

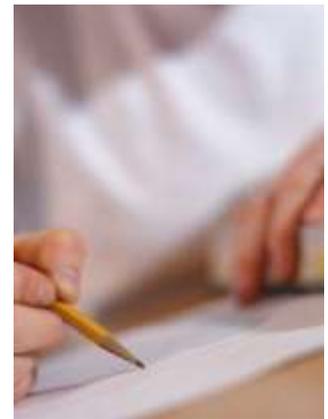
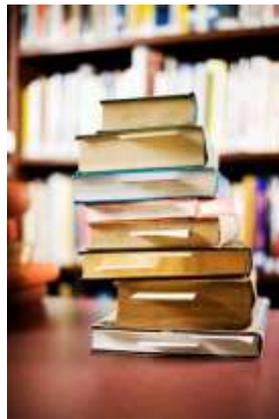
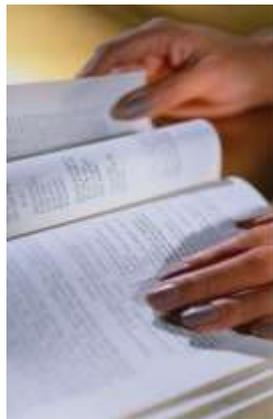


BRAKENHALE SCHOOL



Year 10
Examination
Revision Booklet

June 2017



High Expectations and Challenge for All



The Brakenhale School is part of the Greenshaw Learning Trust, which is a charitable company limited by guarantee registered in England & Wales, company number 7633694, registered office Greenshaw Learning Trust, Grennell Road, Sutton, Surrey, SM1 3DY

Introduction

This booklet is designed to help support you and your parents in making the most of what has been learnt so far and explain how to be successful in your summer exams.

Year after year, students do not do as well as they could in their exams because they **do not revise well** and they **make common mistakes in exams**.

Here is advice on how to prepare for the exams, both mentally and physically, and tips on how best to revise.

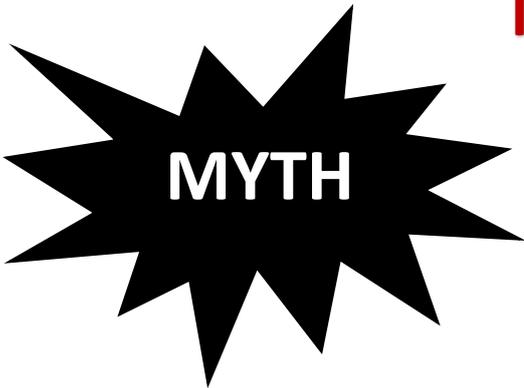
Over the next few weeks you will have to shelve short-term fun in the interest of the long-term benefits of working hard on revising and preparing for exams.

We hope you find the information useful in helping you to achieve the best results in your Year 10 exams.

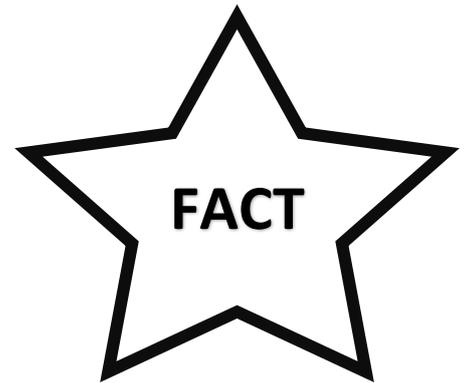
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THE BRAKENHALE MYTHBUSTERS



VS



It's too early to start revising.

It is never too early to start revising, the most effective revision starts early and continues with a little and often.

It's too late to start revising now.

It is never too late to start revising, best to start early but late revision is better than no revision.

No-one else has started revising yet.

Yes, they have. Students tend not to talk about it because it is not cool to do so.

You can't revise for....

You can revise for all subjects, remember you can read the book for English, do practise questions, create revision cards, draw mind maps.

I can revise and watch T.V. at the same time.

Not if you are going to concentrate on it properly. However, research has shown that listening to classical music can improve concentration.

You don't need to do well in...

Yes, you do. Employers and Universities like to see consistent results, they will start to ask questions if they see D and E grades next to As and Bs.

Revision is boring because it is just sitting there looking at books.

The best revision should be active and varied, this could include: Questions and answers, revision cards, recording MP3 files, answers questions, matching games, websites.....

