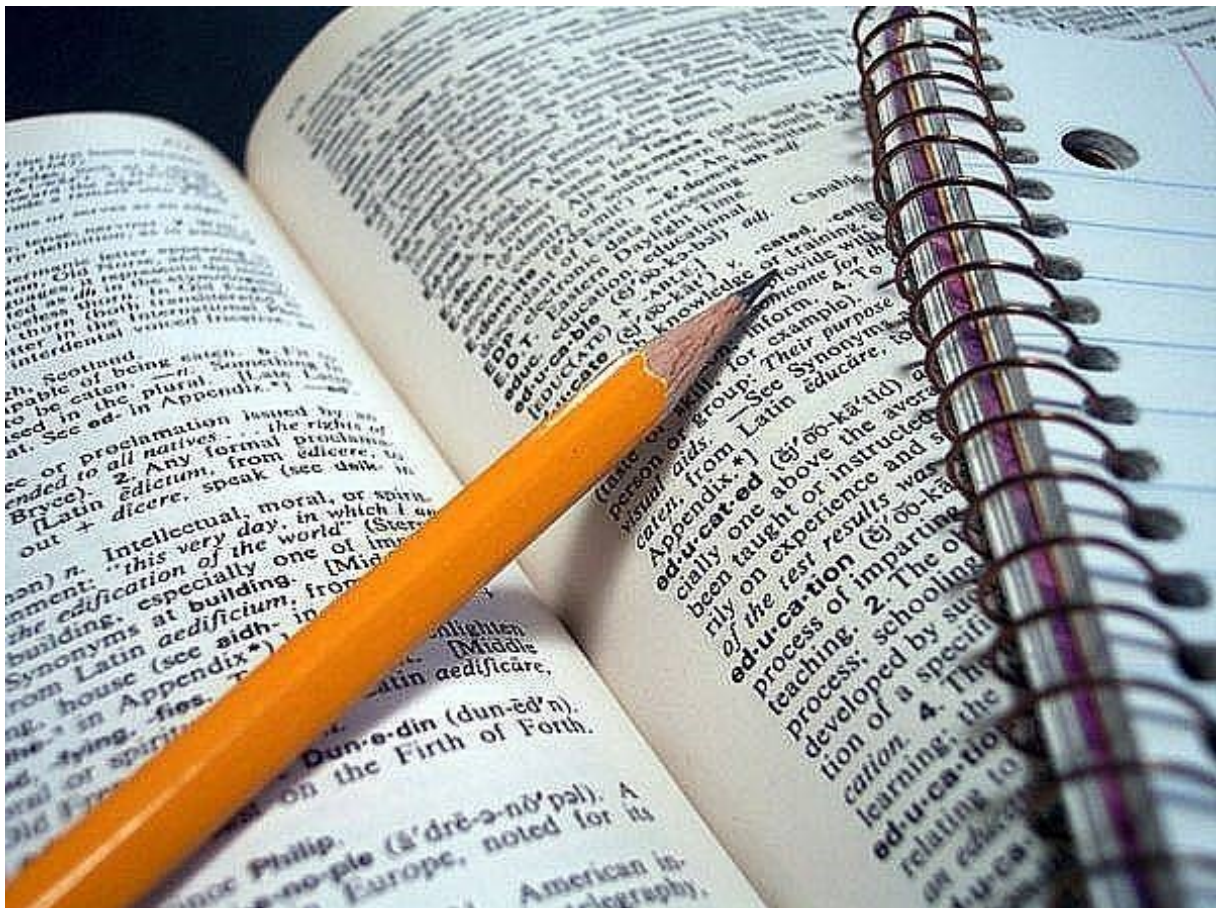




Courage Commitment Compassion

Newlands Girls' School Year 10 revision and exam guide



WELCOME!

So you've got exams coming up! If you prepare well, there's nothing to worry about – you should get the good results you want. This booklet helps you to prepare by giving you ideas about organising your work.

WHEN DO YOU NEED TO START?

Clear the decks for revision as early in your course as you can. Make things easier for yourself - and avoid too much stress, panic and lower grades - by beginning to prepare for GCSE early.

LEARNING AND REVISION

There are a lot of differences between learning your work and revising it for an examination. Here are a few of them:

Learning is an on-going process in which you build upon previous knowledge and understanding. There will be a lot a new work and if you really learn this new work as you do it, you'll save yourself a lot of time later on, when it comes to revision.

