

The Student Revision Handbook

Everything you need to know to achieve.



How Do You Learn?

Many people recognize that each person prefers different learning styles and techniques. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no right mix, nor are your styles fixed.

Auditory	Visual	Kinesthetic
<p>More likely to remember information accurately when it has been explained to them orally.</p> <p>Remember quite accurately details and information they hear during conversations and lectures.</p> <p>Strong language skills, which include well developed vocabulary.</p> <p>Articulate ideas well. Find learning a foreign language to be relatively easy.</p> <p>Often have musical talents and can hear tones and rhythms, and individual notes.</p> <p>Download Podcasts and audio books.</p>	<p>Learn best by seeing information.</p> <p>Information presented in pictures, charts, or diagrams is easily remembered.</p> <p>Strong visualization skills. They can look up (often up to the left) and “see” the information invisibly written or drawn.</p> <p>Make “movies in their minds” of information they are reading.</p> <p>Visual-spatial skills such as sizes, shapes, textures, angles, and three-dimensional depths are strong.</p> <p>Often pay close attention to the body language of others (facial expressions, eyes, stance, etc).</p> <p>Can have a keen awareness of the aesthetics, the beauty of the physical environment, visual media, or art.</p>	<p>Learn best by moving their bodies, activating their large or small muscles as they learn.</p> <p>These are the “hands-on learners” or the “doers” who actually concentrate better and learn more easily when movement is involved.</p> <p>Often wiggle, tap their feet, or move their legs when they sit. Because they learn through movement, kinesthetic learners often do well as performers: athletes, actors, or dancers.</p> <p>May be good at repairing work, sculpting, art, or working with various tools.</p> <p>Often well co-ordinated and have a strong sense of timing and body movement.</p>

Revise Your Way

Here are some useful techniques for revision that may suit your learning style.

Auditory	Visual	Kinesthetic
<p>Talking out loud. Repeat work out loud in funny voices. Listening to a lesson.</p> <p>Discussing in small or large groups.</p> <p>Playing instrumental music in the background whilst learning.</p> <p>Make rhymes or raps up about their work.</p> <p>Get someone in the family to ask questions about the work (use prompt cards).</p> <p>Use DVD / CDs and computer programmes where the text / topic is spoken.</p> <p>Reading through past exam papers.</p> <p>Record what you want to revise and listen back to the information.</p> <p>Download Podcasts and audio books.</p>	<p>Taking notes and making lists to read later.</p> <p>Reading information to be learned.</p> <p>Learning from books, DVD's and printouts.</p> <p>Seeing a demonstration. Use pictures, mind maps, computers, diagrams, flowcharts, key words, TV and DVD's.</p> <p>Use colour to help let the brain remember.</p> <p>Use different coloured pens and pencils to colour in diagrams and when writing notes use a highlighter pen to highlight text.</p> <p>Write information in bullet points or as lists.</p> <p>Use sticky notes (they come in different colours) to write key information on.</p> <p>Looking through past exam papers.</p> <p>Develop cartoon strips of the facts.</p>	<p>Doing, hands-on approach.</p> <p>Physical involvement in learning.</p> <p>Small group discussions.</p> <p>Squeeze a stress ball whilst looking through information, or talking about information.</p> <p>Put work onto cards and sequence them.</p> <p>Walk around the house making up silly stories putting pieces of information into each room.</p> <p>Walk around whilst reading.</p> <p>Stand up and stretch or walk every 30 minutes.</p> <p>Completing past exam papers.</p> <p>Making large scale mind maps on the floor.</p>

Where Do I Start?



Your revision timetable must be realistic and flexible. You need to allow yourself time to socialise with friends or still take part in some sport. You need to organise your time until each subject exam.

When completing your timetable consider the following:

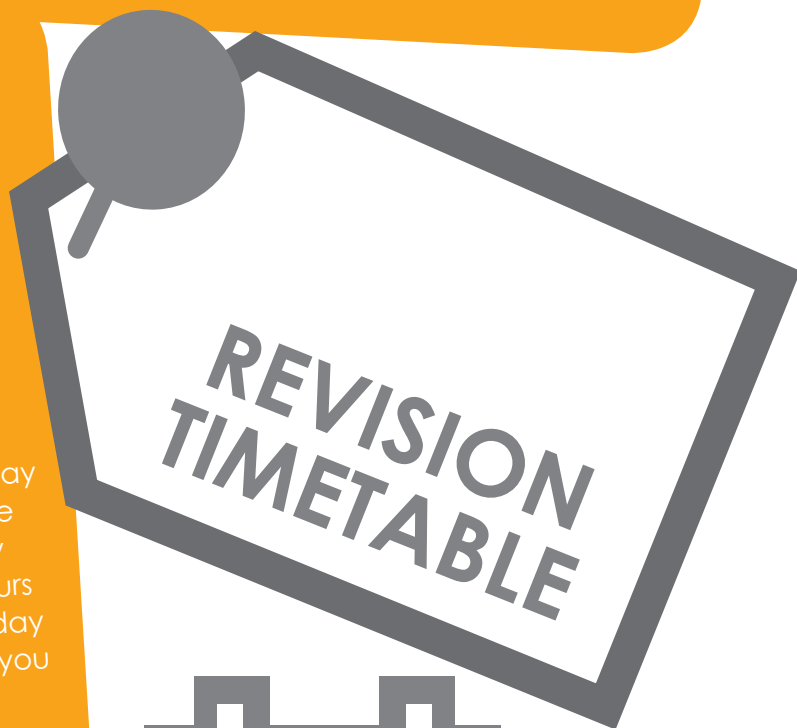
- How many days until the first exam?
- How many study hours in the normal weekday?
- How many hours can you study at weekends?
- What subject/s are you weaker in and therefore will need to spend more time on?

Set a date for each subject by which you will have reduced all your revision to summary sheets.

Regularly check if you are on task and then revise your plan as necessary.

When completing your timetable remember:

- You can only concentrate for 30 – 40 minutes.
- Breaks should be 5-10 minutes long – drink water, text a friend, get some fresh air. Like anything else, concentration improves with practice.
- Try getting a variety of subjects across each day and building in slots to review the learning of the day. If you don't review your work, studies show you'll lose 80% of what you've learned in 24 hours and 98% in seven days. Take 20 minutes each day to review everything you've learned. (Review you go back and read it again)
- Let your family know your timetable (perhaps stick it up in the kitchen!) so they don't ask you to do other things.

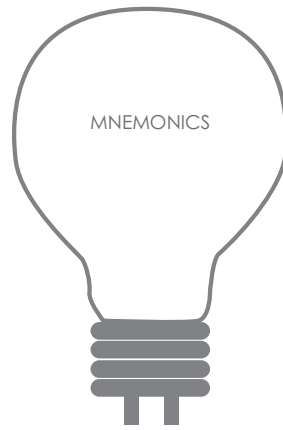




Lists are useful in all subjects particularly if you like some order to your revision. Helps you break down areas into key topics and key terms identifying the essential aspects of a subject area, condensing information that can be built upon. Often by having the key information it opens out the knowledge you already have within those topic areas.



Make up a rhyme, song or rap about the information you need to remember, make a new tune or use one that you are familiar with and change the words to the ones that you need to remember. It is a method that is quite good to do with friends.



Take the first letter of each word you need to remember and use them to make an imaginative sentence. The first letter will then trigger the original words. You can also make up a memorable sentence (the more crazy the sentence the better).

Using the first letter of each to make another word:
RICE=Rest, Ice, Compression, Elevation (treatment for soft tissue injury).

Using the first letter of each to make a sentence: ROYGBIV = Richard of York Gave Battle in Vain (colours of the rainbow – Red, Orange, Yellow etc).

My Favourite
Revision
Techniques

DO SOMETHING
TODAY
THAT YOUR
FUTURE SELF WILL
THANK YOU FOR

Top Tips

for Parents/Carers

How to help your child prepare for exam success

1. Talk to your child about how you can support them, and what they would find helpful.
2. Help to plan your child's revision timetable. If you know that they are not at their best in the morning, then encourage them to rest then and work when they are livelier.
3. Provide a dedicated quiet space with good natural light for studying and if you have other children in the house, remind them about the importance of revision time.
4. The internet can be a valuable tool for revision or... a huge distraction! Make sure your child is using on line resources responsibly!
5. Ensure that your child takes regular breaks from studying to relax, take exercise and socialise with family and friends.
6. Encourage them to tell you about what they are studying and offer to help with testing them, and reassure your child that their welfare is your concern more than their results.
7. Ensure that your child has a healthy diet while revising and taking exams – they may need to be reminded to eat proper meals regularly, and avoid too many sugary drinks and snack food.
8. Know the times, dates and locations of your child's exams – incorporate this into revision planning and ensure that your child will be properly equipped for each exam (they may need calculators, rulers, etc).
9. Know that students are not allowed to take mobile phones into any exam – they must be handed in to invigilators.
10. If your child has a medical condition, i.e. hay fever or diabetes, make sure that the school knows about it. There are special considerations for some conditions.
11. If there is a family crisis or emergency, make sure the school knows about it, since the additional stress can affect your child's exam performance.
12. Ensure your child gets plenty of sleep during the exam period, and reassure them that you are proud of them for working so hard... and that you will still love them regardless of their exam results!

