grades lower than their target grades in all their subjects

## Stationery Set



14 piece stationery set ideal for learning

- Have you got lesson notes for the entire topic/course?
- Are there lessons you missed that you have not caught up on?

Make sure you have everything ready before you start:

- Drink and snacks
- Class notes/textbooks
- Pens/pencils/highlighters
- Paper
- Laptop
- Headphones (if you work with music on)



# Create a plan for revision

- Break revision into small manageable steps – chunk it
- Create a realistic timetable – cross off tasks you do – find a balance
- Little and often – take breaks
- Plan in rewards
- Mix it up
- The hardest part is starting!



# Create an effective revision timetable:

1. **Create a list of everything you need to get done** – by subject/exam paper/subtopics.
2. **Allocate how much time is needed** for each item on the list (e.g. 30 minutes per topic).
3. **Prioritise your list** – what needs revising first (e.g. what exam is first, what you find hardest/will need to cover more than once).
4. **Divide your day into study blocks** – do you want to study for 30-minute blocks, hour long blocks or longer? – block off time for breaks, weekly commitments and meal times. **Regular study breaks will help motivation.**
5. **Fill in your blocks with items from your list** – how many feel achievable in the day?

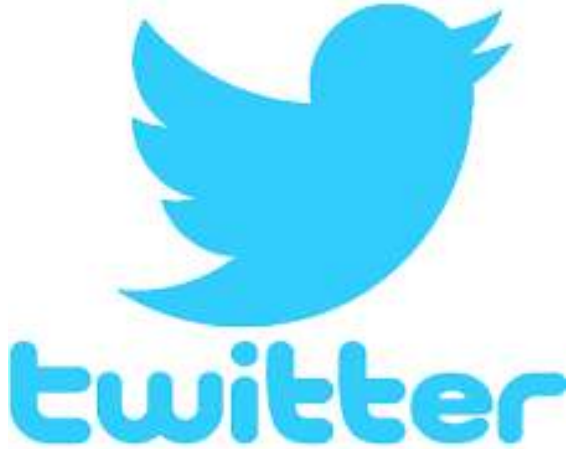
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# What is available to support revision?

- Classwork notes/ workbooks/ past assessments
- **Online resources** – ask teachers to recommend the best – most are free!
- **Revision guides** - buy them asap so that students get the most benefit from them. No use buying two weeks before!



# How to successfully waste precious time...



- Lock your phone away, turn it off or use an **app that blocks your usage.**
- Log out of social media on your laptop too.



MANAGE  
YOUR  
TIME

ADJUST  
THE  
NOISE

STREAMLINE  
YOUR  
VISUALS

SNACK  
AND SIP  
HEALTHY

TURN OFF  
TECH  
TEMPTATIONS

TAKE  
REGULAR  
BREAKS

GET IN  
POSITION

GET OFF  
THE BED

# Should I listen to music?

## Pros

It might help **increase concentration** - blocking out distractions in your environment.

**Eliminate boredom** - removing the monotony of just studying in silence, it might help increase your mood and **motivate you** to keep revising.

**Lower stress** - the influence on your mood can help remove any unwanted anxiety that is attached to revision.

It is personal preference though!

## Cons

It might **impair concentration** - too distracting depending on the music you choose.

Listening to music **does not match the examination setting** - if you attach a memory to the music then sitting in silence in an exam hall won't help you recall the memory - context-dependent memory (**Grant et al., 1998**).

