

Henley in Arden school's revision guide

**ACHIEVING EXCELLENCE
TOGETHER**

Name:

Form:



HENLEY-IN-ARDEN
SCHOOL

Achieving Excellence Together



CONTENTS

- **Subject Pages (what's on the exams, key revision guides and websites, top revision tips)**
- **Revision Menus**
- **Key revision strategies (what really works?)**
- **Revision Survival Pack**
- **Exam Days...**

REVISION FOR AQA ENGLISH LANGUAGE



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

- **Paper 1** – Explorations in Creative Reading and Writing: Students answer 4 reading questions looking at the use of language, structure and evaluating reader response. They also need to write their own creative text using either a picture or a given idea.
- **Paper 2** – Writers' Viewpoints and Perspectives: Students answer 4 questions looking at how the writers use methods to communicate their ideas. They also need to write their own text (leaflet, letter, speech, article or essay) that presents their own views on a given topic.

Revision guides/websites:

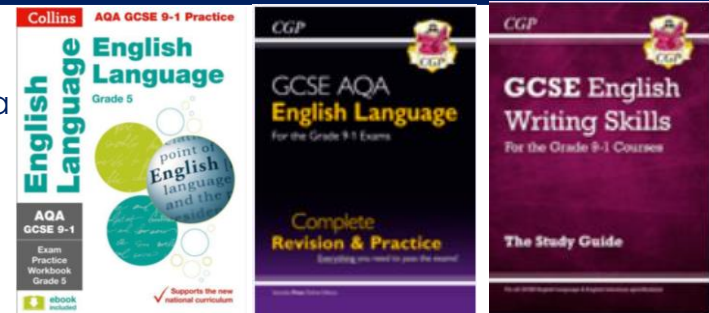
- CGP have some great revision guides and workbooks (there are some tailored to the AQA specification) Have a good look on their website....

- Collins also do revision guides aimed at each grade.

- Use websites to find articles to read and annotate:

<https://www.independent.co.uk/voices>

<https://www.theguardian.com/uk/commentisfree>



TOP TIP:

Use the Bristol University Grammar exercises website to practise your punctuation. There are 32 marks available for accurate spelling punctuation and grammar on the Language papers...

http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/page_41.htm

REVISION FOR AQA ENGLISH LITERATURE



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

- Paper 1 – 'Romeo and Juliet' and 'Dr Jekyll and Mr Hyde'
- Paper 2 – 'An Inspector Calls', Power and Conflict poetry and Unseen poetry

Revision guides/websites:

- CGP do text guides and work books for each of the texts we have studied.
- York notes do study guides too (sometimes it's worth getting different guides as they give you different ideas)
- Use SparkNotes (<https://www.sparknotes.com/>), Seneca (<https://senecalearning.com/>) and GCSE Pod revision sites.
- Look at Mr Bruff videos on YouTube.



TOP TIP:

When you choose a YouTube video or GCSE pod to watch, write down everything you can remember about it first and then use the video/pod to add to your notes in a different colour.

REVISION FOR EDEXCEL MATHS



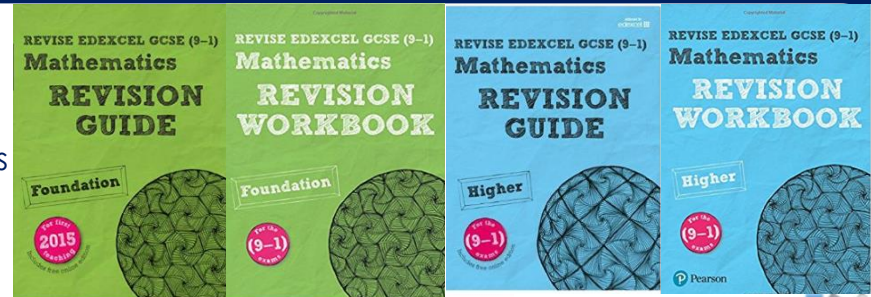
HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

- Paper 1 – Non-Calculator
- Paper 2 – Calculator
- Paper 3 - Calculator

Revision guides/websites:

- There is a Pearson revision guide and work book available on Gateway for £5 each.
- Seneca and GCSE Pod have Maths modules tailored to Edexcel.
- www.mathsgenie.co.uk
- www.corbettmaths.com



Corbettmaths

Videos, worksheets, 5-a-day and much more

Maths Genie

SENECA

gsepod
Education on Demand

TOP TIP:

Using MathsWatch! Watch a video on a topic (either the full length version or the one minute version if you have been taught it recently) and have a go at some 'interactive questions' to test applying your knowledge to exam style questions. The best way to revise maths is to DO maths.

