


REVISION TOOLKIT

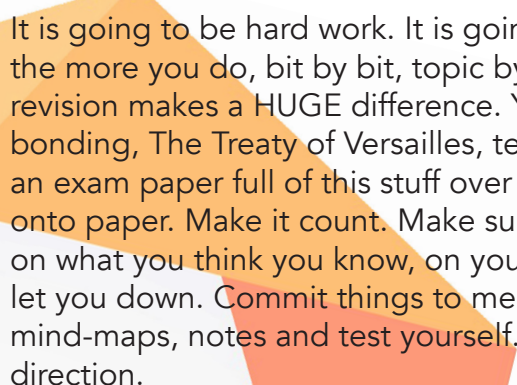




YOUR ATTITUDE DETERMINES YOUR DIRECTION.

Steve Rogers

It all starts now. Right now. Your future self. The direction your life may take will no doubt be influenced by the next few months that stretch ahead. Your attitude towards your school work, to the time you spend on Snapchat, to when you sleep, how well you sleep, to when you stop watching Riverdale, horror films, your favourite YouTubers, to how much time you spend playing Fortnite or Super Smash Bros (or Roblox- I know who you are), to what you put into your body will all affect your future direction. There is no getting away from this. **You are 100% in control of your destiny.** If you haven't started revising yet, it's not too late. It's never too late, but the more time you put aside now, the more successful you will be in your exams. The more likely it is that you will be able to carve out a wonderful future for yourself. You do want that don't you? This toolkit will provide you with some guidance and advice of how start making a difference. To help you start choosing the direction your life might take.



It is going to be hard work. It is going to wear you down. It may seem beyond you at times. But the more you do, bit by bit, topic by topic, day by day, week by week, you will get there. Effective revision makes a HUGE difference. You all have so much to remember. Ionic and covalent bonding, The Treaty of Versailles, tectonic plates, simultaneous equations... all to confidently fill an exam paper full of this stuff over a couple of hours. The last 5 years of your life spewed out onto paper. Make it count. Make sure you remember all the things you've been taught. Don't rely on what you think you know, on your teachers, on lesson time, on revision classes - this alone will let you down. Commit things to memory through active revision. Make a zillion flashcards, mind-maps, notes and test yourself. Keep testing yourself. This will determine your future direction.

THE BASICS

STAYING MOTIVATED

- Set small targets with rewards
- Remind yourself of the end goal
- Use the subject topic planners so that you can monitor your progress
- If you are worried about revising a particular subject topic, start with some easier ones first to get you going.
- Make plans for after the exams!
- Avoid Wasting Time
- Get rid of distractions (phone, TV, games console)
- Have regular breaks
- Consider where the breaks go so you are not having to focus for huge amounts of time in one go
- Start small - this will help to actually get you started!

PLAN

- This will make you more efficient
- You can account for early exams
- You will cover all topics
- You won't panic (as much)
- You know you will have enough time to cover everything

ORGANISE

- Make sure your books and notes for each subject are organised
- Keep a to-do list and cross items off when complete or add new items if required
- Prioritise what needs to be done
- Make sure you have all the right equipment to avoid wasting time

REVISION ENVIRONMENT

- Think about the space that works best for you and the type of revision/technique you are using
- Make sure your revision space is tidy
- Make sure the space is well-lit
- Reduce distractions and noise

MINIMISE STRESS

- A little bit of stress can be good and motivate you to do better
- Make sure you have fresh air and exercise
- Meet up with friends
- Have relaxation time
- Keep doing hobbies
- Eat well
- Go to bed at a reasonable time

FLASHCARDS

OOH! I LOVE FLASHY THINGS... WHAT ARE THEY AND DO THEY INVOLVE GLITTER?

