




Stanborough



Year 11

Study Guide

Getting Exam Ready

Learn 	<ul style="list-style-type: none"> • Make the most of lesson time! Learning takes place in class, when you are completing homework or doing additional research. • It is important that you fully understand each topic before you can revise it. • If there is anything you don't fully understand, re-read the textbook, ask your teacher, ask another student to go over the topic with you.
Revise 	<ul style="list-style-type: none"> • Once you have fully mastered a topic, you can start to revise it. • Revision is repeatedly reviewing material you have previously covered in order to store the information in your long-term memory. • There are many different ways to revise: <ul style="list-style-type: none"> ○ condense your notes (e.g. using The Cornell note-taking method pg 15) ○ create mind-maps or flow-charts (pg 14) ○ prepare flashcards from your notes (question on one side, answer on the back) (pg 10), ○ convert your notes into your own podcasts, etc. • Revision is not re-reading your notes over and over again! You need to do something with your notes instead!
Test 	<ul style="list-style-type: none"> • Once you have revised a topic, you are ready to test yourself: <ul style="list-style-type: none"> ○ ask a friend or family member to test you on your flash cards ○ re-draw your mindmaps or flow charts from memory ○ complete past paper questions ○ use Seneca learning or Cognito

Preparing for exams does take time and effort. Everyone is different, so there's no ideal plan we can give you, but in this guide are some planning points which we know have been successful in the past.

Remember that your teachers are here to help you and they want to support you in your learning and revision. So, if you get stuck, please ask for their help.

We wish you the best of luck with your exams and we hope that you will be delighted with your GCSE exam results.

Best wishes

The Staff of Stanborough School

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TIPS FOR EFFECTIVE REVISION

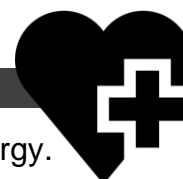


Build your life around revision

This is one of the hardest things to do. Now where you are almost half-way through your KS4 journey, it is vital that you make sufficient time for revision.

For the next few months, think about what has got to give way and where you can turn 'down time' into 'study time'.

Keep healthy



As we said at the beginning, revision takes time and effort and a lot of your energy. You do not need to stay at home and study all the time, however, try and avoid any activities that leave you drained and exhausted the next day.

Make sure you eat sensibly and drink plenty of water.

Moderate exercise and plenty of sleep are also important.

Remember that you should **stop revising one hour before you intend to go to sleep**. If you don't allow for some down time after revision, it is likely that you will find it harder to fall asleep straight away.

Keep calm



It is natural to feel a bit of tension as the exam season is drawing closer. Remember that if you have organised your time, started revision early and kept to your revision timetable, you are going to be fine.

If you are worried, try to identify what it is that is bothering you and talk about it with your parents and teachers. The chances are that you can do something about it.



Get the basics right and make sure you have the following:

- a comfortable chair
- a clear desk
- good light
- comfortable temperature
- pens
- coloured pencils
- highlighters
- paper
- folders
- dividers
- flashcards
- post-it notes
- ruler & protractor
- eraser
- calculator
- dictionary
- revision guides
- exercise books
- textbooks
- past papers
- markschemes
- examiners reports

If the place where you do most of your school work is not easy to work in, what can you do to make it better?

What distracts you when you are trying to settle down to revision?

Can you do something to remove that distraction (e.g. place your phone into a lockable box or different room)?

If you find it difficult to study at home, use your local library or the LRC.

REVISION TIMETABLE

Before you start your revision it is essential that you know what needs to be revised in each subject. Often your teacher will provide you with a checklist or exam specification which makes it also clear which topics are on which exam paper.

Using the exam board specification to create a checklist



You can use the exam board specification to divide the task up into a lot of smaller topics (it is easier to get started and to see your progress if you divide one large topic into a series of smaller topics). This means that each topic is fairly quick which keeps up your motivation to continue with your revision.

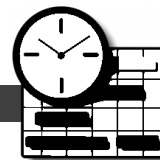
Example:

Chemistry Topic 5.9.1 The composition and evolution of the Earth's atmosphere

Specification point	Date revised	Date revised	Date revised
Students need to know the proportion of gases in atmosphere	22.9. (orange)	24.9 (green)	24.10 (green)
Students are required to know the composition of the Earth's early atmosphere	17.9 (green)	17.10 (green)	
Students need to describe the process by which the level of oxygen in the atmosphere increased	18.9 (red)	19.9 (red)	20.9 (orange)
Students need to describe the process by which the level of carbon dioxide in the atmosphere decreased			

Every time you go over a point on the list, you record the date and RAG rate how well you did. If you did well, shade the date in green and look back over it in 3 weeks. If you did not do too well, shade the date in red and then go back over it the next day. If you did somewhat ok, shade the date in orange and go back over it 2 days later. Go back over your reds and oranges until you can shade them in green.

