Learning Café

Revision Guide

Name:

Tutor Group:

To Greater Heights

Sir John Hunt

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Help Available in College

In college we will do everything we can to make sure that you are prepared and confident when you sit your GCSE exams. Have a look at the list below and remind yourself of all the opportunities which are available to you in college. As you are reading the list, be honest and think how much you have made the most of each of these opportunities.

Revision Sessions

Revision sessions run after school and during the holidays. These are run for your benefit.

The Learning Café

The Learning Café is open every day after school until 5.00pm. This is somewhere quiet that you can study, work with the Learning Mentors or attend a revision session.

GCSEPod

GCSEPod is a podcast service which the College pays for in order for you to use. It provides over 2500 podcasts which are enhanced with text and images which are designed to support you with your revision. Please see the GCSEPod guide later on in this booklet.

Equipment

- You have attended revision and time management workshops.
- You have received a revision diary, folder and revision guide, as well as additional materials from subjects.
- You have been issued with an exam timetable.
- You have received support materials to guide their revision such as booklets and worksheets from curriculum areas.

Exam Day

On the day of a morning exam, breakfast is served from 8.10am for students who are taking the exam. This is a good opportunity for you to arrive early so that you are not rushing and can either chat with friends and staff, or attend an exam warm up session.

Make the most of ***your*** opportunities.
Plan how ***you*** will use them.

Words of Wisdom

Sixth Form students were asked what advice they would give to Year 11 students about GCSEs. Here are some of their words of wisdom:

"Revise! Go to the Learning Café! If I could do Year 11 again, I would be in the right frame of mind. I would listen to the teachers because they are only trying to help. I learnt this the hard way." Dan

"Focus on your own revision – don't get distracted by your friends." Liam

"Don't revise the night before. Don't stress – make a plan and a revision timetable so you can follow it." Alisha

"Go to the Learning Café because you will revise better without distractions. If I could do Year 11 again, I would revise at home as well because I didn't really do that." Mike

"Use as much help as you can get, it all helps! Make sure you plan relaxation time as well." Courtney

"Revise, revise, revise and go to the Learning Café as much as you can!" Lewis

"Organise everything – failing to plan is planning to fail. If I could do Year 11 again, I would make sure I planned enough time to sleep the night before, and eat breakfast on exam day." Tif

"Use the internet and apps to help you revise." Connor

"Fancy posters and revision notes = fancy grades." Ashleigh

Am I Organised Enough?

Read through the list of statements below. Decide if you have done them or not. If you haven't already done them, decide what action you need to take to make sure you have done them!

Checklist	Yes	No	Action Required
CREATING AN EXAM PLAN			
I have a copy of my exam timetable.			
I have written all my exams into my diary.			
I have a blank copy of a revision planner.			
I have made a list of all the subjects and topics I need to cover.			
I have read the section in this guide on creating a revision plan.			
I have followed the steps in the guide to create a revision plan.			
I have shown my revision plan to a family member.			
If I am unsure on how to manage my time I have attended/booked an appointment for ExamPlan@theLearning Cafe.			
REVISING			
I have read the section in this book on revision techniques.			
I have tried out different techniques.			
I have asked for help if I am not sure how to revise.			
EQUIPMENT			
I have a pen, pencil, rubber and ruler.			
I have coloured pens.			
I have post it notes.			
I know there is somewhere quiet I can work.			
LEARNING CAFÉ			
I check the notice board every week and know which revision sessions are on.			
I have included Learning Café time in my revision plan.			
I know that sessions are available over the holidays and I will sign up to these.			
GCSEPOD			
I have accessed the new website at www.GCSEPod.com			
I have registered and created a username and password.			
I have asked for help if I am not sure how to do this.			