They are not flashy at all. Quite dull tbh. But they are THE number one most effective way of putting facts into your long term memory. They are small cards with a question or prompt on one side and the answer or relating information on the other. Useful for learning things like:

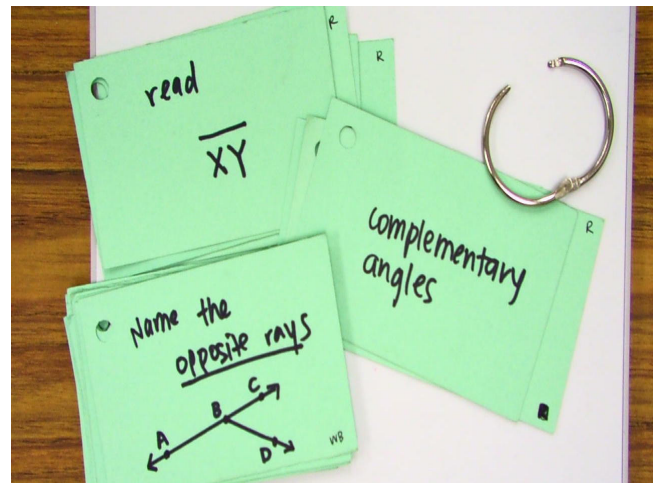
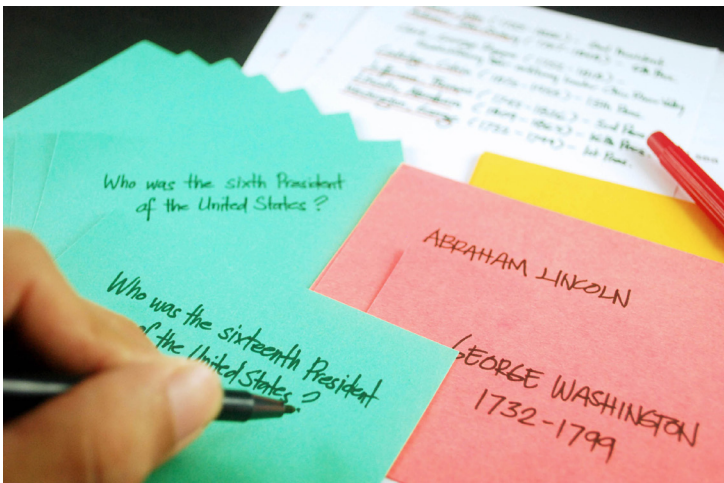
- Important events in History
- Vocabulary in MFL
- Key words and definitions

1. Making them:

- **Ensure that the flashcards have a question or key term on one side and the answer or definition on the other.**

Sometimes, students will write out notes onto flash cards and end up with a tiny catalogue of summarised notes. The problem here is the flash card must work the memory, so the action of using them must force you to dredge up the information from your long-term memory before checking the answer. If flashcards only contain notes, then no retrieval practice is happening and you might as well re-read your exercise books. This would be a relatively pointless task.

- **Ensure the right questions and knowledge are on the cards.**



If you are given complete freedom on what to include you may end up testing yourself on either non-essential knowledge or worse, incorrect knowledge. You should check your knowledge with a knowledge organiser, class notes, textbook, your teacher or a group of friends to double check their information is correct. Testing incorrect knowledge can have a particularly harmful effect as once knowledge is embedded it's hard to dislodge.

2. Using them:

- **The first and most obvious tip is to ensure that there is a thinking pause after picking one up and reading the question.**

If the card is turned too quickly then you will not go through the process of trying to remember the knowledge needed to find the answer. There is plenty of evidence that tells us that the act of trying to remember, even if unsuccessful, aids learning. Therefore a proper pause before flipping the card is essential.

