

ST RICHARD GWYN CATHOLIC HIGH SCHOOL



**YEAR 11
STUDY
SUPPORT**



Your MOCK exams will take place
from 2nd—6th December 2019

Your GCSE exams begin on 5th May 2020



A bird sitting in a tree is not afraid of the branch breaking, because her trust is not in the branch, but in her own wings.



**DON'T PRACTICE
UNTIL YOU GET IT
RIGHT. PRACTICE
UNTIL YOU CAN'T
GET IT WRONG.**

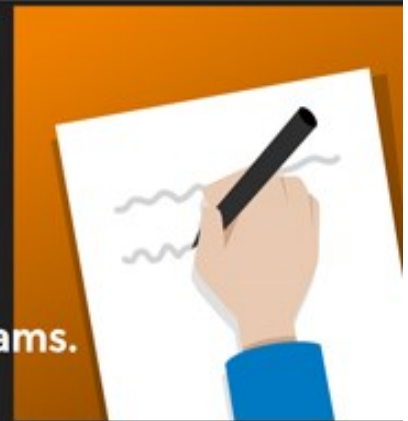
How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

Testing yourself can also help reduce the negative effects of stress associated with exams.



USE SPACING

Spread out your learning of material across several days and revisit it.

This helps transfer information to your long-term memory.

STOP PROCRASTINATING

Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



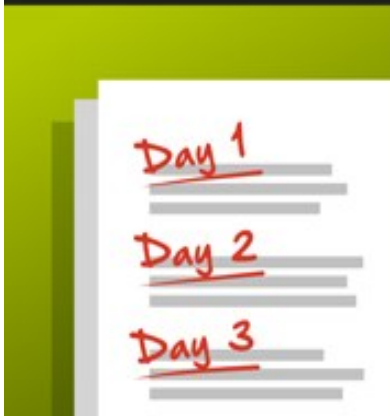
Day 1

Day 2

Day 3

MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.



5 Ways to Make the Most of Your Revision Time

by @inner_drive | www.innerdrive.co.uk

Space Out Your Learning



Don't leave everything to the last minute. Start early and revisit topics regularly. This will help keep information in your long term memory.

Create a Sense of Purpose



Telling yourself how learning the material will help you achieve your future goals can help create a sense of purpose and keep you motivated.



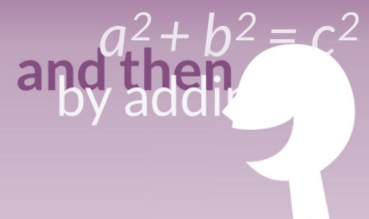
Test Yourself

Research suggests that this is one of the most effective ways to improve your memory. It can help prepare you for exam conditions.



Sleep Well

Sleep plays a major role in how you feel and how much you remember. Don't neglect getting a good night's sleep. Regular routines such as consistent bedtime and wake-up times will help.



Teach It

By teaching the material to someone else, it can help ensure you fully understand the main concepts with clarity.

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work – revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular mealtimes



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection – it's a myth and doesn't exist

6

LAST-MINUTE REVISION HACKS

by @inner_drive | www.innerdrive.co.uk



1

EXPLAIN IT TO YOURSELF You are more likely to remember it as you will find deeper connections.

2

CHANGE YOUR LOCATION Revise in a an environment similar to your exams, i.e. in a quiet room in front of a desk.

3

THINK ABOUT THE FIRST AND LAST IDEAS Study your most challenging topics first and last.

4

CLOSE YOUR EYES A recent study of students found that this improved recall by 23%.

