

YEAR 11 REVISION GUIDE

5 TOP TIPS FOR EFFECTIVE EXAM REVISION AS RECOMMENDED BY PREVIOUS STUDENTS!

1. START EARLY

Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.

2. PLAN YOUR TIME

Failing to prepare is preparing to fail, so plan wisely. Make a schedule to document what you will revise and when!

3. AVOID YOUR PHONE

Revision is tough, but looking at social media every ten minutes won't help you learn! Put your phone away so you can focus.

4. PRACTISE!

Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing mock exams) can help re-inforce knowledge.

5. TAKE BREAKS

Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

Good luck!

NAME

FORM



Mental Health and Well-Being

We understand that Year 11 can be a stressful year with many internal and external exams. It is important to work hard for these exams. However, it is also imperative that you look after yourself and others in your Year Group. Below are a few tips that can help if you are feeling worried or anxious about the exam period.

Remember, the Year 11 team is always here for you. Miss Mulholland, Mrs Wood and Mrs Braithwaite are available both during the school day and after via email.





Mental Health and Well-Being

MENTAL HEALTH AND WELL-BEING CHECK LIST

Are you getting at least 7 hours sleep?

Are you taking regular breaks?

Do you use revision techniques that work for you?

Are you being realistic?

Are you eating correctly?

Are you staying hydrated?

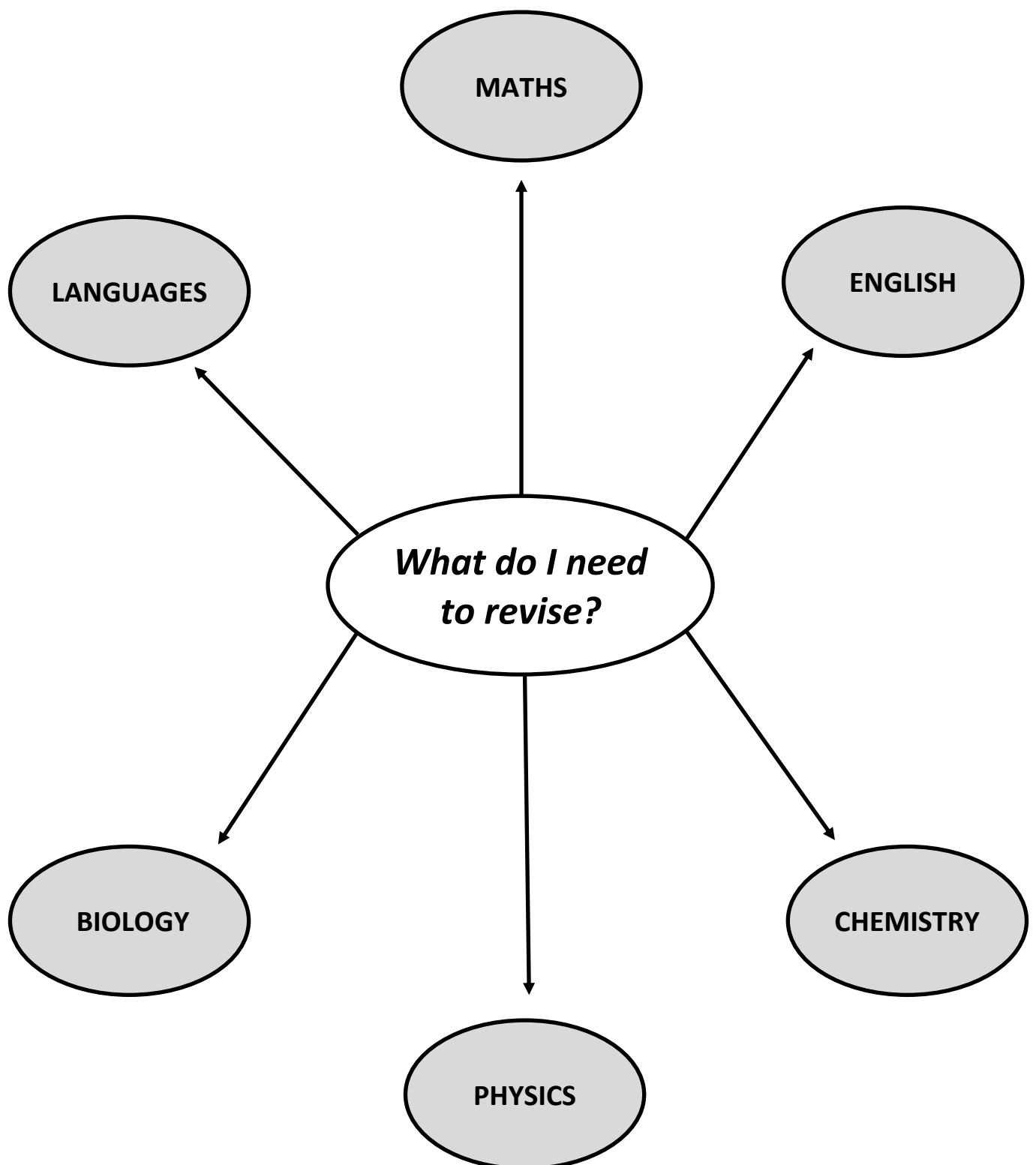
Are you taking part in some form of exercise?