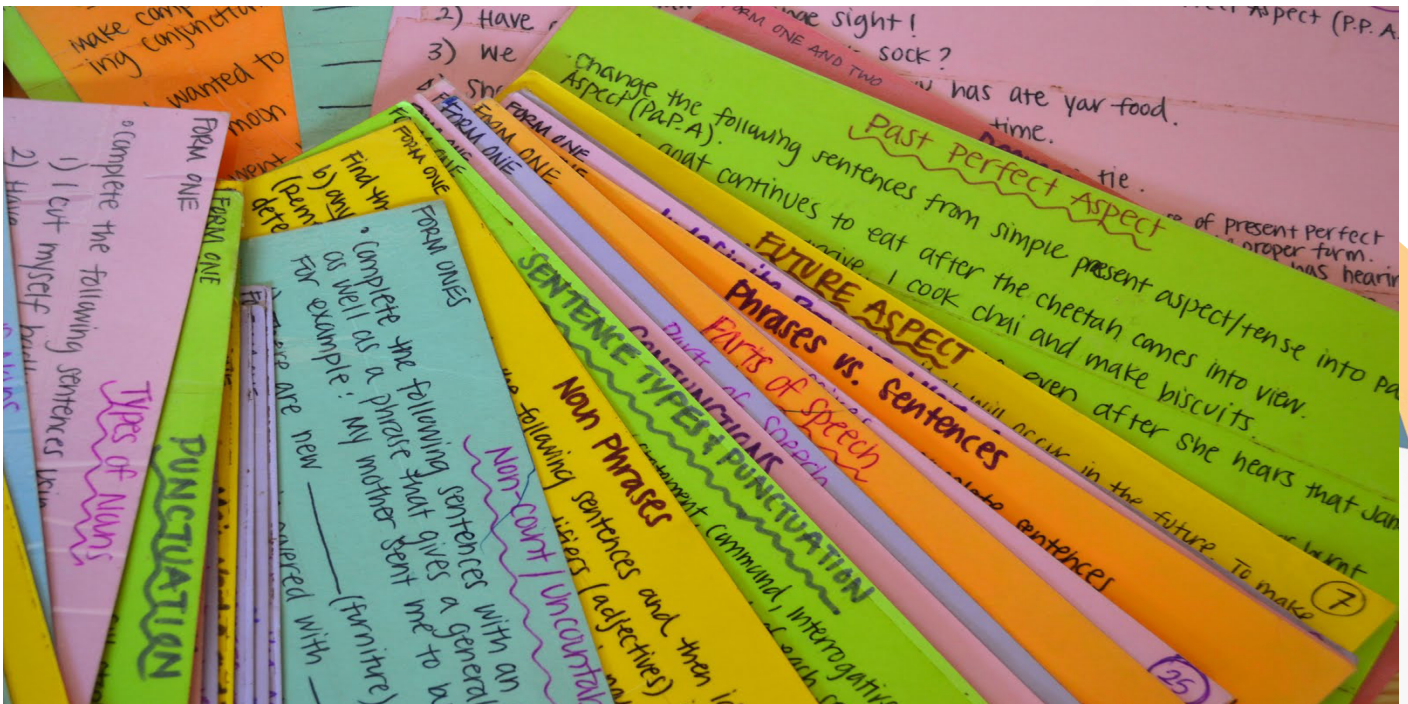
- **It is important not to stop testing flash cards even after you have got the answer right without having to check.**

Recent research has found that due to the benefits of overlearning (continuing to learn something after effective recall has been achieved). You should not drop flash cards after getting the answer right. The research found that students who tended to drop flashcards after getting the answer right once would often forget the key information later on as it was not being recalled frequently.

- **By writing the definitions and answers to questions rather than just verbally or in our heads, we are better placed to remember it and use that information effectively in an exam.**

This technique, often called 'flash card plus' involves building on the classic system in order to deepen understanding. As well as retrieving the knowledge, you must also write their definition in their own words before then finding a concrete example of the information in their own lives. This is obviously more time consuming, but recent research has concluded that this is more effective than simple recall.

- **Flash Cards also allow you to easily switch between different topics and subjects, known as 'interleaving'. This is known to have a very positive effect on retention of information.**



Once you have got several decks of flashcards covering several topics and subjects, you can jumble them up. By doing so you might be testing knowledge from History, French and Science, forcing you to jump between different sections of knowledge. This probably works best as an extra layer once you have developed confidence with your flash cards and would be a useful process going over the long-term.

The right hand side is used for making their normal notes in a lesson, or for revision purposes. On the left though, there should be a thin column. This is where the magic happens! At the time of

studying, either during the note-taking or shortly after, you note in this column some cues such as key words and/or questions, that require you to think about and retrieve the key knowledge from the topic. When you come to revise from these notes (this should be a significant time after they were produced) rather than passively re-reading their notes, you go to the left hand column and either try to retrieve the definition of key words from memory, or answer the retrieval questions. This is a far more effective use of your time, compared to simply re-reading your notes.