Learning is a long-term process and cannot be done by trying to cram information into a few weeks. It involves completely understanding topics and memorising information.

Learning is rather like inputting and processing the information on a computer. At first the computer needs to be programmed - the information it will use needs to be fed into the processor - the computer's brain. This stage takes time. Once 'stored' in the processor, the program and data can be 'accessed' as required. This is learning.

Revision is fixing in your memory the

things that you know. Think of the computer again. It can reproduce the information you have put into it, provided you ask it the right questions. Unlike the computer, your memory needs refreshing regularly, but if you do this, the information can be 'called up' in the same way.

Revision is learning to unlock your memory. You need to have memory prompts to help you to 'call up' what you know.

Revision is learning to select and adapt what you know. By doing this, you can answer different types of exam questions



LEARNING TO LEARN

You've been learning all your life, but you need to start learning for GCSE as soon as you start your exam courses.

Here are some practical 'Dos' and 'Don'ts':

DO make sure that you get all you can from each lesson. It makes sense to ask if you don't understand

helps to ensure that you understand your work, gives you practice in doing research, and helps your memory.

DO make sure you understand new concepts - if in doubt ask. Never leave something you don't understand in the hope that it will sort itself out. That won't happen!

DO develop ways of memorising information. Write notes or read out loud - this helps concentration. Keep doing this until you can remember all the information easily.

DO discuss new ideas and concepts with a friend. Try to test your own understanding by explaining the idea or concept to someone else.

DON'T let yourself get tired. Your brain will be 'fuzzy' after a really late night and even easy tasks may seem harder.

DO go over your day's work at home. You know that homework helps you to learn your class-work - programme the brain - and helps you understand new concepts. Don't let yourself down - do it!

DON'T worry if you haven't solved every single problem before you finish your evening's work. The brain is a problem solver and can solve problems while you are asleep - use it!

DO practise doing questions. This



WHEN TO START REVISING

It's not all work, work, work - of course, you can enjoy life and revise at the same time. Revision does need **determination** and **planning**, though. You need to keep refreshing your memory of what you've learned. If you spread the workload over a period of time you:

- are likely to achieve more.
- will be under a lot less pressure and can enjoy your work.
- are less likely to experience stress and strain.
- will have more time to relax, keep fit and enjoy life.

A PLANNING TIP

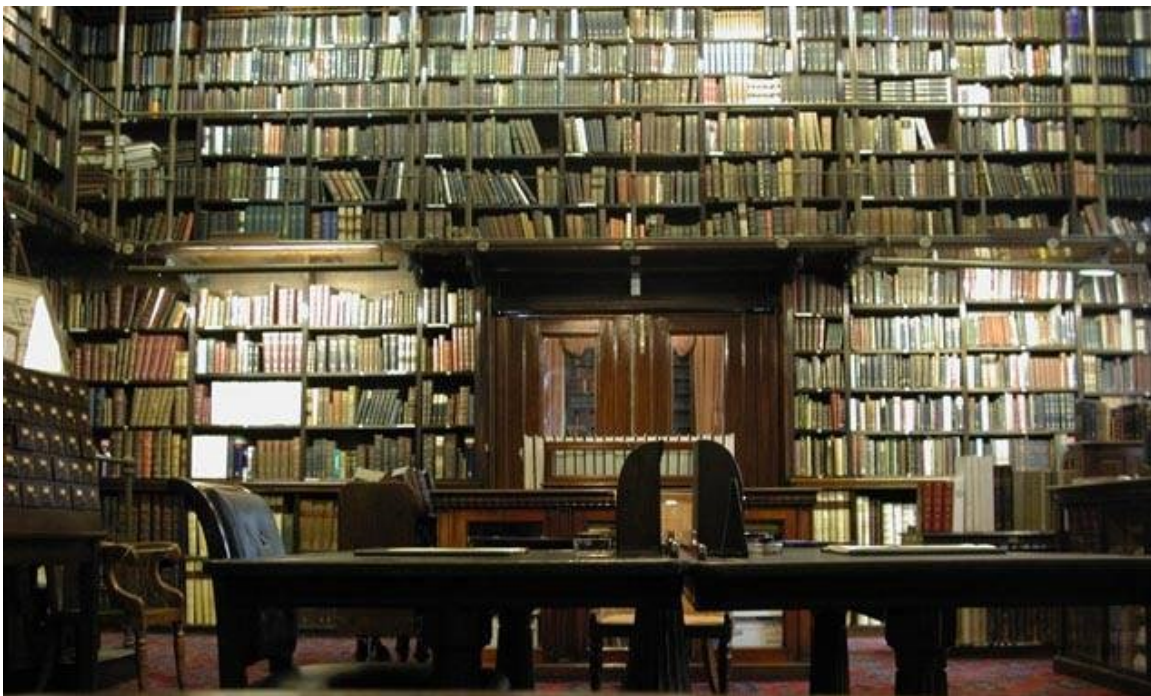
You should begin revising for examinations between 6 - 8 weeks before the exam. If you start later than this you can still succeed, but it will be more difficult because you will have less time to revise in - this means harder work and less time to enjoy yourself.



