

Exam technique revision

4 week session



Getting started organising your time

- Do you plan out your time at the start of the week?
 - Incorporating pre-work, homework and revision?
- If you do, how do you record it?



Just some of the benefits of organising your time...

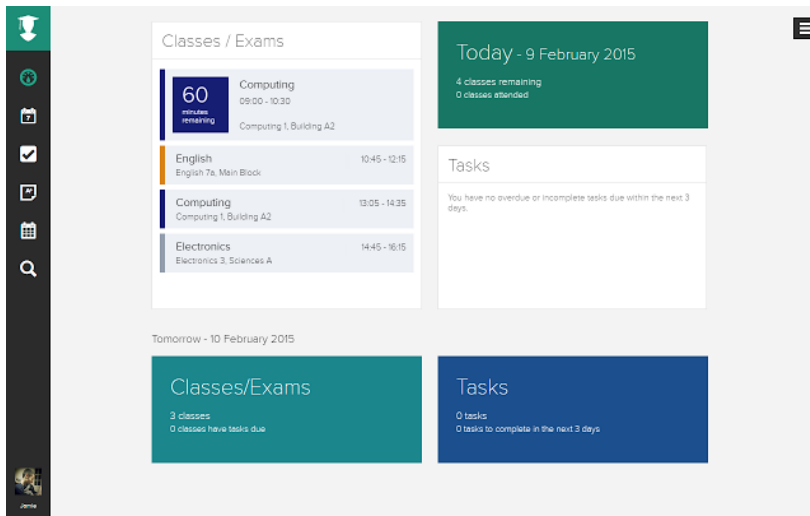
- Increased focus and productivity
- Improved time management
- Reduces stress
- Better work -life balance
- Achievement of goals
- Positive self-image
- Increased flexibility and creativity
- Energy and enthusiasm



MyStudyLife

Click image for link

- Free organisational app
- Schedules for-
 - Revision
 - Assignments
 - Exams
- Set reminders
- Sync across all devices
- Works offline
- Specify how much of a task has been completed
- Ask revision tasks to specific exams
- Twitter tips: @mystudylife



Classes / Exams

60 minutes remaining	Computing 09:00 - 10:30 Computing 1, Building A2
	English English 7a, Main Block 10:45 - 12:15
	Computing Computing 1, Building A2 13:05 - 14:35
	Electronics Electronics 3, Sciences A 14:45 - 16:15

Today - 9 February 2015

4 classes remaining
0 classes attended

Tasks

You have no overdue or incomplete tasks due within the next 3 days.

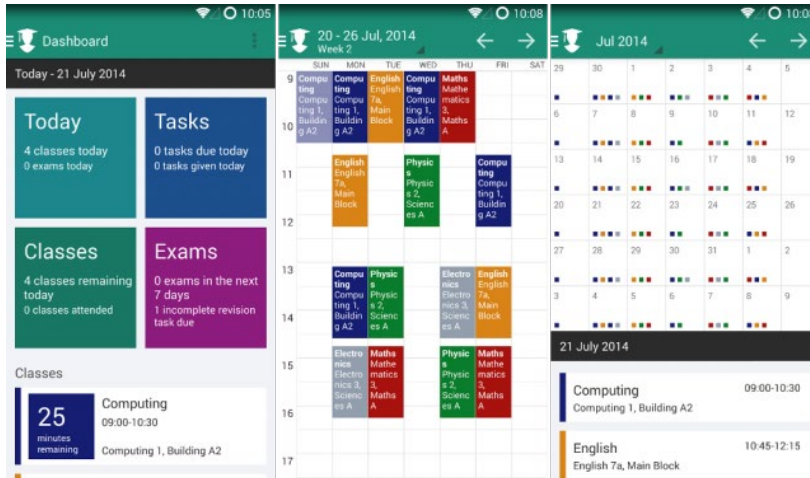
Tomorrow - 10 February 2015

Classes/Exams

3 classes
0 classes have tasks due

Tasks

0 tasks
0 tasks to complete in the next 3 days



Dashboard

Today - 21 July 2014

Today
4 classes today
0 exams today

Tasks
0 tasks due today
0 tasks given today

Classes
4 classes remaining today
0 classes attended

Exams
0 exams in the next 7 days
1 incomplete revision task due

Classes

25 minutes remaining
Computing
09:00-10:30
Computing 1, Building A2

Calendar

20 - 26 Jul, 2014 (Week 2)