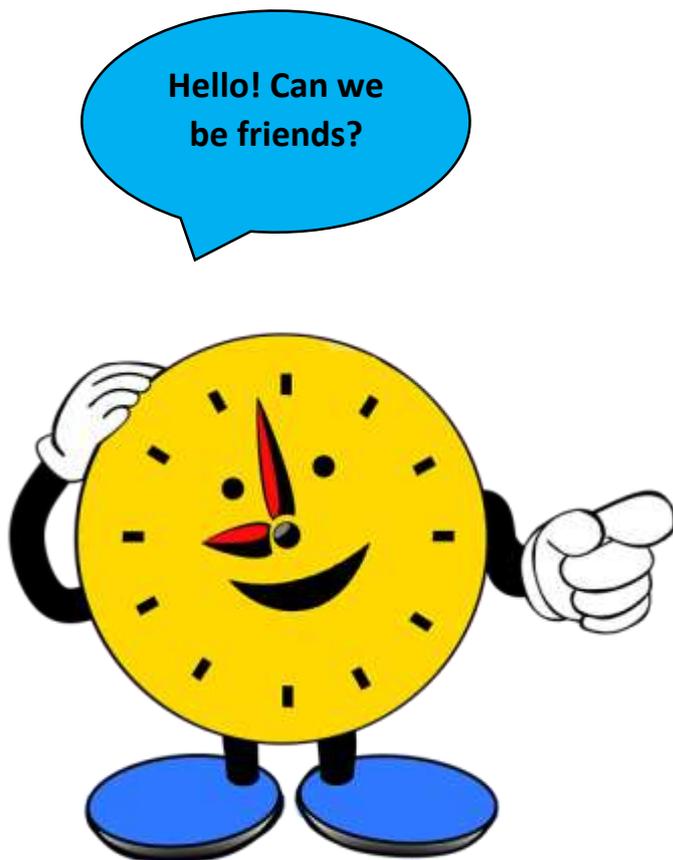
Time Management

Kids meet Mr Time Management. If you let him into your lives he will be a really good friend.

Managing Time

Some time is better than none, a lot is better than too much. It is unwise to do too much on one day and nothing at all on another.

30 minutes is an average. But sometimes it could be as short as 10 minutes and other times it could be 3 hours.



Breaks are essential when revising to keep the mind fresh. Going outside for some fresh air is a good idea during these breaks. 20 minutes on - 5 minutes off, works very well.

You will also work better at different times of the day, it is worth working out which time of the day is best for you. After 10 pm is never a good idea - your brain will be less effective and will require rest to perform the next day.

Planning your time and then managing it is the key message. This can be done through a revision timetable.

The Revision Timetable

You need to have a structured timetable for revision, this should include the times you are going to revise, the subjects you are going to revise and exactly what you are going to do. Remember revision is best done in short sharp bursts with a break in between.

Revision TT - JUNE						
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 1	Sunday 2
EXAMs STARTS						

Start with a blank calendar.

Add the details of your revision.

Monday 12	Tuesday 13
Maths 3:00 – 3:30 Practise use of algebra Science 3:45 – 4:15 Revise how to balance equations French 7:00 – 7:30 Record MP3 of vocab	English 7:45 – 8:15 Read Chapter 4 & 5 of Lord of the Flies Business 3:00 – 4:30 Make revision cards on profit and loss History 7:45 – 8:15 Write an essay plan for the causes of the 2nd World War

Alternatively, you could use the website

www.GetRevising.co.uk

that does it all for you!

HOW TO REVISE

#TOP TIPS

Make mind maps/flow diagrams and put them on your wall

Make up songs or mnemonics

Keep a learning log of what you have learnt each day

CREATE REVISION CARDS

HA! HA! HA!
Nobody will ever know my secrets for success.

Use internet revision sites or revision guides (e.g. Tassomai)

Watch BBC Bitesize



Bill Gates

DO EXAM QUESTIONS

Make recordings of the information and listen to it each day.

Summarise your knowledge on a topic in 500 words, then 200 words, then 50 until you get the information down to 10 key words.

Read sections of books that summarise the information



Exams will be stressful. Sources of stress include: fear of failure, not being able to answer the questions, disappointing your family or friends. To help you reduce stress you should try the following:



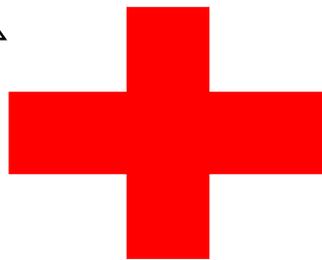
Stay calm: Take deep breaths!