Planning Revision

Revision can sometimes seem like a huge task and this can put you off starting any revision at all. The way to overcome this is by creating a revision plan that is:

- Realistic
- Achievable
- and makes a difference

Ten Steps to Success

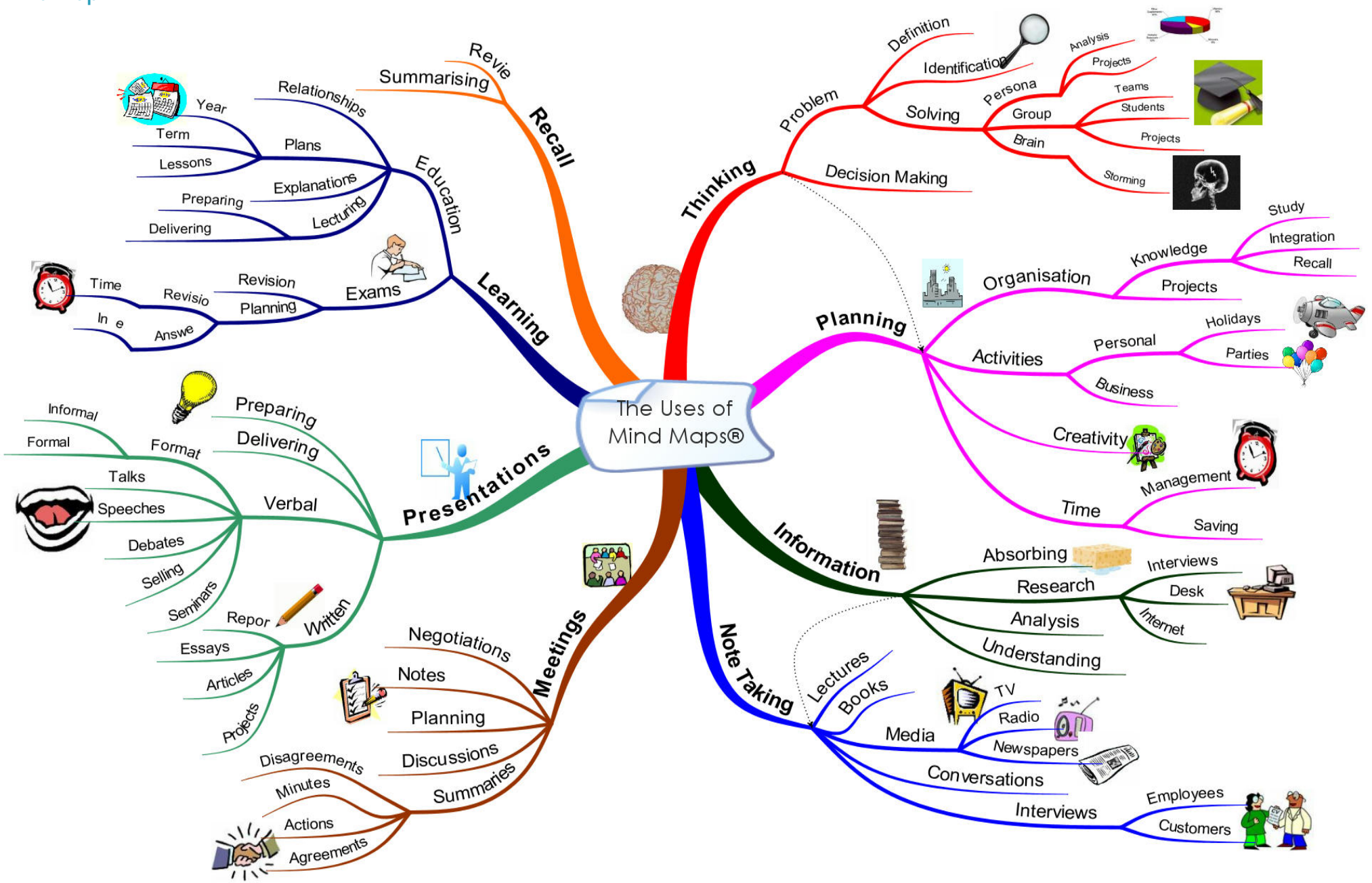
1. Look at the revision planner and decide which times you are going to do your revision. You should plan to do 6 - 8 hours a day with short breaks every 20 minutes.
    - During a normal school day, 5 hours are spent in lessons and you can spend another 2 hours at the Learning Café or in revision sessions. If you do all these things you would only need to plan one additional hour over revision per day at home.
    - At the weekends, you would need to plan your time so that you are still continuing to revise.
2. Plan to revise a range of subjects each day – this will keep you interested and on task.
3. Consider when you will be staying in school to attend revision sessions – these count too!
4. Make a list of all the topics you need to cover for each subject then plan when you will cover each topic. Start with the most difficult bits of each topic at the beginning of the session.
5. Make sure that you have all the resources you need for your revision. Speak to your teacher and find out exactly what you need and make sure you have it ready.
6. Make time to review what you have revised at the end of the each day. Think about how you will know what you have learnt.
7. Take a short brain break every 20 minutes – get a cup of tea, have a stretch or go and tell someone what you have done!
8. Plan what techniques you are going to use in your revision – find out what works for you by trying a variety.
9. Try to revise in the morning when the brain is more receptive to information and try not to revise right up until bedtime.
10. Put your revision plan somewhere you and your family will see it regularly – this will help you to stick to it!