SUN	MON	TUE	WED	THU	FRI	SAT
9 Computing 1, Building A2	10 Computing 1, Building A2	11 English 7a, Main Block	12 English 7a, Main Block	13 Maths 3, Maths A	14 Maths 3, Maths A	15 Maths 3, Maths A
16 English 7a, Main Block	17 English 7a, Main Block	18 English 7a, Main Block	19 English 7a, Main Block	20 English 7a, Main Block	21 English 7a, Main Block	22 English 7a, Main Block
23 English 7a, Main Block	24 English 7a, Main Block	25 English 7a, Main Block	26 English 7a, Main Block	27 English 7a, Main Block	28 English 7a, Main Block	29 English 7a, Main Block
30 English 7a, Main Block	31 English 7a, Main Block	1 English 7a, Main Block	2 English 7a, Main Block	3 English 7a, Main Block	4 English 7a, Main Block	5 English 7a, Main Block
6 English 7a, Main Block	7 English 7a, Main Block	8 English 7a, Main Block	9 English 7a, Main Block	10 English 7a, Main Block	11 English 7a, Main Block	12 English 7a, Main Block
13 English 7a, Main Block	14 English 7a, Main Block	15 English 7a, Main Block	16 English 7a, Main Block	17 English 7a, Main Block	18 English 7a, Main Block	19 English 7a, Main Block
20 English 7a, Main Block	21 English 7a, Main Block	22 English 7a, Main Block	23 English 7a, Main Block	24 English 7a, Main Block	25 English 7a, Main Block	26 English 7a, Main Block
27 English 7a, Main Block	28 English 7a, Main Block	29 English 7a, Main Block	30 English 7a, Main Block	31 English 7a, Main Block	1 English 7a, Main Block	2 English 7a, Main Block
3 English 7a, Main Block	4 English 7a, Main Block	5 English 7a, Main Block	6 English 7a, Main Block	7 English 7a, Main Block	8 English 7a, Main Block	9 English 7a, Main Block
10 English 7a, Main Block	11 English 7a, Main Block	12 English 7a, Main Block	13 English 7a, Main Block	14 English 7a, Main Block	15 English 7a, Main Block	16 English 7a, Main Block
17 English 7a, Main Block	18 English 7a, Main Block	19 English 7a, Main Block	20 English 7a, Main Block	21 English 7a, Main Block	22 English 7a, Main Block	23 English 7a, Main Block
24 English 7a, Main Block	25 English 7a, Main Block	26 English 7a, Main Block	27 English 7a, Main Block	28 English 7a, Main Block	29 English 7a, Main Block	30 English 7a, Main Block
31 English 7a, Main Block	1 English 7a, Main Block	2 English 7a, Main Block	3 English 7a, Main Block	4 English 7a, Main Block	5 English 7a, Main Block	6 English 7a, Main Block
7 English 7a, Main Block	8 English 7a, Main Block	9 English 7a, Main Block	10 English 7a, Main Block	11 English 7a, Main Block	12 English 7a, Main Block	13 English 7a, Main Block
14 English 7a, Main Block	15 English 7a, Main Block	16 English 7a, Main Block	17 English 7a, Main Block	18 English 7a, Main Block	19 English 7a, Main Block	20 English 7a, Main Block
21 English 7a, Main Block	22 English 7a, Main Block	23 English 7a, Main Block	24 English 7a, Main Block	25 English 7a, Main Block	26 English 7a, Main Block	27 English 7a, Main Block
28 English 7a, Main Block	29 English 7a, Main Block	30 English 7a, Main Block	31 English 7a, Main Block	1 English 7a, Main Block	2 English 7a, Main Block	3 English 7a, Main Block
4 English 7a, Main Block	5 English 7a, Main Block	6 English 7a, Main Block	7 English 7a, Main Block	8 English 7a, Main Block	9 English 7a, Main Block	10 English 7a, Main Block
11 English 7a, Main Block	12 English 7a, Main Block	13 English 7a, Main Block	14 English 7a, Main Block	15 English 7a, Main Block	16 English 7a, Main Block	17 English 7a, Main Block
18 English 7a, Main Block	19 English 7a, Main Block	20 English 7a, Main Block	21 English 7a, Main Block	22 English 7a, Main Block	23 English 7a, Main Block	24 English 7a, Main Block
25 English 7a, Main Block	26 English 7a, Main Block	27 English 7a, Main Block	28 English 7a, Main Block	29 English 7a, Main Block	30 English 7a, Main Block	31 English 7a, Main Block