# How to support at home

- Check equipment: pen, pencil, ruler, calculator, etc.
- Revision guides and websites
- Encourage homework and revision
- Encourage good sleep and eating habits



**Have they made a  
plan/timetable?**

**Is revision part of the  
routine?**

**Is there  
somewhere  
calm/quiet for  
them to study**

**Are they  
stressed/need  
support?**

**Do they know  
what to revise &  
where to get the  
information?**

**Do they need a snack!?**

**SOMETHING TO  
THINK ABOUT...**

**Do they need a  
gentle shove in  
the right  
direction!?**

**What motivates  
them?**



# DO NOT:



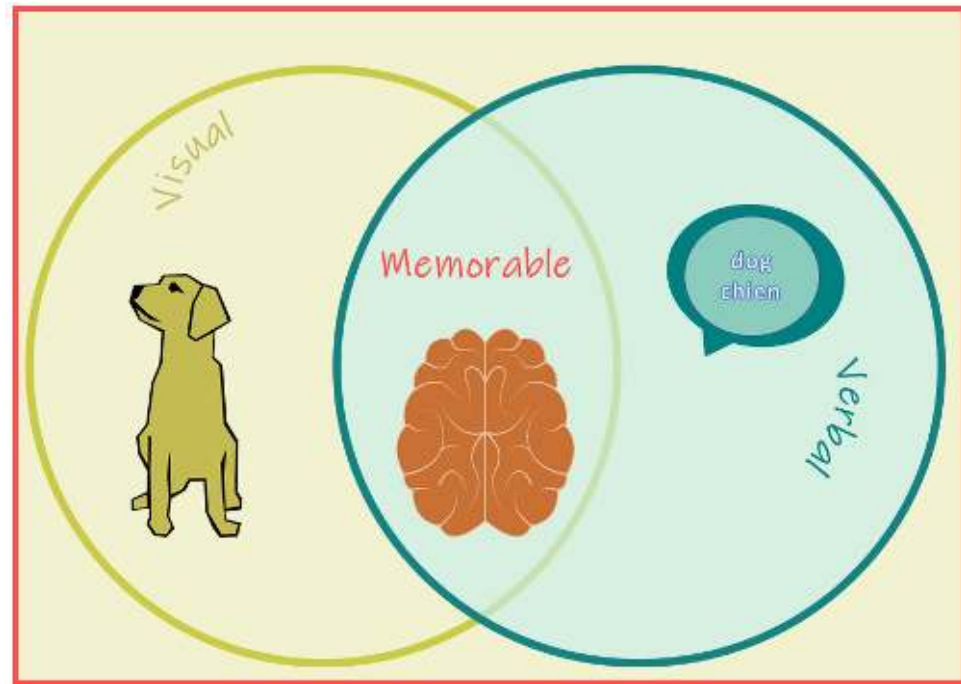
Highlighting my important notes

- Don't just highlight your notes.
- Don't just read the textbook
- Don't just copy your notes from one revision format to the next – wean yourself off your notes and use your memory.
- Don't just revise a topic once – repeated practice is important.



# DO:

- Use different revision formats – using a combination of words and pictures = better for remembering information.
- Pictures and drawings help trigger memories.
- Complete revision without your class or other revision notes – use and trust your memory.



YOU ARE  
NOT ALONE  
IN THIS.



**KEEP  
CALM  
AND  
STUDY  
HARD**

**Any  
questions?**



11

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A very little key will open a very heavy door.

*Charles Dickens*



# Revision

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It always seems impossible until it's done.

*Nelson Mandela*

**Ready...**

**Recall** – flash cards,  
video clips, reading notes  
in a book or online

**Steady...**

**Rehearse** – practise questions,  
revision book questions,  
download questions from exam  
boards

**Go...**

**Rest** – take a break, have a  
drink/snack, 10 minute chat  
with a friend

**REPEAT**



Remember  
the 4 R's!