Weekly revision timetable



Make a provisional timetable for when you will sit down to revise.

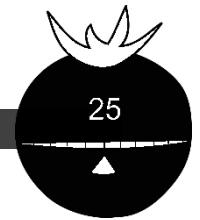
- Aim to revise a little every day (up to 30 minutes a day initially)
- Build in some additional study time because you may get a bit behind.
- Put the timetable up on the wall or fridge at home where everyone can see it. Ask your family to help you keep to it.
- If you find that you are repeatedly not sticking to your revision timetable, find out why you are struggling to keep to it and rewrite it!

Example Revision Timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8am	School						
9am						Breakfast	Breakfast
10am						Homework	
11am						Revision	Revision
12pm						Revision	Revision
1pm						Lunch	Lunch
2pm							
3pm							
4pm	Homework	Homework	Homework	Homework	Homework		
5pm	Revision	Revision	Club	Revision	Reading		
6pm	Dinner	Dinner	Club	Dinner	Dinner		
7pm	Revision	Revision	Dinner	Revision		Dinner	Dinner
8pm			Revision				Reading
9pm	Reading	Reading	Reading	Reading		Reading	

STRUCTURING YOUR REVISION SESSIONS

Revision Session Version 1 – The Pomodoro method



1. Select a task.
2. Set a timer to 25 minutes.
3. Work until the timer goes off.
4. Take a 5 minute break.



5. Set the timer to 25 minutes.
6. Go over the work done so far, then move on.
7. Work until the timer has gone off.
8. Stop for the day or take a 5 minute break.

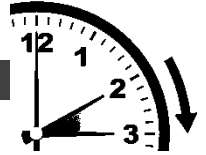


9. If you want to continue, set the timer to 25 minutes.
10. Go over the work done so far, then move on.
11. Work until the timer has gone off.
12. Take a 5 minute break.



13. Set the timer to 25 minutes.
14. Go over the work done so far, then move on.
15. Work until the timer has gone off.
16. Take a longer break and repeat or stop for the day.

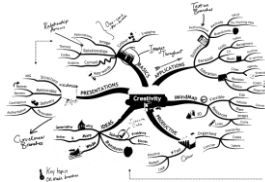




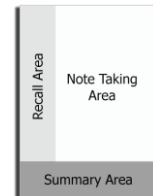
1. Choose a small number of past paper questions.



2. Spend 20 minutes revising what you need to know to answer your chosen questions.



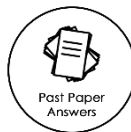
$$\begin{array}{r} 8 + 6 = 14 \\ \hline 8 + 6 \\ \hline 16 - 9 = 7 \\ \hline 16 - 9 \end{array}$$



3. Set a timer for 20 minutes and answer the past paper questions you chose.



4. Mark your answers using the mark scheme.



5. Show your teacher your work and ask whether your marking is accurate and how you could improve your answer.

TRANSFERRING INFORMATION INTO LONG-TERM MEMORY

Repeat Recall



- Choose a topic, or part of a topic. Spend time reading through the topic in your revision guide, textbook or exercise book.
- Cover up the information that you have just read and write down everything that you remember on a blank piece of paper.
- Then check what you wrote against the original notes.
- Highlight the areas you have missed or did not remember correctly.
- Then repeat the process until you can remember everything correctly.

Self quizzing

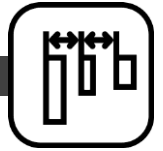


- One of the best revision techniques is to quiz yourself (or get someone else to quiz you).
- Use the notes from the revision guide, textbook or exercise book to create a set of questions and answers (on paper or flashcards). If you make flashcards, remember to write the question on one side and the answer on the other side of the same card.

Front	Back
Question: Where does aerobic respiration take place inside the cell?	Answer: inside the mitochondria
Front	Back
Question: How are the mitochondria adapted to their function?	Answer: They have a folded inner membrane that gives them a large surface area.