**Remember; if you are feeling anxious or worried,
reach out and talk to someone.**

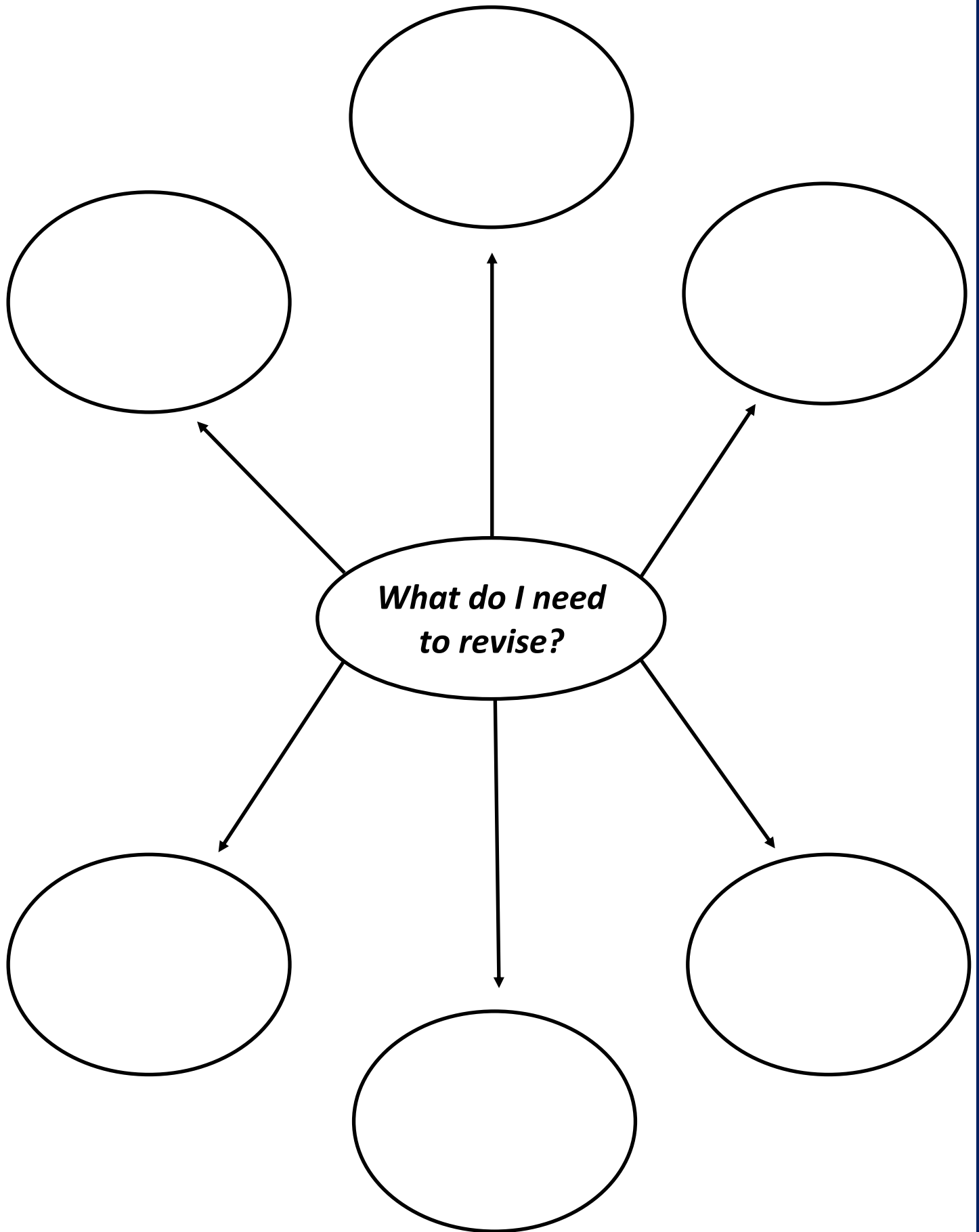
Mental Health Wellbeing

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.



What should I revise?



