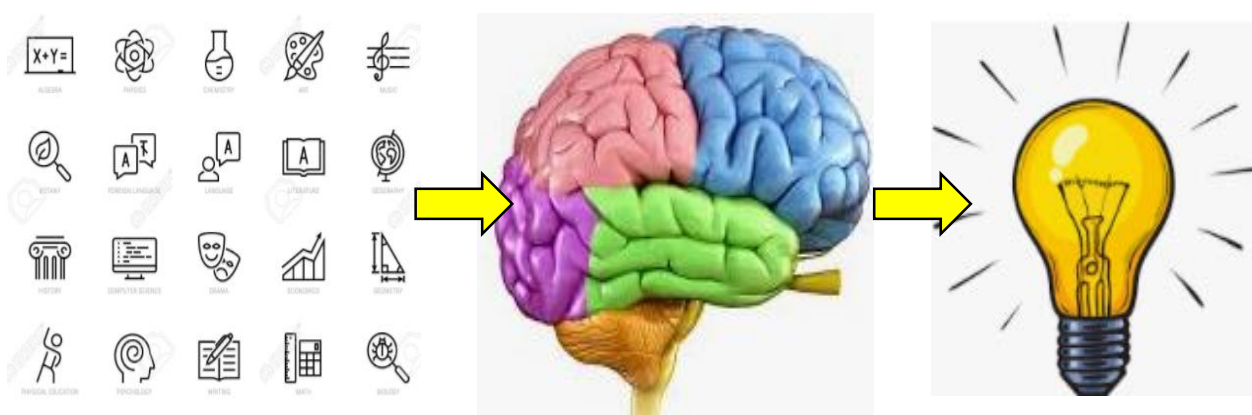




BLESSED THOMAS HOLFORD  
CATHOLIC COLLEGE  
*Inspiring People – Changing Lives*

# Useful revision strategies in Year 11



## 7 strategies to improve revision & memory recall for your exams

# 1

## Retrieval Practice

### What is it?

Retrieval practice means trying to learn the content you have been taught rather than simply re-reading it or highlighting it and hoping for the best.

This is shown to have the greatest impact on short-term memory.

### How does it work?

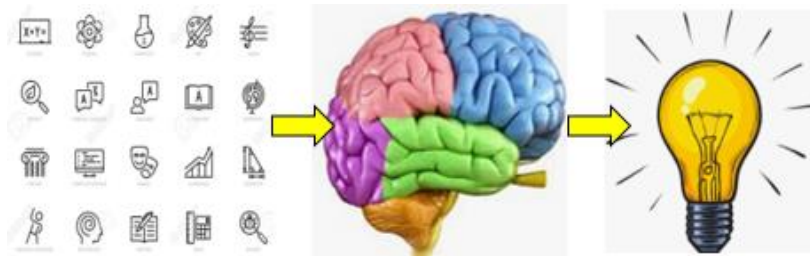
Make a list of all the information you need to know from each topic in a particular subject e.g *How does Macbeth show ambition and power?*

Close your book or revision guide and make a quiz or list as many things as you can around the topic.

Try to recall (retrieve) everything you can remember.

Go back and check what you remember against your answers using the revision guide or text book.

Repeat several times, but space the repeats out.



# 2

## Questioning & Elaboration

### What is it?

Once you have learnt the information using retrieval practice, you should ask questions of what you have learned and try to find connections between ideas and concepts.

### How does it work?

Once you have had a few turns at retrieval and can remember the content, why not have a go at asking yourself some questions about it.

For example, instead of just knowing when the *Cuban Missile Crisis* was, you could ask yourself *what the long and short term causes of the crisis were*.

Why not try this in pairs or a small group to increase the number of questions you can ask of one another.



# 3

## Concrete Examples

### What is it?

Turning abstract ideas, such as *physical training methods in sport* into real world examples. *Continuous training is steady state running to improve cardiovascular endurance. A marathon runner would use this to allow them to compete for longer and at a higher intensity.*

### How does it work?

Try and find examples of abstract concepts that you study in different subjects and turn them into concrete examples.

Try to find exemplar answers to questions that you might get asked (ask your class teacher) e.g *9 mark questions in PE or essay writing in RE and pick apart how it was put together and use it to plan your own.*



# 4

## Spaced Practice

### What is it?















Instead of doing one big chunk of revision of a topic (cramming) it should be spread out in smaller chunks over a period of time. This way you will remember more of the content and be less stressed.

