

St Bede's Inter-Church School



REVISION TIPS AND GUIDANCE FOR STUDENTS: EXAMS

ST BEDE'S INTER-CHURCH SCHOOL

KEY AGENDA ITEMS

Revision Guidance



Planning Ahead



Effective Revision



Getting the balance right



Summary



Planning Ahead

The biggest barrier to revision is fear and anxiety;

- Too much to do
- Too little time
- Unsure where to begin

Revision timetables are designed to reduce all of these fears

- Tailor a strategy – (we will discuss briefly)
- Make sure the timetable is flexible – it will change as you go through the process

Let us know of concerns – we're here to help

Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27-Mar	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Morning: _____		
	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Evening: _____	Evening: _____
03-Apr	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Afternoon: _____	Afternoon: _____
	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Evening: _____	Evening: _____
10-Apr	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Afternoon: _____	Afternoon: _____
	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Evening: _____	Evening: _____
17-Apr	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____	Exam: _____ Time: _____		
	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Morning: _____	Afternoon: _____	Afternoon: _____
	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____	Afternoon: _____		

YEAR 11 Team Area (with task completed during form time)

			AM (9-12)	PM (2-5)	EVE (8-9.30)	TOPIC
Sat	29	May				
Sun	30	May				
Mon	31	May				
Tues	1	June				
Weds	2	June				
Thurs	3	June				
Fri	4	June				
Sat	5	June				
Sun	6	June				
Mon	7	June				
Tues	8	June				
Weds	9	June				
Thurs	10	June				
Fri	11	June				
Sat	12	June				
Sun	13	June				
Mon	14	June				
Tues	15	June				
Weds	16	June				
Thurs	17	June				
Fri	18	June				

You don't need to use your brain until you enter your planned revision – all the stuff that comes before **requires no thinking!**

1. Make a template that works for **you**

			AM (9-12)	PM (2-5)	EVE (8-9.30)	TOPIC
Sat	29	May				
Sun	30	May				
Mon	31	May				
Tues	1	June				
Weds	2	June				
Thurs	3	June				
Fri	4	June				
Sat	5	June				
Sun	6	June				
Mon	7	June				
Tues	8	June				
Weds	9	June		GEOGRAPHY		
Thurs	10	June				
Fri	11	June	FOOD TECH			
Sat	12	June				
Sun	13	June				
Mon	14	June				
Tues	15	June		HISTORY		
Weds	16	June	MATHS	FRENCH		
Thurs	17	June				
Fri	18	June		ENGLISH		

You don't need to use your brain until you enter your planned revision – all the stuff that comes before **requires no thinking!**

2. Enter **YOUR EXAM DATES**

			AM (9-12)	PM (2-5)	EVE (8-9.30)	TOPIC
Sat	29	May			OUT	
Sun	30	May	CHURCH			
Mon	31	May				
Tues	1	June				
Weds	2	June			Footy training	
Thurs	3	June				
Fri	4	June			OUT	
Sat	5	June			OUT	
Sun	6	June	CHURCH			
Mon	7	June				
Tues	8	June				
Weds	9	June		GEOGRAPHY	Footy training	
Thurs	10	June				
Fri	11	June	FOOD TECH		OUT	
Sat	12	June			OUT	
Sun	13	June	CHURCH			
Mon	14	June				
Tues	15	June		HISTORY		
Weds	16	June	MATHS	FRENCH	Footy training	
Thurs	17	June				
Fri	18	June		ENGLISH		

You don't need to use your brain until you enter your planned revision – all the stuff that comes before **requires no thinking!**

3. Enter **immovable activities** (it is important to have a life)!

			AM (9-12)	PM (2-5)	EVE (8-9.30)	TOPIC
Sat	29	May			OUT	
Sun	30	May	CHURCH			
Mon	31	May				
Tues	1	June				
Weds	2	June			Footy training	
Thurs	3	June				
Fri	4	June			OUT	
Sat	5	June			OUT	
Sun	6	June	CHURCH			
Mon	7	June				
Tues	8	June			Geography	
Weds	9	June		GEOGRAPHY	Footy training	
Thurs	10	June			Food Tech	
Fri	11	June	FOOD TECH		OUT	
Sat	12	June			OUT	
Sun	13	June	CHURCH			
Mon	14	June			History	
Tues	15	June		HISTORY	Maths French	
Weds	16	June	MATHS	FRENCH	Footy training	
Thurs	17	June			English	
Fri	18	June		ENGLISH		

You don't need to use your brain until you enter your planned revision – all the stuff that comes before **requires no thinking!**

4. Enter revision time for the day before an exam

How much time do you have?

