



Morrison Comprehensive School

Ysgol Gyfun Treforys

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Revision Guide



Revision ideas and Techniques

The most asked question when pupils try to start thinking about revision is, 'How do I start?' or 'How do I revise?' This resource pack tries to provide a bank of ideas for you to try out and see whether they work for you. Everything will work for someone but not everything will work for you. The hardest part is organising your remaining time and dividing it between the subjects you have.

Top Tip = START EARLY and get organised

Top Tip = Find the right environment to revise

NOT in front of the TV. NOT listening to the radio. No music is best but Music without singing is better than lyrics as you won't be tempted to dance around your bedroom like a big fool. A tidy room is better for concentration and you should have a flat surface and chair to sit at the table/desk. Spread out your laptop, files, books and notes and consider temporarily logging out of social media - yup, we said it!

Make a timetable – excel is an excellent way of keeping this as a flowing, working document that you can change with events that come up:

Fortnight revision time-table (during term time)														
	Week 1							Week 2						
	monday	tuesday	wednesday	thursday	friday	saturday	sunday	monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00 AM														
7:30 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST		
8:00 AM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	BREAKFAST		SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
8:30 AM	ENG reg	Eng reg	Eng reg	Eng reg	Eng Reg			Maths reg	Maths reg	Maths reg	Maths reg	Maths reg		
9:00 AM						Volleyball								
9:30 AM						Volleyball								
10:00 AM						Volleyball	BREAKFAST						BREAKFAST	BREAKFAST
10:30 AM							Homework							
11:00 AM							Homework							
11:30 AM							PE recap							
12:00 PM														
12:30 PM	HISTORY					LUNCH	LUNCH	HISTORY					LUNCH	LUNCH
1:00 PM														
1:30 PM													French recap	
2:00 PM													RE recap	
2:30 PM						PE								
3:00 PM			Maths	English	Science	history recap	Homework			Maths	English	Science	Homework	
3:30 PM			Maths	English	Science	dbl sci recap	Homework			Maths	English	Science	Homework	
4:00 PM			Maths	English	Science		Homework			Maths	English	Science	Homework	
4:30 PM	maths		maths recap				Homework				ICT recap		Homework	
5:00 PM	maths		english recap							D&T recap			Homework	
5:30 PM	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA	TEA
6:00 PM	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks	Hollyoaks
6:30 PM			Homework							Homework				
7:00 PM	Fight club	Homework	Homework	Homework		Evening off	Evening off	Homework	Homework	Homework	Homework	Homework		
7:30 PM	Fight club	Homework	Homework	Homework	TOTP	Evening off	Evening off	Homework	Homework	Homework	Homework	Homework		
8:00 PM		Homework	Frisbee practice	Homework	double science	Ant and Dec	Evening off	Homework	Homework	Frisbee practice	Homework	Homework		
8:30 PM	Homework	Homework	Frisbee practice	Homework	double science	Ant and Dec	Evening off	Homework	Homework	Frisbee practice	Homework	Homework		
9:00 PM	Homework		Frisbee practice		Friends	Ant and Dec	Evening off	Homework	Homework	Frisbee practice				
9:30 PM	Homework	english		history			Evening off	Evening off	ICT	D&T		RE	French	
10:00 PM	Homework	english	Homework	history			Evening off	Evening off	ICT	D&T	Homework	RE	French	
10:30 PM			Homework				Evening off	Evening off			Homework			
11:00 PM														
Subjects (in exam order):	maths	english	history	double science	PE	ICT	D&T	RE	French					
TIP 1	This plan is for someone doing 9 subjects . - if you're doing more, you'll need to put in some extra time.													
TIP 2	Make sure your plan covers all your subjects over a 2 week period.													