A Place to Study

- Your study room should be quiet, not too hot or cold.
- Your eyes will get tired. Make sure there is plenty of light. A table lamp is great.
- Make sure you have all the equipment you need around you before you start. Pens, pencils, highlighter, rubber, paper etc.
- Do not study with the TV on. You will be continually distracted! Some people prefer to have quiet music on in the background to help them to focus.
- Remember too much noise will distract you! Some study can be done almost anywhere - why not take flash cards onto the bus with you?

Have a set place to study, you will quickly get into the right habits.



Brain Food

Just as an athlete needs to follow a regime to reach their peak fitness, your brain also needs a regime to reach its full potential.

- **Plenty of sleep**

Your brain needs time to sort out the information it has come across during the day.

- **Drink lots of water**

The brain is made mostly of water and dehydration will lead to headaches and tiredness.

- **Eat a balanced diet**

The brain needs a balanced diet, so eat plenty of fruit and vegetables, 'brain food'.

- **Exercise your body**

The brain uses 20% of oxygen in the blood so you need to think about your posture and exercise to make sure your body gets enough.

- **Exercise your mind**

Just as muscles need to be stretched and worked so does your mind - use brain gyms or puzzles.

- **Avoid too much...**

chocolate, cola, caffeine and foods with lots of additives.
These substances interfere with the way your brain functions.



PLANNING YOUR WORK

Planning your work means that you are more likely to revise all your work properly.

Another bonus is that good planning always reduces stress. Try to:

- make a list of what you have to do
- find out the dates of the exams and make an exam timetable
- plan / design / draw up a timetable for revision.

Think about the best way to fairly divide your evening time
Homework Coursework Revision Relaxation

Remember to:

- find a quiet place where you can work undisturbed.
- include every subject in your revision.
- plan to do short burst of revision in a variety of subjects every day.
- get into the habit of revising at set times. Different people learn best at different times. Find out which is the best time for you.
- arrange to have regular breaks of 5-10 minutes between revision sessions. Can you use this time to treat yourself to something you really enjoy?
- switch off Spotify, YouTube and Netflix. Your mind will concentrate better if you are not distracted. Ask people not to disturb you - not even to bring you a coffee - until your revision period has finished.



PREPARING YOUR REVISION PLAN

Your revision plan will help you to know what you want to do and when you want to do it. It also helps you to enjoy life.

- Use the timetable on the next page to help you - make as many copies as you like. Use a new one for each week between now and the first examination.
- Divide each day into session with a break of 5 minutes between some and 10 between others. Don't forget to mark in time for meals and be realistic about how long you can keep going - eight hours a day, even if you are behind with your work, is really over the top!
- Set some time aside each day for relaxation - perhaps an hour each evening during the week and a little more time in the afternoons on Saturday and Sunday. Plan some treats for these times.

FILL IN ALL YOUR COMMITMENTS, INCLUDING:

- lesson times
- school activities - matches, rehearsals, clubs etc
- other activities - part-time jobs etc
- times for relaxation and enjoyment If time is short you may need to decide on which activities to drop for a while: remember, it will only be for a few weeks.



Week Beginning: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
10am							
11am							
12 noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							



CHECKLIST FOR PLANNING:

- make a list of all topics to revise
- highlight those parts of your work you're not sure of and give them more time.
- ensure that there's enough time to go through each topic several times.
- make sure that you cover every topic at least once.
- leave some time during the final week of revision to cover the most difficult topics again
- cover several subjects during revision sessions
- divide each topic into manageable parts.



STRESS

A little bit of stress can be good for you, but too much of it causes strain, which is very harmful.

