



NORTHERN
LEADERS TRUST



PLAN FOR SUCCESSFUL REVISION

The basics

Environment

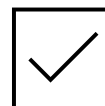
- Find a regular place for revision so you feel comfortable and know where your resources are
- Somewhere quiet, and away from distractions
- Take ownership of revision time by turning off the TV and putting your phone in another room
- Ask parents or carers for support keeping brothers or sisters away from you when you revise

Planning for success

- Use the templates at the end of this guide to help you plan your time
- Three or four subjects a day, 30-45 minutes on each. One of these could be attending the Academic Enrichment session straight after school
- Don't just revise your favourite subjects or topics
- Use teacher feedback to identify priority topics for you
- Make sure you plan a reward each day – that could be watching TV, attending a sports club, meeting a friend, whatever will help you relax after you've revised

Consistency

- Cramming or leaving revision to the last minute doesn't work. It can feel like it does because you have looked at lots of information the night before, but that information doesn't stick and you won't have polished your exam performance.
- Complete the revision plans and tick off each activity you complete. You will feel your confidence build as you collect those ticks.



Understand > Learn > Perform

Understand

Do you understand what has been taught in lessons?

Are there lessons you need to revisit through Teams?

What videos, revision guides and websites are there that can help you develop your understanding?

Learn

Can you recall the core knowledge needed for your subject?

Have you produced flashcards to help you learn these things?

Are you on time to lessons and completing the connect retrieval activity every lesson?

Polish exam performance

Do you understand what is required of you in the exam and how marks are awarded?

Can you answer the important "WHY?" question?

Do you take on board feedback about mock exams when completing past papers?

Revision strategies

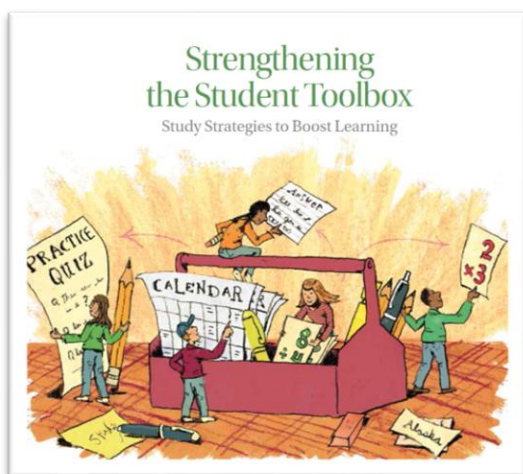
All of our advice regarding revision strategies is based on the work of one of the world's leading Learning Scientists, a man called John Dunlosky.

In research he published with colleagues, Dunlosky stated that the two most effective strategies for learning were:

1. **Practice testing** – forcing yourself to recall information correctly strengthens memories
2. **Distributed practice** – returning to knowledge many times over a long period of time strengthens memories, especially if returned to in different contexts or situations

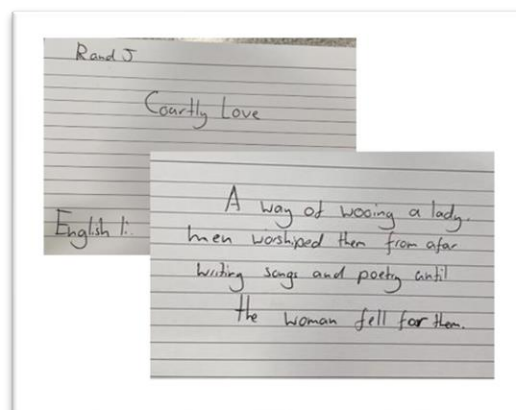
You will recognise that we adopt these strategies by starting every lesson with a connect activity, having rounds of stepping-stone mocks, completing exam questions in class, and insisting that you are an active participant in lessons.

We have used the research to give you three simple strategies that science says works!