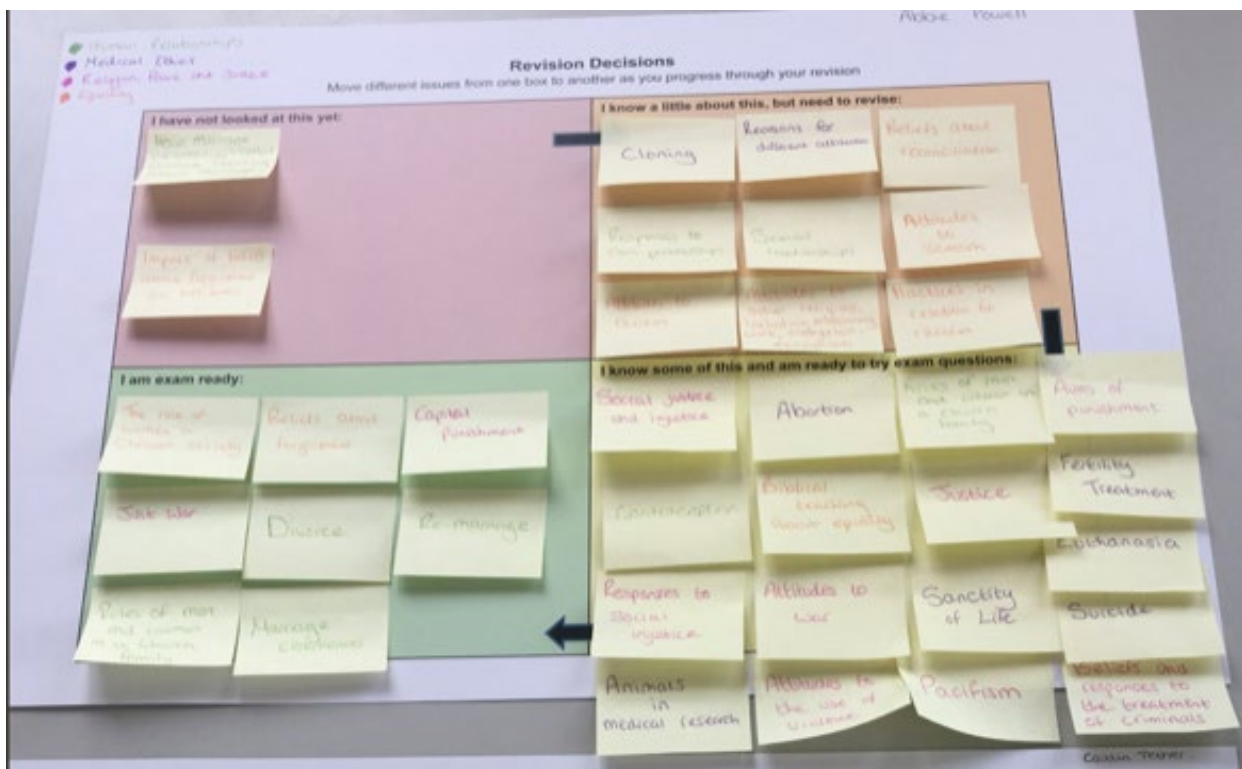


Organising your notes

This organiser can be done as an A3 sheet for each subject area and hung on the wall or back of the door in your bedroom.

I have not looked at this	I know a little about this but need to revise:
I am exam ready:	I know some of this and am ready to answer exam questions:

e.g.



Top Tip = Don't spend too long making your notes look pretty

-this is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art. Limit yourself to 2 or 3 colours so you don't get carried away colouring things in