The final section is for you to summarise the key ideas of your notes in 3 bullet points. This helps you think succinctly about the key ideas, but can also be used for retrieval practice. By writing down the three bullet points from memory, you can check to see if the bullet points you wrote originally are correct.

This really works. Try it. Use it. see if this works for you. (It will by the way. Promise.)

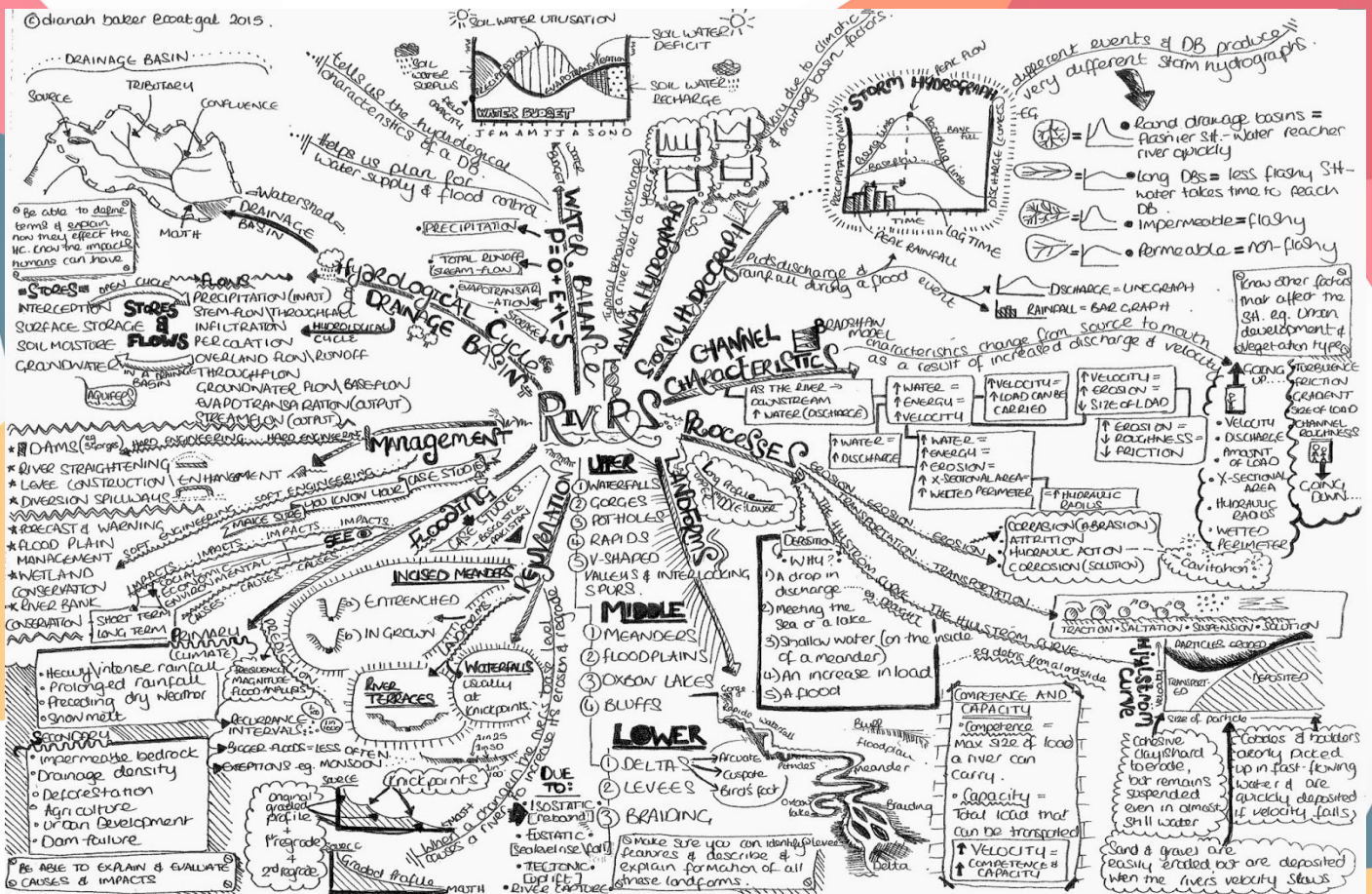
**YOUR FUTURE
IS CREATED BY
WHAT YOU DO
TODAY, NOT
TOMORROW.**

MIND MAPS

THAT SOUNDS A BIT FREAKY. I'M THINKING STRANGER THINGS... WHAT ARE THEY?

A visual way to organise information, usually focussing on one topic. Can help to identify key ideas for that topic and help find links between them. Useful for subjects where there are a lot of links between ideas. That'll be pretty much every subject then... Well apart from maths and maybe art.

The process of **mind-mapping** is more useful than the mind-map itself. It provides you with the opportunity to consider what you already know and how different elements of knowledge are connected and organised. This is a powerful form of self-explanation- known to be highly effective in improving the retention of knowledge.



You need to think about a key central idea (the middle of the mind map) and then how new material, builds on the existing knowledge in the middle. You should try to write as much as they can- every bit of knowledge they know connected to the central idea and how each element connects to each other. There is little point in embellishing the maps with colours or fancy fonts, but drawings which represent mental models of words or concepts can be useful.

After completing a mind-map, it's helpful to then refer to notes and textbooks to see if there is anything more to add or any misconceptions which may have been written down. At this point, to highlight any missing information can be useful when you have another go at the same mind map, to compare it next time to check if the missing knowledge has stuck next time.

There is little point in re-reading the maps after you have made them as this is a very passive way of trying to revise. After making a mind map, it's a good idea to do some practice questions

which relate to the concept you have been mapping.

Self-explanation can also be really useful when considering maths questions. Asking your child to explain their method of how they came to their answer by writing down the steps or verbalising their thinking can again be really helpful. Students will often realise small mistakes by being precise with their explanations.