BEATING STRESS

If you are organised, you are far less likely to suffer from stress. Some people can cope with stress and always seem to be very relaxed, but most of us find stress difficult to cope with. If you experience some of the symptoms of stress, the chances are that you are under too much strain. Here are some strategies which may help you to cope with stressful times.

DO establish a routine - and stick to it. Make sure that you have proper meals and that you sleep well and keep to your work plan.

DO get plenty of exercise. If you are fit, your mind will be more alert and revision will be just that little bit easier.

DO start revising as early as possible. Give yourself a head start.

DO take regular breaks when revising - the result is less stress

DO practice past papers - these help you to know what to expect and give you experience in doing exam papers.

DO build in variety - beat the boredom factor this way.

DO seek company - make sure that you see friends regularly, enjoy yourself and get right away from work!

Do your best. Decide what works for you, and stick to it. If others are panicking keep away from them.

DO relax regularly. Make sure you still have plenty of fun.

DON'T feel guilty. If you miss a session in your revision plan try not to panic - you can catch up as time goes on.



A good relaxation exercise. Whenever you are 'stressed out' or you can't relax, this exercise will help you.

- Find a quiet comfortable place, lie down and close your eyes.
- Tense all your muscles, clench fists, etc.
- Now deliberately relax each muscle until you are totally still.
- Breathe in deeply and hold your breath for a count of 5.
- Breathe out gently, Repeat this - listening to your breathing for a couple of minutes.
- If thoughts enter your head let them go - just concentrate on breathing.
- Now that you are relaxed enjoy the quiet.



FIVE TIPS FOR EFFECTIVE REVISION

PREPARE YOUR WORKPLACE

Make sure you have:

- a tidy, undisturbed place to work
- a comfortable chair
- a table which gives you enough room for your books etc
- a bright table lamp
- all the books you need - school notes, revision guides etc
- pens, pencils, scrap paper.

LEARNING BY HEART

Try to memorise:

- connections between fact and patterns which give shape to a topic e.g. definitions, scientific laws
- vocabulary in whichever foreign language you are learning
- quotations from literature
- diagrams or drawings, say, of science apparatus you may have to draw
- scientific facts such as chemical symbols
- mathematical formulae - times tables, etc.

ACTIVE LEARNING

You can stimulate your mind and learn effectively by:

- briefly writing down important points
- drawing diagrams or flow charts several times
- testing yourself by covering an original drawing, drawing it again and then checking it against the original
- reading out loud
- underlining interesting points or quotations
- making up word games or mnemonics to help you e.g. to distinguish stalactites from stalagmite growth, remember that tights fall down, mites go up!
- persuading someone to test and re-test you on what you have learned working through past exam paper.



REVISION NOTES

Make and modify your notes to help you learn by:

- taking short, well-spaced, numbered and headed notes in lessons.
- putting only the main points on cards (post-cards)
- using these main-point cards to help you to test yourself by listing key ideas or patterns
- numbering the points in your list e.g. listing the seven characteristics of living things
- using the revision guide which provides all the essential information required for your GCSE syllabus.

WORD PATTERNS TO MEMORISE

Some people jog their memories using word patterns - using initial letters, names etc. Some are show below:

- Word association, e.g. meiosis in ovaries, mitosis in toes.
- Initial letters e.g. common elements which have an initial letter only for their symbol - CHOPINS - Carbon, Hydrogen, Oxygen, Phosphorus, Iodine, Nitrogen, Sulphur.
- Rhymes, e.g. winds blow from high to low



PATTERNS AND PICTURES TO JOG YOUR MEMORY IN THE EXAM

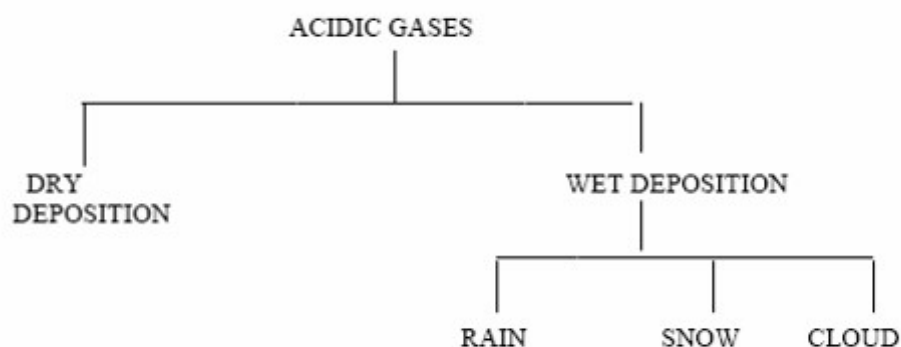
Quick diagrams of the main points you need to answer a question help you to collect maximum marks. Experiment with diagrams, as they are great time-savers. Also,

'pictures' of important patterns are much easier to remember than words, and are quicker to read. A funny - or rude - mental picture will certainly help you to remember facts and patterns.