21 July 2014

Computing
Computing 1, Building A2
09:00-10:30

English
English 7a, Main Block
10:45-12:15



GetRevising

learn together

Click image for link

- Support with exam preparation
- Create a study plan online
- Find past papers for your subject areas
- Create revision resources
- Part of [The Student Room](#)
- Browse by subject area
- Sign up for free access to materials

This week 20th - 26th April Week Month

See earlier	Mon 20th	Tue 21st	Wed 22nd	Thu 23rd	Fri 24th	Sat 25th	Sun 26th
09:00 - 10:00	GCSE Law	AS Mathematics	AS Psychology	AS Biology	AS Psychology	Lie in	Lie in
10:00 - 11:00	AS Mathematics			add activity	add activity	Badminton	AS Psychology
11:00 - 12:00	AS English Literature (AQA)	Free time	AS Biology	GCSE Law	AS English Literature		add activity
12:00 - 13:00	AS Mathematics (Edexcel)	add activity	add activity	AS English Literature (AQA)	add activity	AS Biology	AS Mathematics (Edexcel)
13:00 - 14:00	Extra Maths revision	AS English Literature	add activity	AS Biology	Lunch with Izzy	AS Biology	add activity
14:00 - 15:00	AS Biology	Free time	GCSE Law	AS Psychology	add activity	AS Psychology	add activity
15:00 - 16:00	Individual help			AS Mathematics	AS Biology	AS Psychology	Sarah's birthday
16:00 - 17:00			AS Psychology	add activity	add activity	AS Mathematics (Edexcel)	
17:00 - 18:00	add activity	add activity	add activity	add activity	add activity	GCSE Law	
	Play rehearsal		GCSE Law	Play rehearsal			
18:00 - 19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

The pomodoro technique



Click on image for Pomodoro timer

Stage 1- List and prioritise the tasks that you need to complete

Stage 2- Set a timer for 20-25 minutes

Stage 3- Work on the task until the timer rings

Stage 4- Take a short 5 minute break

Repeat stages 4 times and then...

Stage 5- Take a 15-30 minute break

Revision techniques

What revision techniques do you use at the moment?

Or what type of revision did you do at GCSE?



Visual



Auditory



Reading &
Writing



Kinesthetic



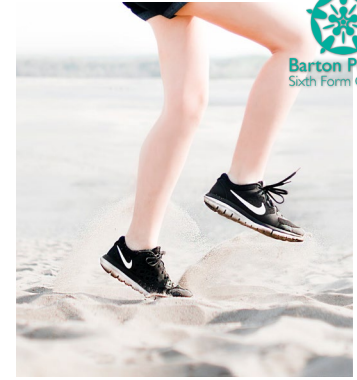
- Flashcards
- Mind maps
- Post-it notes
- Infographics
- Image association
- Mnemonic devices
- Acrostics
- Pictionary