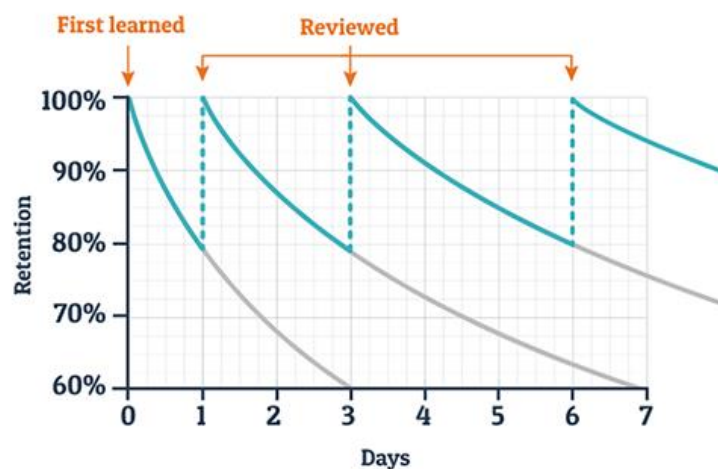
- Using this technique, you will find out exactly how much you have forgotten about a topic.
- Forgetting is a normal process. Quiz yourself more often on the questions you get wrong or forget.
- Don't stop quizzing yourself on the questions you get right. Repeated quizzing is required to transfer the information into your long-term memory. Track your progress on each question by adding a red/orange/green dot to the card.

Spacing



- Leave time between quizzing sessions.
- Once you feel confident that you remember everything about a particular topic, allow some time to pass before returning to that topic (a few days or even a week).
- Over this time, you will start to forget some of the information. This means you will need to try hard to recall the information, which helps with the information being committed to long-term memory.

Typical Forgetting Curve for Newly Learned Information



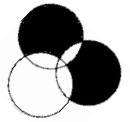
The Anki app uses this principle



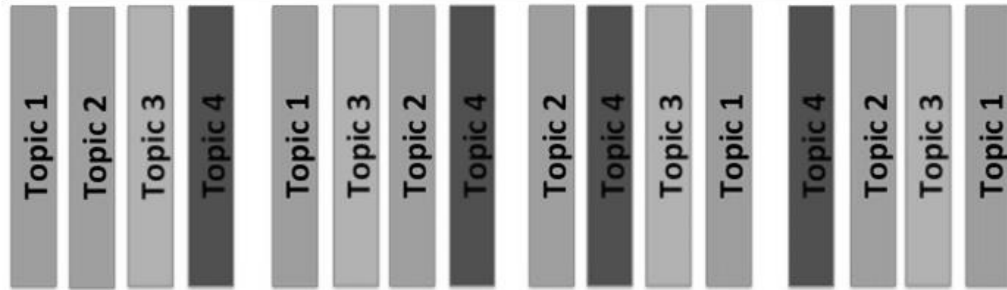
Elaboration

- Don't just copy notes from the revision guide, textbook, exercise book. Ask yourself questions while you are studying about how things work and why.
- If you cannot answer these questions yourself, make a note of them and remember to discuss these questions with your teacher.
- Describe how the ideas and concepts you are studying apply to your own experiences and memories. This will help you recall the information in the exam.

Interleaving



- Don't study one subject or topic for too long.
- When you go back through your flashcards or notes, go through them in a different order:

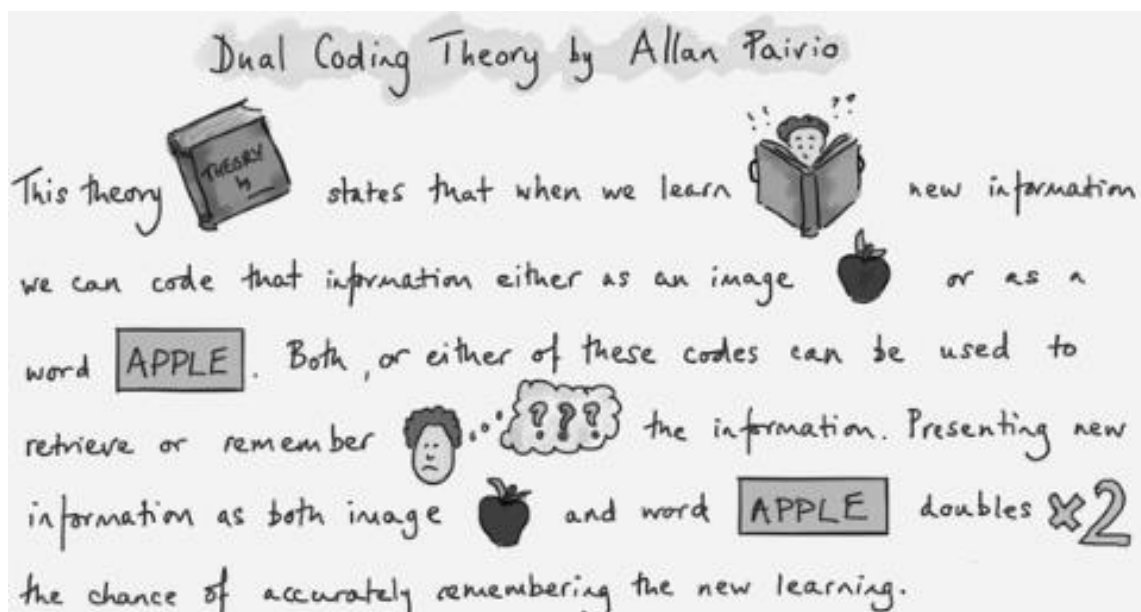


- The same applies to subjects. Balance your time between subjects: if you spend too much of your time on one subject, either because it is your favourite one or because it is known to be easy, the other subjects will suffer.
- Start your revision with your least favourite or most difficult subject and finish with your favourite/easiest subject as a reward.



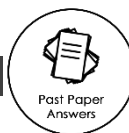
Dual coding

- For some people it helps to draw diagrams to go along with the answers:



- You can also cover up the notes and use the diagrams/drawings as clues to explain/recall a concept. Don't forget to check for accuracy against your notes afterwards.

Examiner reports/Insight reports



- Every year, the exam boards make public a document that is written by the examiners. In this document the examiners summarise what the most common errors were, which questions were answered well and what this good answer looked like (e.g. examiners have given high marks for answers that offer criticisms to viewpoints during an evaluation question).
- Examples of what not to do are also included.
- In terms of exam technique, this document is incredibly useful and an important resource to use during your revision. Read it carefully, turn it into notes, diagrams etc.

Past Papers

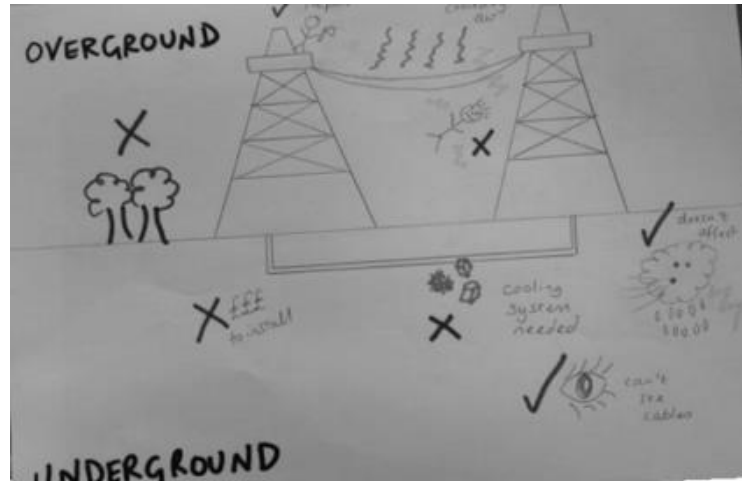


- Once you know the information from your notes and flashcards, you need to move on to past papers to see how the specification is tested/examined.
- Most students will complete each past paper once, however, you should complete each past paper at least twice so you can really familiarise yourself with the style of question and improve on your first attempt.
- The first time round you might have to use your notes to answer some of the questions.
- Then go through the markscheme. Only accept answers that are worded exactly like the markscheme. If you are unsure if you can award yourself a mark for an answer, ask your teacher for advice. You know what you wanted to say, but that does not mean the examiner will interpret your answer the same way and very often the examiner wants to read a very specific phrase. It is important that you do not overmark your answers.
- The second time round, you should complete the paper without any of your notes and under timed conditions so you get used to the time pressure you will be under in the exam.



Other techniques

- **Create a mind map on a topic. Then use the mind map to test yourself:** turn the mindmap into explanation and descriptions and check these for accuracy. *Example: Evaluate the use of overground and underground cables within the National Grid.*



Advantages of overhead cables: easy and quick to repair, cables are cooled by the air.

Disadvantages of overhead cables: spoil the landscape, greater risk of electric shock, can be damaged by extreme weather.

Advantages of underground cables: cannot be seen, less likely to be affected by weather.

Disadvantages of underground cables: repairs are more expensive as the cables are more difficult to access, cooling system is needed.