Mind maps

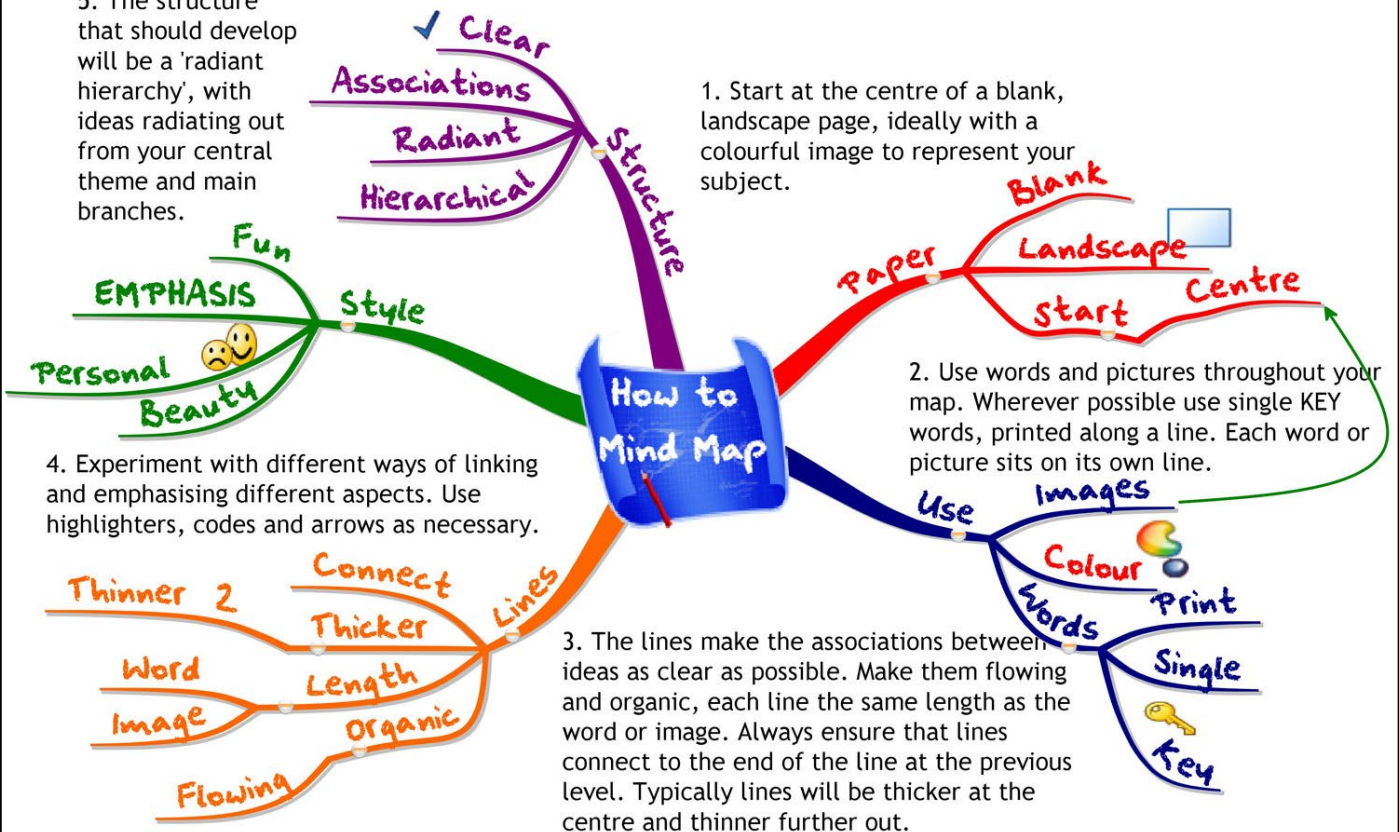
5. The structure that should develop will be a 'radiant hierarchy', with ideas radiating out from your central theme and main branches.

1. Start at the centre of a blank, landscape page, ideally with a colourful image to represent your subject.

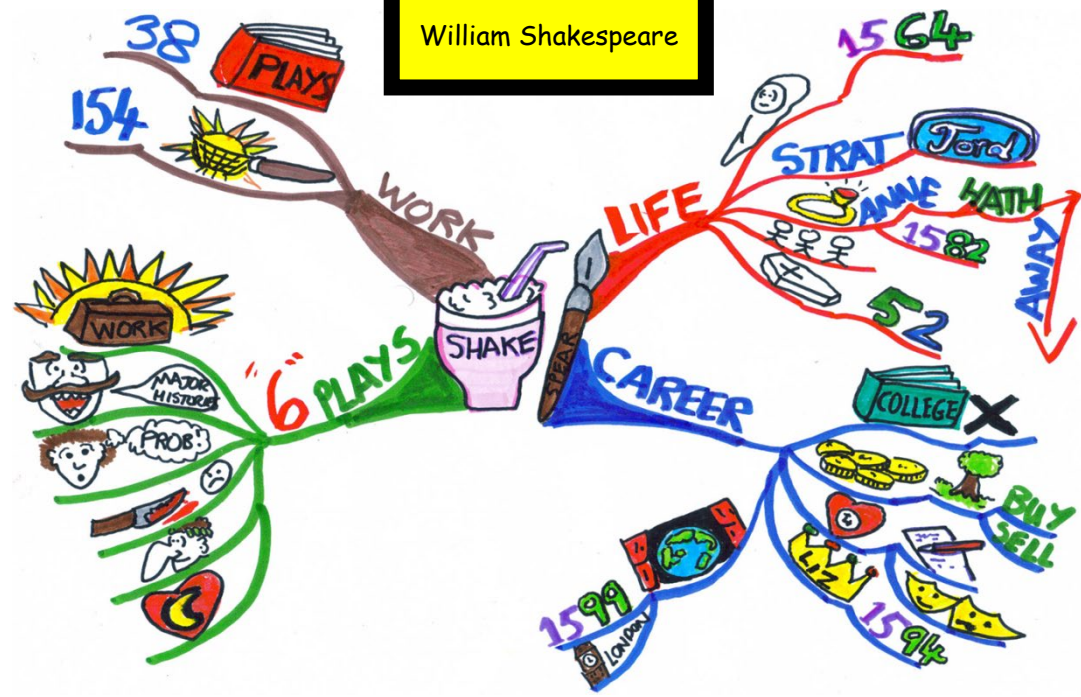
2. Use words and pictures throughout your map. Wherever possible use single KEY words, printed along a line. Each word or picture sits on its own line.

