

Henley in Arden School

Preparing for Exams.



HENLEY-IN-ARDEN
SCHOOL

We can't wait to see
your smiling faces next
summer!

During year 11, you have a lot to think about and a lot of different things which you have to juggle. You should revise independently so that you can close the specific gaps which you have in your knowledge.

However, because you have to plan your own independent revision, its easy to forget revision or to only do it in large bursts right before an assessment.

Planning when and what you are going to revise reduces the number of decisions you need to make every day and will reduce the risks of you not revising or your revision being ineffective because you have left it until the last minute.

Prioritise your subjects

- List all your subjects
- Rank your subjects by number. 1 being the one you're most confident with.
- Then re-write your list prioritising the subjects you are the least confident with.

Rank:

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Rank Reordered:

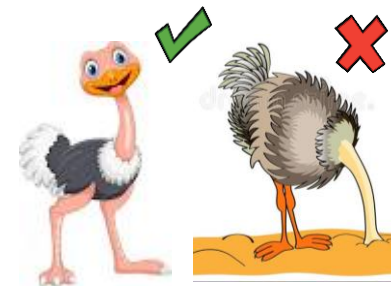
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Writing your timetable

1. Write in everything you have planned prior to creating your revision timetable. (Going out for tea, going to the gym, playing sport etc)
2. Write in upcoming exams & deadlines
3. Not every space needs to be full – leave yourself time to relax too!
4. Focus on the subjects at the top of your list, these are the ones you are least likely going to choose – but they are the highest priority.
5. Write in the subjects you are going to cover and when. Be specific around what you will cover each time you sit down an revise.

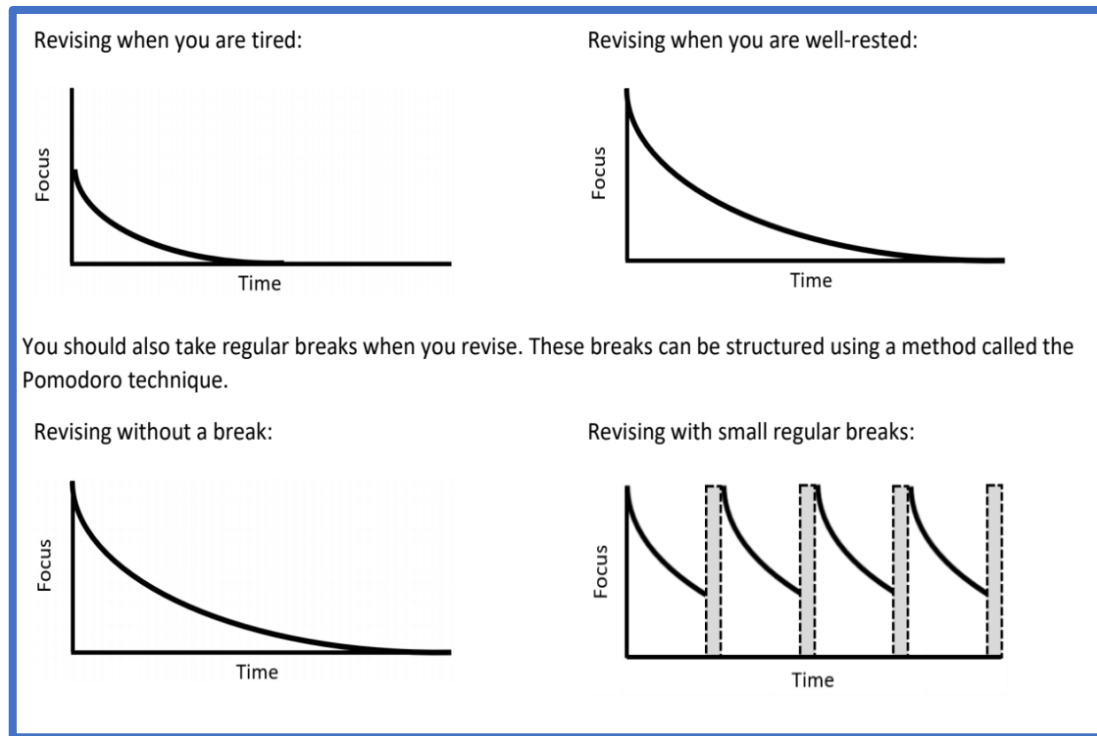
Write some key topics you know you need to get in your revision timetable first!