### How does it work?

Avoid a revision strategy that involves cramming all revision at the last minute.

Instead use the school's revision timetable or plan one of your own, with small 30 minute chunks of revision for 3 or 4 subjects per night over the course of the week. Ensure you have breaks in between.

This means that you may have two hours of maths revision during the week, but instead of being in one go and forgetting most of it, it is spread out in smaller, more memorable chunks.

M	T	W	T	F	S	S
						
						

# 5

## Interleaving

### What is it?

Interleaving is when you mix up what you are studying. It probably makes sense on some level to study one topic to completion and then move on. *However it is actually better for your memory and recall to split up topics and study bits at a time.*

### How does it work?

Instead of revising Jekyll and Hyde continuously for a week. Split the topics up over the week, for example Jekyll and Hyde on a Monday and Wednesday and Macbeth on a Tuesday and Sunday.

M	T	W	T	F	S	S
J&H				J&H		
		Mac				Mac

# 6

## Dual Coding

### What is it?

The process of combining verbal materials e.g. your teacher explanations that are written in your book or revision guides with visual materials, such as drawings or diagrams.

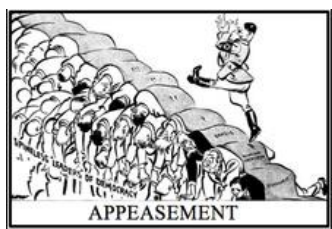
Combining these visuals with words is an effective way to study.

### How does it work?

When reading your revision guide, think of visuals, such as drawings or diagrams that match the information and draw it.

Certain types of visuals work very well with certain types of materials. A timeline may work well for remembering information from a historical period e.g. *how did France and Britain use follow a policy of appeasement to avoid conflict with Hitler*, within this timeline include diagrams to help you recall information and key dates.

Once you have done, try retrieving the information.



# 7

## Past Papers

### What is it?

Use the past papers available on the google drive, at pupil services or available from your teachers.

### How does it work?

By using past papers, you are practicing specific and relevant questions that could be asked in your summer exams.

This will help you get used to the wording of questions and how to structure your responses to each questions.

Once completed, hand in to your class teachers who can then give you feedback on the paper you have completed.





# Exam Specifications

Examination Boards for Qualifications in Summer 2019	
Religious Education	Eduqas – Route B
English Language	AQA
English Literature	AQA
Mathematics	AQA (Tiered)
Biology	AQA (Tiered)
Chemistry	AQA (Tiered)
Physics	AQA (Tiered)
Science Combined	AQA (Tiered)
Art	AQA
Business Studies	OCR
Computer Science	Pearson
Design & Technology	AQA
Food & Nutrition	AQA
French	AQA (Tiered)
Geography	Pearson
History	OCR – Route A: Exploring the Modern World
Music	AQA
PE (GCSE)	AQA
Spanish	AQA (Tiered)
CIDA	Pearson
Cambridge National in Sport	OCR
Cambridge National in Creative iMedia	OCR

Following on from your tutorial sessions in September, ensure you have all of the GCSE specifications for the subjects you are studying.

Use the specifications as a revision guide and look at what topics can be used with the other strategies in this booklet.

# Useful revision apps



Seneca Learning can be used online via:

<https://senecalearning.com>

It has all of the subjects and exam boards to choose from.

Log in: *pupil gmail address / password*



Mathswatch and Hegarty Maths can be used online to revise maths. Teachers set home learning tasks on here and pupils can also use the tasks and videos to complete independent revision.