REVISION FOR AQA BIOLOGY, CHEMISTRY AND PHYSICS



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Biology

Paper 1 Topics 1–4: Cell biology; Organisation; Infection and response; and Bioenergetics

Paper 2 Topics 5–7: Homeostasis and response; Inheritance, variation and evolution; and Ecology.

Chemistry

Paper 1 Topics 1–5: Atomic structure and the periodic table; Bonding, structure, and the properties of matter; Quantitative chemistry, Chemical changes; and Energy changes.

Paper 2 Topics 6–10: The rate and extent of chemical change; Organic chemistry; Chemical analysis, Chemistry of the atmosphere; and Using resources.

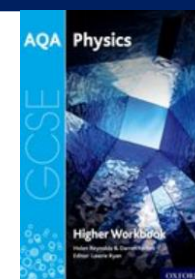
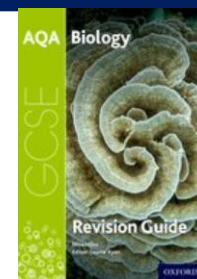
Physics

Paper 1 Topics 1–4: Energy; Electricity; Particle model of matter; and Atomic structure.

Paper 2 5–8: Forces; Waves; Magnetism and electromagnetism; and Space physics.

Revision guides/websites:

- Oxford University Press work books and revision guides are the recommended guides from the Science department!
- Seneca and GCSE Pod also have lots of revision material to use!



TOP TIP: Download and use the Gojimo app. Make revision as Accessible as possible as then you'll be more likely to do it!



REVISION FOR AQA COMBINED SCIENCE TRILOGY



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Paper 1 Biology topics 1–4: Cell Biology; Organisation; Infection and response; and Bioenergetics.

Paper 2 Biology topics 5–7: Homeostasis and response; Inheritance, variation and evolution; and Ecology.

Paper 1 Chemistry topics 8–12: Atomic structure and the periodic table; Bonding, structure, and the properties of matter; Quantitative chemistry; Chemical changes; and Energy changes.

Paper 2 Chemistry topics 13–17: The rate and extent of chemical change; Organic chemistry; Chemical analysis; Chemistry of the atmosphere; and Using resources.

Paper 1 Physics topics 18–21: Energy; Electricity; Particle model of matter; and Atomic structure.

Paper 2 Physics topics 22–24: Forces; Waves; and Magnetism and electromagnetism

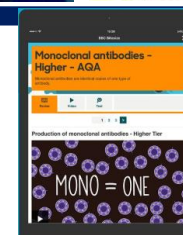
Revision guides/websites:

- Oxford University Press have a work book and revision guide for Biology, Chemistry and Physics (make sure it says 'Combined Science' on the front).
- Seneca and GCSE Pod also have lots of revision material to use!



TOP TIP:

Download the BBC Bitesize revision app and the Tiny cards app and do your revision on the go.



REVISION FOR AQA GEOGRAPHY



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Paper 1- Living with the physical environment

Section A-Natural Hazards, Tectonic Hazards, Weather Hazards, Climate Change

Section B- The Living World- Ecosystems, Tropical Rainforests, Option: Hot Deserts

Section C- The UK Physical Landscape, Options: Coastal Landscapes, Glacial Landscapes

Paper 2-Challenges in the human environment

Section A- Urban issues and challenges, Urbanisation, Urban Growth Case Study: Rio Urban change in the UK Case Study: Bristol

Section B- The Changing Economic World- Development, Economic Development in Nigeria

Section C- The Challenge of Resource Management- Resource management in the UK, option: Food

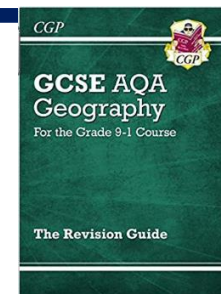
Paper 3- Geographical Applications

Section A- The Issue Evaluation- Published by exam board mid-March

Section B- Fieldwork- The enquiry approach- Undertaken February Year 11

Revision guides/websites:

The CGP revision guide is the one recommended by the Geography department.