Explaining concepts to you, using their flash cards can be a great way to test the quality and depth of understanding. Don't just focus on the things you know they are struggling to grasp. By overlearning concepts, it's far more likely to be remembered in exam conditions.

A great way to develop self-explanation is to ask whether a concept is true and then answer that with a 'Why?' question. Take the examples below:

- In science, increasing the temperature can increase the rate of a chemical reaction....why?
- In geography, the leisure industry in British seaside towns like Barry Island in South Wales has deteriorated in the last 4 decades....why?
- In history, in 1929 the American stock exchange collapsed. This supported Hitler's rise to power....why?

This technique, known as **elaborate interrogation** is useful because rather than just trying to learn facts or ideas by reading them over and over, you should get into the habit of asking yourself why these things are true.

**LEARNING IS AN
ACTIVE PROCESS. WE
LEARN BY DOING...
ONLY KNOWLEDGE
THAT IS USED STICKS
IN YOUR MIND.**

REVISION TIMETABLE

WHAT BE THIS AND WHERE THE HELL IS REVISION?

Without this, you will never organise yourself properly to make the right use of your time. The key to an effective timetable is to stick to it. Things always get in the way. An update on Fortnite, the new Riverdale episode has just dropped and Jughead dies and you can't cope, your gran is getting married. Again.. But seriously, this is the thing to get right. Read on kids.

A solid revision schedule not only guarantees you cover everything you need to in time for the exam, but it also breaks everything down into more manageable chunks – much less scary!

Once you start getting everything out on paper or screen, you'll have a proper idea of the task ahead. The ideal revision timetable will be prepared enough in advance that you have a bit of balance and don't burn yourself out.

A basic revision timetable is essentially a calendar. But instead of holidays and birthdays, it contains topics and subjects you need to revise on specific days. Yours doesn't really have to stray far from this very simple model:

1. Divide however long you have until your exams by how many subjects you study.
2. Divide all the topics and areas you need to cover accordingly.