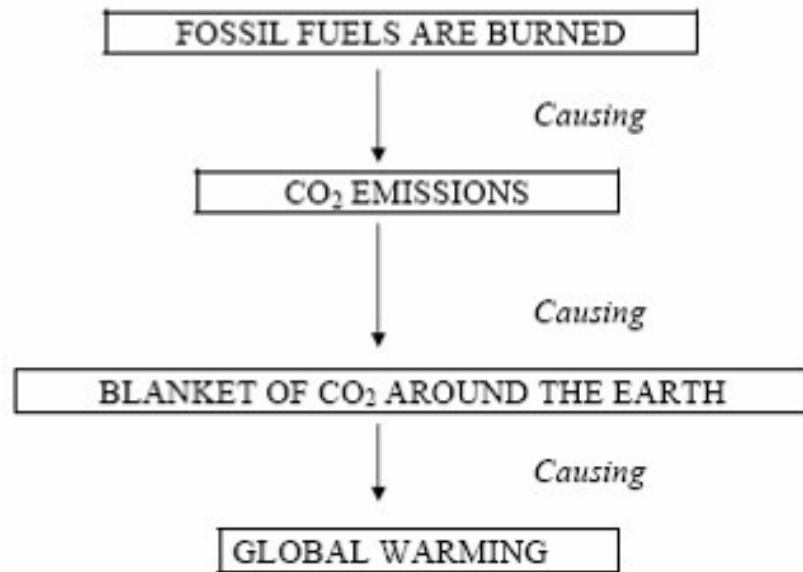
Try asking yourself the following questions while you are revising - and when you're sitting in the exam room.

What happens next? Can you make a **chronological list** of events which, for instance, lead up to a battle in history, or an important event in the plot of a novel?

Tree charts may help to trigger your memory.



What happens next and why? Try to use the consequences of each action to jog your memory about the next stage. This makes a useful **flowchart** of events. Here's one to illustrate how global warming happens:



What are the two sides to an argument? What are the arguments for and against a point or question? Try drawing up a **split list** with for and against points to be included. This one compares the pros and cons of using a credit card:

- ADVANTAGES (Pro)**
- a. Wide range of outlets
 - b. Buy now, pay later
 - c. Convenience of payment
 - d. Security - no cash
 - e. 'Perks' - e.g. insurance, gift schemes.

- DISADVANTAGES (Con)**
- a. Need good credit record
 - b. Interest charged after time allowed for repayment
 - c. Minimum age 18 (usually)
 - d. High interest rates
 - e. Risk of fraud
 - a. Need good credit rec-

What are the similarities and differences between objects or substances? Again, **split lists** which compare and contrast are good memory joggers. This one compares two types of blood vessel:

- ARTERY**
- TUBULAR
 - ENDOTHELIUM PRESENT
 - TRANSPORTS BLOOD
 - THICK WALL
 - NO VALVES
 - CAN CONSTRICT
 - BLOOD FROM HEART
 - HIGH PRESSURE