TOP TIPS: When you are revising place detail make your 3 major case studies Bristol, Rio and Nigeria a different room of your house e.g. Nigeria is a major oil producer so use the garage; Rio is tropical and really hot but suffers lots of water pollution so the kitchen; Bristol was the green capital of Europe and has a lot of urban greening opportunities so try the garden. If you can associate foreign places with the places you have everyday experience of, you are giving your brain another way of bookmarking content.

REVISION FOR EDEXCEL HISTORY



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

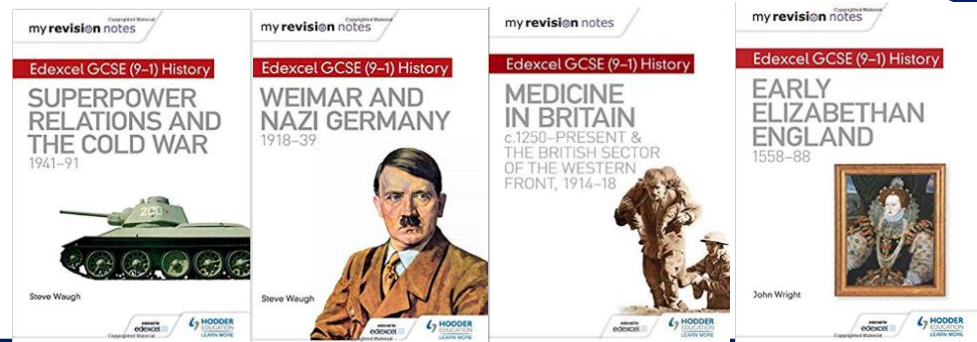
Course summary:

- **Paper 1:** Thematic Study and historic environment (Written examination: 1 hour and 15 minutes, 30% of your grade) Medicine in Britain c1250-present and The British sector of the Western Front, 1914-18: injuries, treatment and the trenches.
- **Paper 2:** Period study and British depth study (Written examination: 1 hour and 45 minutes, 40% of your grade) Early Elizabethan England 1558-88 and Superpower relations and the Cold War, 1941-91.
- **Paper 3:** Modern depth study (Written examination: 1 hour and 20 minutes, 30% of your grade) Weimar and Nazi Germany, 1918-39

Revision guides/websites:

All of the revision guides are published by Hodder and are tailored to Edexcel.
History department website:

www.mrsshistory.com



TOP TIPS:

Post it notes of time! With post it notes write down all the key events of the Cold War, mix them up. Once you have done this put them into the correct order. EBI, on the back of each post it note state what happened? When? Impact?

REVISION FOR AQA GCSE FRENCH AND SPANISH



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Paper 1: Listening

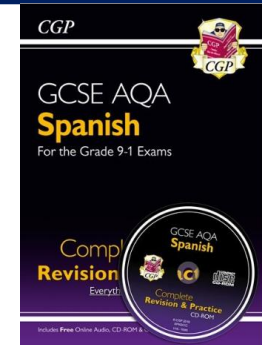
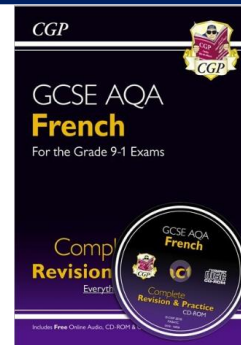
Paper 2: Speaking (Role-play, photo card, general discussion)

Paper 3: Reading

Paper 4: Writing

The following themes are studied: identity and culture; local, national, international and global areas of interest; current and future study and employment.

Revision guides/websites:



TOP TIPS:

Use your text book. Spend 15 minutes every day revising the vocabulary that can be found at the end of each module. You must alternate this with revision of grammar at the back of the text book. Try to write down as much as you can from memory first and then use the text book to fill in the gaps.