- Use revision websites such as <https://quizlet.com/en-gb> , www.bbc.co.uk/bitesize and <https://senecalearning.com/>
- Create your flashcards using the **Anki app**.
- Use post-it notes to create quick vocab tests around the house.
- Plan answers to essay questions. Which quotations will you include and why?
- Record a series of questions and answers (leave about 5 seconds between a question and answer so you can use this strategy to test yourself) or explanations on your phone and listen back to them on your way to and from school.
- Come up with mnemonics to remember lists (e.g. Richard of York gave battle in vain – red orange yellow green blue indigo violet).
- Find a study buddy. Structure your meetings (e.g. study, test each other, study, test each other) but make sure you stay focused and don't get side-tracked.
- Talk out loud when you quiz yourself.
- Walk (forwards, backwards, in circles) as you are quizzing yourself.

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<p>CUES</p> <p>WRITTEN SOON AFTER CLASS</p> <p>ANTICIPATED EXAM QUESTIONS</p> <p>MAIN IDEAS OR PEOPLE</p> <p>VOCABULARY WORDS</p> <p>USED FOR REVIEW & STUDY</p>	<p>NAME, DATE, TOPIC, CLASS</p> <hr/> <p style="text-align: center;">NOTES</p> <p style="text-align: center;">TAKEN DURING CLASS</p> <ul style="list-style-type: none"> • MAIN POINTS • BULLET POINTS • DIAGRAMS / CHARTS • ABBREVIATE • PARAPHRASE • OUTLINES • LEAVE SPACE BETWEEN TOPICS <p style="text-align: center;">CORNELL NOTE - TAKING METHOD</p>
<p>← 2½" →</p> <p>↑ 2" ↓</p>	<p style="text-align: center;">← 6" →</p> <p style="text-align: center;">SUMMARY</p> <p>WRITTEN AFTER CLASS. BRIEF SUMMARY HIGHLIGHTING THE MAIN POINTS IN THE NOTES ON THIS PAGE. USED TO FIND INFO LATER.</p>

SUBJECT SPECIFIC REVISION AND EXAM BOARD LINKS

Art and 3D Design – AQA

- Experiment with different media and techniques to support your outcome.
- Complete as much independent work outside of lessons as possible.
- Make sure your project 'flows' and is supported by annotations.
- Ensure all studies are well refined throughout all boards to maximise your marks in each assessment objective.
- Make sure you have trialled your outcome through initial/final ideas.
- Create an exam plan ahead of the day and ensure you are fully prepared with images, printouts, outlines and backgrounds before your 10 hour exam.

Business Studies - Edexcel

- Check you know the meaning of the different command words: e.g. state (give a brief answer), define (define key word and give an example) calculate/solve (show your working out), explain (use sequence of logic if applicable) and evaluate (provide a balanced answer discussing the advantages & disadvantages) etc.
- Go over all the practice papers ensuring you time yourself to the 1 minute per mark rule.
- Avoid repeating the question in your first sentence. By doing this on every question you are writing another 2 A4 sides of work which scores you 0 marks which is the main reason why students do not finish the paper.
- Cross-reference your class work and additional research to the Edexcel GCSE (9-1) Business textbook (ISBN 978 1 292 17984 1).
- Always read through your answer at the end. Ask yourself 'Have I included context that goes beyond the words that exist in the question?'
- Use Quizlet or Seneca learning to help identify weaker topics.
- Revision guide ISBN 978 1 292 19071 7/ workbook ISBN 978 1 292 19070 9

Catering - WJEC

- Read the question twice and break down exactly what it is they are asking you to answer.
- Check the number of marks awarded for each question and this will indicate how many points you need to make in your response.
- Check that you are confident in the following sub-topic categories:
 - How food can cause ill-health
 - Menu planning
 - Hospitality and catering provision to meet specific requirements
 - The environment in which hospitality and catering providers operate
 - How hospitality and catering providers operate
 - How provision meets health and safety requirements

In preparation for your NEA, please continue to practise techniques at home and trial bake some recipes that are appropriate to your brief. Revision guide click [here](#).

Child development – OCR 2023 exams

- Be aware of the different commands in a question: outline (concentrate on giving facts), describe (give a detailed account), explain (give reasons and causes), discuss (explore by looking at advantages and disadvantages).
- For 6/8 mark questions structure your answer into paragraphs. Do not use bullet points. Make 3-4 points but explain and give as much detail as you can, do not think anything is obvious.
- Create flash cards for each unit, make up an acronym for fact heavy areas such as the Apgar score.
- Revision guide: My Revision Notes: Cambridge National Level 1/2 Child Development ISBN: 1398351199.