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 cannot revise effectively late at night or just before bed. Plan for rest periods.**
- 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:

M	T	W	T	F
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 5 minute
brain-break
every 20 minutes

Drink and eat
healthily

Keep hydrated

Creating a Revision Timetable

Using the information that 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.

	4PM	5PM	6PM
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
	AM	PM	EVENING
SATURDAY			
SUNDAY			

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?

	4PM	5PM	6PM
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
	AM	PM	EVENING
SATURDAY			
SUNDAY			

Revision...Let's get started!

Warming Up Exercises: Memory Game

Look at this picture for one 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?

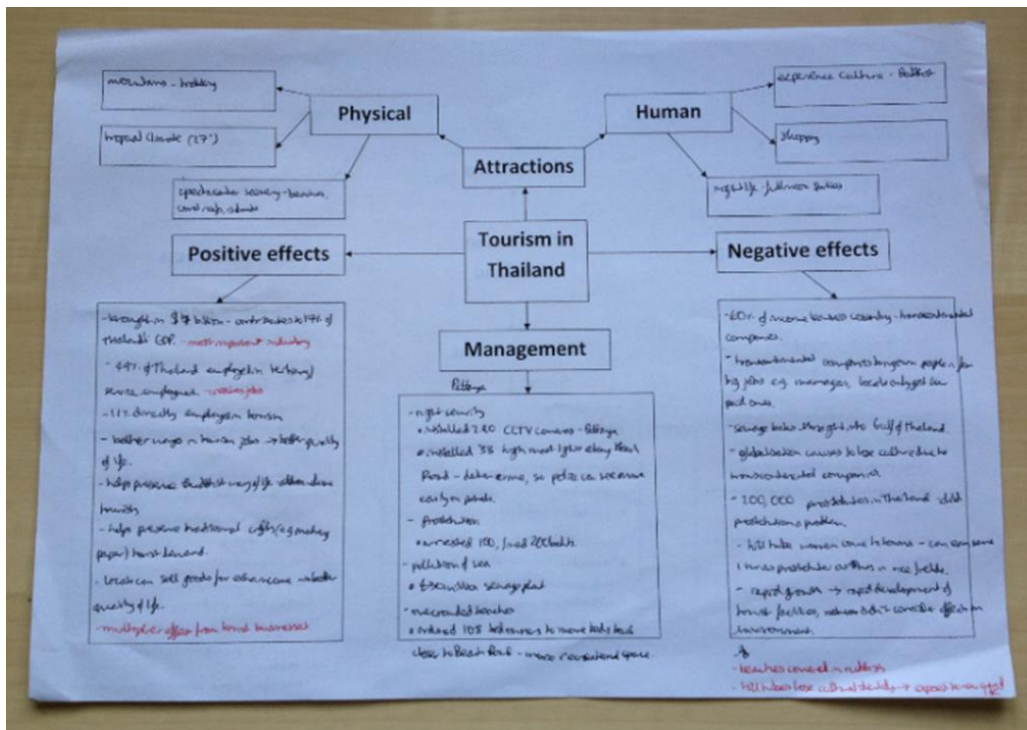
Retrieval Practice

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.



Now have a go...

Geography— 'All About the UK'