Be positive: Keep your thoughts positive and believe in yourself.

Talk: Share your thoughts and concerns with someone you trust.

Be healthy: Eat healthy foods and drink plenty of water.

Learn to relax: Plan to have 'down' time. Do something you enjoy.



Time: Pace not race!

Exercise: 30 minutes a day will relieve stress and keep you healthy.

Sleep: Aim to get 8 hours sleep.

Make a list: When you are overwhelmed make a list to clear your head.

Get organised: Follow your revision plan.

OTHER USEFUL TIPS

Rest

So that the body and brain are ready for the stresses and strains of revision and exams try to ensure that you have regular sleep patterns, making sure that you get enough sleep and that you are not tired.

Study space

Ensure you have a suitable study space. This should include: A proper place to work - a desk or table. Quiet, no distractions - No TV or younger siblings to disturb you.



Diet

It is important that you have a good diet when revising and also doing exams so that your bodies and brains are ready. Try to ensure that you have fresh fruit and vegetables, try to reduce sugar and fat and ensure that you drink plenty of water. On the day of an exam ensure that you have had breakfast / lunch before your exam. You need fuel to ensure your bodies are ready to work.

TACKLING THE EXAM AND AVOIDING COMMON EXAM MISTAKES



- Listen to the invigilator/examiner carefully.
- Read the instructions carefully. Marks are often thrown away because students don't do what they are asked to. Ensure you understand what is required of you – you should know what to expect from previous exams, but you must make sure things haven't changed.
- If you have a choice of questions - choose sensibly. Scan all the questions before you settle on the ones you will answer.
- Make sure you **answer the question**; don't simply repeat it or make up a question of your own.
- Underline the key words in a question to help keep you focussed.
- Write your answer if you feel confident. If not, go on to the next question. Don't spend time on questions you are unsure of until you have been through the whole paper once.
- If you have to draw diagrams, charts or graphs, use a sharp pencil and draw accurately using a ruler where necessary.
- For longer answers – ensure you plan your answer and refer back to your plan at every stage, check your answer against your plan at the end.
- Try to use the correct subject specific key words and check your spellings, but if you are not sure of the spelling, write your answer anyway. You will often get the mark.
- Once you have answered all the more straightforward questions go through the paper again, tackling those questions which are more difficult. If on the second reading a question is still very difficult, move on to the next question. But always remember that you will definitely get NO marks if you don't write anything!
- Check all calculations. Does the answer make sense and have you included the units?
- Check information in graphs, tables and pictures. Did you read them correctly? Make sure you haven't missed anything important.
- Keep an eye on the time. Make sure you don't spend too long on one question; you need to allocate your time equally. Look at which questions are worth the most marks and spend more time on these. Write enough, but not too much.
- **If you finish early you will not be allowed to leave the room until the exam is finished. Use this time to proof read your work - this could make the difference between a D and a C. Re-read the questions and your answers and make any necessary corrections.**

MESSAGE FOR PARENTS/CARERS

DO

- Discuss with your child what will be involved in the revision period and what your role could be.
- Provide the environment necessary for success. Students need a place to revise which is quiet, calm and comfortable.
- Encourage the rest of the family not to disturb them.
- Respond positively when they ask for help. Ask exactly how you can help and if you can't help immediately, say when it's convenient.
- Give plenty of praise and encouragement. Tell them daily what they do well.
- Check how they are doing by letting them explain something they have just learnt.
- Emphasise the need for sleep and encourage them to eat well and drink plenty of water.
- Keep a low profile.
- Be prepared to listen when they want to talk about problems as everything becomes more emotional and heightened during the exam period.
- Encourage them to take regular breaks during long periods of revision.
- Encourage morning revision when the brain is more receptive and discourage studying right up to bedtime.

DON'T

- Make comparisons with brothers, sisters, friends etc.
- Unintentionally add to their worries by constantly mentioning the exams.
- Worry if their revision techniques seem strange or unusual; however, just reading is never enough!
- Make a battle out of whether or not they listen to music when doing their revision.
- Distract them unnecessarily.
- Expect them to study all the time as taking some time out to relax will have a positive effect on their work.
- Join in the general anxiety; be a picture of serene confidence.

In Summary

There is a great deal you can do as a parent. You can't revise for them and, however much you'd like to, you can't take the exams for them, but you can be invaluable in making the exam process smooth, calm and successful. Contact us if you have any concerns at all!