



ST BENET BISCOP  
CATHOLIC ACADEMY

# Year 12 Revision Support

This guide covers some important information:

- Ways to revise
- Planning your revision
- How long should you revise for each day?
- Managing exam stress?

## Ways to Revise

### **Avoid passive revision: embrace active revision techniques**

One of the most common, but also one of the most ineffective revision techniques is reading notes. You need to engage your brain so you can maximise how much information you retain.

#### **12 active revision techniques:**

- 1. Make effective notes** by extracting key points to help you remember. Summarise information with bullet points.
- 2. Write down a summary of a topic** before you move on to the next one. If you can sum up all of the key points from memory, you can confidently say that you know it.
- 3. Flashcards** are great to reduce information into a small, easy to review format. Use them to test yourself. Examples are: quotes from a play or formulas for physics.
- 4. Draw mind maps** to organise information. Especially if you're a visual learner. Mind maps can help you 'see' the information and the connections between key points.
- 5. Practicing along with educational videos** can be more engaging than just reading. If you like to learn by watching demos/listening and watching a tutorial, take notes and practice while the video is playing.
- 6. Discuss your ideas** with your classmates and friends. Hearing other people's ideas helps you form your own. Debate ideas to help you to express your opinions in the exam.
- 7. Teach the topic to someone.** If you can teach it then you can be confident you've got it. But remember, any gaps will stand out, so make a note of them and you'll know what to go back to.
- 8. Diagrams and tables** of information might be a good way to break information down and organise it clearly and neatly. If you're more creative then sketch out key ideas.
- 9. Create a presentation** to review a topic. Working on a presentation lets you organise ideas within a topic and it's good to plan the order of things.
- 10. Test, test, test** - test friends and get them to test you. A 10 question quiz is a quick way to check what you know and what you don't.
- 11. Practice questions** are vital. Get them online, in revision guides or ask for them from teachers.
- 12. Doing past papers in timed conditions** is brilliant for getting used to timing. It's the best way to test yourself on the full extent of knowledge needed for each subject.

### **Repeat, repeat, repeat**

Whatever techniques you use, repetition is how you create long term memories so repeat, repeat, repeat.

### **Revise multiple subjects across the day**

The longer you spend on one subject, the more likely it is that you'll get bored and stop learning. Instead, study multiple subjects each day or break a subject down into chunks/topics that can be revised at different times.

## **Planning your revision**

### **Get organised**

As soon as you know your assessment dates, note them down in a calendar. What subjects have you got first? How many days have you got until your first exam?

Plan to start sooner rather than later. The longer you give yourself to revise, the easier you're making it for yourself.

### **Create your revision timetable**

A revision timetable is the best way to plan your revision and stick to it. Here's a template to help you:

### My Revision Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>8.30am-10.30am</b>  First subject and topic							
<b>Morning activity</b> (e.g. run, one tv episode, snack)							
<b>11am – 1pm</b>  Second subject and topic							
<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>2pm-4pm</b>  Third subject and topic							

<b>Reward and free time!</b>							
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### Plan one week at a time

A revision timetable doesn't work if you plan too far ahead. Revision is fluid. The more revision you do, the areas you need to focus on more change. Plan one week at a time to reflect these changes. If your plan needs to change - change it.

### How many hours per day?

The amount of revision we'd advise is at least **2-3 hours per day**.  
In the holidays, or at weekends, you should aim for **6 hours per day**.

### Where to revise?

The best study zones:

- **Quiet**, so you can stay on task and avoid distraction.
- **Well-lit**, so you get plenty of daylight and stay alert.
- **Spacious**, so you've got plenty of room to organise your books and notes.

### Avoid distractions

When you're revising, turn your phone on silent and turn it over so you can't see the screen. Better still, put it on the other side of the room so it's out of reach. Every time you get distracted, you lose your flow.

### Take breaks

Short breaks improve your level of focus. When we change tasks, we re-engage our brain.

### The study/break technique

25 minute work sessions, followed by 5 minute breaks. After four of these cycles, take a longer break of up to half an hour. Plan out your day into timed study sessions and breaks.

### Managing exam stress

Some stress is good, it's pressure that you need to motivate you but you need to manage it.

### Recognise stress symptoms

The symptoms to look out for range from loss of appetite, not sleeping well, forgetfulness, increased stomach pains and headaches. If you find yourself getting overwhelmed, follow these simple steps:

**Watch what you eat**

Your diet is important in stress management. Eating a balanced diet gets you in a good mood for studying and helps recover the energy lost during the period. Avoid lots of sugar; it can make your mood go up and down. The brain loves good fat! Eat lots of omega-3 rich fish such as salmon and mackerel and dark leafy greens and avocados.

**Stay active**

Exercise helps clear the mind and boosts energy levels.

**Get enough sleep**

Get enough sleep to rest your brain and wake up ready to learn. Make an effort to finish studying early enough so you can get at least 8 hours of sleep.

**Talk to someone**

Find someone to talk to. Share how you are feeling with parents, form tutor, teachers or friends.

**Organise your study environment**

Look for a place that is free from distractions and choose it as your designated study spot.

**Be your own person**

Don't be tempted to compare yourself with others who may seem to know it all as this may increase your anxiety. You are your only competition, try and improve on your personal results each time.

**Who can help you?**

- Your teachers
- Your classmates, family and friends

These are your exams but it's a team effort. You, your teachers, your friends and family all have a part to play.

**Good luck Year 12!**