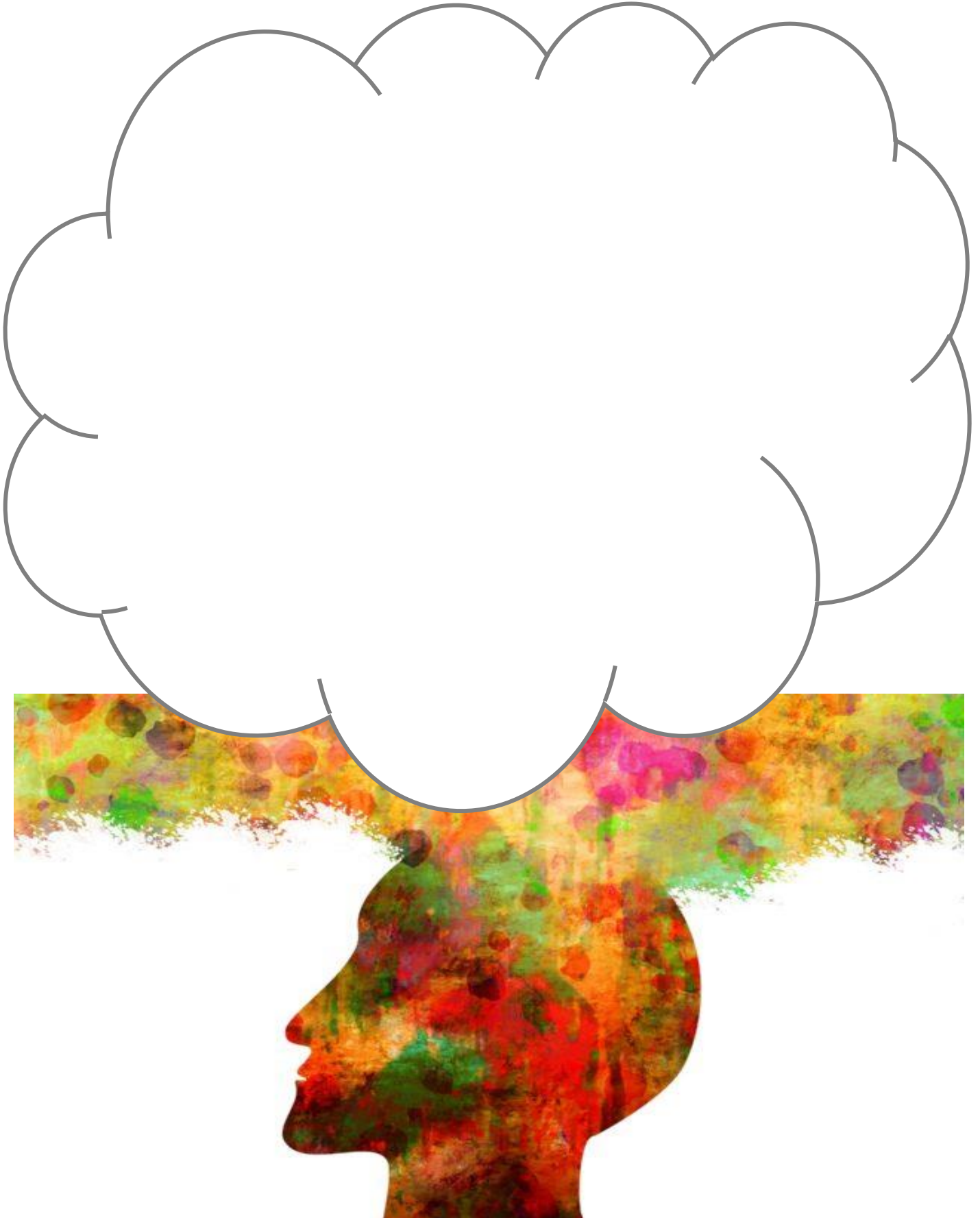
Create your mind map below, writing everything you can remember about 'the UK' in black

Create your own mind map:

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.



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

A large rectangular area enclosed by a dashed line, intended for writing notes. The word "Notes" is written at the top left corner of this area.

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 Task

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)

E.g. Tension



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° .
- Angles around a point total 360°
- 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° 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. For more information on dual coding please follow the link <https://www.olicav.com/>

Exam Ready

Things to check before the exams start.

- Make sure you have pens, ruler, a calculator and pencils in a clear wallet or pencil case.
- Leave time for breakfast before setting off from school.
- Make sure you know where the exam is taking place.



THE IMPORTANCE OF SLEEP

SLEEP IS IMPORTANT FOR RECOVERY THE NIGHT AFTER YOU EXERCISE, OTHERWISE YOUR BODY WON'T HAVE TIME TO HEAL!

THE MORE SLEEP YOU GET THE EASIER IT IS TO FOCUS DURING THE DAY, AND GET IMPORTANT THINGS DONE!

SLEEP IS VERY ESSENTIAL TO HAVING A HEALTHY IMMUNE SYSTEM. A LACK OF SLEEP CAN CAUSE SICKNESS IN MANY DIFFERENT FORMS.

STUDIES SHOW THAT PEOPLE WHO GET MORE SLEEP, GET BETTER GRADES IN SCHOOL. IN FACT STUDENTS WHO DIDN'T STUDY, BUT RECEIVED A FULL NIGHT SLEEP, ACTUALLY GOT BETTER SCORES THAN STUDENTS WHO STUDIED, BUT GET A LACK OF SLEEP!

The infographic features a central illustration of a person sitting at a desk, leaning forward with their head on the desk, and three 'Z's above their head, indicating they are asleep. The background is light blue with a pattern of small circles.

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?

.....

.....

.....

.....

.....

.....

Get the right amount of sleep – between 8.5 & 9.5 hours is recommended



Exam Ready – 7 key things to remember

Annotate the pictures to tell us what you have done to help your mental health and wellbeing!



Stay Calm!



Down Time

Friends + Family



**Remember, if you are at all worried,
we are here to help. Below are the
emails of the Year 11 Team:**

Miss Mulholland (Director of Learning)
vmulholland@williamhoward.cumbria.sch.uk

Mrs Wood (Student Manager)
rwood@williamhoward.cumbria.sch.uk

Mrs Braithwaite (Student Manager)
kbraithwaite@williamhoward.cumbria.sch.uk