



St Christopher's

10 Top Tips for using revision guides

Subject teachers at St Christopher's will often recommend revision guides to encourage retrieval practice at home. They are just one way in which you can support the revision for each subject, as you prepare for your GCSE's in the summer term, alongside lots of useful revision methods found [here](#) on the school website. You may find it useful to traffic light your progress on each strategy as you work through them.



Here are 10 tips for getting the most out of those guides:

- 1. Share successful strategies and bash inferior approaches (repeatedly).** Many students invariably stick to ineffective revision strategies when faced with using a revision guide. Ensure you know that quizzing yourself, self-testing, writing about what you read, self-explaining to others, and returning to topics after a bit of time ('spacing') are likely better than skim-reading the text repeatedly.
- 2. Prepare with pen and paper.** There little point in merely reading the revision guide and hoping it sticks. You need to write, write, write. Write about what you have read – reorganising it meaningfully (e.g. Venn diagrams for weighing up arguments). This extra effort encourages the generating ideas, summarising, and thinking harder.
- 3. Eliminate overconfidence.** Go through the content page of the guide & rank your confidence/knowledge for each topic (out of 10). Add a star to the topics you find trickiest. These approaches help encourage more purposeful chunking down of revision by topic.
- 4. Explain yourself.** Explain their highest-ranking topics (lots will be routinely over-confident!) and their lowest ranking topics. If they can explain their strengths and weaknesses, it is a helpful start before they use the revision guide proper.
- 5. Tackle 20-minute sessions (the 'Pareto Principle').** Help to chunk down and space out your practice into a manageable 20 minutes (or similar) spells. This typically fits 4 pages or so of the revision guide (depending on the difficulty level). Identify what is manageable for you.
- 6. 'Just a Minute'.** After you have spent around 20 minutes working through a revision guide practice spell, close your revision guide, and either explain a topic – in 'Just a Minute' style, or speedily map out the topic/s on paper. This works best when sat with a friend or someone at home.
- 7. Focused flashcards.** If you are confident in the topic/s from the guide, can create your own flashcards on the topic, or even devise your own questions (this can be tricky!). Leave a bit of time e.g., an hour or a day or two – then test yourself on the flashcards, or better still, ask a friend to test you.
- 8. Evaluate how well you have used the guide.** After each revision guide spell, explain to a friend or someone at home what you are still struggling with, or what you are now more confident on (expect over-confident replies). Get talking, writing about it, & seeking out more help.
- 9. Create your own questions.** If you know the material of the guide well, simply scanning the contents page should be enough to trigger the generation of appropriate exam style questions. Generate, draft some answers, then check the guide content again.
- 10. Tell a friend.** It can be tricky to stay motivated with using revision guides in isolation. If you have got to grips with a guide, find a reliable friend/study partner, and practise the earlier tips collaboratively.

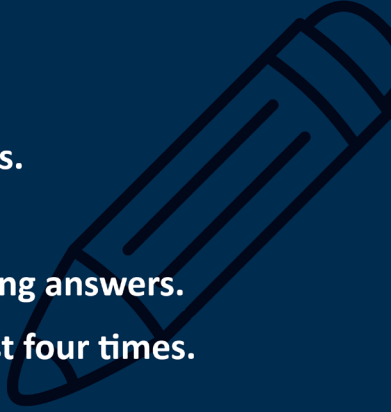
"That person is like a tree planted by streams of water, which yields its fruit in season
and whose leaf does not wither - whatever they do prospers."



Year 11 *Revision Skills*

Practice

1. Attempt past papers.
2. Check each answer.
3. Make notes on wrong answers.
4. Try steps 1-3 at least four times.



Year 11 *Revision Skills*

Accountability

1. Work smart.
2. Target weakness.
3. Be honest with yourself.
4. Earn it!



Year 11 *Revision Skills*

Peers

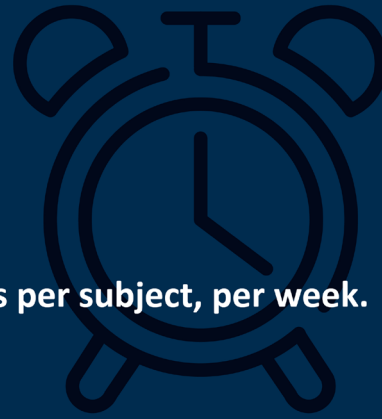
1. Don't fool yourself.
2. Peer marking.
3. Hot seat topics.



Year 11 *Revision Skills*

Scheduling

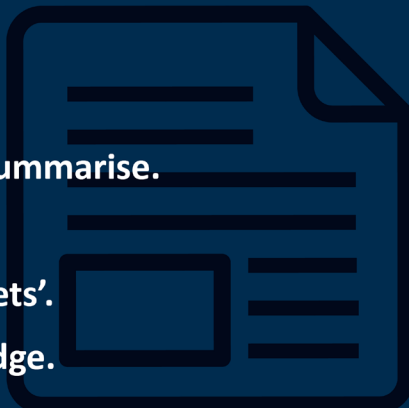
1. Do the revision!
2. Little and often.
3. Minimum is 2 hours per subject, per week.
4. Ramp it up!



Year 11 *Revision Skills*

Synthesis

1. Take, check and summarise.
2. Rewrite notes.
3. Create 'cheat sheets'.
4. Test your knowledge.

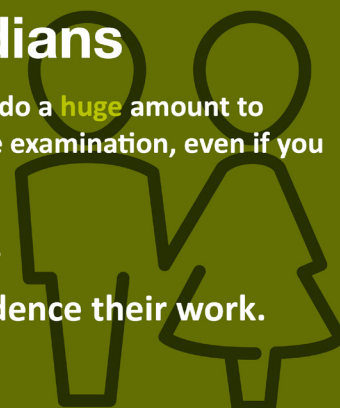


Year 11 *Revision Skills*

Parents/Guardians

As parents/guardians you can do a **huge** amount to help your child prepare for the examination, even if you know nothing about it!

1. Help enforce the plan.
2. Make the student evidence their work.
3. Become an Examiner.





Year 11 *Exam Success*

66%

of material is **forgotten** within seven days if it is not revisited



Year 11 *Exam Success*

Dehydration by just 1% can lead to a decrease in performance by up to

10%



Year 11 *Exam Success*

Music

Although listening to music when studying may put you in a good mood, **it may hinder your ability to memorise facts!**



Year 11 *Exam Success*

7%

extra brain power can be accessed by eating **fish** at least once a week.



Year 11 *Exam Success*

Healthy Body = Healthy Mind

Regular exercise breaks during study periods help stimulate the brain and improve performance!



Year 11 *Exam Success*

Attendance = Achievement

The higher your attendance %, the better chance you have of **exam success!**



Year 11 *Exam Success*

8-10

hours sleep is **vital** for peak performance

You will remember what you have learned better if you have a good nights sleep!



Year 11 *Exam Success*

30%

the extent to which **drinking water** before an exam can improve your performance.