3. The lines make the associations between ideas as clear as possible. Make them flowing and organic, each line the same length as the word or image. Always ensure that lines connect to the end of the line at the previous level. Typically lines will be thicker at the centre and thinner further out.

4. Experiment with different ways of linking and emphasising different aspects. Use highlighters, codes and arrows as necessary.



William Shakespeare



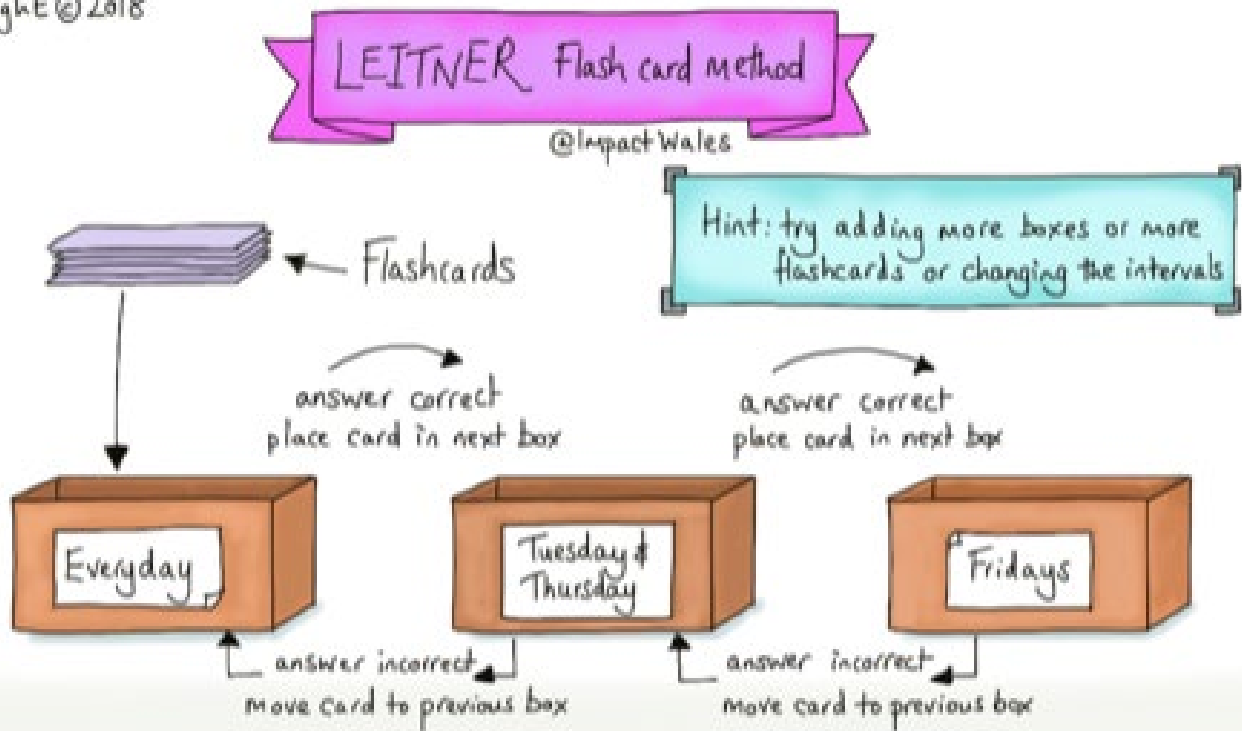
Flash Cards

These are hugely useful and you can test yourself anywhere: in the car, on the bus, test your mates at lunch etc. Just set up a question on the front and the answer or examples on the back. You can even colour code them for different topics. Check out this sketch note from IMPACT Wales which illustrates how to set up and use your flash cards using the Leitner method. This link takes you to a clip that explains the Leitner method for you:

<https://www.youtube.com/watch?v=C20EvKtdJwQ>

You can also use your phone to set up flashcards on Quizlet.