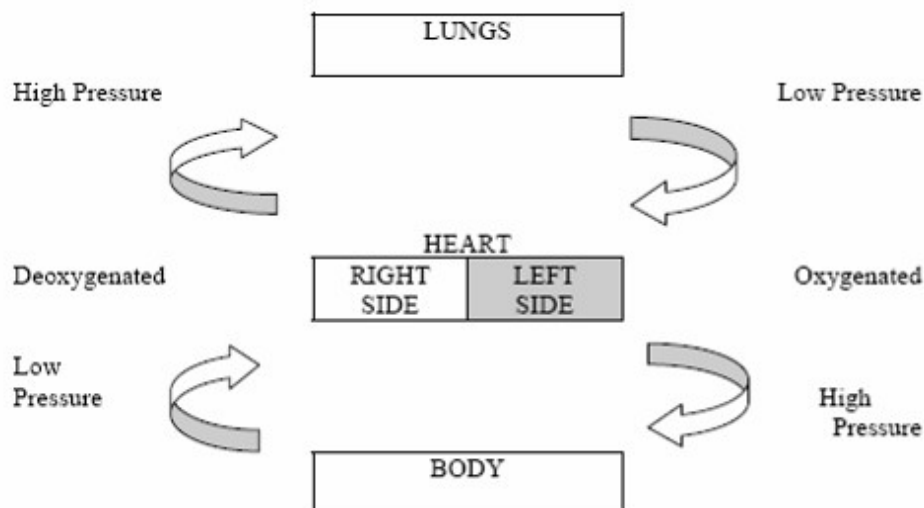
- VEIN**
- TUBULAR
 - ENDOTHELIUM PRESENT
 - TRANSPORTS BLOOD
 - THIN WALL
 - POCKET VALVES
 - CAN'T CONSTRICT
 - BLOOD TO HEART
 - LOW PRESSURE



Sets also help you to recall similarities and differences. This set shows the same information about blood vessels:

THICK WALL NO VALVES CAN CONSTRICT BLOOD FROM HEART HIGH PRESSURE		ARTERY
TUBULAR ENDOTHELIUM PRESENT TRANSPORTS BLOOD))))	similarities
LOW PRESSURE CAN'T CONSTRICT BLOOD TO HEART POCKET VALVES THIN WALL		VEIN

Can a simple diagram help you to explain a complicated process? Diagrams such as this one, showing several stages in the process of oxygenating blood, keep you on the right track when there are lots of interrelated features to remember.



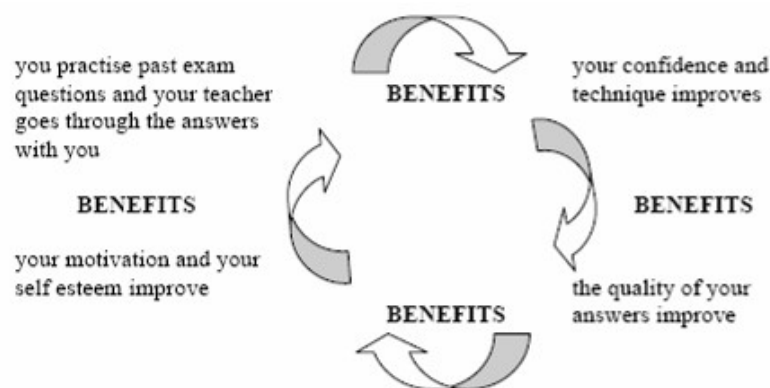
PRACTISING EXAMINATION QUESTIONS

Practising exam questions is a very good use of your time. Different kinds of exam questions are designed to make you:

- select relevant and important points - those that relate only to the question.
- combine points from different aspects of a topic or from different topics
- interpret unseen information and apply your knowledge and understanding of a topic to new situations.

The good news is:

- exam questions help you to remember important points in your revision.
- examiners have a limited number of ways of asking questions, so the more practice you get the less likely you are to be caught out by an unfamiliar style of question
- practice helps you to understand how many questions to answer on each paper and how many marks each part carries
- practising questions helps you to time how long different types take to answer
- practising longer-style questions, such as essays, will help you to score the best marks you can
- you practise past exam questions and your teacher goes through the answers with you
- your confidence and technique improves
- your motivation and your self esteem improve
- the quality of your answers improve



The bad

- if you try past exam questions before you have thoroughly revised a topic, you will get stressed out.

news is:

Hints to help tackle past papers:

- Keep to the time limit
- underline important points in the question
- make brief answer plans for essay questions
- do as many essay questions as you