5

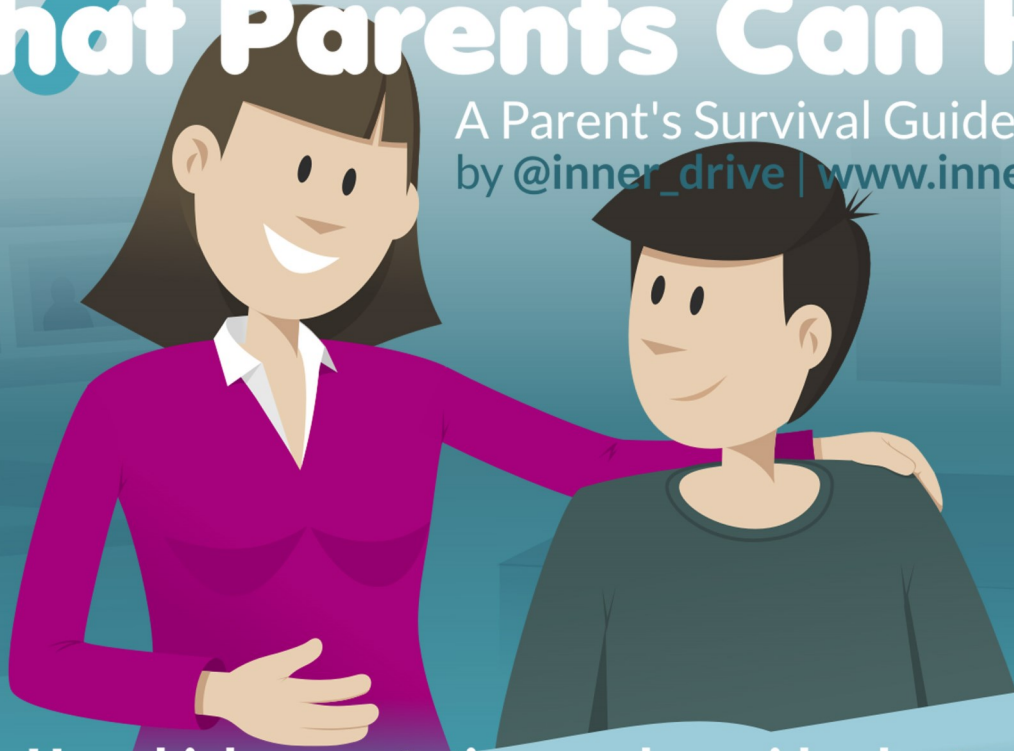
READ THINGS ALOUD Another study found that this improved recall by 12%.

6

DRAWING For simple memory tasks drawing has been shown to be more effective for recall than writing.

7 Ways That Parents Can HELP

A Parent's Survival Guide to Revision
by @inner_drive | www.innerdrive.co.uk



- 1 Have high expectations and provide plenty of support**
Both are needed to help your child improve, perform and develop resilience
- 2 Help them work smarter**
Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters
- 3 Cope well with their setbacks**
There will be highs and lows. How you react to their lows will impact how many highs they have
- 4 Minimise distractions**
Provide a revision area with minimum distractions (this include mobile phones!)
- 5 Rise and dine**
Make sure they eat breakfast. It plays a big role in concentration and memory
- 6 Regular bedtimes and lots of sleep**
If they sleep right, they will think right the next day
- 7 Avoid cabin fever**
Encourage them to get fresh air each and every day

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

**Have regular
bedtimes**



**Have inconsistent
bedtimes**

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



**Mostly revise highlighting
'key' passages**

Spread out their revision



Cram their revision

**Keep a diary to capture
negative thoughts**



**Dwell on worst
case scenarios**

**Revise in a quiet
environment**



**Revise whilst listening
to music or TV**

Drink water regularly



Forget to stay hydrated

**Put their phone away
during revision**



**Revise with their mobile
phone next to them**

GCSE Specifications and Revision support

RELIGIOUS STUDIES

<https://www.wjec.co.uk/qualifications/religious-studies/r-religious-studies-gcse-2017/wjec-gcse-religious-studies-spec-from-2017-e.pdf>

ENGLISH

<https://www.wjec.co.uk/qualifications/english/r-english-language-gcse-wales/WJEC%20GCSE%20English%20Language>

<https://www.wjec.co.uk/qualifications/english/r-english-literature-gce-from-2015/wjec-gce-english-lit-spec-from>

Literature revision

www.sparknotes.com

www.cliffsnotes.com

Language Revision

www.bbc.co.uk/bitesize

MATHS

WJEC specification for maths and numeracy

<https://www.wjec.co.uk/qualifications/mathematics/r-mathematics-gcse-2015/>

Websites: www.mymaths.co.uk

www.vle.mathswatch.co.uk

www.reviseigcsemaths.co.uk

CYMRAEG

<https://www.wjec.co.uk/qualifications/welsh-second-language/r-welsh-second-language-gcse-2017/>

SCIENCE

Double Award - https://www.wjec.co.uk/qualifications/science/gcse/science-double-gcse-2016/wjec-gcse-science-double-award-spec-from-2016.pdf?language__id=1

Option

GCSE Biology - https://www.cbac.co.uk/qualifications/science/gcse/biology-gcse-2016/wjec-gcse-biology-spec-from-2016-e.pdf?language__id=1

GCSE Chemistry - https://www.wjec.co.uk/qualifications/science/gcse/chemistry-gcse-2016/wjec-gcse-chemistry-spec-from-2016.pdf?language__id=1

GCSE Physics - https://www.wjec.co.uk/qualifications/science/gcse/physics-gcse-2016/wjec-gcse-physics-spec-from-2016.pdf?language__id=1

