Revision Strategies & Exams Information



MOCK EXAMINATION TIMETABLE- AUTUMN 2024



Date	Start time	Exam	Length of exam	Year group
Monday 25 th November	9.15am	GCSE English Literature	2 hours	11
	1.30pm	GCSE Biology GCSE Double Science (Biology) GCSE Applied Science	45mins 45mins 1hour	11
Tuesday 26 th November	9.15am	GCSE Mathematics - Unit 1	1hr 45mins (Higher & Intermediate Tier) 1hr 30mins (Foundation Tier)	11
	1.30pm	GCSE Chemistry GCSE Double Science (Chem)	45mins 45mins	11
Wednesday 27 th November	9.15am	GCSE Mathematics - Unit 2	1hr 45mins (Higher & Intermediate Tier) 1hr 30mins (Foundation Tier)	11
	1.30pm	GCSE Physics GCSE Double Science (Physics)	45mins 45mins	11
Thursday 28 th November	9.15am	GCSE Welsh - Unit 3	1hr 30mins	11
	1.30pm	GCSE Media - Unit 1	1hr 30mins	11
Friday 29 th November	9.15am	GCSE History - Unit 3	1hr 15mins	11
	9.15am	GCSE Business Studies - Unit 1, Section A	1 hour	11
Monday 2 nd		GCSE French - Unit 3	1hr 15mins	11
December		GCSE Computer Science	1hr 30mins	11
	1.30pm	GCSE French - Unit 4	1hr 30mins	11
Tuesday 3 rd December	1.30pm	GCSE Product Design - Unit 1	1hr 30mins	11
Wednesday 4 th December	1.30pm	GCSE PE	1hr 30mins	11

REAL Exam!!!:

Wednesday 8 th January	9am	GCSE English Literature Unit 1	2 hours	11
2025		Unit		

What does work?

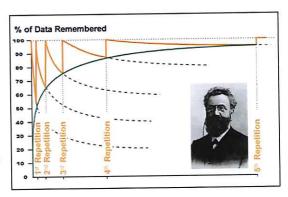


Retrieval practice

Retrieval is trying to remember information you have previously learned, so you can access it easily at a later date. When we are asked a question, our brain makes connections to other things we know. By repeating the question regularly, those connections are strengthened, and eventually the information transfers to our long term memory.

What does the research say?

This is one of the most extensively researched areas of learning - dating back to Ebbinghaus in 1885. If we only learn something once, we are more than likely to forget it; we need to force ourselves to remember and re-learn the information if we want to cement it in our long term memory. Look back at the study on the previous page — those students who self-tested 3 times before the exam were far more successful than those who just re-read the text.

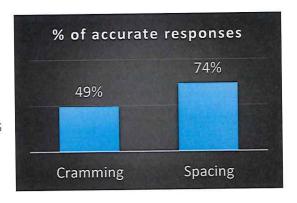


How can you make it even more effective?



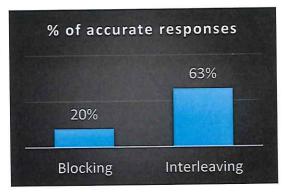
Spacing

Cutting up your revision into smaller chunks and spacing them out over a period of time is much more beneficial than cramming an entire subject in a day. An hour of Physics each day for 5 days is much more effective than 5 hours in one day.



Interleaving

To improve your results further, also consider interleaving. This is where you mix up the subjects and topics you revise: 30 minutes of Shakespeare, 30 minutes of algebra, 30 minutes of Poetry, 30 minutes of Ratio - rather than an hour of English and an hour of Maths.



A 2007 study (Rohrer and Taylor) found that students who spaced out their revision over a week, compared to one sitting, achieved a much higher average mark in their final exams. In a second study, students were given a mock test after blocking or interleaving and another test a week later. Even though blocking was effective in the mock test the next day, the students who used interleaving did considerably better a week later in the final exam.

Need some examples of effective retrieval strategies? Read on...

Ideas and resources from www.innerdrive.co.uk

What doesn't work?