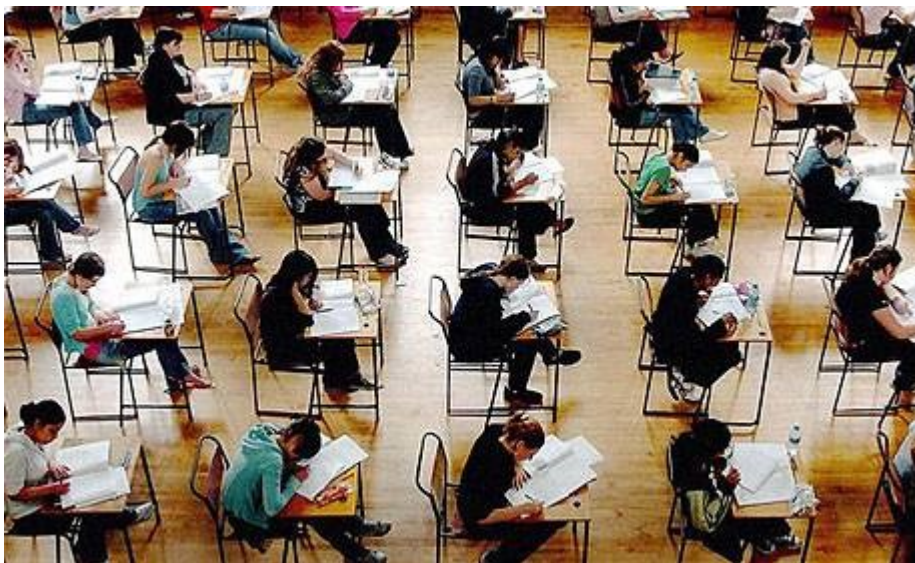


THE EXAMS

Like an athlete who times his, or her, physical peak to coincide with the athletics event, you should now be approaching Like an athlete who times his, or her, physical peak to coincide with the athletics event, you should now be approaching **your** peak! Let yourself ease off a bit in the week before the first exam. If you work right up to the last minute all of the topics will be churning about in your mind, so **take time out before each exam**. As a result you will be fresh and those topics you thought you could not remember will come flooding back.

During the week before the examinations:

- make sure that you get plenty of exercise and sleep
- use some of the time to refresh your memory on a few of the difficult or essential points
- catch up if you have fallen behind - but don't overdo it.



THE NIGHT BEFORE THE FIRST EXAM

Now is the time to pamper yourself. Do something you really enjoy doing, totally relax. A few of these worry-busters should help you to sleep.

- make sure that you have all your examination equipment ready - pen (and at least one spare), pencil, pencil sharpener, rubber, ruler and other items which you may be allowed to take in to the exam, such as a calculator.
- make sure that you have a centre number and a candidate number.
- check your exam timetable - which room is the exam in? What time do you have to be there?
- have a warm bath and, afterwards, try some relaxation exercises
- try to get an early night



IN THE EXAM ROOM

You'd probably be mad if you weren't a bit nervous - everybody will be.

Action checklist to calm your nerves!

DO get out all the equipment that you will need for this exam and arrange it on your desk.

DO take your watch off and check the time against the exam room clock; put in on your desk so that you can easily see it.

DO fill in the relevant sections on the front of your exam script, including your centre number and candidate number in the boxes provided for them.

DO read your exam paper. Make sure that you read the instructions - underline important points.

DO read the exam paper twice over. Ten minutes now can save errors later on.

DO underline important words, in the questions.

DO work out how much time you have for each question.

DO decide which question you can do best and do it first - this helps to boost your confidence.

DO make sure that you have at least five minutes at the end of the exam to go over what you have done.

DON'T panic if your mind appears to go blank. Once you start answering questions your memory will start to work again - look at key words in the question, this will help.

DON'T forget to include all your workings - you could get plenty of marks for them.

DON'T waste time thinking and worrying about losing an odd mark in part of a question you don't know the answer to. Leave it. Come back to it later, if you have time.

DON'T let your handwriting let you down - if they can't read it, examiners can't give you marks.



GET ALL THE MARKS YOU DESERVE

Essay questions

Planning is vital, of course. Before you start writing an essay spend a few minutes planning what you are going to say. Write down brief notes on the:

introduction - this tells the examiner what the essay is about. This can be very useful if you do not finish since it may give the examiner some information for which marks can be awarded.

headings - these are your main points. You will need around five, and should plan to write a paragraph on each.

key words - these are the notes you will use when you write the essay proper. Key words will help jog your memory.

evidence - each new idea should be in a new paragraph, and you need to provide some evidence for each point you made. Use quotation marks 'quote' when quoting speech etc and be precise.

conclusion - this is a short section used to sum up your ideas at the end.

TOP TIP

It's a good idea to put a pencil cross through your rough plan when you've finished the essay. This way, the examiner can see that you have planned carefully. If you happen to run out of time when writing that essay, you may well be awarded marks just for the plan.