PREPARATION FOR RSL L2 CERTIFICATE IN CREATIVE AND PERFORMING ARTS DANCE



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Unit 229 Dance Ensemble (September-December)

- Rehearse and refine set phrases and group performance pieces in preparation for your show case performances on Wednesday 28th November (Ballet and Commercial). You will need to use the dance studio to do this either on Tuesday support after school, Wednesday or Friday lunchtimes.
- Complete your written booklet using the help booklet guidance given to you in class. Submit by 20th November in order to obtain feedback to improve it by the December deadline.

Unit 201 Live Performance (January-May)

- After workshops you will develop your choreography on the set stimulus from the exam board. You will need to use the dance studio to do this either on Tuesday support after school, Wednesday or Friday lunchtimes.
- Document your progress of your choreography through a portfolio using the help booklet given to you in class. This is an ongoing document so my advice is to do this as you go along otherwise you have a lot of work to do at the end of the unit.

REVISION FOR EDUQAS GCSE MUSIC



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Component 3 (Listening and Appraising) is the only part of the course you need to revise for. It is made up of some set works and some unprepared pieces of music.

Area of Study 1: Form and Devices - Minuet and Trio from Eine Kleine Nacht Musik by W.A Mozart (set work).

Area of Study 2: Music for Ensemble - unprepared pieces.

Area of Study 3: Film music - unprepared pieces

Area of Study 4: Popular Music - Since You've Been Gone by Rainbow (set work).

Revision guides/websites:

www.quizlet.com

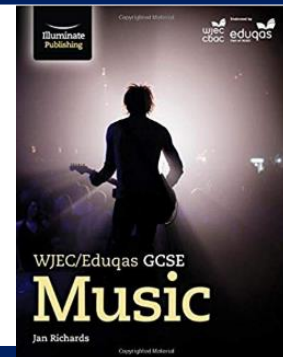
www.musicfirst.co.uk

www.teoria.com

Quizlet

musicfirst

teoría : Music Theory Web



TOP TIPS: It is essential to practise LISTENING to music and not just learning the 'facts'...

1. Spend 15 minutes revising keywords linked to the area of study you are focussing on (Quizlet and your revision guide)
2. Apply the keywords to factual questions related to the Area of study or set work you are focussing on (revision guide, edmodo, quizlet)
3. Listen to a piece of music (or the set work) in the Area of Study you are revising, making notes using DR SMITH
4. Complete a listening question (MusicFirst)

REVISION FOR AQA GCSE FOOD PREPARATION AND NUTRITION



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Specific revision components:

Food, Nutrition and Health (macro/micro nutrients, dietary guidelines, nutritional analysis, factors affecting needs, health related illness)

Food Science (heat transfer, functional and chemical properties of foods)

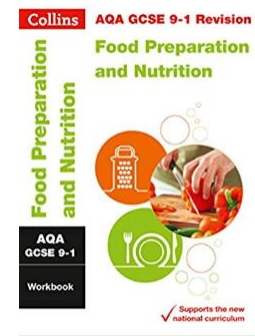
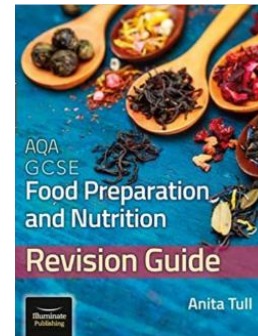
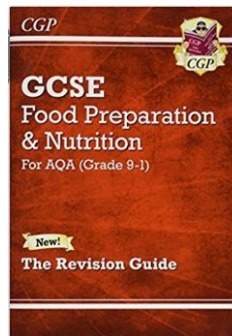
Food Safety (microorganisms, buying/preparing/storing food)

Food Choice (factors affecting choice, British and international cuisine, sensory evaluation)

Food Provenance (food sources, the environment, sustainability, production methods)

Revision guides/websites:

CGP, Collins and an AQA approved Guide by Illuminate Publishing



TOP TIPS: ·

When revising key nutrients use the 'drawing around your hand' technique learnt in lesson – each finger represents a nutrient e.g. the finger you **p**oint with is **p**rotein. There is lots of subject crossover between Science and PE lessons – look out for this!