Revision Planner - College Day

	AM Reg. Time (8:45am - 9:05am)	3:05pm - 4:00pm	4:00pm - 5:00pm		5:00pm - 6:00pm	6:00pm - 7:00pm	7:00pm - 8:00pm
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							

	Morning		Afternoon	Evening
Saturday				
Sunday				

Remember you should average three hours revision per day on top of a normal College day so use this planner to help you decide when and what you will revise.


The Uses of Mind Maps®
Recall
Revie
Summarising
Learning
Education
Relationships
Year
Term
Plans
Lessons
Explanations
Preparing
Lecturing
Delivering
Exams
Time
Revisio
Revision
Planning
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Thinking
Problem
Definition
Identification
Solving
Persona
Analysis
Projects
Group
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Students
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Decision Making
Planning
Organisation
Knowledge
Study
Integration
Recall
Projects
Activities
Personal
Holidays
Parties
Business
Creativity
Time
Management
Saving
Information
Absorbing
Research
Interviews
Desk
Internet
Analysis
Understanding
Note Taking
Lectures
Books
Media
TV
Radio
Newspapers
Conversations
Interviews
Employees
Customers
Meetings
Negotiations
Notes
Planning
Discussions
Summaries
Disagreements
Minutes
Actions
Agreements
Presentations
Preparing
Delivering
Format
Informal
Formal
Verbal
Talks
Speeches
Debates
Selling
Seminars
Written
Repor
Essays
Articles
Projects

Revision Techniques

There are lots of techniques for revision and each of you will need to find what works best as we are all individuals. Here are our Top Ten:

Top Ten Revision Tips

1. Spread your revision out over time – don't just "cram" the night before. Scientists have found that spreading your revision out over time has the biggest impact.
2. Summarise – look at notes you have made or in a text book and summarise what you need to know.
3. Explain what you have learnt – if you can explain what you have learnt to someone else then this shows that you understand it. Even better, teach someone else what you have been revising. This could be a friend or family member.
4. Test yourself – use flashcards, make yourself a quiz one day and use it to test yourself the next day, ask friends or family members to test you. Don't just test yourself on the easy stuff - challenge yourself!
5. Brighten up – use colours and images to make your revision notes stand out. The colours and pictures should help you to remember what you have learnt. A mind map would be a good way to do this.
6. Revise around the home – put your revision notes around your home, particularly in places that you spend a lot of time. Post it notes are useful for this.
7. Record yourself explaining a topic - you can then listen to this again in the future to help you revise.
8. Use mnemonics – think of phrases to help you remember key facts. For example, if you wanted to remember the formula for calculating the circumference of a circle you could remember the mnemonic Cherry Pies Delicious (Circumference = πD).
9. Highlight your notes and re-read them then summarise what you have read. Do this regularly until you have key words for each topic.
10. Persevere – revision isn't as fun as going to the beach, get over it. You will have plenty of time for fun once the exams have finished. The time for work is now.

Leave nothing to chance. Prepare.

How Do You Remember Information? What's Your Smart?

