

REVISION BOOKLET



PLANNING YOUR REVISION

Imagine revision like preparing for a marathon. You wouldn't run 26 miles the day before, you'd train consistently, little by little.

A well organised timetable helps cover all subjects without taking on too much.

Keep it realistic, and don't forget to build in rewards, like time to watch your favourite show!

What to do

- Grab a weekly planner or use an online tool like Google Calendar.
- Write in your school hours, commitments (e.g., sports, family time), and break times.
- Allocate time for short bursts of revision (30-40 minutes) followed by 10-minute breaks.
- Prioritise subjects you find most difficult or have exams sooner. Use colour coding for each subject.

Top Tip

Avoid cramming! Spread out revision into smaller, manageable chunks.

RAG Rating

RAG stands for Red, Amber and Green.

What to Do:

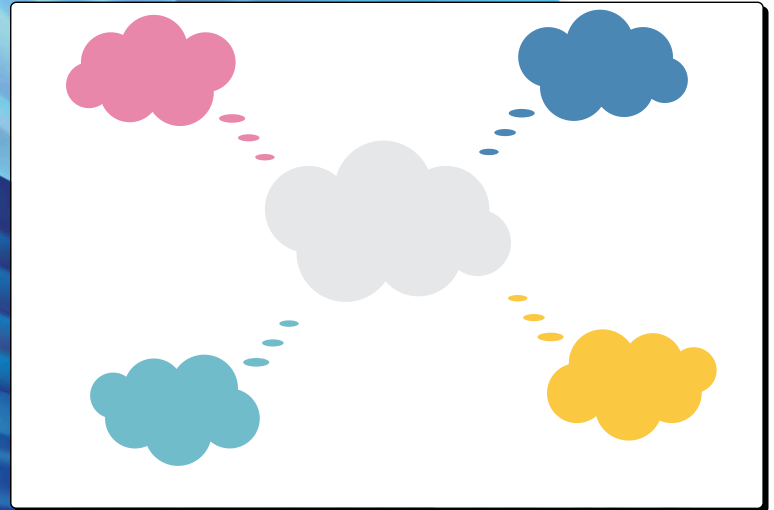
- Take a list of your GCSE topics for each subject (you can find these in your textbooks or ask your teacher).
- Use the RAG method to mark your confidence in each topic:
 - Red: I don't understand this at all.
 - Amber: I kind of get it but need more practice.
 - Green: I'm confident and can explain this to someone else.
- Prioritise revising "Red" topics first, then "Amber." Review "Green" topics later for consolidation.

DIFFERENT WAYS TO REVISE

Do you have a preference for revision techniques?

Mind Mapping

Pick a topic, write it in the middle of a large page, and draw branches for key themes, facts, or ideas. Use colours, images, or diagrams to make it memorable.



The 'Teach Someone' Method

Explain a topic to a family member, friend, or even to yourself out loud! Teaching is one of the best ways to check if you understand something.

Dual coding



Dual coding combines words and visuals to help your brain understand and remember information. Combining pictures and words helps you see how ideas connect and makes information stick.

- Turn notes into mind maps, timelines, diagrams, or flow charts.
- Label diagrams with key information.
- Use colours, icons, or symbols to make ideas stand out.

Retrieval practice

Retrieval practice means remembering information without looking at notes. Testing yourself is one of the best ways to strengthen your memory.



DIFFERENT WAYS TO REVISE

Choose a revision technique that suits you best



Flashcards

Write a question or keyword on one side of the card and the answer or definition on the other. Use these to test yourself or ask a friend to quiz you.

Examiner notes

Look at past papers from your subject area and read the examiner notes. What do the examiners say are the most common mistakes. Reading this will make sure you don't repeat those errors.

Little and often

Spaced practice means revising small amounts over time instead of cramming everything in one go. Your brain remembers better when you space out your learning. Think of it like watering a plant—it grows best with regular care, not all at once.



Interleaving

Interleaving means switching between topics or subjects during a revision session instead of focusing on just one. Switching between topics stops you from getting bored and helps you remember information better.