REVISION FOR AQA GCSE DESIGN AND TECHNOLOGY



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Core technical principals (energy generation and storage, development of new materials, mechanical devices, working properties of materials)

Specialist technical principles (forces and stresses, scales of production, specialist techniques, surface treatments, ecological and social footprint)

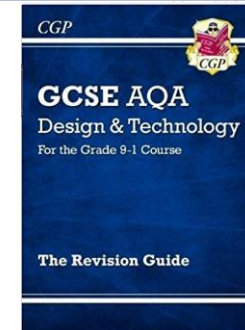
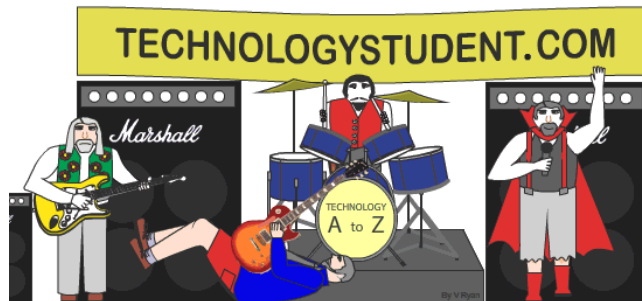
Designing and making principles (designers work, communication methods, specialist tools and equipment, prototype development)

Revision guides/websites:

CGP is the recommended guide.

www.technologystudent.com

for more information.



TOP TIPS: ·

Collect pictures as examples to use on mind maps/posters for each key topic e.g. a working example of a device that has a reciprocating movement.

REVISION FOR EDEXCEL GCSE PE



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

Paper 1. Fitness & Body Systems

- T1. Anatomy and physiology (Anaerobic and aerobic exercise; Cardio respiratory system; Musculo-skeletal system; Short and long term effects of exercise)
- T2. Movement analysis (Lever systems; Planes and axes)
- T3. Physical training (Optimising training and injury prevention; Health & fitness; Warm up and cool down; Long term effects of exercise; Principles of training; Components of Fitness)
- T4. Use of data

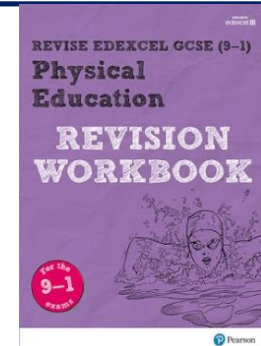
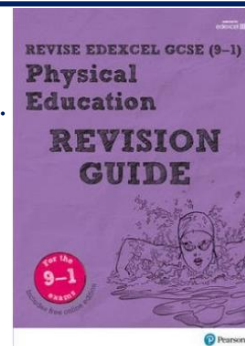
Paper 2. Health & Performance

- T1. Health, fitness & wellbeing (Energy use, diet, nutrition and hydration; Consequences of a sedentary lifestyle; Physical, emotional & social health, fitness & wellbeing)
- T2. Sport psychology (Classification of skills; Goal setting and SMART targets; Guidance & feedback on performance; Mental preparation for performance)
- T3. Socio cultural influences (Engagement patterns of social groups in PA; Commercialisation of PA; Ethical & socio-cultural issues in PA)
- T4. Use of Data

Revision guides/websites:

The revision guides are available to purchase on Gateway.

PE Website: www.henleyschool.com/sport



TOP TIPS: Visit the PE website for exam tips, printable mini tests, online tests, unit by unit video tutorials, revision sessions, exam techniques and practice and PE acronyms.

REVISION FOR OCR CAMBRIDGE NATIONAL INFORMATION TECHNOLOGIES



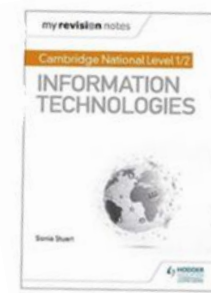
HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

- **Exam** - Understanding tools, techniques, methods and processes for technological solutions – this will count for 50% of the grade. First Attempt will be in January 2020 – resit option in May 2020, best grade will count.
- **Controlled Assessment** – Developing technological solutions – Being completed in class time. Worth 50% of the grade. New submission of this can take place from January 2020 but will be a new scenario – which will mean starting again.

Revision guides/websites:

- Both of these revision guides are published by Hodder and there are 21 pods to listen to on gcsepod.