Word-smart linguistic intelligence	Write your own glossary of key words using the list provided or produce a mnemonic.	Prepare a presentation about the topic for another class.
Number-smart logical-mathematical intelligence	Make a concept map using the key words provided.	Write a key points list.
Body-smart bodily-kinaesthetic intelligence	Make a display using models.	Make a set of flash cards or a game.
Music-smart musical intelligence	Write new words for a favourite tune.	Make up a limerick, jingle or rap.
Picture-smart spatial intelligence	Make a mind map or poster.	Colour code the summary text provided.
Nature-smart naturalist intelligence	Group and annotate the photomicrographs provided.	Make a classification tree for the module.
People-smart interpersonal intelligence	Work with up to 3 other people and share ideas.	
Self-smart intrapersonal intelligence	Work on your own and include an explanation of why you have summarised the work the way you have.	

Questioning

Apps and the Internet

Make the most of smart phones, tablets and PCs to help you revise! There are lots of different apps and websites which have been designed specifically to help you with GCSE revision.

Using the internet and apps is a good way to vary your revision and to test your knowledge. Many of them allow you to test yourself and then find out how you did. If you got answers wrong many of the websites and apps will explain what your error was or how to answer the question. This is a great way to improve exam performance.

Below you will find lists of websites sorted by department, as well as some suggestions of apps which you need to try, many of which are free.

Try Out These Websites!

1. www.bbc.co.uk/schools/gcsebitesize/
2. www.pearsonactivelearn.com
3. www.MyMaths.co.uk
4. www.memrise.com
5. www.activehistory.co.uk
6. www.bbc.co.uk/schools/gcsebitesize/geography/
7. www.dtonline.org
8. www.nutrition.org.uk
9. www.musicatschool.co.uk

Apps

Below are some examples of apps you might like to try. You can also type "GCSE Revision" into the app store and you will be amazed by the number of apps available.

Puffin Academy
FREE

Edexcel Past Papers
FREE

An Inspector Calls
FREE

GCSE Maths: Revision Questions
FREE

My Big Campus
FREE

Duolingo - Learn Languages
FREE

GCSE Revision - Biology, Design Techn..
FREE

Quick Start Guide - Students

What Is It?

- Over 3,500 audio-visual podcasts.
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge you need for exam success into short 3-5 minutes chunks.
- Helps you with learning, homework and revision.

How Do I Get It?

1. Go to www.gcsepod.com and click "login"
2. Click 'NEW HERE? GET STARTED'.
3. Enter your name, date of birth and choose your school.
4. Select a username and password (to be used when you next login) and select the subjects you study.

gcsepod education anywhere

Key Features

PLAYLISTS
Create a new playlist, give it a name, add some podcasts and save. Watch the playlist online to brush up on your knowledge or download it and take it out and about with you on your device.

ASSIGNMENTS
View homework set by your teacher, watch the podcasts they have selected and complete questions to help test your knowledge on a topic. Results are instant so you can see which areas you still need to work on.

MY GCSES
Keep yourself organised by viewing a list of all your exams in subject or date order. View an exam playlist to see all the podcasts relevant to that exam, select the areas you find tricky and download to watch on the way to school.

DOWNLOADS
Android/Blackberry/Windows users can download to a computer first or straight to your device. Apple users can download to iTunes or install the iPhone/iPad/iPod Touch app and save the podcasts for offline viewing.

Why Use GCSEPod?

It's Convenient and Effective

GCSEPod podcasts are designed for mobile devices so it's like carrying a huge pile of textbooks and revision guides around with you everywhere. Have an expert read and explain everything for you clearly and precisely with all the right facts, quotes, keywords, dates and annotated diagrams on screen.

You won't need to use it for long before you feel the impact. Consistent use in just 10 minute chunks is proven to support achievement right up to A*.

It Will Help You Get Organised

Create personal podcast playlists to listen to in the run-up to a test or to help with homework. Use the viewing history feature to return to podcasts you found useful or access your favourite playlist to go over topic areas you find difficult. Download exam specific playlists, with everything you need to know for that exam all organised for you.

It Can Be as Discreet (or Loud) as You Are

Listen to GCSEPod podcasts anywhere with nobody knowing what you are doing. Listen privately on the school bus, when you're walking the dog or shopping in town.

If you want to show off just how much work you've been doing or even recommend a podcast to a friend you can use the social networking links on the site to connect with others.

