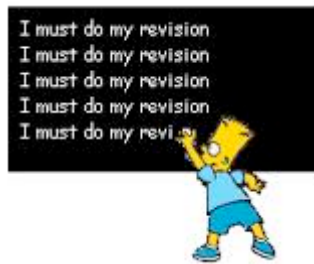


# GCSE Revision Guide



## what's it all for?



Exam results matter.

Your GCSE grades will determine which pathways are open to you after Y11 and which are closed off. So much depends on your GCSE results that it is worth getting some serious revision done now. Don't put yourself in the position when you get your GCSE results in August of regretting not working now!

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# nobody likes revising



Nobody likes revising!

You just have to face it and get on with it.

Good revision = Good GCSEs. In the long run, it is worth the effort. So stop putting it off and get down to it! NOW!

Once you get into it, you will feel a sense of achievement and your confidence about the exams will grow.

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# planning your revision

You need two things to plan your revision: a topic list  
a revision schedule



Your teacher has given you a topic list (or course outline or syllabus). Ask if you have not received it. You can also access the GCSE syllabuses online by going to the websites of the exam boards – but make sure you know which boards you are sitting. You can also find these now on the Subject revision links on the Oakley College website where you found this link. (Exam boards use the word specifications to mean syllabuses.)

Plan your revision by creating a revision schedule like this:

	subject 1	subject 2	subject 3	subject 4
Monday	Maths fractions percentages	French clothing -re verbs	Science atoms molecules	Geography glaciation
Tuesday	ICT spreadsheets	English		
Wednesday				

etc.

Plan to cover four subjects each day. Use your topic list to break up subjects into smaller topics to revise each day. Allow about 20-minutes worth of revision for each subject. When you get through the topic list, start again at the beginning. You should plan to look at each topic at least three times before the exam.

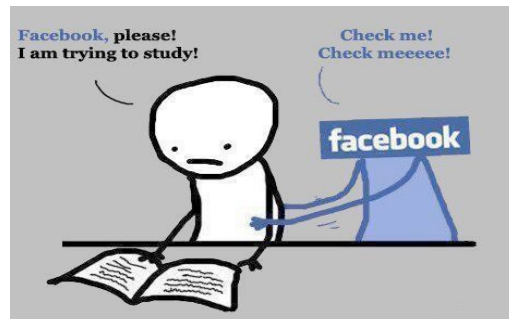
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# the right conditions for study

It is important to study in the right conditions. Often people forget this and try to revise in the wrong conditions and are surprised when they don't get much work done!

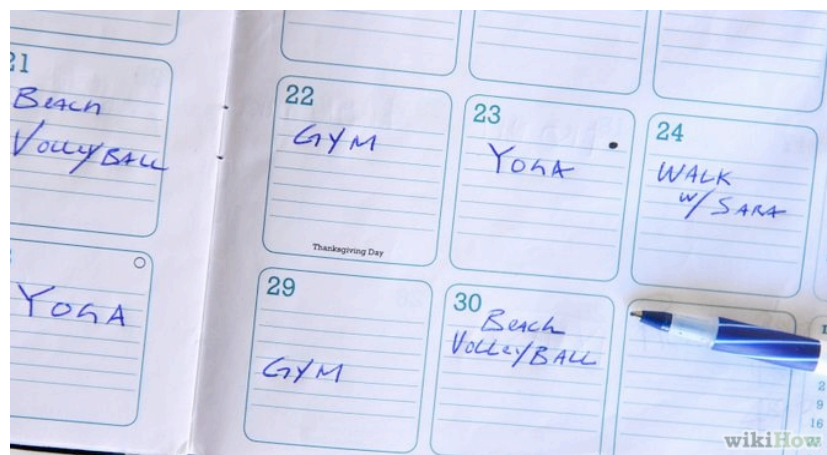
The room where you revise needs to be:

- quiet
- cool
  - make the room as quiet as possible
- soft music
  - if it is loud it demands attention from your brain
- well lit
  - good lighting on the books and notes
  - if the room is too hot you won't get much done
  - and open a window for fresh air
- free of distractions
  - nobody else unless they are helping you
- properly equipped



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# using revision time well



Work out a revision timetable for yourself and stick to it. There is a revision guide on the Oakley College website, in *SECONDARY, LEARNING SUPPORT, **Creating a Learning and Revision timetable.***

Simplified, it is something like this:

**7.00 revise subject 1 7.20 take a break 7.30 revise subject 2 7.50 break  
8.00 revise subject 3 8.20 break  
8.30 revise subject 4 8.50 stop**

Do the same each day.