TOP TIPS: Use past exam papers (which you have access to), to practise in particular the longer questions using the structure covered in class. These should be done from memory and then edited in a different colour using your notes. Reading examples of answers and trying to mark them using the mark scheme is another good technique too.

REVISION FOR OCR CAMBRIDGE NATIONAL ENTERPRISE AND MARKETING



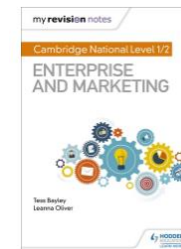
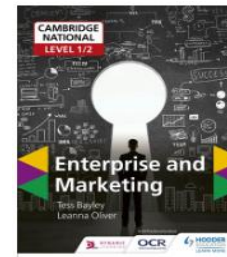
HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

Course summary:

- **Exam (R064)** – This exam will contribute towards 50% of your overall grade. The first sitting of this is in January 2020. This can be resit in May 2020 where the best grade will count. Work with your target grade to make sure that you are achieving this when practicing.
- **Controlled Assessment (R065)** – Creating your hat designs – This will count towards 30% of your total grade and will be submitted in the first instance in January 2020 – this work can be improved if it doesn't meet your ASG Grade.
- **Controlled Assessment (R066)** – Creating A business pitch– This will count towards 20% of your total grade and will be submitted in the May 2020 – This coursework will have ONE submission so needs to be completed to ASG in the first sitting.

Revision guides/websites:

- Both of these revision guides are published by Hodder. These will be being ordered in school when numbers are confirmed. They can be purchased in advance of this via amazon or Hodder education.



TOP TIPS: Use past exam papers (which you have access to), to practise in particular the longer questions using the structure covered in class. These should be done from memory and then edited in a different colour using your notes. Reading examples of answers and trying to mark them using the mark scheme is another good technique too.

REVISION MENUS



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

On the next few pages, you will find some 'Revision menus' for some of the subjects you study. Please use them to create revision sessions that are varied and challenging using a revision clock. Remember to put a big emphasis on doing things from MEMORY.

Literature Revision Menu

5 min activities:

- Explode a quotation
- Explode an exam question
- Character mind map
- Answer 3 quiz questions
- 5 minute essay plan
- Write down quotations from memory
- Annotate a poem from scratch

30 min activities:

- Practice extract essay (timed)
- Practice part b) question (timed)
- Timeline of events in each Literature text
- Timeline of contextual links
- Mind map with themes and quotes

Remember to EMBRACE struggle! Everything should be from memory and independent. If you look at your notes, change colour pen...

10 min activities:

- Watch a Mr Bruff Youtube video
- Write down all of the key plot events in *Romeo and Juliet* in chronological order
- Answer 6 quiz questions
- Test yourself using your flashcards - randomly chosen
- Annotate an extract and write a plan

Resources:

- Revision clocks - set your own time limit!
- Extracts and essay questions (use for timed responses, quick plans, exploding questions, annotating texts)
- See 'Show my Homework' for web links

Language Revision Menu

Remember to EMBRACE struggle! Everything should be from memory and independent. If you look at your notes, change colour pen...

5 min activities:

- Bullet point what you need to do on each question.
- Proofread a 'Daily Mail' or 'Sun' article (copies online).
- Write a short paragraph that uses as many punctuation marks as possible.
- Open a random page in a novel and list the techniques used.

10 min activities:

- Watch a Mr Bruff Youtube video (he does language too!)
- Test yourself on language terms using flashcards.
- Annotate 2 articles on the same topic.
- Plan a Q4 response for either paper 1 or 2.
- Plan a piece of descriptive writing or an opinion piece.
- Read an article and create true or false statements
- Use Bristol University grammar exercises to practise punctuation.

30 min activities:

- Practice opinion piece (timed)
- Find an interesting image online and plan a creative response (write the opening and ending)
- Find your own article and use the revision mat to annotate.

Resources:

- Revision clocks - set your own time limit!
- Extracts and essay questions (use for timed responses, quick plans, exploding questions, annotating texts)
- Revision mats
- See 'Show my Homework' for web links



5 min activities

1. Cold War- Write the Start, Middle and End of a key event.
2. Explode an exam question- this can be found at the end of your weekly booklet or in Room E's cupboard!
3. Create a mind map about a key time period from medicine.
4. Create a mind map about an event from Elizabethan England.
5. Answer quiz questions from your flashcards.