- Work in a pair or study group
- Listening back to notes
- Group quizzes



- Glossary
- Past papers and mark schemes
- Active reading



- Read aloud
- Walk around while revising
- Revise outside
- Use games which involve movement and revision



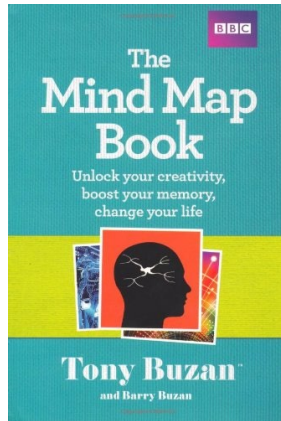
Mind maps

<https://bubbl.us/>

<https://simplemind.eu/>

<http://popplet.com/>

<https://www.mindmup.com/>



Flashcards

- <https://quizlet.com/en-gb>
- Keep it simple- Terms & definitions, short Q&As
- Avoid just rewriting your whole notes onto cards
- Colour coding



Post notes

- Cover up parts of your notes or textbooks and test yourself before uncovering the information
- Use as markers for topics/questions that you need to revisit
- Use for those terms that just won't stick - Put them in places that you visit often



Glossary

- Consider adding in images next to terms in your glossary
- Section or colour code your glossary into different topic areas
- Highlight those terms that you need to revise
- You can add another column into your glossary with the dates when you last revised each term



Active reading

Purely re-reading or re-writing your notes is **NOT** a productive revision method, however active reading can make it so. The following slides will give you tips on how you can make your reading active.



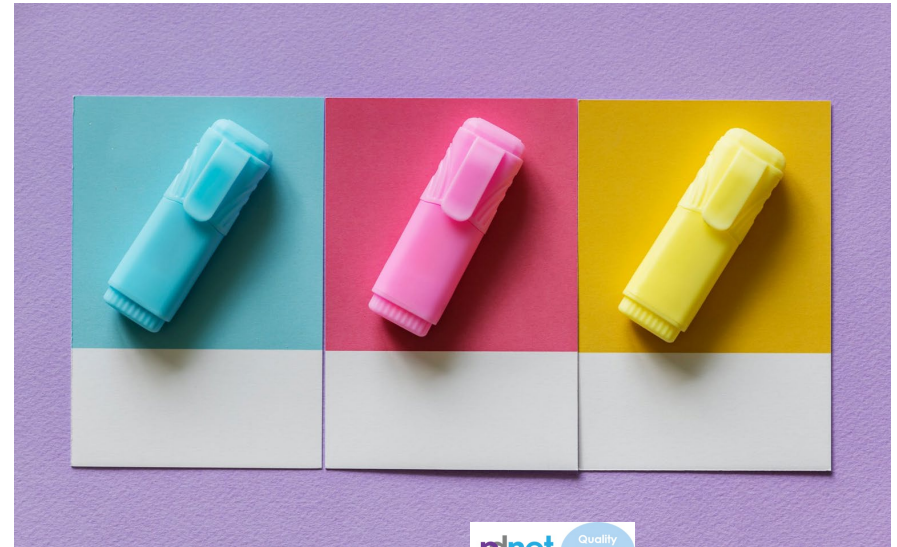
Highlight

- Create a colour key that you can use for each of your subjects
- Use this key all the time, as it will make picking out key information easier
- You could stick labels on each highlighter to represent different categories

Example - History

- Key date
- Location
- People involved
- Quote for exam question

Could you add anymore?