- Spend 30 minutes on one topic (e.g., Maths: Algebra), then switch to a different topic (e.g., Science: Energy).
- Mix up subjects to keep yourself active and alert.

TIME MANAGEMENT

The Pomodoro Technique

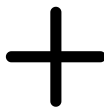
25 minutes of focused work → 5-minute break → Repeat. After 4 sessions, take a longer 20-minute break.

Use a Timer

Set a timer to focus fully for a set time. No distractions (put phones on airplane mode)



Revise



Rest



Rest

The Eisenhower Matrix

The Eisenhower Matrix helps you prioritise tasks based on urgency and importance.

How to Use It:

Draw a grid with four quadrants:

1. Urgent & Important: Do these tasks first (e.g., revise difficult topics).
2. Not Urgent but Important: Schedule these tasks (e.g., creating revision notes).
3. Urgent but Not Important: Delegate or reduce time spent (e.g., quick tasks like organising files).
4. Not Urgent & Not Important: Avoid or limit these (e.g., social media scrolling).



STAYING MOTIVATED

What to Do

- Set daily revision goals (e.g., “I’ll revise two science topics and write flashcards for history”).
- After completing your goals, reward yourself with something small—like 20 minutes of gaming, a snack, or a chat with friends.

Reward yourself with small wins

- Write small rewards on slips of paper (e.g., “20 minutes of gaming,” “watch an episode of my favourite show,” “a treat from the kitchen,” “time to hang out with friends”).
- Each time you complete a task, pick a reward from the jar.

Use a Visual Progress Tracker

Activity: Colour Your Way to Success

- Draw a “revision progress wall” (like a grid or revision ladder) with boxes for every subject or topic. Each time you revise a topic, colour in a box or tick it off.
- Alternatively, create a revision thermometer or “goal tree” where you colour in sections as you complete more work.

Setting SMART goals

Break each subject or topic into smaller chunks that feel manageable. Use the SMART goal method:

- **Specific:** “I will revise the causes of World War I.”
- **Measurable:** “I will create 5 flashcards on this topic.”
- **Achievable:** “I will spend 30 minutes on this.”
- **Relevant:** “This is part of my history exam preparation.”
- **Time-Bound:** “I will finish this by 4:00 PM.”

Build in Variety

- Combine different revision techniques to stop things from getting boring. For example:
- 30 minutes of flashcards
- 20 minutes of past paper questions
- 15 minutes of watching a video or listening to a podcast about the topic
- At the end of the day, review what you’ve learned.

MANAGING EXAM STRESS

Ask for help

You don't have to do everything on your own. If you're feeling stuck, stressed, or unsure, it's okay to reach out for help.

- Talk to someone you trust: A teacher, parent, or friend might have advice or just be there to listen.
- Ask questions: If you don't understand something in your revision, don't be afraid to ask your teacher. They want to help you succeed.
- Work with others: Studying with a friend or in a group can make things feel less overwhelming. You can share ideas and support each other.
- Remember, asking for help is a strength: It shows you're taking charge of your learning and well-being.

Find your balance

Revision is important, but so is recharging. Make time for things you enjoy, it might be listening to music, watching a film, drawing, or going for a walk.

Short breaks while revising, every 30-45 minutes, give your brain a chance to rest. Use your break to stretch, move around, or have a snack.



MANAGING EXAM STRESS

Take it one step at a time

It's easy to feel overwhelmed when you look at everything you need to revise. Break it into small chunks and plan your revision schedule.

You may doubt yourself during exams, but remember that your best is good enough.

- Take one thing at a time. You don't need to solve everything all at once.
- Remind yourself: "I've done hard things before, and I can do this, too."

Find your balance

Revision is important, but so is recharging. I make time for things I enjoy—listening to music, drawing, or even just going for a walk.

Short breaks while revising, every 30-45 minutes, give your brain a chance to rest. Use your break to stretch, move around, or have a snack.