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When should I revise/rehearse?

In order to revise effectively, you have to think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time when find it easiest to focus. This should be a time when you are well-rested and when you are used to working.



You should also take regular breaks when you revise. These breaks can be structured using a method called the Pomodoro technique.

Managing your time when revising/rehearsing

Pomodoro technique is **highly effective** as it helps you effectively manage your time and work on a task without distractions. It is also beneficial as it helps you become more disciplined and think about your work. This technique is designed to combat multitasking and improve concentration.

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

When are MY best times to revise/rehearse?

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When revising/rehearsing:

Do:

- Get into a routine of revising at a particular point every day.
- Revise when you are well-rested or at a time when you are used to working.
- Take regular small breaks.



Don't:

- Depend on when you want to revise.
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.



9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



1
Do the actual work – revise!



2
When really stressed, talk to someone about it



3
Get some fresh air each day



4
Stick to regular meal times



5
Do something to switch off an hour before bed



6
Don't dwell on worst case scenarios



7
A good sleep the night before is better than last minute cramming



8
Once you've done the exam, move on to the next one



9
Don't aim for perfection – it's a myth and doesn't exist

Revision strategies

Brain Dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try fill the gaps without the notes. Check your notes a third time and add the missing information.

Flash cards

Write flash cards for each topic, in all subjects, then mix them up for the most effective revision. Flash cards are great to support your retrieval of knowledge when used properly.

Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if you plan meets the criteria. DO this for a number of questions, then choose one and write the full response.

Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in the exam conditions, then check you answers and identify the gaps in your knowledge, so you can target your revision.

Quizzes

Write a set of questions and answers and ask someone to test you. Its important to either write or say your answers loud. Reading through quizzes in your head can give you a false sense of security.

Thinking hard: Reduce

Read a section of your notes then put them aside and reduce what you need into 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.

Practice Introductions

For essay subjects, tale a past exam question and practice writing effective introductions and conclusion. Look back at your notes and remind yourself of the important things to remember. Practice for different topics, texts and papers.

Thinking hard: Connect

For each subject, consider the exam paper and group together questions that require the same technique to answer. Write down the requirements for each type. Find a previous example you have completed and identify where you've met the criteria.



Thinking hard: Transform

Read a paragraph from your notes or a text book, and transform it into a diagram, chart or sketch – no words allowed. OR Look a diagram in science, for example, and transform it into a paragraph of explanation.

Some revision ideas in more detail:






Remember, not one way works for a subject or a person. You can use a few revision techniques to find some that work for you!

Brain Dump:

				
1.	2.	3.	4.	5.
Identify knowledge	Identify sub topics	Branch off	Use images & colour	Put it somewhere visible
Select a topic you wish to revise. Have your class notes/knowledge organisers ready.	Place the main topic in the centre of your page and identify sub topics that will branch off.	Branch of your sub topics with further detail. Try not to fill the page with too much writing.	Use images and colour to help topics stick into your memory.	Place completed mind maps in places where you can see them frequently.

Avoid using too much information: mind maps are designed to summarise key information and connect areas of a topic/subject. If you overcrowd the page, you lose the point of the mind map and will find it harder to visualise the information when trying to recall it

Mind Maps:

				
1.	2.	3.	4.	5.
Identify knowledge	Write it down	Organise information	Check understanding	Store and compare
Identify the knowledge/topic area you want to cover.	Take a blank piece of paper/white board and write down everything you can remember about that topic. (with no prompts) Give yourself a timed limit (e.g. 10 minutes)	Once complete and you cannot remember any more use different colours to highlight/underline words in groups. This categories/links information.	Compare your brain dump to your K/O or book and check understanding. Add any key information you have missed (key words) in a different colour.	Keep your brain dump safe and revisit it. Next time you attempt the same topic try and complete the same amount of information in a shorter period of time or add more information.

Brain dumps are a way of getting information out of your brain.

Spacing:

- Spacing is regularly revisiting material so that you are doing little and often instead of all at once.
- Doing a little amount regularly is more effective than doing a lot all at once. We do this so that we don't get swamped and overwhelmed

To commit something to memory, it takes time and repetition.

WHY? This is because the time in between allows you to forget and re-learn the information, which cements it in your long-term memory

Optimum Spacing

- Research suggests there is an 'optimal gap' between revision sessions so you can retain the information.
- If the test is in a month, you should review the information around once a week. If the test is in a week, create time once a day.