Combined Science Trilogy AQA /Triple Science - AQA

- Learn the required 23 physics equations, including the units for each variable.
- For each calculation question, 1. box what you have to calculate, 2. underline the numbers and variables they represent, 3. check if you need to convert any units, 4. write down the formula you need to use, 5. insert the values, 6. rearrange if needed, 6. work out the answer, 7. if asked, give the unit for your answer.
- Use Carousel learning to go over key definitions and short explanations/descriptions.
- Create story boards for processes such as digestion, fractional distillation, evolution of the atmosphere, etc.
- Learn the names of equipment.
- Practise writing the required practical methods (giving specific temperatures, masses, volumes and concentrations). https://www.youtube.com/channel/UC-TM-z1-tmX1iK_H4SxVhww.
- Practise drawing graphs and lines of best fit (remember that a 'line' can be a curve): label the axis, plot the points correctly, draw a line/curve of best fit.
- Practise balancing equations.
- Practise past paper questions that contain a graph or table of data.
- Create flashcards and then test yourself (use the ANKI app to test yourself).
- When marking your own past papers be strict – only accept answers that are worded like the markscheme.
- Do not use the word 'amount' unless you are talking about moles. Anything else needs to be specific, e.g. mass, volume.
- <https://www.kerboodle.com/users/login> (institution code ou1).

Revision guides must be either for Combined Science Trilogy (higher or foundation) for combined science students or Biology/Chemistry/Physics (higher or foundation) for triple science students. Collins or CGP are both available on Amazon.

Computer Science - OCR

- Answer past exam papers and check your answers against the markscheme
- Practice exam questions using:
<https://smartrevise.online/>
<https://erevision.uk/>
- Use Quizlet or Seneca learning to test yourself on key words.
- Useful revision guides:
New GCSE Computer Science OCR Revision Guide Grade 9-1 Course
New GCSE Computer Science OCR Exam Practice Workbook Grade 9-1 Course (includes answers)
<https://www.bbc.co.uk/education/subjects/z34k7ty>
Create learning grids and flashcards
Watch CRAIG 'N' DAVE videos: <http://student.craigndave.org>
- **Tips for answering extended response questions:**
In the answer, candidates need to consider the impact on the following:
 - Stakeholders • Technology • Environmental issues • Ethical issues

Mark Band 3–High Level (6-8 marks):

Make sure you demonstrate thorough knowledge and understanding of a wide range of considerations in relation to the question. Show that you are able to apply your knowledge and understanding directly and consistently to the context provided. Evidence/examples will be explicitly relevant to the explanation. Weigh up both sides of the discussion and includes reference to the impact on all areas showing thorough recognition of influencing factors. There is a well-developed line of reasoning which is clear and logically structured. The information presented is relevant and substantiated.

Revision guide click [here](#).

Drama - Edexcel

- Create flashcards for the different design elements.
- Revise the context of The Crucible in 1940/50s.
- Practise writing a short answer response (4-6 marks) to be as precise and efficient with your timing as possible.
- Practise different PERCY answers for 9 mark questions.
- Revision workbook click [here](#).

Literature exam - Novel

- Create a timeline of key events for each whole novel.
- Add in the characters who are involved in those key moments and a quote from that key moment.
- Make quote flashcards with the quote on the front and 'Who said it? To whom? When? Significance' on the back.
- Make a list of themes in each novel and write one quote or moment beside those themes because one of your questions will be theme and/or character based.

Literature exam – Poetry

- Annotate all 15 poems using the faculty website resources.
- Ensure that you know the three poetry clusters (damaged relationships, family relationships, real love) and which poem fits into which cluster. You will be asked to compare two poems from the 15 you are given, and so this will help you choose the right poems.
- Ensure that you can answer MILES (**M**eaning, **I**magery, **L**anguage, **E**ffect, **S**tructure) for each poem. Resources and planning sheets are on the faculty website.

Language Exams

- Read as much as you can: newspapers, magazines, letters, speeches—anything. You will be expected to write in different forms – newspaper, diary, magazine, speech, etc.
- Identify the features used in each of these forms.
- When reading any piece of text, think about the purpose of the text--- is it to entertain, to advise, to describe, to complain etc...?
- Think about the intended audience of the piece of text. How can you tell that the specific audience is being addressed?
- Is the author using any specific words or techniques that engage the reader?
- Practise your writing often using past paper questions or emailing your teacher for practise questions.
- Practise writing creatively. Use a photo from an online source and create a story around it.
- Ensure that you know how to use comma, full stop, semi colon, colon.
- Ensure you know when to start a new paragraph (TipTop).

For both exams, make sure that you know the language and structure techniques that writers use to create effect. Make sure you see the 155 tone words worksheet on the website so that you are using the precise tone words when describing effect.