Sleep is important

Sleep is just as important as revision. Getting 8-10 hours of sleep every night helps the brain process what you've learned and keeps you feeling calm and clear-headed. Try to stick to a bedtime routine so it's easier to fall asleep.

Breathe Through It

If you're feeling nervous or overwhelmed, stop and take three deep breaths. Breathe in through your nose, hold it for a moment, and breathe out through your mouth. This can help you feel calm and ready to keep going.



FEELING WORRIED

Is it normal to feel worried?

It's completely normal to feel worried or nervous about exams, most people do! A little bit of stress can even help you stay focused, but when it feels overwhelming, there are ways to calm your mind and take control. This page will give you tips and tools to manage exam anxiety.

Take a 5-Minute Brain Break

Try this simple breathing exercise

1. Sit comfortably and close your eyes if you feel comfortable.
2. Breathe in slowly for a count of 4.
3. Hold your breath for a count of 4.
4. Breathe out slowly for a count of 4.
5. Repeat for 2-3 minutes.

Recognise your feelings

Write down what's worrying you about exams—no matter how big or small it feels. For example:

- "I'm scared I'll forget everything."
- "I don't know how to start revising."
- "What if I fail?"
- Next to each worry, write a simple action you can take:
- Worry: "I'm scared I'll forget everything."
- Action: "I'll test myself on one topic today and use flashcards to check what I know."

Flip your thinking

Identify negative thoughts like:

- "I can't do this."
- "I'm going to fail."
- Flip them into more helpful, realistic statements:
- "I've revised this topic, and I know more than I did yesterday."
- "If I stay calm, I'll remember what I've learned."

Get moving to boost your mood

Stress can build up in your body, so take a quick movement break:

- Go for a walk.
- Dance to your favourite song.
- Stretch or do a few simple exercises (like star jumps or squats).



FEELING WORRIED

Create a worry plan

Giving yourself a set time to focus on worries stops them from interrupting your revision. Most of the time, you'll realise those worries feel smaller later on.

Set aside 10 minutes a day (e.g., 6 PM) as "worry time." During this time, write down any worries that come to mind.

If worries pop up outside this time, remind yourself: "I'll think about this during my worry time."

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Look After Yourself

Tick off the basics each day to keep your energy and focus strong:

- I've had at least 3 balanced meals today.
- I've drunk enough water.
- I've had 8 hours of sleep.
- I've taken at least one break to rest
- I've spent a little time doing something I enjoy.

Talk to Someone

If exam worries feel too much, talk to:

- A teacher
- A parent or family member
- A friend
- A school counsellor



PROCRASTINATION

We all put things off sometimes, especially when tasks feel overwhelming. But procrastination steals valuable time—time you could use to prepare, practice, and feel confident for your exams!

Why Do We Procrastinate?

- **Tasks Feel Overwhelming** – You don't know where to start.
- **Fear of Failure** – Worrying you won't get it right.
- **Distractions** – Phones, gaming, TV... they're calling your name!
- **Lack of Motivation** – You'd rather do anything else.

Practical tips to avoid procrastination

The 5-Minute Rule: Tell yourself you'll start revising for just 5 minutes. Often, getting started is the hardest part—once you're in the zone, you'll likely keep going!

Break Tasks into Small Steps Instead of 'Revise Science,' write smaller steps: 'Review Biology Unit 1,' 'Quiz Myself on Photosynthesis,' etc. Small steps feel more manageable.

Use a Timer (Pomodoro Technique)

- Work for 25 minutes.
- Take a 5-minute break.
- Repeat 4 times, then take a longer 15-30 minute break.

Limit Distractions: Turn off your phone or use apps like Forest to focus.

Visualise Success: Picture how great you'll feel walking into the exam knowing you're prepared!