Strategy 1 – flashcards

- Flashcards help us learn the core knowledge or important information in our subjects
- We test ourselves regularly so that memories are strong and we can quickly recall knowledge even months or years after the information was taught
- Flashcards are not cards with lots of notes or highlighted information on
- Flashcards have a question or prompt on one side, and an answer or response on the other
- In the example, the prompt is “Courtly love” and the response is a definition of that phrase
- The card needs to be designed so that you can look at the question, recall the answer, and then flip the card to see if you were right.
- You can test yourself or have someone else test you. This is something parents may want to do so they feel involved in your revision.
- When you test yourself, you will either get it right and test yourself less often on that card, or put that card in a different pile for regular testing.
- **The Leitner System is the best way of organising your flashcards. Look for it on YouTube, or follow the link on this QR code.**



Strategy 3 – effective use of past papers

This seems like the most obvious strategy, but it is easy to complete past papers in a way that does not support learning.



- Do not spend longer than you would in the exam. Working at pace and having the resilience to keep going to the end is a key exam skill.
- Do not look at your notes or revision guides as you complete the paper. Remember that working hard and struggling to recall information helps strengthen memories.
- Do not complete a paper without using the mark scheme afterwards to help you understand how well you did and to identify areas for improvement.



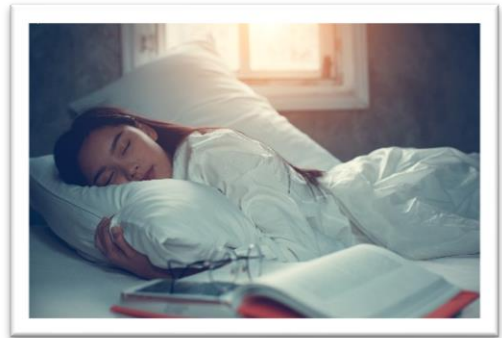
- Stick to the timings suggested by your teacher
- Put your notes away. After completing the paper you could refer to them to help you improve an answer before marking your work, but be honest with yourself about how well you did without assistance
- Use the mark scheme afterwards to self-assess your work
 - Check with your teacher if you didn't understand something
 - Write a flashcard for anything you understand but could not remember
- Identify areas of the course you need to work on more and plan for these on your planning sheets.

EXAMS AND WELLBEING

The exam period can be an extremely stressful time for students so it is important to consider a few key factors to help maintain good health well-being.

Sleep

You might hear of people staying up all night “cramming” for an exam but this is the worst thing you can do. Studies have found that **if people don't get enough sleep have the same mental capacity as a drunk person**. That means you **won't be able to concentrate, memorise or recall the information** you need to know for your exams. **Make sure you get at least 8 hours of quality sleep a night**. If you wake up, don't clock watch, try to lie back and relax even if you can't sleep – nerves will exist for most of us and may impact on sleep.



Diet



Often when we can't think clearly it's because the brain is not hydrated or has the fuel to function properly. **When studying or taking exams stay hydrated by drinking 2 litres of water**, equivalent of 8 glasses, every day. **Take a bottle of water in your exams** taking regular sips between answering questions.

On the morning of your exams it's really important that you get up early enough to have time to **eat breakfast**. Eat foods such as **cereal, porridge, toast with honey or fruit** which will give you energy for a long period of the day until lunch. Having tea or coffee with will help you be prepared for your exams. If you have an **afternoon exam have a light lunch such as a sandwich or wrap** to see you through till after your exam. **Avoid high energy or caffeine based drinks** as they cause you to crash after a couple of hours.



Exercise



During the exam period some students focus solely on exams and forget about anything else. **It is important that you plan breaks especially time to do exercise**. **30 minutes of daily exercise time is recommended** with activities such as jogging, cycling, swimming or going to the gym. **If you play for a sports team plan your revision so you can still play** or train without neglecting your exams. **Exercise helps us study more effectively** for various reasons. Firstly, it's a great way to **relieve stress and anxiety** – it releases **endorphins** which make us feel good. Secondly, it gets **blood flowing to your brain** (supplying oxygen, antioxidant and glucose) which can **help you to think more clearly**.



Revision timetable for the week
starting on Monday _____

PRACTICE TESTING - - - DISTRIBUTED PRACTICE
Check understanding, Flashcards, Reduce and Explode, Past paper practice

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Subject 2							
Subject 3							
Subject 4							
Reward							



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