30 min activities

1. Practice an exam question (timed) these are all available in Room E in Mrs Shipley's cupboard.
2. Watch David Starkey's documentary on Elizabeth
3. Watch the Rise of Hitler
4. Watch CNN Cold War episode.
5. Fill in your specification.
6. Fill in a Revision Clock (available in Room E)
7. Fill out a Revision Booklet



10 min activities

1. Nazi Germany brainstorm on a key event.
2. Create a timeline for Nazi Germany
3. Create a brief timeline for Cold War
4. Create a brief timeline for Elizabeth
5. Brainstorm a key factor through time for medicine.
6. Tackle an exam question
7. Watch a GCSEPod session.
8. Create a brainstorm using your Revision Guide
9. Create flashcards using your Revision Guide



Resources:

- Revision Clocks- available in Room E
- Exam Questions- available in Room E for the ENTIRE course.
- GCSE Specification- you have a copy but if lost in Room E.
- GCSEPod- see Mrs Shipley if you don't know your log in.
- YouTube for documentaries.
- Shared drive for documentaries.

EVERY WEEK- HOMEWORK Booklet

Every week students will be given a Revision Booklet- this revises a key part of the course. By the end of the year they would have had a Revision Booklet for the whole of the course. The aim of this is to support with very structure revision. Students should complete this and then get a signature from a parent/guardian. You will then be able to see the standard.



Revision of vocabulary

This can be a tedious task unless it is managed properly. Here are a couple of ideas-which one suits you best?

1) Take the summary vocabulary page from text book and spend 15 minutes on night 1 revising. Revise using the look/copy/cover write method. But also use different methods to this-eg post its, chanting, flashcards, saying, writing from memory, singing, internet sites(some are listed below).

2) The next night revise grammar-eg concentrate on the present tense regular verbs for 15 minutes.

3)The following night quickly check day 1 vocab and then move onto another section.

Alternatively try revising vocabulary the following way:

Write the word/phrase/sentence/expression on one side of a piece of card/paper and then its translation on the other side. Put a pile of cards (perhaps for one particular topic area) into a hat or container and then pick out one at a time. You then have to recall the translation of the word/expression/phrase that is written on the side of the card you have selected. If you know it, then tick the side of the card that you recalled and then throw it back into the pot. Keep picking out cards until both side of all the cards have been ticked (memorised).

MFL Revision menu

Websites for revising vocabulary in both French and Spanish:

<https://www.memrise.com/course/52220/aqa-gcse-french-vocabulary/>

www.duolingo.com

www.babbel.com

For listening skills:

1. Watch French/Spanish films or English language films with the French/Spanish language selection on. This can be done at 3 different levels of challenge:

a. with no subtitles (a good idea to pick a film you know really well so you can understand what's going on and being said)

b. with English subtitles

c. with French/Spanish subtitles (good for French reading and writing skills too)

2. Listen to French/Spanish popular music radio stations (snippets of small chit chat between popular music)

3. Watch French/Spanish tv channels

Food Preparation & Nutrition – Revision Menu

5 minute activities:

- Draw the 'Vitaman' – annotate with as much detail as you can.
- Mind map the key points to include in a long answer question.
- Summarise a scientific process into 5 words.
- Use words from the glossary at the back of your revision guide – write down the definition from memory.

30 minute activities:

- Practice answering a long question (timed)
- Pick a topic – mind map everything you know from memory. Then use revision guide to extend the mind map.
- Write a poem, rhyme etc. to help you remember something you are struggling with
- Draw/print the outline of the human body – from memory label body parts, organs etc. and nutrients needed for them to function

15 minute activities:

- Play BINGO with a friend. Select a topic – write 9 keywords in a grid. Friend describes keyword for you to guess, cross off once correctly identified.
- Select a topic – write an exam question and mark scheme (bullet points).
- Use the digital book login – watch video's on key scientific processes e.g. heat transfer.
- Complete 1 page of questions in the revision guide activity book (timed).
- Play nutrient Pictionary with a friend. Draw pictures to show sources and functions of nutrients – friend has to guess the nutrient.
- Make flashcards – use (randomly chosen) to test your knowledge.