WORDS USED BY EXAMINERS

Check out these words - they're all used by examiners. How sure are you of their meanings?

calculate - this means that a numerical answer is needed - remember, show your working

complete - you must complete a sentence, drawing, table, graph, etc.

define - describe precisely

describe - a series of important points which must be written down in a few sentences.

discuss - you must indicate points in favour of an argument and points against - then sum up in a conclusion at the end

explain - write down what you understand - sometimes particularly in Science, a diagram helps

find - this term is often used in maths and may mean that you have to do a calculation, or make a reading from a graph, or take a measurement.

outline - brief notes are needed, about only the most important points

predict - use some given information or information which you have found to say what is likely to happen as a result

state - a brief answer giving basic facts is needed

suggest - this often refers to information or a situation which is not on the syllabus but you will have been given information in the question which you can use



Remember that the examiner is on your side - he or she wants to give you the marks if at all possible - but you have to earn them.

What to do between exams

Only revise points which are particularly important or you are not absolutely sure about for the following day's examination. Remember to take the night off for relaxation and rest before an exam the next day! Although it is tempting, try not to discuss the last exam with friends and certainly don't do a 'post mortem' on it. Everybody thinks that they can't have done as well as they really have, so talking about it will only make you depressed and cause stress which will make you less confident for the next examination.

Advice straight from the examiner:

"Students tend to make the same mistakes year after year. They run out of time on the last essay question because they've spent too long on the first answers. Watch your timing carefully".

Bob - GCSE Examiner

"I actually took a Maths exam when I was a girl in which I got the answer wrong in every single question - but I still passed because I got all the working right!" Ann - GCSE Examiner

'Don't start answering a question before you've read it! The question itself contains information which is there to help you - and it's obvious which candidates have ignored it".

Bob - GCSE Examiner



Guide for parents

Getting organised

You can't do the revision, but there is plenty you can do to help your child to get organised, stay motivated and keep calm.

Help your child to draw up a revision timetable. This should list dates, details of the subject and topics to revise and what he'd like to finish by when. The timeline can have a checklist, so tasks can be ticked off as your child goes along.

Work with your child. Set goals you both think are realistic in a particular time. Ticks on the timetable will show success. Do try to keep up to date with how they're getting on.

If certain goals are not met, don't be negative with your child - try to figure out together what went wrong and help him to get back on track.

You can adapt the revision planner to suit the needs of your child.

Getting motivated

Getting started on a big job like revision is tough for many people, but you can help your child get motivated. Praise and rewards work well.

Use the revision timetable to plan out small rewards when a certain number of targets have been met. These might include watching a favourite TV programme, calling a friend or having an afternoon off.

Help your child to see beyond the revision, too. Remind him how rewarding it will be to know he did his best. A bigger final reward, such as a pair of trainers, a holiday or a local visit somewhere exciting will give your child something to look forward to when it's all over.

If your child is completely stuck on a topic, remember you can always contact the school. It may be possible for your child to arrange a short meeting with his teacher, who can offer a little extra help and advice. If a whole subject is causing problems, it might be appropriate to organise some extra tuition.



Staying calm

As far as possible, try to make sure that revision time is quiet time in the house. A healthy diet and regular exercise are also especially important when your child is under pressure.

If your child is highly motivated, it's important to make sure that he doesn't overwork. Breaks are essential. Remind your child that even a short 15-20 minute break every 90 minutes will refresh his mind. Making a drink, playing some sport, listening to some music or watching a TV programme are all good ways to help relax before the next revision session.

Studying in a group can be helpful, too, although sometimes more chatting gets done than work! Children can pick up new ideas, talk about exam stress and help each other with areas they're finding difficult.

KEEP IN TOUCH ... BUT KEEP YOUR DISTANCE

If your son/daughter is worried about a subject, suggest they see their tutor or the subject teacher. If the problem continues ask the school for extra help; a couple of sessions is often enough to boost flagging confidence.

Make sure the school knows about any problem your son/daughter is being affected by, especially in cases of illness. In extreme cases, like bereavement or serious illness, alternative arrangements can be made to sit exam papers. A medical certificate is essential in the case of illness.

Teachers often provide revision notes, and all departments provide revision details. There are also special after-school revision sessions for specific subjects. Please encourage your son/daughter to attend.

Give them space to control their own work. Let them find their own solutions as much as possible.

Trust them. Don't find excuses to knock on the door to see if they're really revising or just talking on the 'phone (unless you can hear them)! If you are worried, check their progress with the school.