You are going to be provided with a complete list of everything you need to revise for each subject. This will be put on google classroom for you to access and print off if you need to.

If you can access your timetable on the go (using something such as Google Docs or an app – see some app ideas below) you'll have more flexibility over where you can study.

HOW DO I PRIORITISE WHAT I NEED TO REVISE?

Ask yourself what subjects or particular topics within those subjects do you need to spend more time on?

Perhaps some disappointing results have flagged areas you need to pay attention to? Or there are certain subjects where you need to achieve a certain grade, to progress into what you plan to do next? Make sure you prioritise these in your revision schedule.

But remember not to get cocky and neglect those subjects that you're already strong at. We are not all Tony Starks. Just some of us.

REVISION TIMETABLE APPS

These three popular apps can help you structure and plan your revision schedule. They offer study timetable templates to start from, plus a whole host of other nifty features:

My Study Life: an app to use throughout the year, not just during your revision period. Track homework and assignments, and organise your daily and weekly schedule. Everything is stored in the Cloud for easy access on multiple devices. Available on: Play Store, iTunes

SQA My Study Plan: created by the Scottish Qualification Authority for Scottish students, the app creates a personalised study plan based on when your exams are – you can import your exam timetable directly from SQA MyExams. Available on: Play Store, iTunes

Timetable: if you're an Android-head, Timetable is one way to manage school life across your devices. The app even mutes your phone during lessons, in case you forget... Available on: Play Store

And if you're a bit more analogue, then a big piece of paper can do very nicely indeed.

Month: May				Weeks to go: 2	
Time:	Session 1 10 – 11	Session 2 11 – 12	Session 3 12 – 13	Session 4 14 – 15	Session 5 15 – 16
Monday	Science	English Lit.	Geography	French	Meet Friends
Tuesday	Business	Maths	English Lang.	Science	History
Wednesday	Geography	Science	Swimming	English Lit.	Maths
Thursday	New Riverdale	Business	History	Science	English Lang.
Friday	English Lit.	Gym	Science	Maths	English Lang.
Saturday	Trip to town	History	English Lang.	Business	Geography Tectonic hazards
Sunday	Science	Maths	French	Family BBQ	English Lit.

Start at a reasonable time and divide the sessions into times that work for you.

Build in time for your activities and commitments.

Include the topic area you are going to revise

Think about the time you have between school, homework, social time and everything else that gets in the way. Be realistic, but be determined to carve out time to revise effectively. Put the phone away and crack on.



TOPIC PLANNERS

TOPIC? ISN'T THAT MY GRANDPA'S FAVOURITE NUTTY CHOCOLATE BAR?

It's all well and good having a timetable, but without a really clear list of what you are going to revise; key topics which are split into sub topics and key facts you need to know, there isn't much point. You can't just go and revise Science. You need to revise Atomic Structure, the typical size of atoms and small molecules, that atomic nuclei are composed of both protons and neutrons etc. etc. A well formed topic list will help you navigate your way through the vast knowledge you need to remember.



Subject: Science

Topic	😬	😊	😎
Atomic Structure			✓
Cells in plants and animals		✓	
Waves		✓	
Systems in the human body	✓		
Plants and photosynthesis			✓

Over time, you can rate how well you think you know a subject. Please remember, just because you think you know it, don't stop testing yourself. Perhaps less regularly, but to ensure you really have learnt something, keep testing.

The topic lists should inform your timetable. Think about how much time you need to spend on each topic, spread this out over your timetable week by week. When you get super confident, this is the time to mix it up. Mix different subjects to revise at the same time. Take your flash-cards and take a bit of History, some Science and sprinkle in a bit of Spanish. By mixing it up, it will really challenge you and strengthen your memory even more.