Work out how many revision hours you have at this point. **Be realistic:**

- How much is reasonable for a school day evening?
- What about the weekend?
- Easter?

USE THE SIMPLE REVISION TIMETABLE TOOL to help you estimate this.

YEAR 11 Team Area

Date TODAY	26/03/2023
Date of 1st Exam:	15/05/2023

Total days left:	49	
Available Easter days:	14	
No. of school weeks:	5	
No. weekends:	6	
Easter weeks:	2	
No. weeknights revising:	4	Your INPUTS
Avg hrs revising per weeknight:	1	
Avg hrs revising per weekend:	7	
No. Easter days NOT revising:	3	
Avg hrs per Easter day:	5	
Total no. of papers examined:	20	
Total hours revision remaining:	117	
Total hours revision per paper:	5.9	

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Estimate
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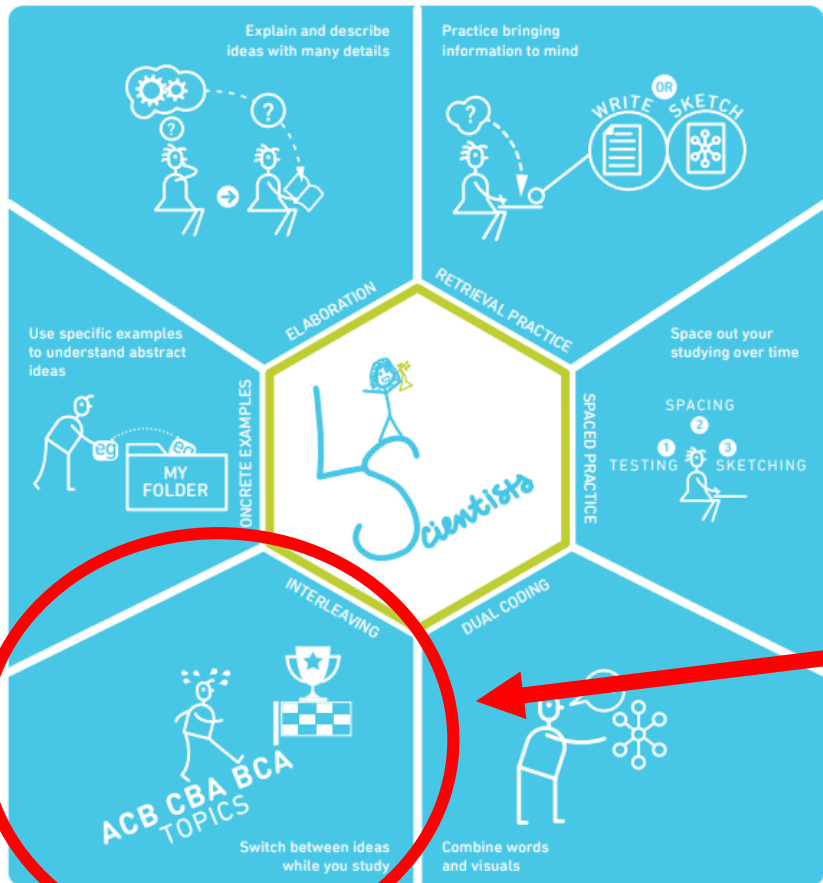
Planning Ahead



Six Strategies for Effective Learning

LEARNINGSOCIETIES.ORG

All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.



Effective Learning Strategies – REALLY USEFUL!

- **Year 11 Forms Team Area**

Use the idea of **INTERLEAVING** before planning what study blocks go where in your revision timetable