Using My Big Campus to Support Revision

Logging In

1. Type in your username and password.
2. Type in Sir John Hunt in the "Find Your School" tab and select your school.
3. Once all details are correct, left click the Log In button.

If you have any issues with your username or password contact Mr Boundy in the IT support room to have them sorted.

To make sure that you are not missing out on any important information or resources you should be "Following" all of your teachers and you should have linked an email address you use to your MBC account.

To Follow Staff

1. Type the name of the staff member you are searching for into the "Search" box.
2. Select the member of staff from the drop down list.
3. Request to follow by left clicking the "Follow" box.

By following your teachers you will have notifications of all their announcements and updates.

To Change Your Linked Email Account

1. Hover the mouse over your name.
2. Left click the "Account Info" tab.
3. Scroll down to the email box and type in your email address.

You are a member of a group that corresponds to your year group, for example, all Year 11 students are a member of the group "Year 11."

By networking with others you can share ideas on how best to revise and help each other with tricky topics.

Be sure to communicate with each other and with your teachers for up to date information and guidance when you need it.

Stress and How to Deal With It!

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Do not confuse pressure and stress. A good way to manage both pressure and stress is to have a plan. Many of life's demands can cause stress, particularly work, relationships and money problems. And, when you feel stressed, it can get in the way of sorting out these demands, or can even affect everything you do. Things that you can do to deal with stress:

Relax

Take mini breaks throughout the day. Work on relaxation techniques such as taking slow deep breaths.

Get Organised

Have a realistic daily schedule which includes time for eating, sleeping, revision and relaxation time.

Time

Recognise that you can only do so much in a given time. Make sure you pace, don't race.

Talk

Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

Exercise

Physical activity provides relief from stress. The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough. 30 minutes of sport or a short walk should do the trick.

Make a List

Make a list of all the things you are worrying about and all the possible things that could happen – then your brain will stop bringing them forward all the time.

Stay Calm

Make sure you are in a calm and positive mood before you start studying or take an exam.

Sleep

Don't become overtired by forcing yourself to work late. Your brain needs time to sort out the information it has come across during the day. Your ideal sleep time is about 8 hours a night.

Be Healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Avoid too much chocolate, cola, caffeine and foods with lots of additives.

What to Do in an Exam

The Basics

- Read your exam timetable.
- Check your seat number.
- Arrive on time.
- Follow the instructions of the exam officer.
- Read the instructions carefully.
- Re-read the instructions carefully to check what you need to do.
- Decide how much time you need to spend on each question.
- Answer the questions you find easiest first.
- Keep an eye on the time to make sure you will have time to answer all the questions you need to.
- If you need assistance in the exam (for example you need to go to the toilet, there is a distracting noise etc.) raise your hand and wait for the invigilator to come to you.
- Check all your answers carefully. Check again if you have time.

If You Get Stuck in the Exam

- Read the question again carefully – don't make silly mistakes.
- Don't panic!
- Take a few minutes to plan your answers – don't just dive in.
- If your mind goes blank, take a minute to breathe calmly and slowly. Panicking will make it harder for you to remember the information.
- If you still can't remember, move on to the next question you can do and come back to the other question at the end.
- Have a (silent) word with yourself – you might want to repeat "I am calm" or "I am prepared" or "I know I can do this" in your mind several times to help you refocus.
- Read through your answers carefully.

After the Exam

- Decide what you are going to do to help you relax – spend some time chatting with friends, do some exercise or watch your favourite TV show.
- Don't spend time analysing each question with friends and comparing answers.
- Try not to think about how the exam has gone. You need to re-focus and put your energy into preparing for the exams which are coming up next.

"It's not the mountain we conquer but ourselves."
Sir Edmund Hillary

Sir John Hunt Community Sports College
Lancaster Gardens,
Whitleigh,
Plymouth,
Devon PL5 4AA

Tel: 01752 201020
Fax: 01752 201102
Email: theprincipal@sirjohnhunt.plymouth.sch.uk,
admin@sirjohnhunt.plymouth.sch.uk
Website: www.sirjohnhunt.plymouth.sch.uk