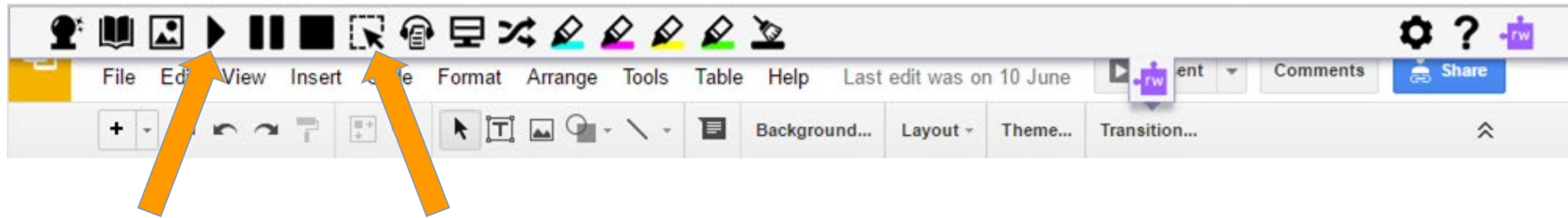
Write in the margins

- Annotate your text with -
 - Comments
 - Questions
 - Examples
- Consider printing the text on A3 paper, so you have more space around your text to annotate
- Your comments should allow you to revisit the text and know what it is about, just by looking at what you have written



Read out loud

- This may not always be possible in lessons, however if you are given something to read then you could ask your teacher to listen to the text through Read & Write on a laptop



- You can also record yourself using Read & Write, as you are more likely to remember information by listening to your own voice!

Explain what you have read

- Teaching someone else is a great tool for revision, as well as understanding what you have just read
- You can do this at home or when studying in revision groups

If you can't explain it simply to someone else, you need to revisit the text

Test yourself

- You can annotate your text with key questions
- Or, create a separate list after reading and test your knowledge
- Ask someone else to create some questions for you - perhaps in your study group - and test you on these



Further methods

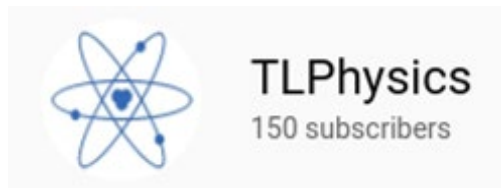
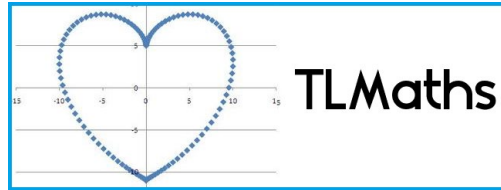
- After reading, create a few flashcards that you can use for revision
- Test your understanding- revisit a text that you have used for active reading in a few weeks do you understand your notes?
- Create a glossary/word bank as you read the text
- Chunk the text into smaller sections- this makes it easier to take in all of the information
- Summarise each page on a post-it note
- Do you find adding images/quick sketches helpful for remembering key information?

Active revision

10 techniques in 30 minutes!

1. True or false (3 mins)	2. 'Snap'- snap two terms, you must define (3 mins)
3. Pictionary - draw an image to explain the term (3 mins)	4. Sequence ideas using flashcards, e.g. by date order (3 mins)
5. Explain to your partner the term on the card (3 mins)	6. Mind map a topic- colours and pictures rather than lots of words (3 mins)
7. Creative task- write a poem or acrostic for the topic (3 mins)	8. 3 questions- What do you want to know? Then ask your partner (3 mins)
9. Create a revision activity for your partner to complete (& they do the same) (3 mins)	10. Complete your partner's revision activity (3 mins)

Revision and technology



Reducing distractions when revising



Cold Turkey



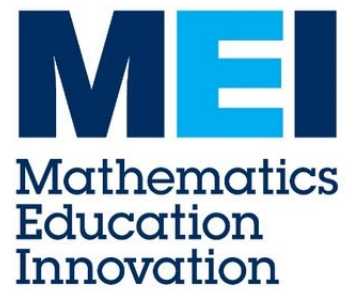
Forest



White noise ambience lite

Do you know where you can find all p schemes and examiners reports?

Do you have a folder
which contains all exam
materials?



“Students who can test themselves or try to retrieve material from their memory are going to learn that material better in the long run”, says Prof Dunlovsky.