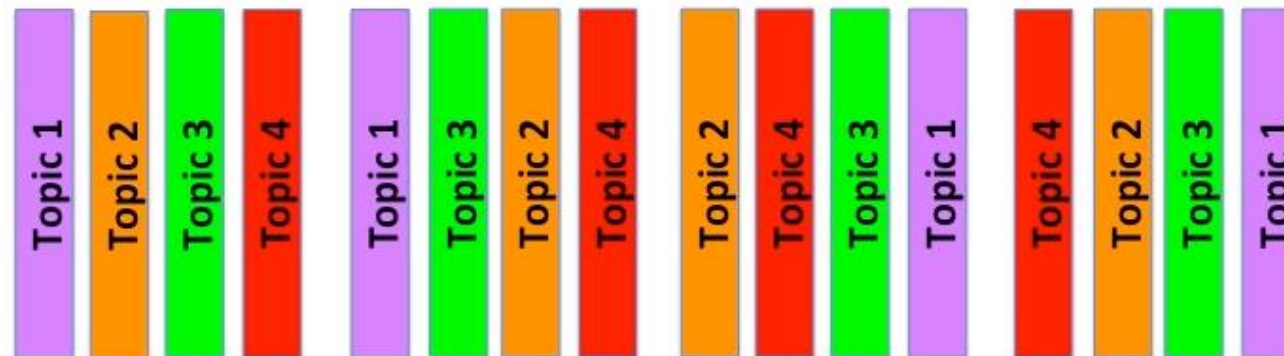
YEAR 11 Team Area

INTERLEAVED PRACTICE

When you are revising a subject, the temptation is to do it in 'blocks' of topics like this:



This doesn't support the importance of **repetition**. Better to **chunk** these topics up in your revision programme and **interleave** them:



			AM (9-12)	PM (2-5)	EVE (8-9.30)	TOPIC
Sat	29	May	History	Maths	OUT	
Sun	30	May	CHURCH	French	English	
Mon	31	May			Geography	
Tues	1	June			Food Tech	
Weds	2	June			Footy training	
Thurs	3	June			History	
Fri	4	June			OUT	
Sat	5	June	Maths	French	OUT	
Sun	6	June	CHURCH	English	Geography	
Mon	7	June			Food Tech	
Tues	8	June			Geography	
Weds	9	June		GEOGRAPHY	Footy training	
Thurs	10	June			Food Tech	
Fri	11	June	FOOD TECH		OUT	
Sat	12	June	English	French	OUT	
Sun	13	June	CHURCH	History	Maths	
Mon	14	June			History	
Tues	15	June		HISTORY	Maths French	
Weds	16	June	MATHS	FRENCH	Footy training	
Thurs	17	June			English	
Fri	18	June		ENGLISH		

5. Use your hour guide to fill in your revision timetable

			AM (9-12)	PM (2-5)	EVE (8-9.30)	TOPIC
Sat	29	May	History	Maths	OUT	Arab Israeli war
Sun	30	May	CHURCH	French	English	
Mon	31	May			Geography	
Tues	1	June			Food Tech	
Weds	2	June			Footy training	
Thurs	3	June			History	China
Fri	4	June			OUT	
Sat	5	June	Maths	French	OUT	
Sun	6	June	CHURCH	English	Geography	
Mon	7	June			Food Tech	
Tues	8	June			Geography	
Weds	9	June		GEOGRAPHY	Footy training	
Thurs	10	June			Food Tech	
Fri	11	June	FOOD TECH		OUT	
Sat	12	June	English	French	OUT	
Sun	13	June	CHURCH	History	Maths	Arab Israeli war
Mon	14	June			History	China
Tues	15	June		HISTORY	Maths French	
Weds	16	June	MATHS	FRENCH	Footy training	
Thurs	17	June			English	
Fri	18	June		ENGLISH		

6. Add the topic detail - be specific with your revision

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Effective Revision



Getting the balance right



Summary



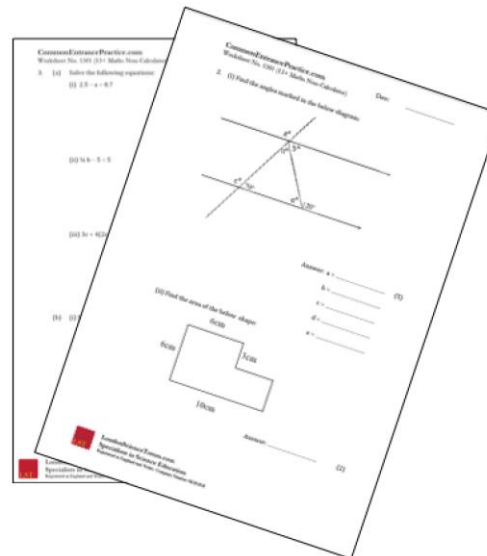
Effective Revision

1. Make sure you can access a **quiet space**, free from distraction
2. Ensure you have all the **equipment** you need (stationery, calculator etc.)
3. **Subject-specific revision resources** (checklists, websites, etc.)
4. Lots of **printed past paper questions** (and mark schemes)
5. Reflect on how your revision is progressing and what you may need to tweak – update checklists/rev notes
6. Make sure you give yourselves planned periods of **rest and relaxation**