Your child will get the best results from their revision if they develop good revision habits.

Revision Tips

for Students

How to prepare for success

Revision plan. The top tip for successful revision is to make a plan, otherwise it is easy to waste your precious revision time. It is helpful to look at your exam dates and work backwards to the first date you intend to start revising.

Fill in any regular commitments you have first and the dates of your examinations.

Revise often; try to do a little every day.

Find a quiet place to study and make sure you are sitting comfortably.

Plan in time off, including time for activities which can be done out in the fresh air. Take a 5 or 10 minute break every hour and do some stretching exercises, go for a short walk or make a drink.

Don't panic; think about what you can achieve, not what you can't. Positive thinking is important!

Where to study: Creating good conditions to study in can help you make the most of the time you spend revising. Here are some suggestions.

Write up your plan and display it somewhere visible.

List all your exam subjects and the amount of time you think you will need for each one. It is unlikely that the amounts will be equal. Many people find it advisable to allocate more time to the subject or topics they find the most difficult.

Draw up a revision plan and review it regularly.

Use revision checklists or specifications for each subject as a starting point. Look at what you need to know and try to identify any gaps in your knowledge. (A good way of doing this is to look at the results of past papers or tests you have worked through.)

You may find it helpful to 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.

Have everything you need to do your revision to hand before you start.

Common Words Used in Exam Questions

In written examinations there are many common words that are used and one of the most common mistakes made by students is misinterpreting the question. Below are a number of these key words.

Account for

Explain the reasons for something. This is not the same as 'Give account of' – which asks for detailed description

Analyse

Study something in depth – identifying, describing and criticising in detail its main features.

Argue

Put forward an idea, then give an example, discuss what it means and defend it against possible counter arguments

Assess

Examine something closely. Consider in a balanced way its strengths and weaknesses. Discuss the points for and against something. Finally give your clear opinion.

Calculate

Reckon or compute something using maths.

Compare

Are the things similar or are there important differences? Which do you think are best? Why?

Consider

Express your thoughts and observations about something.

Define

Give the meaning of.

Discuss

Write about the important aspects of the topic; are there two sides to the question? Consider the arguments for and against

Evaluate

Judge the importance or success

Give an account of

Describe something in detail and explain fully

How

In what way, by what means or method, or to what extent does something happen, exist or work.

Identify

Pick out the main features or the important points of something.

Illustrate

Give examples which make the point clear.

Interpret

Explain the meaning in your own words, for example, you may be asked to interpret a graph.

Justify

Give reasons to support an argument / action

Outline

Choose the most important aspects of a topic. Ignore the minor detail.

Review

Make a survey examining the subject critically

Summarise

Bring together the main points

To what extent

Similar to questions which begin 'How far...' you are expected to discuss something, and show any of it's strengths and weaknesses.

Exam Stress

Tips and techniques to help you minimise exam stress



The key tips to remember

Before Exams:

Think positively, concentrate on your strengths and think about successful outcomes in the past.

After Exams:

Walk out and move on, don't worry about how it's gone. Once it's gone it's gone and it is time to focus on the next chapter in your life.



Recognise the Symptoms:

The temporary effects of stress include lack of concentration, inability to sleep, difficulty in processing information and irritability. Stress suppresses your immune system so you're more likely to catch a cold or feel under the weather, which doesn't help your performance in exams. In high levels, stress can lead to mental health problems e.g. depression or anxiety.

Most people experience pressure, stress and anxiety when it comes to exams.

Whilst a certain amount of pressure is good for us and helps us to perform well, it is important to keep some balance and perspective.

Learning Methods:

People have different methods of learning:

- Making lists of key points
- Testing your memory as you go along
- Try to devise your own questions
- Using trigger words which link to a piece of work you have done



Practise:

Use past papers where you can, set yourself targets for completing them in the allocated time. Practise planning the questions you may get.

Keep focusing on the question in hand – not the “what ifs”.