Please visit www.stanboroughenglish.wixsite.com/english

Geography - AQA

- Practise map reading skills
- Practise describing photos/diagrams: name the feature shown, describe how they formed, what processes are taking place in the photo.
- Learn key word and practise using them when completing past paper questions.
- Complete any practice booklets given to you.
- Learn case studies: location, date, what happened, impact, number of people affected.
- Revision guide: click [here](#).

History - Edexcel

- Please refer to the school's History website with interactive quizzes and detailed enough notes to allow you to achieve a grade 9:
www.stanboroughhums.wix.com/history
Password for guest area history2016
- **Don't forget to tailor your revision to the type of exam questions that you will be asked.** (Use the revision booklets you have been given/will be given by your class teacher for each unit).

Top tips for tailoring your revision (this will depend on the topics chosen for your exams):

- **Cold War (International relations) - Make notes on the consequences of each event**, not just what happened. The big questions are on the consequences of an event and the importance of events. The importance of an event can be its consequences.
- **Anglo-Saxon unit** - Will ask you to write an essay asking you to form a judgment about whether you agree with a statement. To get high marks you need to *really justify* your decision in your conclusion and outlining the rationale you have used. Practise writing conclusions to exam questions.
- **Crime and Punishment - Consider which factors cause the most change in each period you look at.** (Monarchy & Government/Religion/Media/New Technology/Poverty).
- **Weimar and Nazi Germany** - Ensure you know how to answer the 16 mark question asking you how far you agree with interpretation 2. You must spend almost half the essay discussing Interpretation 1. Don't get caught out!

Revision guide: click [here](#).

Languages French & Spanish – AQA

- Log in to Memrise and learn the vocabulary from the textbook (higher tier entry: use the red book).
- Use the www.languageonline.org.uk website for grammar practice.
- Use the BBC bitesize and Quizlet websites for practice exercises.
- Complete the exercises in your language booklet.
- Find listening activities online.
- Read texts that are written in the target language.
- Practise translating anything from English into the target language without using Google translate.
- Practise verb conjugations.
- Practise asking questions.
- Look at photographs and describe them using the PALM technique (describe the **P**eople, **A**ctivities, **L**ocation, **M**ood & feelings).
- Practise opinion words, time phrases, comparisons, conjunctions
- Ask your teacher to record words you find difficult to pronounce. Repeat these words and record yourself with your phone.
- Make use of your revision packs

Maths - Edexcel

- Complete plenty of practice questions on one topic: <https://www.mathsgenie.co.uk/> or MathsWatch.
- Once you have revised every topic, complete mixed questions.
- Use flashcards to learn formulae (prompt on one side of the card, the formula on the back).
- Check that you know how to use your calculator. If you have to buy a new calculator, please buy the Casio fx 83GTX (LRC sells these for £9).
- Check you know the meaning of the different command words: write down/state (give a brief answer), calculate/find/solve/show that (show your working out), explain (give a written reason for your answer).
- Check your answer is sensible.
- Place your answer back into the equation to see if it is correct.
- Stanborough Maths website: <https://stanborough.wixsite.com/maths>

Music - Eduqas

- Ask your teacher for some sheet music to practise reading notes while listening to a piece.
- Continue to attend your Extra-Curricular Club.
- Attend your instrumental/vocal lesson and practise your pieces for coursework.
- Use Focus on Sound to do quizzes and hear examples of music.
- Use Quizlet to check your knowledge of key vocabulary.
- Think critically about every piece of music you hear. What is going on in the music? How is the melody constructed? What instruments are playing? How are they being played? What is happening with the texture? How does the music fit together to create a structure? What is happening with the harmony? Is it complex? Would it get a grade 9 at GCSE? Why/Why not?
- Revision guide: ISBN: 9781912820788

Psychology - OCR

- Create a key word glossary for each topic to ensure you learn the key definitions.
- Attempt AO2 application questions found in the revision guide and textbook.
- For each theory, learn the strengths and weaknesses (AO3 evaluation).
- What are the four stages of development as outlined by Piaget?
- How does dopamine affect the brain?
- How is the nature/nurture debate present in the discussion of schizophrenia and depression?
- What does majority influence mean and where can we see elements of this in the news?
- Complete past paper questions under timed conditions.
- Create mind maps and flashcards for each theory.
- Create mind maps and flashcards for each study.
- Redraft responses to achieve higher grades – ensure you are aware of exactly what you need to do to improve.
- Textbook ISBN-10: 1471899578
- Revision guide ISBN-10: 1510423222
- Stanborough Psychology website: www.stanborough.wixsite.com/psychology