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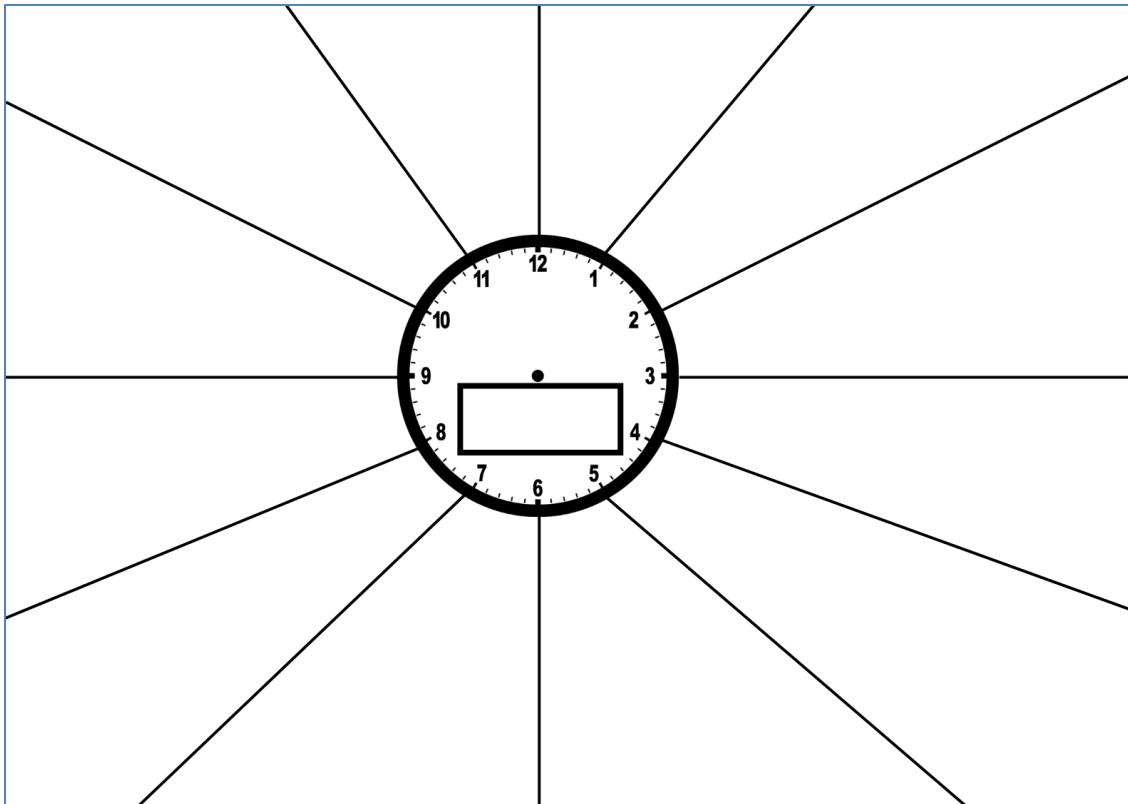


An effective use of flashcards to prompt & recall learning using spaced practice proposed by Leitner in the 1970s. It focuses on the proficiency of recall of the learner. Information which is easily recalled has a longer time lapse before the next recall opportunity.



The revision clock

Print the clock onto an A3 sheet. Divide a topic up into 12 chunks and make notes in each segment. Try to memorise each segment spending 5 minutes on each one and then have someone ask you questions



Top Tip = Take short breaks
(every hour not every 10 minutes)

Top Tip = Don't turn yourself into a revision zombie

— if you stop doing anything else but revision you'll turn into a zombie. It's really important that you keep time to do things you enjoy... like online shopping, sports, frisbee, rock-climbing, making model planes, nose-picking, whatever tickles your ferret... When you're doing these try to relax and totally forget about revision.

Sadly, it's too late for Daniel.



Before

After

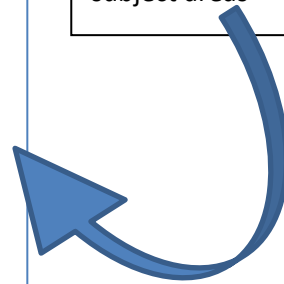


Use a named example of a tropical storm to show its effects and responses

Location:		Map	
Background Information:			
Storm Information:			
Effects			
Social	Economic	Environmental	Political
Response			
Immediate and short-term response		Long term response	

Revising case studies

This is a Geography example but can be used to organise any case study information from a variety of topics and subject areas



Top Tip = Do lots of practice exam papers - This is especially important as you get close to the exams

Reading and Note-Taking: Summary Sheets

1. Survey the whole document

Familiarise yourself with the document that you are studying by reading through a few paragraphs at the beginning, middle and end; by paying particular attention to the title and sub-titles; and by examining any tables, diagrams and graphs.