Organising:

Everyone is different but some of the following suggestions may help you:

- Devise a daily planner where you can identify times of work, study and leisure, in fact the more detailed this is the easier it is to have a clearer idea of revision times
- Be realistic about what you can fit in and about the time you allocate to different projects
- Stick to your deadlines, if this changes it has a knock on effect with the rest of your planner and work load
- Plans need to be flexible; this allows you to change your mind
- Make time to do things you enjoy – hobbies etc
- Get some physical exercise; release some of those natural endorphins!

If it becomes clear that the plan is not working then you will need to re-prioritise your schedule. Look at what is most important. What will take less time to get to speed with.

What is compulsory? Remember doing the work takes less effort than thinking about the work.

Set Goals - Make your goals SMART - Small / Achievable / Realistic / Time measured.



Concentration:

People differ in the length of time they can concentrate, experiment to see what suits you best.

Start by trying to identify when and where it is easier for you to study. Ensure wherever you choose has minimal distractions.

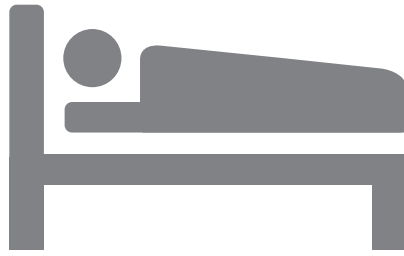
- Is there enough light/heat/etc?
- Is the table/chair suitable for studying?
- Is this something you can stick to? - If so it will provide you with continuity for the rest of your course.

You can then join these "chunks" by making a mnemonic out of the trigger words.

Being able to visualise the information in random patterns or even drawing this out on paper to begin the memorising. Sometimes mixing topics creates interest

Motivation:

Simple techniques like planning for a reward when a piece of work has been achieved may help. Start with some of the topics you find easier, establish a routine.



Sleeping:

- Try not to work in or on your bed
- Switch off before going to sleep by doing something completely different
- Try to stick to regular sleep pattern i.e. waking and retiring at same time each night



Panic During an Exam:

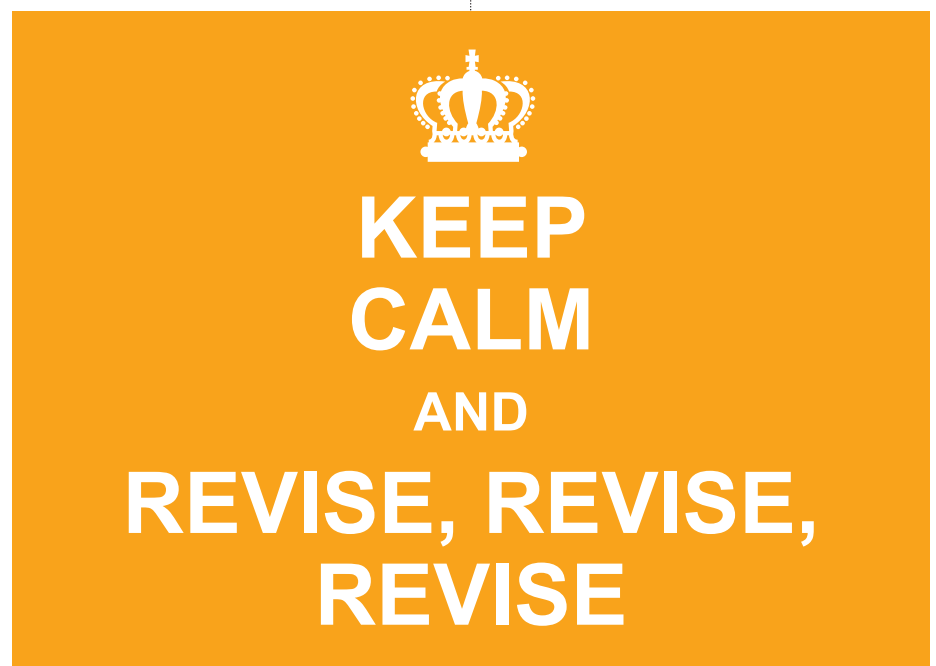
It is not uncommon for your mind to go blank. At these times it is easy to panic. Try pausing for a few moments, slowing you breathing down a little and letting your body relax. Try to focus on relaxing and then refocus back on the exam.



On the Day of the Exam:

- Get enough rest, don't get up too early
- Keep away from others you find stressful
- Remember anxiety beforehand is normal
- Try to do some relaxation exercises and breathing exercises
- Read the paper slowly, twice. Underline key words of phrases
- Make sure you answer all the questions

**Remember
to take
regular breaks
when
studying**



The Hart School Encourages the Growth Mindset

GROWTH MINDSET

VS.

FIXED MINDSET

