

# Year 7/8 Tutor Time Booklet

Name

Form

Summer Term 1

**REVISION TIPS**

REMEMBER YOU ARE AMAZING

IF YOU TEACH WHAT YOU KNOW YOURSELF TO OTHERS IT WILL STICK

KEEP HYDRATED

DRAW DIAGRAMS AND USE COLOUR CODING

REWARD YOURSELF WITH LITTLE TREATS

MAKE A REVISION SCHEDULE

ALLOW YOURSELF SOME RELAXATION TIME

MAKE SURE YOU GET A GOOD NIGHT'S SLEEP EACH NIGHT

THINK POSITIVE

CREATE YOURSELF A TO-DO LIST

HIGHLIGHT NOTES YOU NEED TO GO OVER

TOPIC

MINDMAPS ARE A USEFUL TOOL

SCIENCE ENGLISH MATHS

USE A VARIETY OF METHODS TO KEEP YOU ENGAGED

MAKE AND USE FLASH CARDS

IF YOU HAVE A QUESTION ASK IT

RECORD YOURSELF READING THROUGH YOUR REVISION NOTES AND LISTEN TO IT

ASK FRIENDS AND FAMILY TO TEST YOU

## WEEK 1: What should I revise?

This week speak to your subject teachers to find out what topics you need to revise for your exams later this half term.

Subject	Topics to Revise
Art	
Biology	
Computing	
Chemistry	
Drama	
DT	
English	
French	

**WEEK 1: What should I revise?**

<b>Subject</b>	<b>Topics to Revise</b>
<b>Geography</b>	
<b>History</b>	
<b>Maths</b>	
<b>Music</b>	
<b>PD</b>	
<b>PE</b>	
<b>Physics</b>	
<b>RE</b>	

## WEEK 2: Creating a revision timetable

### Tips for creating a revision timetable

Break up your revision into 30 minute chunks of time. This way you will retain what you have learned more effectively.

Spacing— it is better to spread your revision out using small chunks of time over a longer period than trying to cram all revision into 1 day.

How many topics do you need to revise for? Plot these carefully leaving enough time to cover everything that you need.

Don't just write the subject you are revising on your timetable; specify the topic you are revising for that subject at that particular time.

Plan your time by marking out activities you are involved with such as football training or dance class so that you can clearly see how much time you have, or see if you need to create more time for revision.

Don't forget time to rest—you can not revise effectively late at night or just before bed.

Revise with a buddy.

Try and teach someone the topic you have been revising—that will help it stay in your mind.

Social time is important , try to create a good balance.

## Interleaving Revision

Interleaving is a good tip to try if you are studying multiple topics for one subject.

Instead of spending all of your time revising one topic, mix it up into smaller chunks.

A much more effective way of organising your revision would be like this:

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING
AN INSPECTOR CALLS	JEKYLL AND HYDE	CREATIVE WRITING	MACBETH	UNSEEN POETRY
CREATIVE WRITING	MACBETH	UNSEEN POETRY	AN INSPECTOR CALLS	JEKYLL AND HYDE

### Revision Rules

Switch off your phone

– no texting/snap chats

Take a brain break every 20 minutes for 5 minutes

Drink and eat healthily

Keep hydrated

## WEEK 2: Creating a revision timetable

Using the information you gathered last week about topic revision, have a go at planning 2 weeks worth of revision on the timetable below and over the page. Divide the slots into smaller time sections and don't forget to try interleaving different topics.

### Revision timetable

Sunday			
Saturday			
	AM	PM	Evening
Friday			
Thursday			
Wednesday			
Tuesday			
Monday			
	4 pm	5 pm	6 pm

## WEEK 2: Creating a revision timetable

Now have a go at planning for a second week of revision.

Which topics do you need to go over again and which new ones do you need to put into your revision schedule?

### Revision timetable

Sunday			
Saturday			
	AM	PM	Evening
Friday			
Thursday			
Wednesday			
Tuesday			
Monday			
	4 pm	5 pm	6 pm

## WEEK 3: Revision... lets get started

### Warming Up Exercises: Memory Game.

Look at this picture for 1 minute, try to remember all of the objects you see.



