



Haileybury Turnford Exam Preparation Booklet



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Preparing to Revise

Before you start revising you must know which exams you have:

- How many exams do you have?
- When do the exams take place? Date/time?
- Where will they take place?
- How long will each examination last?
- What equipment is needed for each exam e.g. a calculator or protractor?
- What is the format of each paper? Do they consist of short answers / essays or a mixture of both?

The following may also be useful:

- Folders
- Plastic Wallets
- Highlighters
- Coloured Pens and Pencils
- A3/Coloured Paper
- Flash Cards
- Subject specific material





Construct a Revision Timetable

You will need a Revision Timetable which can be used to structure your revision. Alternatively, you can keep an online revision timetable by downloading an App called 'Get Revising!'

You should be aiming to revise 5 hours a week, and 5-6 hours at a weekend. Be realistic - don't plan a schedule you can't manage!


Some other useful things to bear in mind are:

- Be disciplined - stick to what you say you will do
- Choose the right time of day to revise - some people like to study early in the day, others prefer to study later on
- Revise efficiently – we advise the Pomodoro Technique, which is revising for 25 minutes, and then having a 5-minute break (revising for too long is inefficient in one sitting)
- Try to give each subject equal time



- Schedule breaks in your working day - for fun, food, relaxation and exercise, but not all at once (IMPORTANT)



- Reward yourself when you achieve targets or goals!

Revision Timetable 

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

Select a Suitable Working Environment

Your study environment should be:

- Calm and quiet
- Well lit
- At a good temperature
- Full of nice, fresh air to keep you awake
- Free from distraction (i.e. mobile phone, TV, etc.)

Your study environment should contain:

- A large table or desk
- A good chair
- A dictionary and thesaurus
- Stationery and other study aids (as above)
- A drink or something to nibble on while you study

You may find it hard to study in the same place every day. Try thinking of other places to study, such as:

- Learning Resource Centre or Flex
- A public library
- At a friend's house

The most important point to remember about wherever you choose to work is that you are there to revise and not to socialise!





What to revise

On the school website there are detailed guides about what you need to revise for your end of year exams. This will test much of what you have learnt this year. Make sure you have all the notes you need and if not either ask the teacher or see if you can get the notes from a friend or classmate.

You need to use your exercise books, any revision guides that have been suggested to you and any suitable websites or apps. For example you can use Corbett Maths to help with Maths topics you are not clear about. You could use Bitesize to help with English revision. There are lots of other really good websites that can help.

There are also youtube channels where you can find teachers talking about and teaching key topics for many subjects.

Remember that your teachers are also there to help, so if you are unsure ask them to explain and go over work



Haileybury Turnford

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How to Revise

The most effective methods of revision are to start early (using your revision timetable) and to practise exam questions. You also need to use a variety of methods.

As a school we suggest you use the 'spaced revision' theory. This is an evidence-based strategy which involves 4 stages that repeat over a period of time. Each learning topic should span two days, with the first two stages on day 1, and the 3rd and 4th stage on day 2.

1. **Review a topic** - For the first 20 minutes, utilise any technique you are comfortable with to review the topic. This could be highlighting, making notes, creating flashcards or using post-its. Often, you might stop after this and think 'my revision is done!'. But no, this is just the start of an effective learning technique.
2. **Transformation task** - This is building on Stage 1. Here you need to transform the notes that you have from Stage 1, into something different. This could be a mindmap, a drawing, a song, a poem. (Look at the suggested activities later in this booklet).
3. **Testing** - With a friend, family member or one of the many websites online that have relevant quizzes – test yourself on the area that you have reviewed.
4. **Exam Questions** - Finally, complete an exam question or questions on the area you have reviewed and mark this yourself using a mark scheme, or ask your teacher to mark it



Transformation Tasks and Revision Activities

Create	Combining or organising information to form a new whole or create something new.
Evaluate	Developing opinions, judgements & decisions. Critical thinking skills.
Analyse	Separating a whole and examining its component parts or features.
Apply	Using facts, rules, principles and applying them to examples or to solve a problem.
Understand	Organisation and selection of facts, information and knowledge.
Remember	Identification and recall of information. Also known as Knowledge!

The tasks are easier at the bottom, but increase in difficulty as you work your way up the ladder. The more challenging the task, the more advanced the skills that are required and the higher the GCSE grade you are working towards

Remember tasks

- Write down all the key terms for the topic and define them
- Write down a topic in 10 bullet points
- Play keyword hangman with someone
- Create an acronym using the first letter of all key terms
- Create flashcards
- Highlight key information

Understanding tasks

- Pick out 5 key points about a topic and explain them
- Reduce the key points down to less than 200 words, or even 50 words
- Verbally explain key terms to someone
- Create true or false flashcards

Application tasks

- Explain why a topic is significant or important
- Explain how topics relate or link together
- Try applying it to short exam answers
- Research/find real life news/evidence which supports your topic
- Explain a topic using a cartoon/TV character



Analysis tasks

- Compare and contrast by writing down similarities and differences
- Create a mindmap showing links and connections
- Create a flow diagram showing links and connections
- Use a piece of evidence to write a PEEL for one key point – Point, Evidence, Explain, Link

Evaluation tasks

- Create a table of strengths and weaknesses for a topic, approach or theory
- Write a paragraph on whether you agree with something associated with your topic
- Opinionated Octopus: Evaluate the topic using 4 strengths and 4 weaknesses
- Use a piece of evidence to write a PEEL evaluation point – Point, Evidence, Explain, Link

Creation tasks

- Transform a topic into a cartoon strip or storyboard
- Write a mark scheme to think about how it will be assessed, and compare this to the actual one
- Create a song or poem etc

- Create or plan your own experiment
- Create a role play or puppet show on a topic
- Produce a revision guide including key points and activities



Brain Boosters and Brain Drainers

It is important to take care of yourself when revising and also when the exam season starts.

Brain Boosters

Brain Drainers



Getting plenty of sleep is an essential and look below (next page) for details on the foods that can have a huge effect on your brain's performance!

Brain Boosters	Brain Drainers
<ul style="list-style-type: none"> • Slow release cereal at breakfast, eg: porridge • Lean meats contain iron which is important for energy • Grilled fish (rich in omega 3 oils which is good for brain cells) • Boiled eggs and bananas – good for enhancing memory • Water – dehydration results in poor concentration • Milk – increases alertness • Multigrain bread - good for concentration • Apples, pears and berries – slow-releasing energy snack 	<ul style="list-style-type: none"> • 27% of boys and 39% of girls skip breakfast some or all of the time. Research has found that skipping this meal significantly reduces students' attention and their ability to recall information. • High sugar coated cereal – high blood sugar and then energy low • Crisps – too much salt leads to dehydration • Drinks with lots of E numbers, or sugar/caffeine lead to hyperactivity, over stimulation and poor concentration eg: coke and energy drinks • Cakes and biscuits which contains 'trans fats' which hinder brain development • Fast food will make you feel sluggish