2. Annotate the text by using colour, key words and symbols

Use different colours (e.g. highlighters and fine-point pens) to highlight and underline key words. Take care, though, not to underline too many words – remember that there are normally no more than two or three key words in a sentence and that in some sentences there are no key words at all. Symbols often act as powerful reminders of important information. It is therefore helpful to draw symbols in the margins to remind you of the main points in each paragraph.

3. Create a summary sheet

Use colours, key words and symbols to create a summary sheet such as a summary shape or a summary map.

4. Recall summary sheet from memory

Put the document that you are studying to one side and try, instead, to talk through your summary sheet by yourself or, ideally, with someone else. Once you have finished this process, make a note of anything that you forgot and then try to fill-in from memory a blank outline of your summary sheet (e.g. the sections of your summary circle or the branches of your summary map).

5. Write-up the topic in your own words (optional)

If you have time, and especially with important topics (e.g. those that always come up in exams), reinforce your knowledge and understanding of the topics you are studying by writing about them in your own words.



How do we revise



Three common revision techniques that are **LEAST** effective in helping you revise are:

- Highlighting texts
- Re-reading
- Summarising text



Whilst these methods may feel like you are revising, there are many better methods to help you revise.



Flashcards

Simply create with questions on side and answers on the other side. You can colour code for specific topics and quiz yourself or others.

Post its can be also useful



Using Flashcards

Using the Leitner Method, using the video below <https://youtu.be/C20EvKtdJwQ>



You can also create excellent flashcards online or on your phone using Quizlet which also had an app.



How to use

There are a variety of ways to use flashcards in revision for the skills you need

Key Terms

Create for key words and terms



Causation

Create for the causes of events or progress



Judgments

Create an agree or disagree argument against a quote



Narrative

Create to show a narrative of events in order



Retrieval Practice

Testing what you know is a powerful tool in revision, the effort to remember something really strengthens your memory

Apps such as Memrise and Quizlet allow you to use or create your own quizzes based on topics.

Create them, test yourself or get someone to test you, it's works!

How to use in history

Spaced

Test on old and new topics mixed up

Knowledge Organisers

Use these to create 'must know' quizzes

Factors/Causes/Consequences

To identify 2-3 factors, causes of an event/person e.g. The rising against Tostig

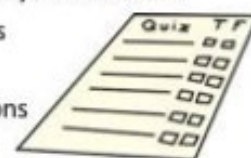
Examples

'Give two examples of.....'

Types

There are a number of types you can create:

- Multiple Choice Questions
- True or False
- Short Explanation Questions
- Odd One Out
- If this is the answer then what is the question



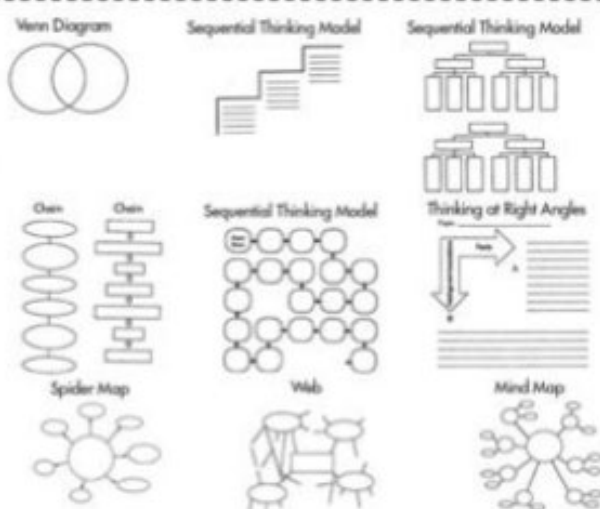
Transform It

Graphic organisers are a great way of 'transforming' your notes/information into visual revision topics.

They can be used to create links, show a narrative, identify the causes/consequences and importance of something.

How to use

1. **Causation** – Create a visual flow diagram of the chronological events in a time period e.g. American West
2. **Change and Continuity** – Create a Venn diagram to show what changed and did not in medical time period
3. **Concept Mapping**– at the end of a week, mind map all you can remember about a topic and link area together. Then add to your mind map what you need using your notes



How to:

1. Look at your notes and visuals, compare these to the words.
2. Look at visuals, and explain in your own words what they mean
3. Take information that you are trying to learn, and draw visuals to go with it.



Dual Coding

'Dual coding' is the method of putting your knowledge into visual form alongside words. It increases the chances of you remembering it.