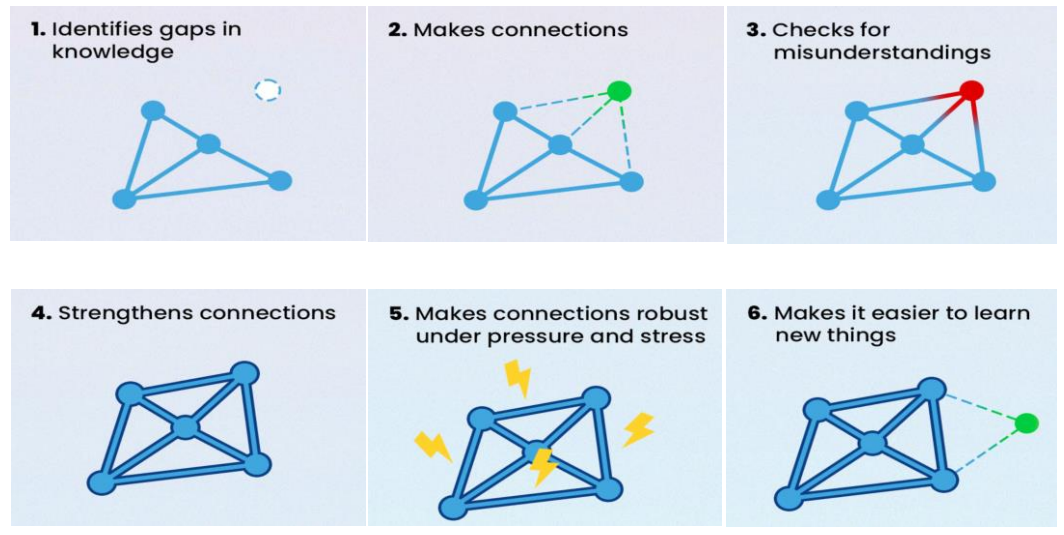
Why use Spacing?

- Doing something little and often – spacing – beats doing it at once, or cramming
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory
- It cements information into your long-term memory
- We can learn more information over time than in one longer session
- It helps you revise more efficiently

Time to the test	Revision Gap
1 Week	1-2 days
1 Month	1 week
3 Months	2 weeks
6 Months	3 weeks
1 Year	1 month

Retrieval:

“ Retrieval practice is defined by **Mark Enser** as 'retrieving something from our memories to make it easier to recall in future.' If using it makes recall easier, surely this is a big win for learning and the progress of our students. ”



Flashcards:

- Identify knowledge**
What are you creating flash cards on?
Do you have your knowledge organizer?
Use your book to look at previous misconceptions from whole class feedback.
- Colour coding**
Use different coloured flash cards for different topics. This helps with organization NOT recall
- Designing**
1 Question per flashcard.
Making them concise and clear.
Use a one word prompt, so that you can recall as much as you can.
No extended answer questions.
- Using**
Write your answers down, then check. Or say your answers out loud. This really clearly shows the gaps in your knowledge.
Do not just copy & re-read.
Shuffle the cards each time you use them.
Use the Leitner system to use flash cards everyday.
- Feedback**
How have you performed when you look back at your answers?
Is there anything you need to revisit in more detail?
Is your knowledge secure? If so, move onto applying knowledge in that area in specific extended exam questions.

Avoid answering the questions in your head: research shows that when you read a question and answer it in your head, you aren't actually testing your knowledge effectively. Say the answer out loud or write it down before checking it against the card, so you are truly testing if you can explain the answer properly

Interleaving:

Interleaving is a theory that revising more than one topic in each session will help you make better links between them.

A ⇒ B ⇒ C ⇒ D

B ⇒ D ⇒ A ⇒ C



- Switch**
Switch between topics during each session.
It allows you to think about what you are doing with your time when you are revising.
- Review in different orders**
When reviewing make sure you do it in a different order that you learnt them, or previously revised them.
By revisiting material from each topic several times, in short bursts, this **increases the amount of information you can recall in your exams.**
- Make links to remember more.**
Try to make links between ideas and review your revision notes.
This helps you make connections between topics and forces you to think harder about which strategies need to be applied to which problems.

Applying interleaving to your revision

- Break units down into small chunks and split these over a few days rather than revising one whole topic all at once.
- Decide on the key topics you need to learn for each subject.
- Create a revision timetable to organise your time and space your learning.