Mathswatch log in: <https://vle.mathswatch.co.uk/vle/>

*Pupil's forenamesurname@bthcc / Password: Maths 2019*

Hegarty Maths log in: <https://hegartymaths.com/>

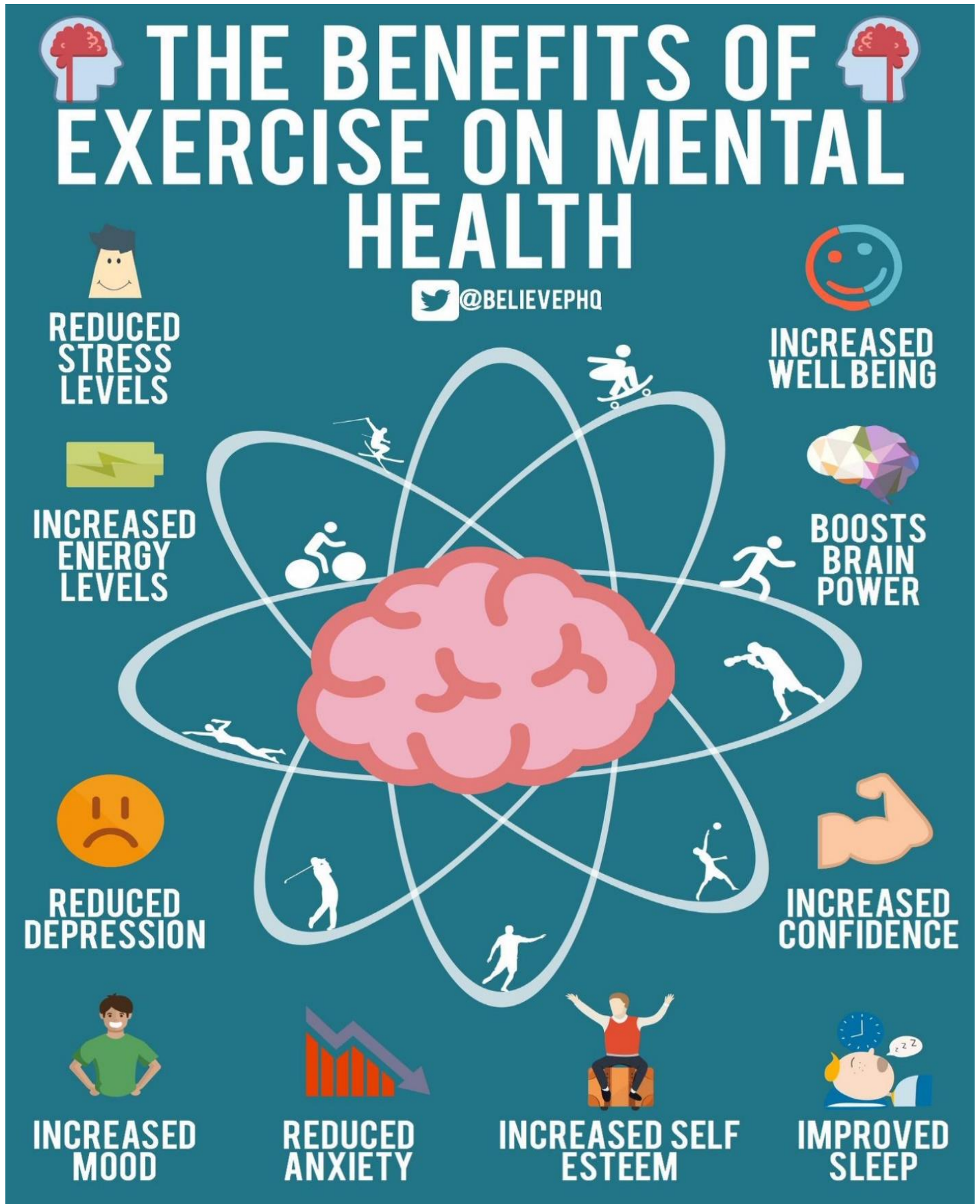
*Pupil's name / Pupil's date of birth / Pupil chosen password*



All year 11 pupils at BTHCC have been given access to a *google drive*, which teachers have uploaded lesson resources, past papers and revision resources.

To access this, they must follow the link that has been sent to them via their pupil gmail address.

# Healthy Mind, Health Body





# The Importance of Sleep

## 22 WAYS TO SLEEP BETTER EVERY NIGHT

 @BelievePHQ



**GET INTO A ROUTINE**

**LESS CAFFEINE**



**PRACTICE DEEP BREATHING**

**LEARN TO RELAX**



**BE A SMART NAPPER**

**EXERCISE REGULARLY**



**WRITE DOWN YOUR WORRIES**

**AIM FOR 7 TO 9 HRS SLEEP**



**BALANCE FLUID INTAKE**



**AVOID WATCHING TV**



**AVOID USING YOUR PHONE**



**TRY USING A SLEEP DIARY**



**STICK TO A SCHEDULE**



**BE AWARE OF WHAT YOU EAT AND DRINK**



**MAKE SURE YOUR ROOM IS DARK**



**AVOID BIG MEALS AT NIGHT**



**FIND YOUR OWN STRESS MANAGEMENT TECHNIQUE**



**TRY USING PROGRESSIVE MUSCLE RELAXATION**



**STAY COOL**



**MAKE SURE THERE IS GOOD VENTILATION**



**TRY VISUALISING A PEACEFUL PLACE**



**GET COMFORTABLE**