An example activity you can do is creating a comic strip to represent the events of the Battle of Hastings



How do we revise

Deliberate Practice

Set aside time to practice improving your knowledge or historical skills. Choose what you need to do, it must be tough enough to challenge you, and practice, practice, practice!

You should focus on something that you are *almost* able to do but *not just yet!*

How to use

1. Use a model answer from the teacher, pull it apart and identify the key parts. Then answer a similar question and try to replicate
2. Study material, complete practice questions in timed conditions. Then use your notes to correct / improve your answer. A week later, redo a similar question. Repeat as necessary.

THE MEMORY CLOCK



The Cornell Method

This method can be used in your revision books as a great method to get you to 'think' about your revision. Simply split your page into 3 sections as shown on the diagram on the left:

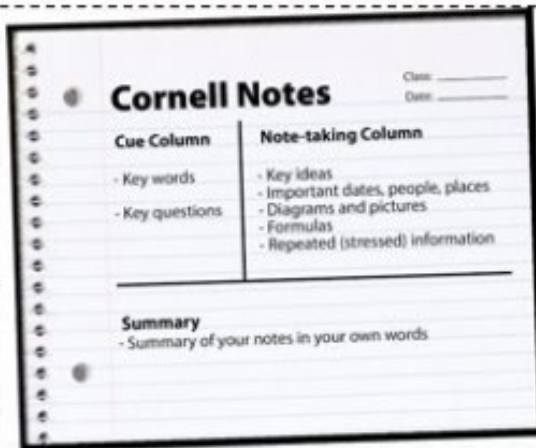


- Note Taking
- Cues
- Summary

How to use

Use it to summarise a whole topic or theme, for example

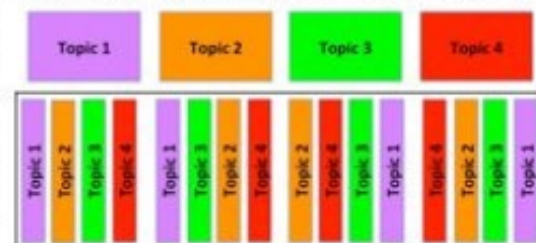
- How did medical treatment change over time
- Methods used by William to control England
- How Hitler became Dictator by 1934



Interleaving

Rather than revising your all topics in one go (cramming), you should revise 'chunks' of a topic for small amounts of time (15 minutes) and then move onto another 'chunk' from a different topic. This will improve your memory!

e.g. 15 minutes on Medicine, then on Germany then American West



How to use

1. Create a revision plan to cover topics you need to cover (least confident first!) and then go back over them again later
2. Practice old exam questions from past topics mixed with new



The Big Picture

The best way to aid your understanding of history is to make sure you are confident with the big 'overview' story before you begin revising individual topics.

How to use

1. Create a timeline to identify the key events in a topic and colour code the themes. E.g. Westward Settlement in the American West
2. Mapping out what you can remember about a topic before you start, e.g. treatment of disease through time



The basics

Simply, make sure you eat, sleep and take time out!



Limit distractions



Find a nice space to revise in



The more you put in the more you get out!



Create and use a revision planner



Set an alarm and start early!



Revise, Repeat, Remember



Top Tip = Don't hang around with the nervous paranoid - people on the morning of the assessment. — they'll just stress you out, which doesn't help at all.



Top Tip = Read the exam timetable properly! -

double-check so you don't miss an exam and have plenty of time to prepare for it

Improving Assessment technique

1.

Always take a few minutes to read through instructions carefully at the beginning

2.

Pay close attention to the command words (e.g. what, describe, explain, compare, list, how, evaluate) in each question

3.

Don't be afraid to write a quick answer outline in the margin before you start

4.

HAVE a GO! Don't leave any answers blank – doesn't matter how short your try is

5.

Set aside time to check through your answers. Check your spelling, punctuation and grammar



Pacing yourself/ Time management techniques

Clearly the best way to work is by removing most distractions e.g. for me these would be the TV and fridge. Many fall into the trap of thinking that they can work solidly for an hour or six. Try the following to ensure that your brain remains open for business:

The Pomodoro

The Pomodoro Technique is a time management philosophy that aims to provide the user with maximum focus and creative freshness, thereby allowing them to complete projects faster with less mental fatigue. The process is simple. You budget your time into short increments and take breaks periodically. You work for 25 minutes, then take break for five minutes.

Each 25-minute work period is called a “pomodoro”, named after the Italian word for tomato. Francesco Cirillo used a kitchen timer shaped like a tomato as his personal timer, and thus the method’s name. After four “pomodoros” have passed, (100 minutes of work time with 15 minutes of break time) you then take a 15-20 minute break.