Food Preparation and Nutrition Revision 2023		
Written paper 1 hour and 45 mins		
Section A 20 multiple choice questions to test your knowledge and get you thinking	Section B A series of longer questions. Starts with 2-4 mark questions, then longer 6-15 mark questions which require more discussion type answers.	Themes Food Nutrition and Health Food choices Food science Food Provenance Food safety

	CCEA Revision guide These are available via school. Please contact your teacher if you have not purchased one. There is an opportunity to buy a pack which has the revision guide, a workbook with practice exam questions and a sample exam paper and a pack of revision cards to test knowledge.
	Collins Revision Guide Revision guide, practice questions and a practice paper all in one. See Miss Hope if you would like the school to order you one.
	https://www.aqa.org.uk/subjects/food Specification and specimen papers
	https://school.com/search?q=food+preparation+and+nutrition&page=1 Exam practice questions and quizzes on nutrients.
	https://www.studydrive.net A free revision platform with tutorials and quizzes.
	A wide range of revision resources including pastpapers, quizzes, worksheets and knowledge organisers. Answer sheets on the site too.
	https://www.ibdcea.co.uk/resources/revision-cards/ Home Economics: Food and Nutrition (CCEA) This is a different board but still has some really useful <u>tutorials</u> , <u>quizzes</u> , <u>videos</u> etc.




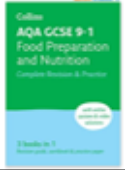







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Food Preparation and Nutrition Revision 2023

Written paper		
1 hour and 45 mins.		
Section A 20 x multiple choice questions to test your knowledge and get you thinking	Section B A series of longer questions. Starts with 2 – 4 mark questions, then longer 6 – 15 mark questions which require more discussion type answers.	Themes Food Nutrition and Health Food choices Food science Food Provenance Food safety

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 Exam board website.	https://www.aqa.org.uk/subjects/food Specification and specimen papers.
	https://quizlet.com/search?query=food-preparation-and-nutrition&type=all Exam practice questions and quizzes on nutrients.
	https://senecalearning.com/ A free revision platform with tutorials and quizzes.
	https://www.foodafactoflife.org.uk/ A wide range of revision resources including powerpoints , quizzes, worksheets and knowledge organisers. Answer sheets on the site too.
	https://www.bbc.co.uk/bitesize/subjects/zdn9jhw Home Economics: Food and Nutrition (CCEA) This is a different board but still has some really useful tutorials , quizzes, videos etc.

Aim for **30 minute chunks** (25 minutes 'do', 5 minutes review)

3 essential pieces of work to hand...

Checklist – Required Knowledge from the unit

Revision Page/Notes/Guide

Practise Exam Qs
Majority of time spent doing this



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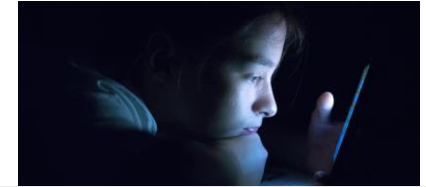
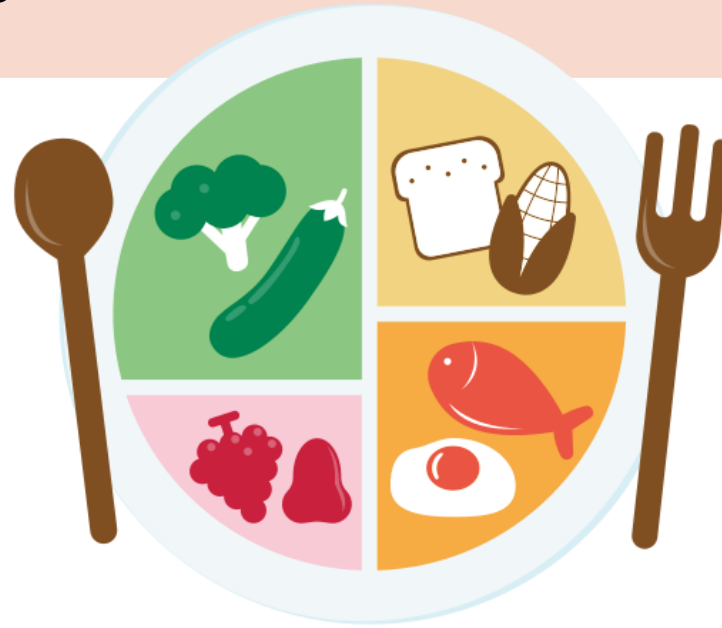


Summary



Getting the balance right

Healthy, balanced diet – keep your meals healthy and at 'normal' meal times, where you can



Aim for at least 7-8hrs sleep – go to bed at a reasonable time. Switch off electronic devices 1-2hrs before sleep.