Sports Studies GCSE - Edexcel

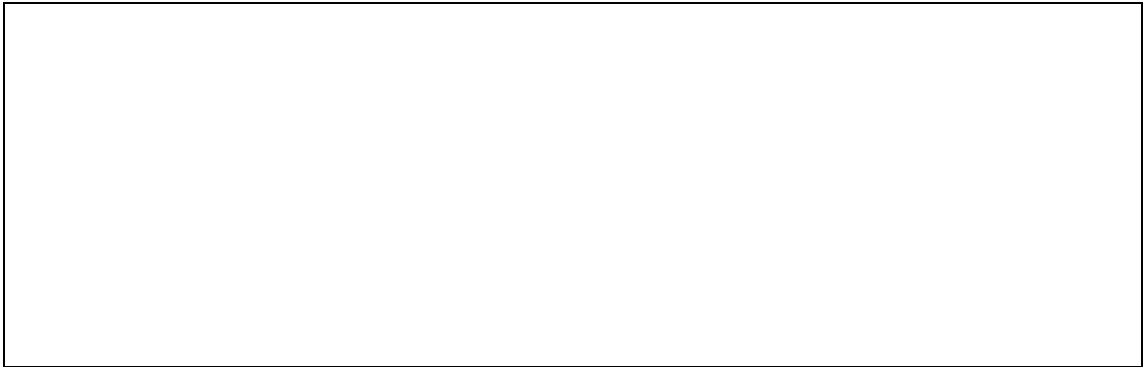
- Remember assessment objectives (AO1, AO2 and AO3).
- Point, Example, Impact on performance for longer questions.
- Use GCSE flashcards to test yourself.
- Continue to attend extra-curricular sport.
- Book to use for revision ISBN-10: 1782945334

Sports Studies Cambridge Nationals - OCR


- Make sure you can recall, select and apply knowledge and understanding, using practical sporting examples.
- Make sure you are secure in your knowledge and understanding of physical and psychological factors that affect performance as well as demonstrating your practical performance skills within two sporting activities (attend your extracurricular sports activity).
- Plan and carry out a range of activities and exercises to prepare for, and recover from, sporting activities.
- Learn key terms.
- Practise evaluation questions.
- Plan your time so you meet your NEA deadlines and act on any feedback given.
- Book to use for revision: ISBN-10 1837740585

REFLECTING ON REVISION


Which revision strategies do you usually use?



From this booklet, which revision strategies will you try out?



Which subjects do you need to focus on more in terms of revision?



MOCK REFLECTION

What can you learn from your mock results?

There are several possible outcomes:

- A) You revised and got the grades you were hoping for
- B) You revised and did not get the grades you were hoping for
- C) You did not revise but achieved good grades
- D) You did not revise and did not achieve the grades you could achieve

Whichever category you fall into, you need to remember two things:

- 1) For the real exams, grade boundaries will depend on other students in the country – what can you do to ensure you are getting the maximum number of marks possible?
- 2) You still have time to finetune your revision to achieve the grades you need to move on to the next stage.

Reflect on the following:

- a) When did you start your revision? Do you need to start revision earlier or later (did you burn out)?

- b) How did you revise? If revision was not effective, what strategies can you try next time?

- c) If revision was effective (you achieve your target grades or above), which areas do you need to focus on now for marginal gains?

Average Point Score (APS) for mock results: _____

APS = Add up all points for each subject, then divide by the total number of points

Example:

English Language = 5, English Literature = 6, Maths = 7, Combined Science = 6-6,
History = 8, French = 6, Business = 6, BTEC Sport = D

APS = $(5+6+7+6+6+8+6+6+7) / 9 = 6.33$

BTEC Sport/Hospitality & Catering points:

D* = 8.5, D = 7, M = 5.5, P = 4, 1P = 1.75

Child Development points:

D* = 8.5, D = 7, M = 5.5, P = 4, D1 = 3, M1 = 2, P1 = 1.25

Dance points:

D = 7.75, M = 6.25, P = 4, D1 = 3, M1 = 2, P1 = 1.25

Combined science points:

Treat each number as one grade: 9-9 = Grade 9, Grade 9, 9-8 = Grade 9, Grade 8, ..

Subject	Target grade	Mock result	What grade are you aiming for?	Do you require this subject for your next steps?
English Language				
English Literature				
Maths				

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



STUDY TIMETABLE TERM TIME

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							

STUDY TIMETABLE HOLIDAY TIME

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8-9							
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							