Revision websites

Seneca Learning - <https://www.senecalearning.com/>

TanioCymru - <http://www.tanio.cymru/>

BBC Bitesize (WJEC specific) - <https://www.bbc.co.uk/bitesize/examspecs/zsw7frd>

WJEC GCSE Science review APP - Free for year 10. <https://apps.apple.com/gb/app/wjec-gcse-science-review/id1453329320>

GCSE Geography

https://www.wjec.co.uk/qualifications/geography/r-geography-gcse-from-2016/wjec-gcse-geography-spec-from-2016-e.pdf?language__id=1

<https://timeforgeography.co.uk/>

<https://www.bbc.co.uk/bitesize/examspecs/zs8k4qt>

geography twitter @GeographySRG

Google classroom code hslitm

GCSE History

<https://www.wjec.co.uk/qualifications/history/r-history-gcse-2017/>

GCSE PE

<https://www.wjec.co.uk/qualifications/physical-education/r-gcse-physical-education-from-2016/>

GCSE ICT

<https://www.wjec.co.uk/qualifications/ict/r-information-and-communication-technology-gcse/>

GCSE Business Studies

[https://www.wjec.co.uk/qualifications/business/r-business-gcse-2017/wjec-gcse-business-spec-from-2017%20\(22-06-16\).pdf](https://www.wjec.co.uk/qualifications/business/r-business-gcse-2017/wjec-gcse-business-spec-from-2017%20(22-06-16).pdf)

GCSE German

<https://www.wjec.co.uk/qualifications/german/r-german-gcse-from-2016/wjec-gcse-german-spec-from-2016-e.pdf>

WJEC GCSE German Sample Assessments

<https://www.wjec.co.uk/qualifications/german/r-german-gcse-from-2016/wjec-gcse-german-sams-from-2016-e.pdf>

Recommended Revision Websites

GCSE Bitesize <https://www.bbc.co.uk/bitesize/subjects/z8j2tfr>

Gut Language Skills <http://gut.languageskills.co.uk/index.html>

Quizlet - Various links from the Google Classroom or search SRG GCSE German

Languages Online <https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html>

german.net

ART

<https://www.wjec.co.uk/qualifications/art-and-design/r-art-and-design-gcse-from-2016/>

WELSH BACCALAUREATE

https://www.wjec.co.uk/qualifications/welsh-baccalaureate/welsh-bacc-from-2015/ks4-national-foundation/Welsh%20Bacc%20Specification%20KS4%2028%2010%2014%20-%20Branded..pdf?language__id=1

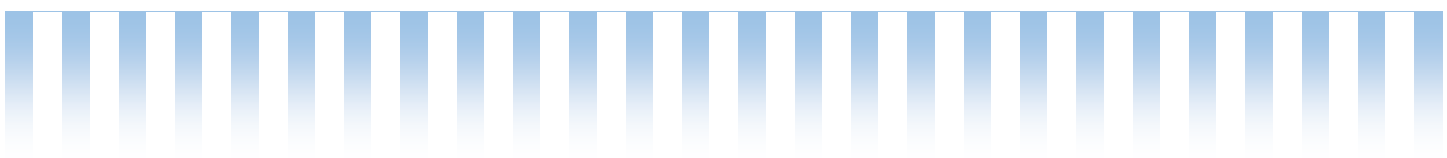
<https://www.wjec.co.uk/qualifications/welsh-baccalaureate/welsh-bacc-from-2015/ks4-national-foundation/National+Foundation+Student+Handbook.pdf>



Creating a revision timetable

- Start NOW!
- Include all subjects
- 2-3 hours per night as well as completing all homework set
- Six hours over the weekend
- Update regularly

How to plan

- 1.Plan for leisure , sports, clubs, family and friends
 - 2.Meal times
 - 3.Any other regular commitments
 - 4.After school revision/coursework sessions
 - 5.Independent revision
- 



My GCSE Revision Timetable

- Start revising as early as possible
- Make sure your plan covers all subjects
- You should be planning around 2- 3 hours revision per night as well as completing all home-work set
- You should plan around six hours revision over the weekend
- Make sure you plan time for leisure and fun activities
- Take regular 10 minute breaks

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7am-8am							
8am-9am							
9am-10am							
10am-11am							
11am-12pm							
12-pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-10pm							

IT WON'T BE EASY
But it will be
**WORTH
IT.**



**Don't.
panic.**

I'm with you.
There's no need to fear
for I'm your God.
I'll give you strength.
I'll help you.
I, your God, have a
firm grip on you
& I'm not letting go.
- Isaiah 41:10,13