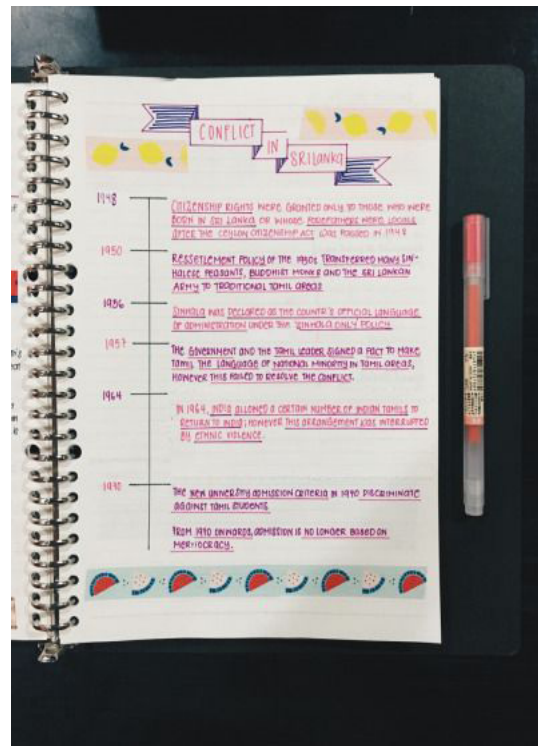
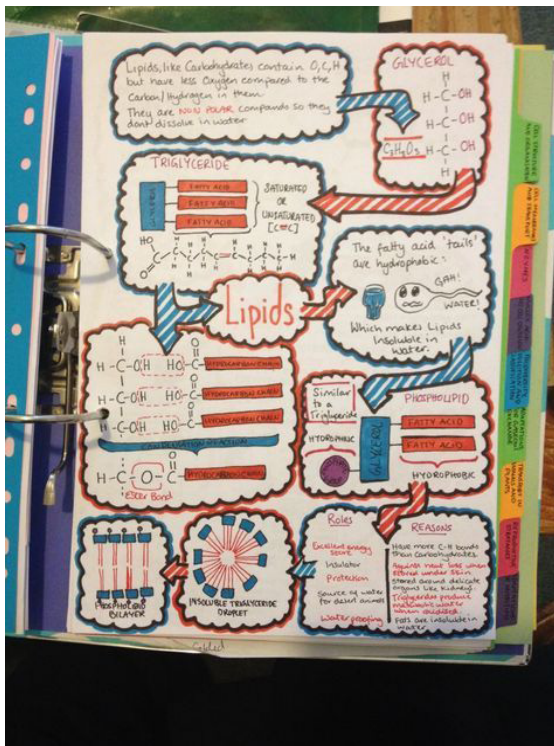
We are going to provide you with topic lists for all your subjects. This should help you organise your revision far more effectively. Make sure you make the most of this!

YOU ARE GOING TO WANT TO GIVE UP. DON'T.

FLOW CHARTS

FLOW CHARTS. NOTICE THE SIMILARITIES TO YOUR DIGESTIVE SYSTEM? *BURPS*

Flow charts are brilliant for organising facts and thinking into the right order. Great when you are contemplating a model answer. Each stage could be a separate paragraph for an essay or long answer. Moving effortlessly from one point to the next. Timelines work in a similar way, ensuring your key facts are organised correctly.



The visual representation of information, showing how one thing leads to another is known to be highly beneficial. Consider how you can use images and diagrams to help you remember more effectively.

It's a good idea to cover up each section and see if you can remember which bit comes next. Getting things in the right order are essential for many subjects, so this is a good technique to help you remember how to order your thinking. You could cut up some bits of card and put the key points for each one and then arrange them to see if you have got the order right. Even better, use blank or very basic cards- fill them in with what you remember and then place them in order. Another technique know to have a big impact. Try it and see if it works for you.