# **Experiment with Revision Techniques**

## **Advice to students:**

- Revise the topics you are weak on – not the stuff you know!
- Use past questions / papers
  - Stuck? Use your notes the first time and then re-do later without your notes
  - Time yourself!
- Get people to test you – friends or family



# Useful Techniques

## 1. Mind Mapping

- They are a great way to give an overview of a topic
- Be creative with them
- Plain paper and some coloured pens are all you really need in terms of resource
- Display them on the wall and in key places before the exam

# Mind Maps Use:



**Lines**



**Color**

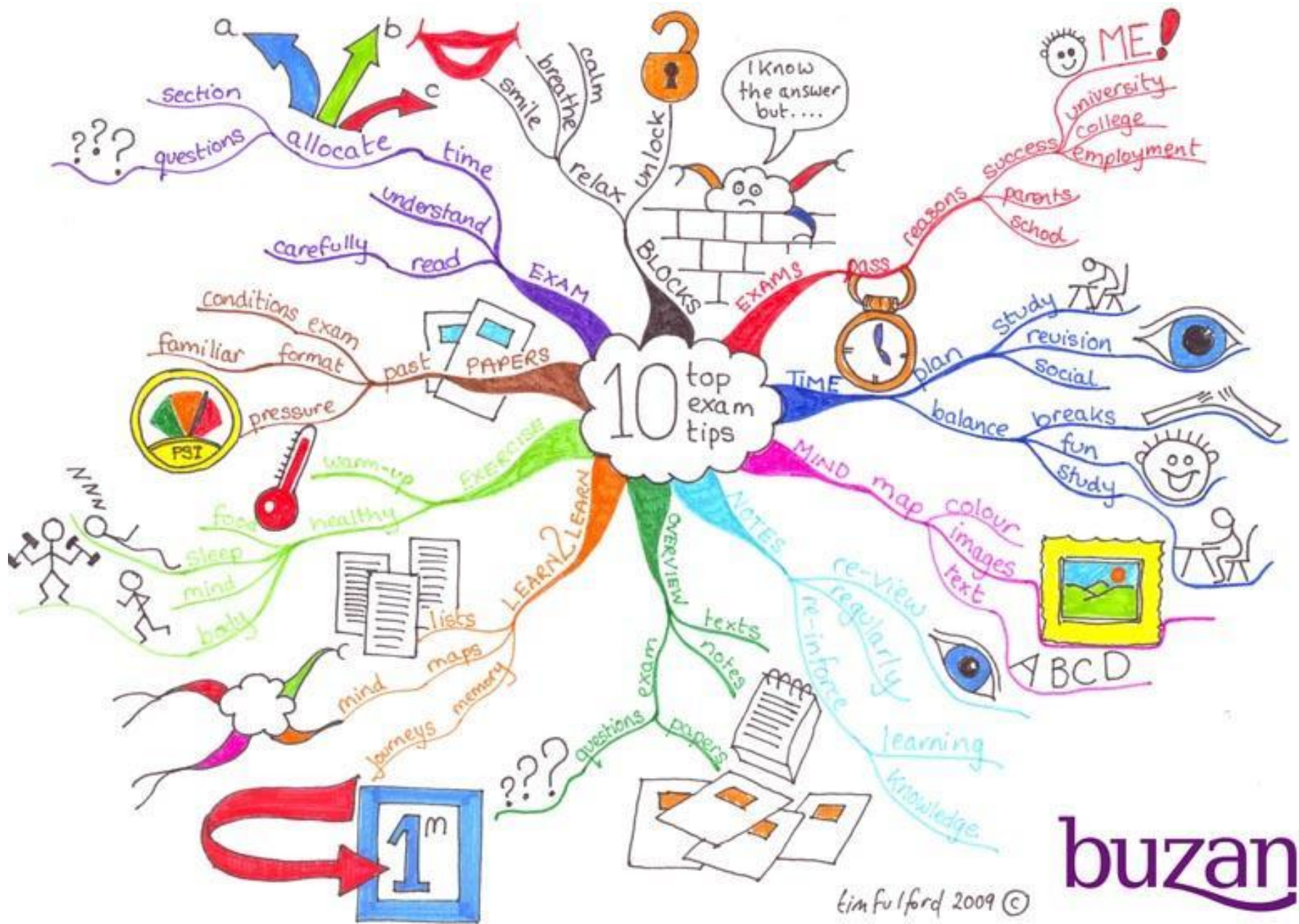
**Symbols**



**Images**



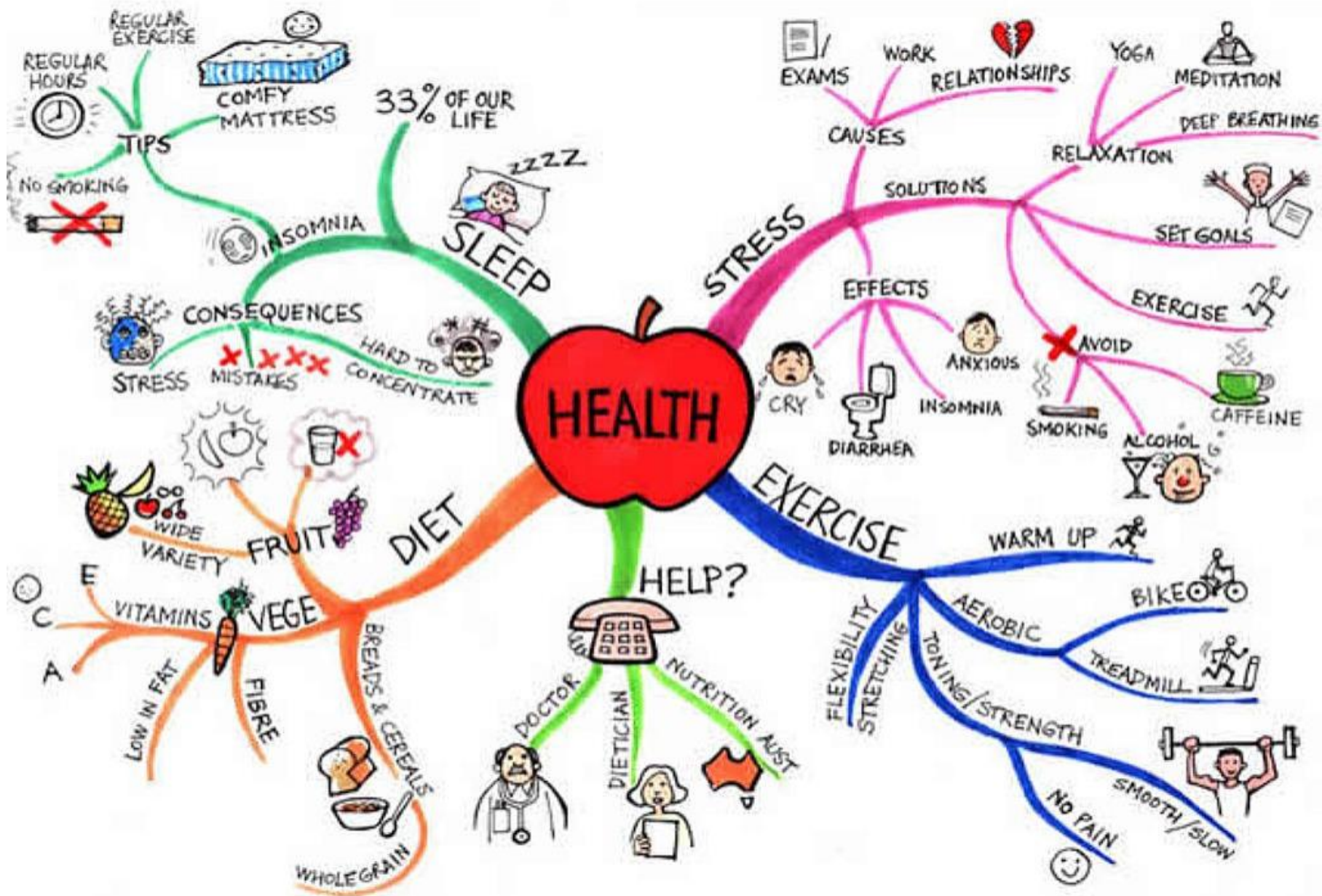
**WORDS**



buzan

tim fulford 2009 ©





# Useful Techniques

## 2. Revision Cards

- Create a selection of cards that cover a topic
- Try to condense the information and include questions, with answers on the back
- Parents and carers can support by asking the questions and checking answers
- Cards are available in most shops or online