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Yes, revision, too

27-Mar							
Week highlights	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
03-Apr							
Week highlights	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-Apr							
Week highlights	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17-Apr							

Revision timetables help!

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Summary



Summary

REVISION IS SIMPLE

1. Plan ahead - find your place to work
2. Plan ahead – **timetable**
3. Plan ahead – equipment
4. Plan ahead – revision notes and **EXAM QUESTIONS**
5. When revising, reflect on which combination of revision strategies work best for you
6. Get the balance right, and be kind to yourself – you're doing great!





Summary

TO-DO LIST THIS WEEK:

1. Construct a **revision timetable**
2. Check you have the resources you need:
 1. Checklists or equivalents
 2. Revision guides
 - 3. Past paper questions**
 4. Exercise books if needed
3. Time to start being a little selfish – make sure you get what you need. Badger your teachers!
4. Check in Teams – what's already there?



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Summary

Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27-Mar	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	Morning Afternoon Evening	Morning Afternoon Evening
03-Apr	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	8am-9am 9am-10am 10am-11am 11am-12pm 12pm-1pm 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 5pm-6pm 6pm-7pm 7pm-8pm	Morning Afternoon Evening	Morning Afternoon Evening

Date TODAY	26/03/2023
Date of 1st Exam:	15/05/2023

Total days left:	49
Available Easter days:	14
No. of school weeks:	5
No. weekends:	6
Easter weeks:	7
No. weeknights revising:	4
Avg hrs revising per weeknight:	1
Avg hrs revising per weekend:	7
No. Easter days NOT revising:	3
Avg hrs per Easter day:	5
Total no. of papers examined:	20
Total hours revision remaining:	117
Total hours revision per paper:	5.9

This simple tool provides a rough estimate of how many hours you will have to revise for each paper you will be sitting in the exams. It only calculates the total number of hours **up to the first exam**, so you will have **lots of time** in addition to this. In reality, as you'll be revising **throughout the exam period itself, and the half term in the middle, too!**

i.e. if sometimes 3 nights, sometimes 4, enter 3.5 as an estimate
Estimate total available time to revise each weeknight, when revising
Enter the total hours each weekend (i.e. 4hrs per day would be 8hrs)
Make sure you give yourself rest days!
try and revise early in the morning, where possible. Relax in the afternoon and evening!
Enter the total number of exams you will be sitting

← This is the GUIDE number of hours revising, per exam. Adjust up or down per paper, as needed.



Food Preparation and Nutrition Revision 2023

Written paper 1 hour and 45 mins.	Section B A series of longer questions: Starts with 2 – 4 mark questions, then longer 6 – 15 mark questions which require more discussion type answers.	Themes Food Nutrition and Health Food choices Food science Food Provenance Food safety
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	https://quizlet.com/search?query=food-preparation-and-nutrition&type=all Exam practice questions and quizzes on nutrients.
	https://senecalearning.com/ A free revision platform with tutorials and quizzes. https://www.foodfactfile.co.uk/
	A wide range of revision resources including powerpoints , quizzes, worksheets and knowledge organisers. Answer sheets on the site too. https://www.bbc.co.uk/bitesize/subjects/zdn9hy
	Home Economics: Food and Nutrition (CCEA) This is a different board but still has some really useful tutorials , quizzes, videos etc.

Resources:

1. Revision Timetable Template (Excel, Year 11 Forms – Team area)
2. Revision Timetable Tool (Excel, Year 11 Forms – Team area)
3. Six Strategies for Effective Learning Guide (Year 11 Forms – Team area)
4. Assembly Revision PowerPoint (Year 11 Forms – Team area)
5. Subject-specific Revision Guide Summaries (Year 11 Forms – Team area)
6. Check your subject Team areas for additional revision resources