WEEKLY REVISION PLANNER

	SUN	MON	TUE	WED	THR	FRI	SAT

EISENHOWER MATRIX

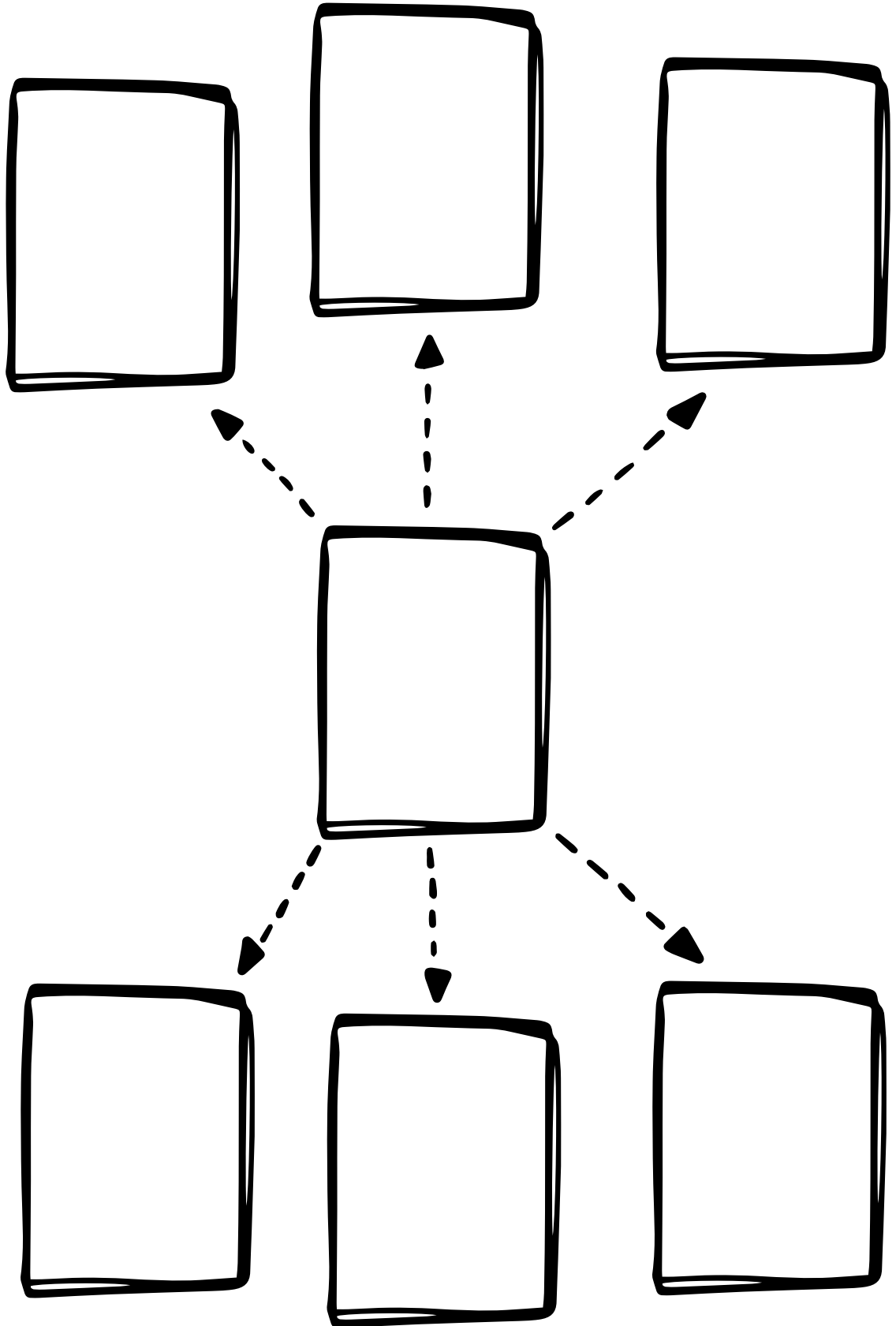
Urgent and important
(Do first)

Not urgent and important
(Schedule it)

Urgent & not important
(Delegate)

Not urgent & not important
(Avoid it)

MIND MAP



REVISION PROGRESS TRACKER

Subject	Topic	Completed	Confidence
Science	Cell structure	03.04.2024	2/5

MY REVISION PLAN