Every time you finish a pomodoro, you mark your progress with an “X”, and note the number of times you had the impulse to procrastinate or switch gears to work on another task for each 25-minute chunk of time.



How can it help you?

Frequent breaks keep your mind fresh and focused. According to the official Pomodoro website, the system is easy to use and you will see results very quickly

Don't have a kitchen timer? – use the alarm on your phone or there are Pomodoro apps you can use; just search ‘pomodoro timer’ in the app store

It's not all about writing notes

Watch some videos

Don't just read notes or revision books, get interactive by watching videos too. There's no doubt a YouTube channel dedicated to revision notes on your course!

Use revision apps and websites

BBC Bitesize, Quizlet and many more

Create an exam day cheat sheet

Finally draw up an exam day cheat sheet: A piece of A5 or A4 paper that contains key facts, formula, ideas or keywords you need to make sure you remember and have sunk in. Customise it for yourself to feature what you're struggling with and be sure to take it with you on the day of the exam to refer to before you sit the paper.

Teach someone else




















Get a Teams study group together and teach each other parts of the course that you have divided up between you. Teach mam or dad, nan or aunty. Any and all ways to just talk about what you know.

Listen to podcasts or record yourself onto your phone. Plug in those head phones on the bus or at break and lunch



Finally: Stay Healthy!

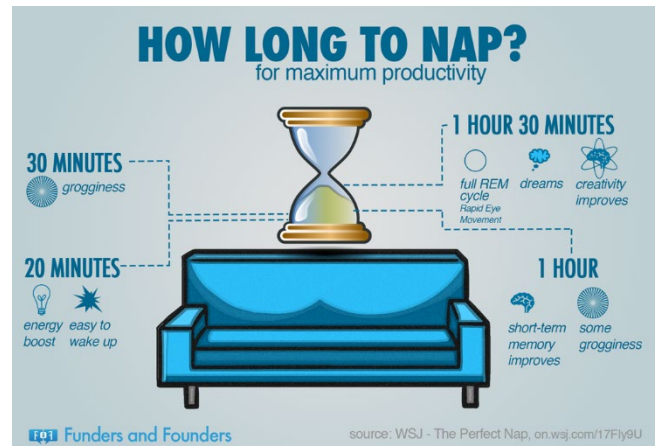
19 BRAIN SUPERFOODS

ALMONDS	CASHEW NUTS	WALNUTS
		
DARK CHOCOLATE	APPLE	AVOCADO
		
BLUEBERRIES	CINNAMON	OREGANO
		
KALE	COFFEE	SWEET POTATO
		
COCONUT OIL	OLIVE OIL	TURKEY
		
EGGS	SALMON	SHIRATAKI NOODLES
		
GREEN TEA		

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THE LIMITLESS POTENTIAL OF YOU

Avoid energy drinks, take lots of water and follow a healthy revision diet. Sleep lots!

Talking of which, take a nap. Yes - we're actually counting this as a revision technique. It's been shown that [sleeping improves memory](#) so that 30 minute afternoon doze may be helpful!



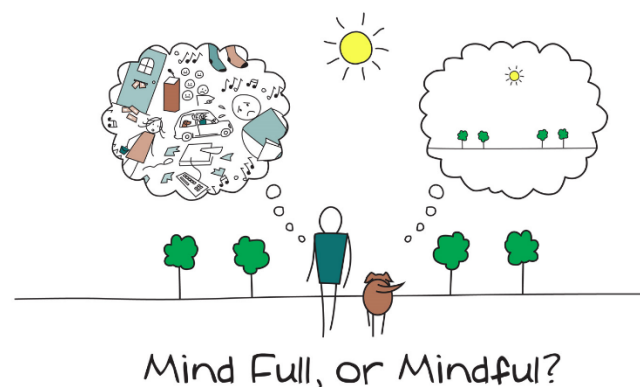
Relax and reward yourself

For every full Pomodoro cycle you complete, have a longer break.

You must still take time out to do the things that relax you, the things that you enjoy. Just be mindful of re-aligning your time priorities at this time of the year

Practise some Mindfulness

'But my mind is full already!! What do you think I've been doing!?'



What we mean by this is taking some time to stop and take stock of the space around you. Take a moment to clear your mind and just listen to all the sounds surrounding you. Can you hear the birds or a train/road in the distance? Pay attention to your *present* moment; forget about the past or future. Just be in the moment.

Pob lwc pawb – Remember, it's all in the preparation!