**Don't spend more time on one subject than others.**

**Cover all your subjects in strict rotation.**

At weekends have at least two revision sessions (of 2 hours each) on Saturday and another two on Sunday.

make sure you have topic lists, text books, exercise books, notes, handouts, pens, pencils and paper, drinking water – keep everything you need for revision organised – then you won't waste time getting sorted out every evening!

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## how to revise

We are all different and learn and revise in different ways. But there are some tried and tested ways which have been shown to work.

### **DON'T JUST READ NOTES**

Scientists have shown that we retain less than 10% of information by just reading notes. So reading your notes is an almost total waste of time.

### **WRITING THINGS DOWN**

By writing things down, we remember around 80% of what we learn. So the trick is . . . **TAKE NOTES!**

### **INDEX CARDS**

Something lots of people have found helpful is to get some index cards (sometimes called library cards). If they are too expensive then just cut paper into small sheets. Use one card per topic.

### **BULLET POINTS**

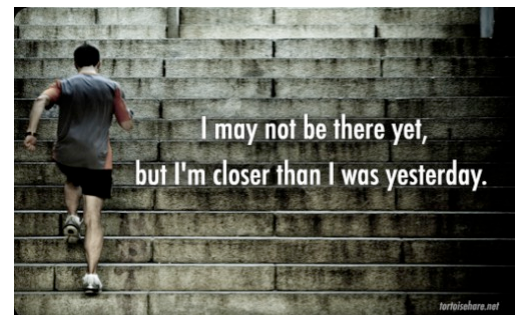
Then write bullet points on the card for the main things you need to know.

As you write out the cards, you are revising. You can then use the cards like flash cards for further revision. Keep them in your pocket and do bits of revision on the bus, at lunchtime, and any spare moment.

### **MIND MAPS**

Some people find mind maps and spider diagrams a useful way of revising. The important thing is to find a way of revising that works for you. But be honest about it – don't take the lazy way and just sit there gazing at a book!

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## more Learning Strategies....

...can be found on the Oakley College website in:

**Secondary:** [Student Learning Support: Advice and Guidance: Learning Strategies](#)

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## other opportunities for revision

Teachers often offer revision classes at lunchtimes and after school – TAKE ADVANTAGE OF THIS

Teachers are always willing to help. If you do not understand something or need some extra help, teachers will always help if you ask- – TAKE ADVANTAGE OF THIS

If a group of friends gets together and asks for revision classes so much the better.

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## what not to do

There are a few bits of good advice about how not to do revision:

don't leave it to the last minute

don't be disorganised

don't just read through your text or exercise books – you must make revision notes

don't think you can wing it on the day

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# looking after yourself

If you want your brain to perform well on the day of exams, you must look after it! Your brain depends on your body for its health. So:

**eat properly**

**stay hydrated attend school**

**keep up activities**

**exercise**

**sleep**



**eat healthily** in the run up to important exams – make sure you have proper meals and that includes breakfast – eat or drink something to give you energy before you start revision

**drink plenty of water** – your brain needs it to work properly – especially when you are revising

just because it is exam time, don't give up your extra- curricular activities – you may need to **cut back a little** and give priority to revision but don't stop doing things you enjoy – you need a balanced approach to life

if your body is tired and sluggish, your mind won't work too well – make sure you **get proper exercise** – walk, run, swim, play football – do a little bit every day

15 and 16 year olds need **around 9 hours of sleep each night** – that means if you are getting up for school at 7am, you need to be in bed by 10pm – and don't make the mistake of staying up revising the night before the exam – being fresh in the morning is far more likely to benefit you than a bit of rushed last minute revision!

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# dealing with parents



Exams are a difficult time for parents too.

They want you to do well and sometimes aren't sure how best to help you.

The best way of handling parents is by showing them that you have got revision planned, that you are sticking to your revision timetable, and that you speak to them!

Don't just clam up and go silent – they need to be reassured! Keep them posted on how things are going and chances are they will trust you to get on with it.

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