Past paper tips

- Create a topic list- Tick off when you have completed a past paper question on that topic and add in the date.
- Don't avoid the topics you find more challenging- You can then seek advice for these sooner rather than later.
- You could record your answers rather than having to write them down every time (<https://speechnotes.co/>)
- Become accustomed with using the mark schemes, or use examiners' reports for further information.
- Due to new specifications, there can be limited resources online. Consider creating your own papers and mark schemes as a revision resource.

Topic record

It is good to keep a record of the topics you have revised.

You could structure it like the example below. The topic list could also be broken down into sub-sections.

Psychology		
Topic list	Date last revised	Confidence level
Social influence	10.01.2019	High
Memory	12.12.2018	High
Attachment	08.10.2018	Medium
Research methods	15.01.2019	Low



Barton Peveril
Sixth Form College

SW

Online resources

A-level English Literature example

* sparknotes

The Student Room

revision world

S-cool
the revision website

Are there any online resources/websites that you use for your subject areas?

Tips for understanding exam questions


Create a glossary	Past papers and mark schemes	Reading aloud
<ul style="list-style-type: none">• One for each of your subjects• Use in lessons to keep track of new terminology• Note down command words (see next slide) and how they are used within the context of your subject	<ul style="list-style-type: none">• The more past papers you complete, the more accustomed you will become to exam terminology• Mark schemes and examiners' reports will tell you specifically how the question should be answered	<ul style="list-style-type: none">• You can either read aloud yourself (hearing your own voice has been shown to improve retention), use the Read & Write read aloud tool or electronic reading pens

Command words

Key term	Definition
Analyse	Break up into parts, investigate
Compare	Similarities and differences - a conclusion should show a preference
Contrast	Show differences
Define	Give a meaning of a word or phrase
Describe	Give a detailed account of
Discuss	Investigate or examine a point of view, for or against
Evaluate	Give your judgement - supported by discussion of evidence
Interpret	Make clear - show meaning of
Explain	Give reason for something
Justify	Give adequate decisions or reasons which support your point
Outline	Give main features or general principles
State	Present in a brief, clear form
Summarise	Give a concise account of the main points



Command words

Question	Command word	Definition	Example answer	Level of understanding
<p><i>Describe</i> how LH is involved in the control of the mammalian oestrous cycle. [2 marks]</p>	<p>Describe</p>	<p>To give an account of.</p>	<ul style="list-style-type: none"> • Stimulates/causes formation of corpus luteum • Stimulates/leads to production/release of oestrogen/progesterone 	

Timings

- Print off a past paper
- Add in the timings alongside each question for how long you should spend completing them
- When you practice, write alongside the original timings, how much time you spent in practice
- Does the paper equate to roughly a mark a minute?
- Do you have extra time? 25% extra time on a 1.5 hour paper = 22.5 minutes- How will you use your extra time effectively?
- Do you need to incorporate planning time?
- Practice past papers under timed conditions for more effective revision



Essay based questions

Start by breaking down your question...

What is the question asking you to do?

- E.g. Investigate, Discuss, Explore
- Check command word definitions

Which topics does the question cover?

- Check your topic record
- Have you revised this topic recently?

What key terminology will you need to use throughout your answer?

- Check glossary for keywords and definitions

Try rewriting the question in your own words

Briefly outline and evaluate normative social influence as an explanation for conformity.

