

Hetton School













Respect. Learn. Achieve.

A Guide to Exams for Students

(Before, During and After)

Revision Organisation

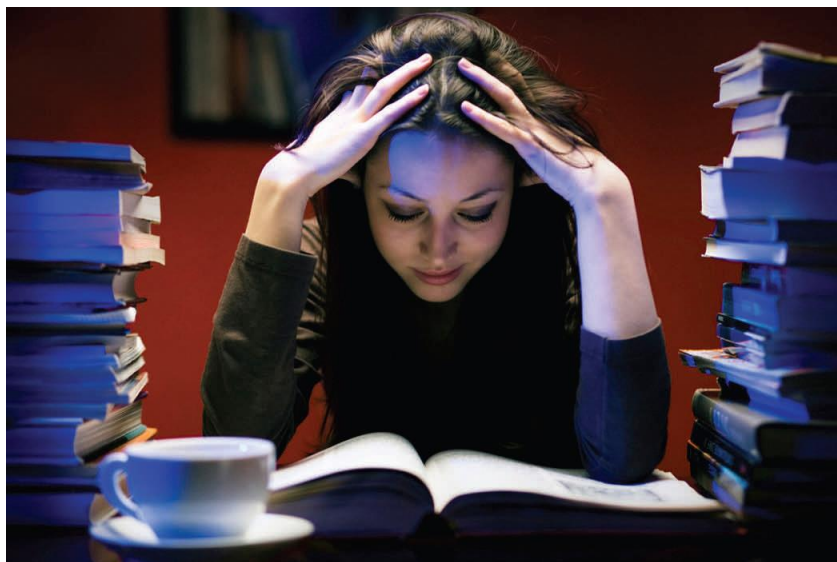
Check if you're ready for the exams.

-  Have you got all the notes and texts that you need for your exams?
-  Have you got a revision schedule, with all exams written in, and including any other important commitments.
-  You should use the schedule to plan your revision.
-  Revision is more effective in the morning after a good night's sleep.
-  Plan for ½ hour sessions at a time. Too long and it just won't go in. Little and often is the key!
-  Take a 10 minute break every 30 minutes.
-  Plan your time off, including time for activities which can be done out in the fresh air.
-  Change from one subject to another at 'break' time, for example doing one or two sessions of Maths and then changing to Geography, or alternating a favourite subject with a more difficult one. It helps to build in some variety.
-  Adjust your schedule if necessary and try to focus on your weakest topics and subjects.
-  A revision plan can be excellent 'work avoidance': Ensure planning revision doesn't become a substitute for actually revising!

Where to study

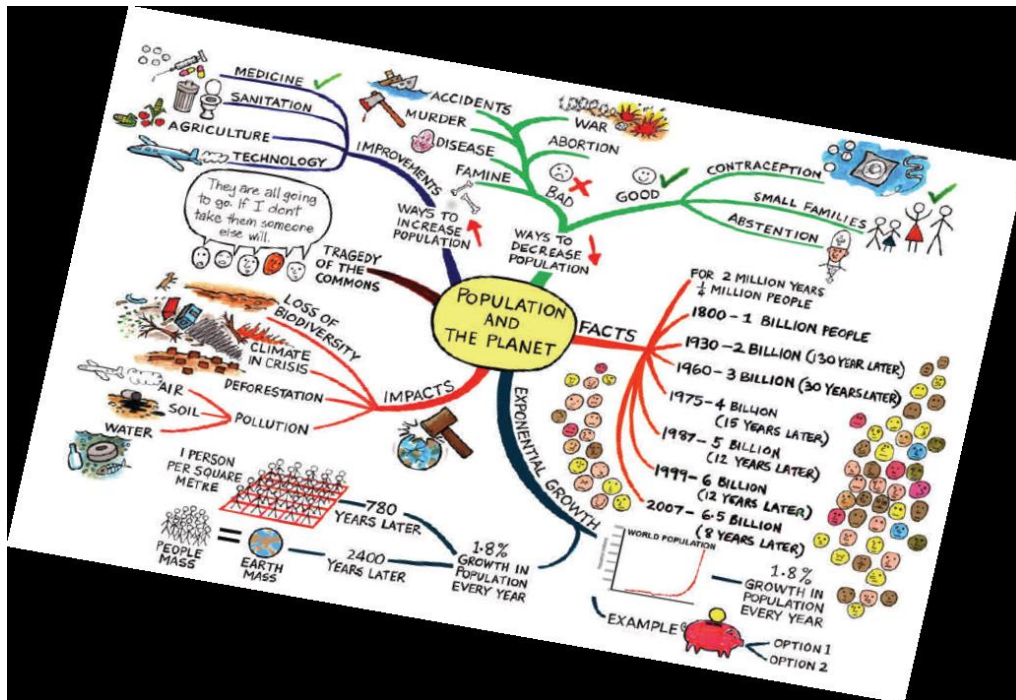
You should:

- Find a quiet place to study.
- Make sure it is well lit.
- Keep background noise to a minimum.
- Avoid studying in an area where there will be distractions (like TV).
- Music (but not radio) can help some learners, especially auditory learners, but ideally it should consist of 60-80 beats per minute.
- It is your environment so music is OK and so is standing on your head if it works for you!
- You should ideally have everything you need to do your revision to hand before you start: thereby avoiding unnecessary distractions and work avoidance.
- You should also work in an uncluttered area which will prevent distractions and allow you to focus.















How to study

There is no 'right way' to revise, as long as the method chosen enables you to gain a solid grasp of key facts and strengthen your knowledge and understanding.



Some students are happy to read their classroom notes from start to finish, others prefer to simplify the information as much as possible, turning everything into skeleton notes, or diagrams. In practice, most students find that mixing techniques suits the varied nature of the subjects being revised, and provides essential variety when studying.