RESOURCES:

- Revision guides and activity books
- Digital book login
(Username: SHEN3 Password: STUDENT3)
- Class folders

KEY REVISION STRATEGIES



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

- **Flashcards** – Use the Leitner method to revise the information you have put on a set of flashcards. When you're putting your flashcards together, try to complete them from memory first and then use your notes to complete the gaps.
- **Mindmaps** – Divide a topic up into key sections. Complete as much as you can from memory first and then use your notes to fill in the gaps in a different colour. Using different colours and pictures will also help you to code the information on different ways.
- **Quizzing** – Get a friend or family member to test you or use sites like Quizlet or SENECA and complete tests on there.
- **Practice questions** – Complete exam answers and ask your teacher (nicely) if they will mark it for you. Make sure you learn what you need to do to be successful on each question.
- **Plan revision sessions carefully** – Make sure you have a timetable that allows you to repeat topics 3 – 6 times. You should also use the revision menus to plan varied and challenging sessions.
- **Videos and Pods** – Use GCSEPod and Youtube to watch revision videos. Make notes on what you watch from memory and then re-watch to see if you got all of the key information.
- **Memory techniques** – memory palaces, mnemonics, songs, raps...
- **Mobile phones** – Take pictures of your revision notes so that they are always with you.

What really works...

Struggle: The harder it is to learn or remember something, the better the learning.

What really works...

Getting things wrong: if you get something wrong or find it hard your brain is more likely to remember it for next time...

What really works...

Recall/quizzes: doing small, low stakes tests regularly will help you remember more content. It doesn't matter how well you do, these are quizzes to help you learn, not to test you...

What really works...

Doing things FROM MEMORY, not using your notes...

Using your memory alone is the best way to transfer things to your LTM. Remember, the harder it is, the better the learning!

What really works...

REPETITION: Studies suggest that you have to learn something **THREE – SIX** times before you will have it in your LTM. Repeating the same activities at spaced intervals will help you to learn better.

DUAL CODING

In other words, putting words AND pictures together, is the same as learning it twice, a bit like a rope made of two different strands...

‘Visual and verbal information are processed differently and along distinct channels in the human mind, creating separate representations for information processed in each channel. The mental codes corresponding to these representations are used to organize incoming information that can be acted upon, stored, and retrieved for subsequent use. (...) The ability to code a stimulus two different ways increases the chance of remembering that item compared to if the stimulus was only coded one way.’
(Sternberg, 2003).



DUAL CODING IDEA



1. **Revise information**
2. **Assign simple images to the information**
3. **Recall the information using only the pictures as help**
4. **Recall the pictures using the information to remind you**
5. **Finally, you should recall it ALL with NO help!**

Survival pack

- Highlighters
- Felt tips
- Post-its
- Flashcards
- Blu tack
- Revision menus (if subjects have them)
- Revision clocks
- Large paper
- Websites (GCSEPod, Seneca, Quizlet...look at the subject pages To see all of the recommended websites and apps)



EXAM DAY PREPARE



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

- Organise the **night before** correct **equipment**
- e.g. black pens, pencils, scientific calculator.
- Equipment in a clear pencil case or a small **clear plastic bag**
- Get **plenty of sleep**
- Eat a **good breakfast**: “low GI”; non-sugary cereal, toast and some fruit juice
- **Leave** for the exam in **plenty of time**

EXAM DAY IN THE EXAM



HENLEY-IN-ARDEN
SCHOOL

Achieving Excellence Together

- Hand in **mobile phones**
- **Read each question carefully**
- focus on the **command words**
- Use the number of **marks available for the question** as a guide
- Manage your time
- **Stay positive!** If you get stuck with a question then leave it and come back to it later.

EXAM DAY MANAGING STRESS



HENLEY-IN-ARDEN
SCHOOL
Achieving Excellence Together

- **Minimise your anxiety** -
- Avoid panicking friends with last minute cramming
- Positive Attitude/Thoughts
- Breathing
- Take time
- Focus – avoid distractions
- Accept adrenaline – understand it for what it is.