**COWARDS NEVER START.
THE WEAK NEVER FINISH.
WINNERS NEVER QUIT.**

M N E M O N I C S

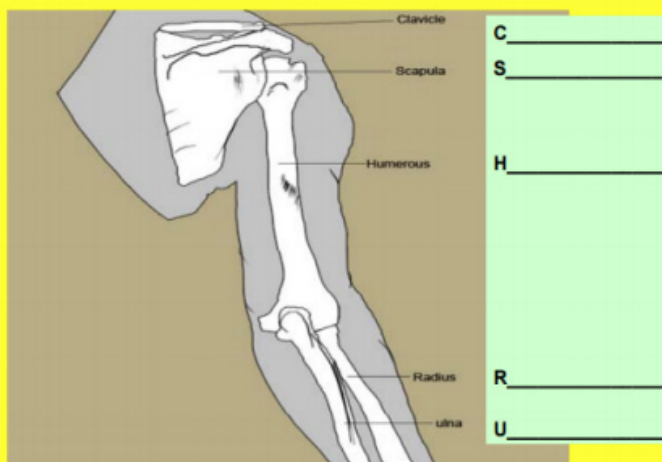
MANAMANA DO DOO DO DO DO DO.

Mnemonics give your brain a 'hook' to hang a memory on. You will know some. Richard Of York Gave Battle in Vain. (The colours of the Rainbow) Never Eat Shredded Wheat (The points on a compass). This is a great technique for remembering key bits of information or a specific order for a calculation. You can go into an exam hall with a whole list of 'em. Just make them memorable!



Use the first letter of each word you need to remember into a phrase you will remember. It's as simple as that. Then read it, write it, speak it until it sticks there forever. Think of the two I have just used above. We all still remember those from primary don't we? You see it really works!

The sections of the arm – use a mnemonic to learn them



Take this example. There is SO much to remember for GCSE PE. Bones, muscle groups.... How could you remember the sections of the arm?

Chocolate Strawberries Have Rusty Underpants

No? How about...

Christian Smells Horrible Riding Unicorns.

Whatever you choose. Repeat, repeat, repeat. Until it's stuck there. Like a painful spot you are desperate to squeeze. Eeew.

Now just think of those flow charts and timelines we looked at. Could you make a mnemonic to remember the order of those key facts, the dates? Combining techniques is like a power move on Super Smash Bros or something. You can also then use those letters to try and remember what the heck you were trying to remember in the first place. See below:

RIPS

Clue: Training Principles

Fat Men Eat More Sweet Cos Fit Boys Can't
Clue: Health Related Fitness

CHIPS R or CHIRPS

Clue: Influences

C My Mum For Breakfast

Clue: Health Related Fitness

SQ3R

THIS IS NOT A POST CODE. I REPEAT, THIS IS NOT A POST CODE.

This is my final idea to get you revising. It's a great way to use your revision guides, exercise books and your notes to make sure you digest the key points effectively, see what you remember and give you the opportunity to work on the bits which you still haven't locked in.

SURVEY - Look over the main headings, pictures, diagrams, highlight key words or important facts.

QUESTION - Ask questions to create a purpose for this knowledge. Turn headings into questions that you will need to answer.

READ - Read the questions that you have set yourself.

RECITE/RECALL - Talk out loud, make notes which answers the questions you have set as fully as you can using your own words.

REVIEW - Add extra notes where you may have missed some details when looking again at your revision guides. Amend your notes where you need to and have another go.

SQ3R

SURVEY • QUESTION • READ • RECITE • REVIEW

Name _____
Date _____

1. SURVEY

Answer the following questions before reading the text.

-What is topic of the text?

-What is the title of the text?

-Notice any subtitles, headings, or chapters. How is the text organized?

-Describe a picture or graphic included in the text.

3. READ

Look for the answers to your three questions as you actively read the text. It is important to take the time to re-read any sections or portions of the text that are unclear.

4. RECITE

Write a short summary of the text in your own words.

2. QUESTION

Before you start reading, write three questions you have about the text.

1 _____

2 _____

3 _____

5. REVIEW

Answer each question you generated before reading the text.

1 _____

2 _____

3 _____

You could easily make yourself a template like this to help you organise your thoughts. If you print them out at school, you don't even have to pay for it. (I didn't say that by the way).



So there you have it. Effective revision in a nutshell. You plan right, execute that plan and the grades will follow.

LET'S TALK ABOUT THAT PLAN OF YOURS. I THINK IT'S GOOD EXCEPT IT SUCKS, SO LET ME DO THE PLAN AND THAT WAY IT MIGHT BE REALLY GOOD.

Star Lord