Essay Map tool

readwrite**think**

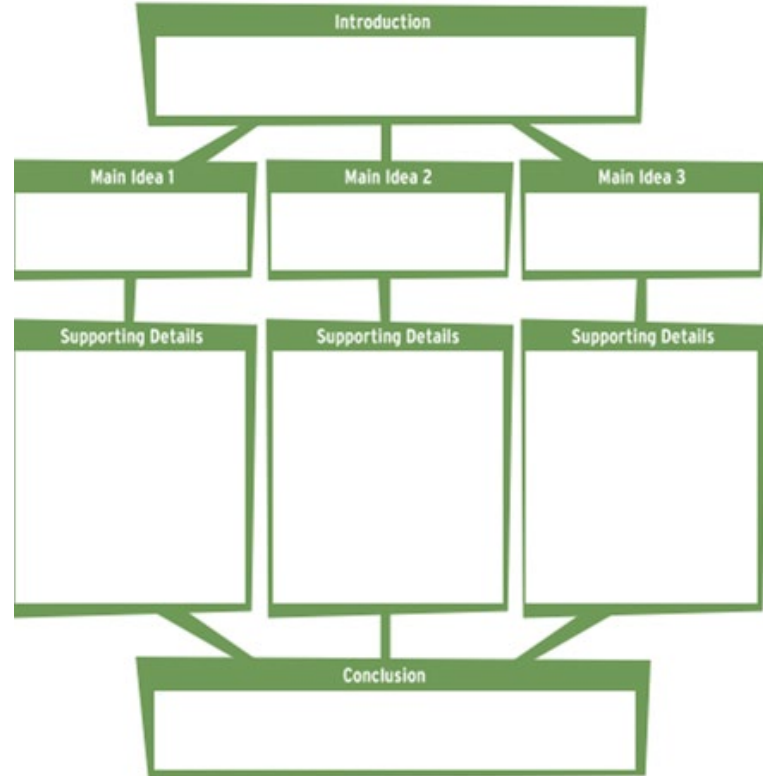


Click on Essay Map image for link

Essay Map

by: _____
 Barton Peveril Sixth Form College

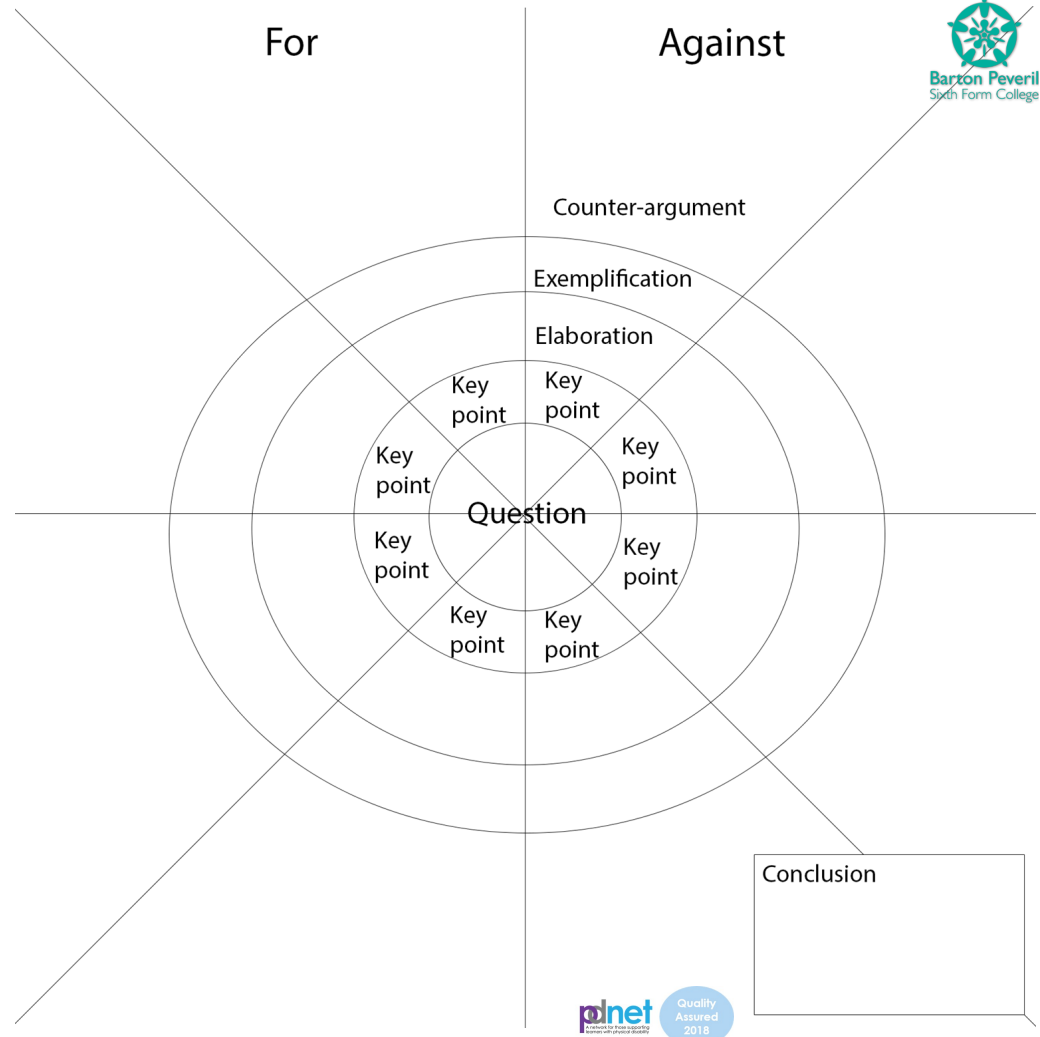
topic: _____



Essay wheel

A-level Sociology example

- You can adapt this to suit your subject
- You can use this as a quick planning tool in exams
- It allows you to get all your thoughts down on paper and then you can begin to structure your argument



Exam stress

- What do you do on the day of an exam that helps you to deal with any stress you may be feeling?



Before exams

Quiet	<ul style="list-style-type: none">• Quiet space• Rooms in Gateway area available• Natural environments
Music	<ul style="list-style-type: none">• Slow, calming music playlist
Avoid cramming information	<ul style="list-style-type: none">• Avoid last-minute cramming of information
A little bit of stress can help	<ul style="list-style-type: none">• The energy that you get with adrenaline can help with performance• This shows you care about achieving
Sleep	<ul style="list-style-type: none">• Get plenty of sleep the night before
Avoid certain food and drinks	<ul style="list-style-type: none">• Avoid stimulant based drinks, e.g. energy drinks/coffee• Eat brain food, e.g. bananas, nuts and drink plenty of water
Slow, deep breaths	<ul style="list-style-type: none">• Inhale for 5, exhale for 5

During exams

Perspective	<ul style="list-style-type: none">● Keep the exam in perspective● You have done all that you can at this stage● Avoid trying to predict the end result
Re-read the question	<ul style="list-style-type: none">● Revisit the initial question● Take a moment to reread it slowly