Now cover the picture over.

Which items can you remember?

Write a list below.

What method did you use to remember the pictures:

1. By focusing on them being in the correct order.
2. By remembering the picture or a word associated with the picture.
3. By creating a story using the pictures.
4. By putting the pictures into a different order.

Or, did you use another method to remember the pictures?

## WEEK 3: Retrieval Practice

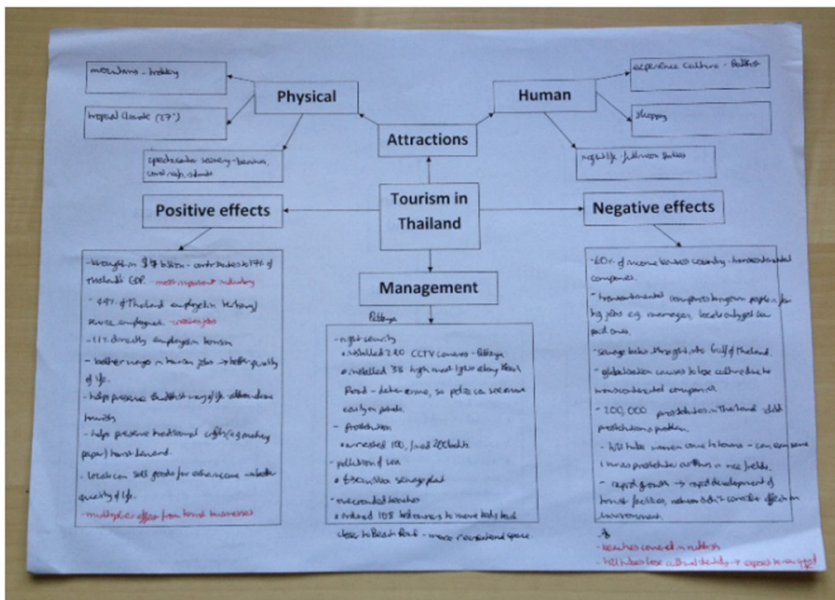
### What is Retrieval Practice?

Retrieval practice is recalling information from the things you have learned in class.

### Red Pen/Black Pen task

- First create a mind map on a topic.
- Then look over it and try to remember as much as possible.
- Hide it away and use a black pen to recreate the mind map.
- When you can't remember any more check the original and add missing points using a red pen.
- Repeat the process again and more should appear to be black as you remember more of the topic.

### EXAMPLE



Now have a go...

### Geography—'All About the UK'

Create your mind map below, writing everything you can remember about 'the UK' in black pen.

### OR....

Choose a topic from one of the exercise books you have with you today.

Read your notes and then make a mind map of the topic.

### Create your own mind map



## WEEK 3: Retrieval Practice

Now re-create your mind map below, writing everything you can remember in black pen.

Check your information, anything you have missed out, write it in red pen. This will tell you the areas you need to revise further.



## WEEK 3: Elaboration

### What is elaboration?

Elaboration is where you explain or describe what you are revising in as much detail as possible. You are looking for answers about how or why things work, and you are looking for connections between the material you are revising and other things that you know.

Have a go, with the History task below.

### Mary Queen of Scots

#### Question: Did the Queen of England have the right to execute the Queen of Scotland?

In the box below, describe as many facts as you can remember that link with the question above.

Explain how the situation of an execution came about.

What was the relationship between England and Scotland like and why was it that way?

What might be the impact of the execution?

Which of your other history topics does this link with? Expand.



### Notes

## WEEK 4: Concrete Examples

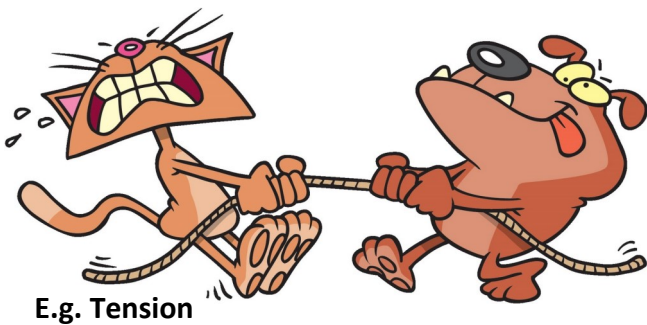
What are concrete examples?

