

Achieving excellence  
Students of Stoke Newington School & Sixth Form

**Georgina Joseph**

Year 13 2014 -15

Art A\*  
English lit A\*  
Mathematics A\*  
Philosophy B

BA History of Art, Cambridge University

"A levels are only two years of your life, give it your absolute all."

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**Danio Brown**

Year 13 2014 -15

Btec Sport level 3:  
D  
D  
M

BSc Sport coaching science,  
Canterbury Christ Church University

"Work hard and everything else will be a breeze! What you put in is what you get out."

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**Shakeel Mehmer**

Year 13 2014 -15

Economics A  
Mathematics A  
Psychology B

BA Economics & Philosophy,  
Southampton University

"Practise, practise, practise. Don't be afraid to admit you need help in a certain subject."

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**Umamah Tarvala**

Yr 13 2012 - 13

Chemistry A\*  
Biology A\*  
Economics A  
Maths B

Biological Sciences

"It just goes to show the fantastic results dedication and hard work, coupled with natural aptitude and encouragement, can help you to achieve. Give you revision and your exams 100 percent of your energy. Do it for yourself, friends and the school."

# SIXTH FORM REVISION GUIDE 2017

**Stoke Newington School  
& Sixth Form**

A community comprehensive offering a high-quality creative education for all



## Revising and Studying – Getting prepared

The idea of exams and revision can be overwhelming for students and parents but if you plan your revision and don't leave everything to the last minute you can stress levels and improve your exam performance.

### What do you need to do before you start?

- Organise your folders into units and topics
- Fill the gaps- check you do not have missing or inadequate work
- Past papers
- Mark schemes
- Dates of exams
- Times and dates of revision classes

### Know what you don't know

It is very easy to revise topic areas that you understand and know already – it can lead you into a false sense of security. Now is the time to look at the areas and topics that you are less certain about and work on those:

- Use the fortnightly IMPACT report to have a conversation with your teachers about areas to focus on or areas you are weaker in.
- Show members of your family these reports so they can support you in your studies.
- Show Ms Samprakou in the Study Area your report so she can help you too.
- ASK for help from teachers, staff or other students if you need help with a topic.
- Once you have diagnosed the area that you are weaker in and done some study/work around it – make sure you test yourself to ensure that you really understand.

### Planning your revision

If you plan your revision programmes you will have a greater chance of success

- Use a revision timetable (there is one included in this pack)
- Use a calendar to enter dates and times of exams first and work backwards to now
- Fill in your lessons onto the revision timetable and block out times when you know that you can't revise.
- You should have at least 20 hours study time per week and more during the holidays (approx. 5hours per subject per week)
- Check with your teachers when they intend to start their class based revision sessions and when there are extra revision classes and workshops
- Be realistic with the targets you set yourself, how much time will you need for each topic
- Plan to revise so that you can build in as many short reviews as you can
- Aim for balance between subjects and build in time for re-sit revision
- Don't plan for more than two hours study in one session and include breaks

### Prepare your mind and body

It is completely normal to worry in the run up to exams and to be nervous right before they happen. The important thing is to not let that anxiety from block your work or concentration.

- Prepare your mind to get organised and relax
- Use techniques which match your learning styles
- Keep working- stress builds up when you have not done enough work
- Make sure you have realistic targets and do not expect too much of yourself
- Plan your revision sessions to include breaks
- Learn in a quiet and calm environment- leave your mobile in another room
- Eat a healthy diet and take time out for meals
- Do not drink too much tea or coffee- too much caffeine can increase anxiety levels and induce insomnia
- Exercise – get some exercise. 20 minutes 2-3 times a week will give you more stamina, help reduce stress and help you sleep
- Rest- Do not work through the night before exam, go to bed in good time and get a good night's sleep
- Plan for other things so you have something to look forward to when you have finished your work
- Revise with other people (make sure you DO actually work)
- The well prepared do not have to worry before the exam

## **Revising to Learn**

Just reading through your notes or highlighting part of them, is not the same as learning or making your understanding part of your memory; make your revision active. We all have different ways of revising and you need to use the techniques that best fit your learning style. Also build in time to test yourself to ensure that you really understand.

## **Revision Techniques:**

### **Index cards, mind maps and notes**

- Break key ideas and supporting points into headings, sub headings and bullet points
- Use colour to distinguish between main ideas and supporting points
- Use mind maps
- Use summary tables or grids

### **Learning posters and visual material**

- Use pattern, colour symbols and drawings
- Cover key points and topics
- Pin them up where you will see them

### **Key words, phrases themes or concepts**

- Use glossaries
- Learn key concepts and phrases relevant to the subject

### **Teach another student**

- Teach a topic to a fellow students
- Explaining key ideas and concepts is effective revision and gaps can be identified

### **Review your memory**

- Test your recall, write out notes from memory or repeat to yourself
- Use a friend or relative to test recall

Use the techniques that were demonstrated in the presentations and included in slide notes. There is no one correct way to revise – the best way is the way that works for you!

## Applying your knowledge

Revision is not just about learning material; it is about applying that material to answer questions you have not seen before or solve problems that are new to you. Completing exam questions effectively is a skill; you can only improve skills by practising them repeatedly. You will find that your teachers will build question practice into their revision programmes, so make sure your planning is aligned with them.

- Practice applying your knowledge to actual questions
- Make sure you have a complete set of past questions
- Do mini plans in timed conditions to develop your analysis and planning skills
- Do timed questions against the clock to develop your writing and thinking skills

## Managing Stress

Studying for exams and the workload that goes with it can be stressful. It is common for people to feel anxious and stressed. If you are finding it too much – talk to someone!

- Let your parent/carer know
- Tell your tutor either in form time or during 1-2-1s. Tell your Head of Year, Director of Sixth Form or a teacher you trust – all of whom can refer you to further support
- Book an appointment with your GP.

**The most important thing to remember is that you should tell someone if you are struggling. We are here to help!**

## TOP TIPS

1. Turn off the Wifi/Playstation/phone etc
2. Give them time and space to study – Revision TT, Desk.
3. Get their exam timetable and help them prioritise
4. Work as a team – family, friends, teachers – we are all here to support you
5. Know what you don't know – IMPACT report
6. Eat healthily and look after yourself!
7. Sleep!
8. Be honest with yourself
9. Know what you are working for – what do you want to do with these qualifications
10. Apply your knowledge – test yourself to see if the revision is working. Past papers/teacher set exam questions etc.