Helpful phrases	<ul style="list-style-type: none">● 'I can do this, I can remain calm and confident'
Avoid comparison	<ul style="list-style-type: none">● Don't worry about what others are doing● Close your eyes for a few moments if you need to look away from your paper
Visualisation	<ul style="list-style-type: none">● Have an image in mind that makes you feel calm, happy
Seating	<ul style="list-style-type: none">● Be aware of how you are seated
Mindfulness	<ul style="list-style-type: none">● Practice mindfulness exercises to support better concentration

After exams

Treat yourself!

- Could be something you like doing, a nice meal, your favourite drink
- Don't dwell on the last exam- What have you learnt in preparation for your next exam?



On the day

Your calming checklist

- Calming music playlist
- Quiet place to go before the exam starts
- Brain food (and drink!) - Banana, nuts, fruit, water
- Image to visualise during the exam if feeling under pressure
- Helpful phrase - 'I can do this, I can remain calm and confident'
- Inhale for 5, exhale for 5



Other tips

If you are completing longer questions, note down the time on the paper of when you should move on

If you 'hit the wall' during an exam, write down anything you can - mind map ideas, write down key terms, phrases

A little bit of exercise each day can help to stimulate the mind

Consider your study space - Is it a productive space?

Exam practice using new skills developed

Checklist

- Revision timetable
- Pomodoro timer
- Revision resources
- Apps to reduce distractions
- Past exam papers and mark schemes
- Topic record
- Calm card