# Revision Cards

The website quizlet is really useful in helping with revision cards

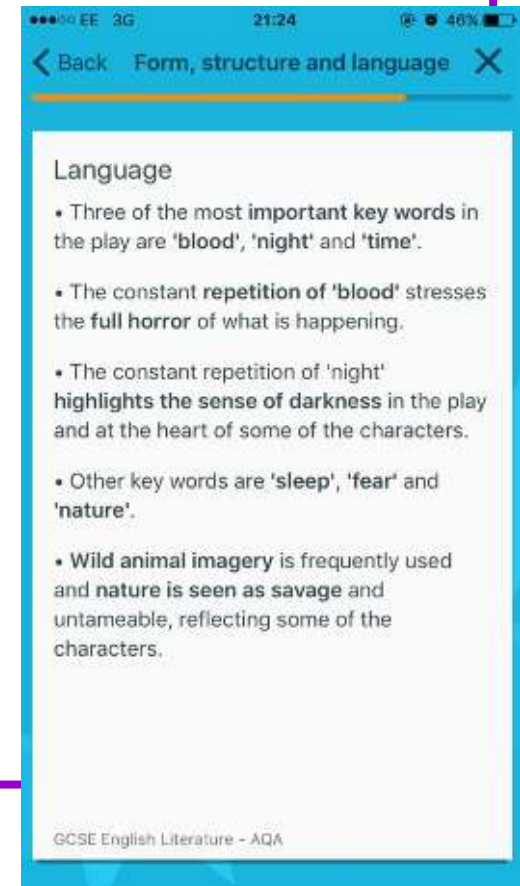




# How can my child revise?

3. Online quizzes; BBC GCSE Bitesize has very useful revision notes, flashcards, videos, quizzes and sample exam questions. It can be accessed via:

- Website
- App



**Want to ace your exams?**

**4. Use past papers.  
PRACTISE, PRACTISE,  
PRACTISE!**

**Past paper practise is really  
valuable to prepare for your  
test/exam – ask your teacher  
to email you papers or  
provide a link.**

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Candidate Number						Candidate Number				
Bull name										
Other Names										
Candidate Signature										

**AQA** 

General Certificate of Secondary Education  
Foundation Tier  
June 2014

**Science A**  
Unit: Chemistry C1

CH1FP

Chemistry  
Unit Chemistry C2

Tuesday 10 June 2014 1.30 pm to 2.30 pm

For this paper you must have:

- a ruler
- the Chemistry Data Sheet (enclosed)

You may use a calculator.

Three allowed  
= 1 hour

### Instructions

- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information  
 1. Marks for questions are shown in brackets.  
 2. Full mark is 25.

...to ...