Concrete examples are where you remember abstract or difficult ideas by finding ways that they are applied.

Science: Forces

In the space below, create some examples that show different types of force.

You can draw these as pictures or use words to describe how the force is being applied.



Non- Contact Forces	Contact Forces
Weight	Friction
Magnetic Force	Tension (pull)
Electrical Force	Air Resistance
	Applied Force (push)
	Spring Force (Twist)

## WEEK 4: Dual Coding

What is dual coding?

This is a revision technique where you use a combination of pictures and words to help you to remember material.

### TASK

*Read the information below and draw an image or images that will help you to remember the information.*

### **Maths—Geometry Facts**

There are different types of angles; right angle, acute, obtuse and reflex.

The total sum of angles on a straight line is  $180^\circ$ .

Angles around a point total  $360^\circ$ .

Identifying an equilateral triangle can be done by comparing the side lengths. If the side lengths are all equal then you can easily work out the full structure of the polygon. The angles in an equilateral triangle are equal at  $60^\circ$  each.

An isosceles triangle has an axis of symmetry along its vertex height. The two angles opposite to the legs are equal in length. The isosceles can be acute, right or obtuse, this depends on the vertex angle. The base angles are always acute.

Draw some images below to help you remember the geometry facts. Don't forget to add key words to your drawings.

**WEEK 5: Exam Ready**



**Things to check before the exams start.**

Make sure you have pens, ruler and pencils in a clear wallet or pencil case.

Leave time for breakfast before setting off for school.

Make sure you know where the exam is taking place.

*Why is it important to get plenty of good quality sleep?*

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*What happens to our brain while we are sleeping?*

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Studies show that the light given off by mobiles, laptops and other devices at night prevents our brain from telling our bodies it's night time.

*Why do you think it is important to stop using devices well before bed time?*

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**WEEK 5: Exam Ready – 7 key things to remember.**

Finish the mind maps below for each emoji.  
Think about things you need to do for each area and why each of the areas are very important to exam performance.


8.5-9 hours



Time for your brain to rest and re-charge.

**SLEEP TIME**

**PHYSICAL TIME**



Moving your body helps to grow the brain.

TIME IN



Do one thing at a time.

Use this time to focus on yourself—use breathing exercises



**FOCUS TIME**

Time to unwind and rest the brain.




**DOWN TIME**

Get your brain to be active in a different way.



**PLAY TIME**

Spend time with others. (face-to-face)



**TIME TO CONNECT**

Laugh—this helps your brain to grow

**WEEK 6: Exam Review**

Which of the revision strategies did you use to help you prepare for your exams? (CIRCLE BELOW)

**RETRIEVAL      ELABORATION      CONCRETE EXAMPLES      DUAL CODING      OTHER**

If you circled 'Other', explain below what you did.

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How prepared did you feel for your exams?

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What went well? Why was this?

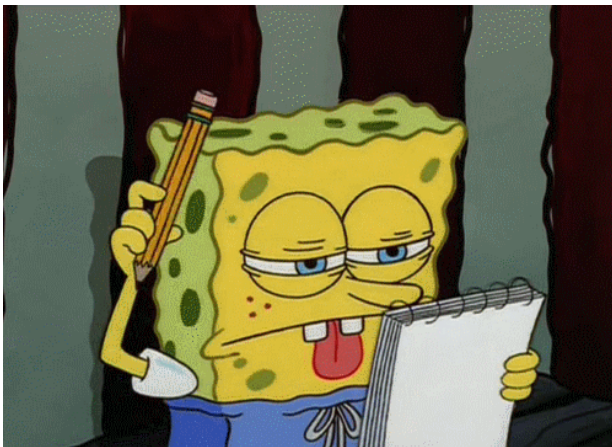
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How did your revision timetable help you?

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Is there anything you need to do differently next time?

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*Did you learn anything about the best way to prepare for future exams and tests?*

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