These are just a few suggestions:

-  Choose study and revision guides sensibly. It's not hard to find help with revision – as well as established published revision guides, there are hundreds of websites offering help and advice. 3 of the best are:
 1. <http://www.s-cool.co.uk/>
 2. <http://revisionworld.co.uk/>
 3. <http://getrevising.co.uk/>
-  Teachers may provide Revision Checklists for each subject. Use these as a starting point. You should look at what you need to know and try to identify any gaps in your knowledge.
-  It is a good idea to look at past papers or tests you have worked through– and use a watch to time yourself so that you can practise timing answers.
-  You should make sure that you know exactly what has to be learned and do not waste time on things that will not be examined.
-  Turn class notes into revision tools. 'Mindmaps' are an especially good way of revising using both sides of the brain.
-  See www.videojug.com/film/how-to-mind-map-with-tony-buzan for further details.
-  You could write ideas and facts on to cards to use as 'prompts': what you write you will have to learn so you should make sure that you concentrate on the main points (Index cards/postcards are ideal for this).
-  You could try to create memory aids such as diagrams, initial letters to make a word mnemonic (e.g. Richard Of York Gave Battle In Vain).
-  You could write key facts/notes out and display these around the house where you will see them
-  You could record yourself reading notes to listen to later on: especially nearer the exams when concentration will be more challenging.
-  You could study with a friend and test each other's knowledge, but remember that you are meeting to revise rather than to chat!
-  Remember there is no such thing as study leave anymore and during most of the exam period you will still be at school. Consequently you should take advantage of any revision classes that your teachers will be running at lunchtimes and after school.

Staying Healthy

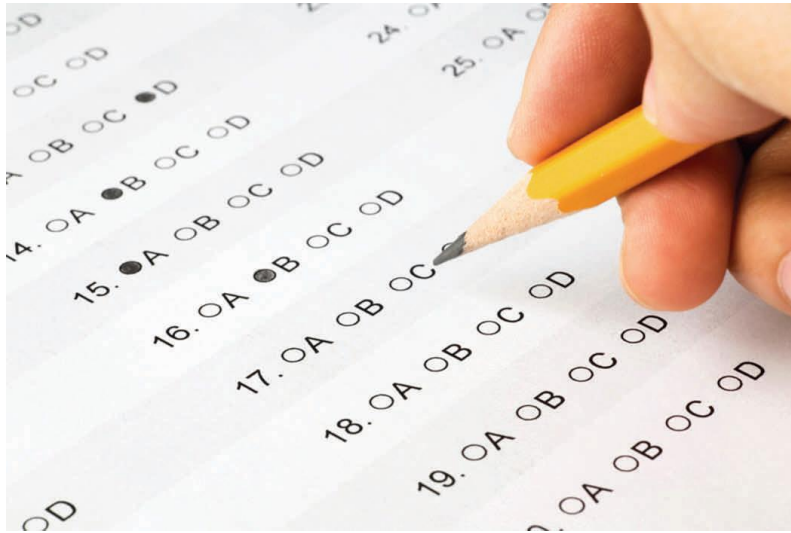
It's important for your success that your body is as prepared as your mind.

Exams and Revision are hard work:

- 🛡️ You need the right FUEL: plenty of fresh fruit and vegetables, Bananas are brilliant for brains!
- 🛡️ You should avoid caffeine and energy drinks, it makes stress worse and it dehydrates your brain, just drink water. It rehydrates the brain and makes it work better.
- 🛡️ Regular exercise.
- 🛡️ A good nights sleep - at all costs you should avoid staying up all night revising; being overtired will not help you to do your best.
- 🛡️ Positive thinking is important! There will be times when you are simply not in the mood or it just is not sticking. Don't panic!
- 🛡️ Take a break...keeping thinking about the next task rather than everything. – all the bits will come together at the end.
- 🛡️ Above all look after yourself – Sometimes revision can become a competition – who stayed up latest, who worked longest, who's worrying the most. But the more tired you are the less efficiently you'll work. You need to rest as well as study, eat well, drink lots of water - make sure you pace yourself.



During the Exams



- 🛡️ Make sure you have a good night's sleep.
- 🛡️ Ensure you have all the equipment you need: pens, pencils, rubber, ruler, and sometimes a calculator.
- 🛡️ Double-check where and when your exam is (use the Exam/Revision Programme we have given you).
- 🛡️ Avoid post mortems. Don't analyse what went well or badly. There is little that can be done after the event. Just move on.
- 🛡️ Allow a relaxation period after an exam and then re-engage yourself with your revision schedule.



Revision Resources

- With all additional Revision Resources it is important to know the Exam Board and Specification that has been taught – your subject teacher will be able to supply this information.
- A photocopyable Revision Schedule Template is attached to this guide, but is also available as an excel spreadsheet via the school website <http://www.hetton-school.co.uk/>
- Also on the school website are links to online revision, past papers and other resources.
- There are many web sites available to help with GCSE revision, e.g.:
 - www.bbc.co.uk/schools/gcsebitesize/
 - Past Papers and Answers can be found on Exam Board websites:
 - OCR - www.ocr.org.uk/pastpapermaterials/
 - AQA - <http://www.aqa.org.uk/exams-administration/exams-guidance/find-past-papers-and-mark-schemes>
 - EDEXCEL – www.edexcel.org.uk/quals/
- Revision Books can be found in any bookshop but again the subject teacher will be able to advise the best for your subject.



“Some people dream of success while others wake up and work hard at it.”

Anon

Mock Results Day & the Future

Good Luck, we will be there for you throughout the exam period and most importantly we look forward to your Mock Results Session p3 on **Friday 16th January** when we will see, with pride, the fruition of everyone’s hard work.