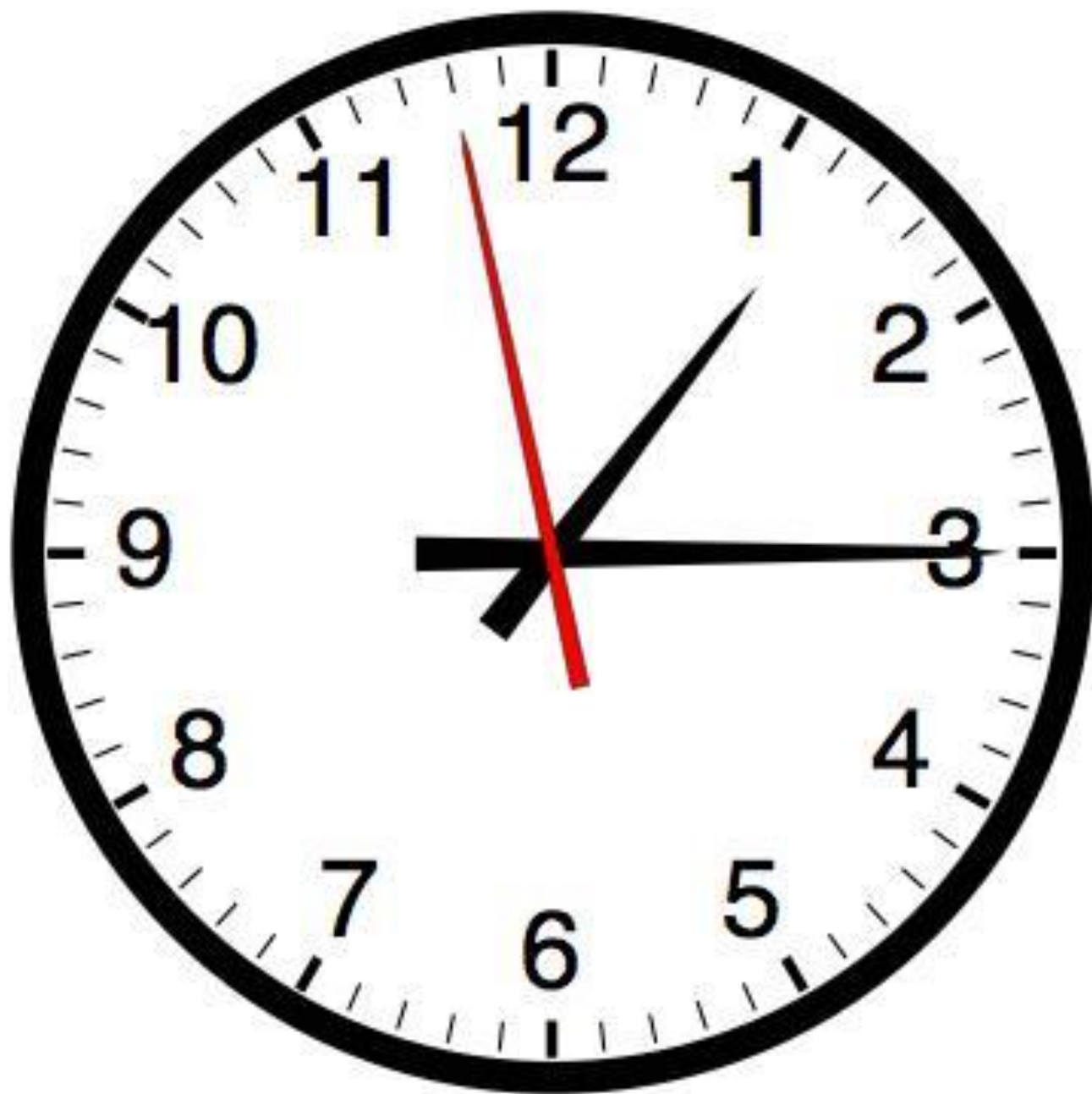
where appropriate

**In all calculations, show clearly how you work out your answer.**



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# How Much Revision?

- Ensure students are completing all Home Learning that is set – this is all focused on helping revision.
- Attending revision classes in school should complement not replace independent revision at home
- A routine is effective – students should be working most nights, regardless of whether home learning is set.
- Every student is different
  - A balance is needed between work and rest/social activities
  - Quality revision – sitting at a desk is not revision!
  - More effort now will mean they will be able to enjoy the summer, knowing that they have done their best.



As well as rewarding yourself, make sure you still have time for extra curricular activities!

Your enjoyment will have positive affects on your mental / physical health, confidence and academic progress.

This experience will also support any applications you make for your next step.

(But don't let a job interfere with your studies)