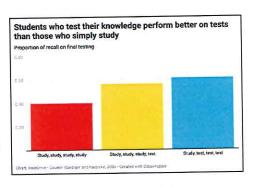


Re-reading notes and highlighting key points

According to research, 84% of students admit to using this technique to revise, and 55% claim it is their favourite technique. But is it really effective? Reading a whole chapter of a textbook, or reading through 3 previous essays, is quite a lot of work, so surely it's beneficial? But how much do you actually remember the next day, next week, next month?

What does the research say?

A study in 2006 (Roediger and Karpicke) compared the learning of three groups who used a combination of re-reading and retrieval practice to prepare for a test. When asked, those who just relied on re-reading believed it was an effective strategy for learning and felt really confident about the final test. The results said the opposite, though - those who used retrieval practice did at least 30% better in the final test.



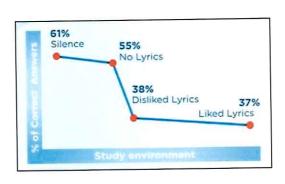
Another study in 2016 (Smith et al) took similar groups and subjected half of them to stressful environments before testing how much they could remember. Students who had just re-read their notes performed 32% worse in stressful situations, whereas students who had used retrieval practice were not negatively affected by increased stress. This is clearly beneficial in exam situations.

Listening to music when revising

Music can be beneficial for certain tasks - it can improve our mood, boost our motivation and increase creativity. But is it helpful when revising? According to research, 47% of students believe music helps them concentrate and 29% claim it keeps them calm.

What does the research say?

A 2014 study (*Perham and Currie*) compared four study groups: one group working in silence; another revising to songs they liked; a third group revising to songs they didn't like; the final group listening to music without lyrics. Those revising in silence performed significantly better than those listening to songs with lyrics, and it made no difference if they liked the songs!



Despite what many students think, listening to your favourite songs is not the best way to revise; music takes up processing space in the brain, leaving less space to process revision materials.



Lots of testing — also known as retrieval practice — done in silence, is the best strategy when revising. How can you make this even more effective? Read on...

Retrieval strategies

Brain dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try to fill the gaps without the notes. Check your notes a third time and add the missing information.

Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if your plan meets the criteria. Do this for a number of questions, then choose one and write the full response.

Ouizzes

Write a set of questions and answers and ask someone else to test you. It's important to either write or say your answers aloud. Reading through quizzes in your head can give you a false sense of security.

Thinking hard: reduce

Read a section of your notes then put them aside and reduce what you read to 3 bullet points, each one no more than 10 words. Look back at the notes and decide if you missed anything important. Hide the notes and write a fourth bullet point.

Thinking hard: connect

For each subject, consider the exam papers and group together questions that require the same technique to answer. Write down the requirements of each type. Find a previous example you've completed and identify where you've met the criteria.

Flash cards

Write flashcards for each topic, in all subjects, then mix them up for the most effective revision. Check out the Leitner System for effective spacing and interleaving. Keep your flashcards simple – one question, one answer per card.

> Past papers

Ask your teacher for practice questions or exam papers. Complete them without notes in exam conditions, then check your answers and identify the gaps in your knowledge, so you can target your revision.

Practise introductions

For essay subjects, take a past exam question and practise writing effective introductions and conclusions. Look back at your notes and remind yourself of the important things to remember. Practise for different topics, texts and papers.

Thinking hard: transform

Read a paragraph from your notes or a text book and transform it into a diagram, chart or sketch – no words allowed. Look at a diagram in Science, for example, and transform it into a paragraph of explanation.

Key vocabulary

For a particular topic, make a list of key vocabulary, then do the following: define each word; use each term in a sentence; create a question where the key word is the answer; identify other words which connect to each of the words in your list.

Simple study plan



Step Study Plan

It's never too late to plan your revision! This simple plan from @KateJones_teach & @Inner_Drive is a great place to start. 🟏





Make a list

What do you need to know? Break it down into topics and units. When you can retrieve it without effort, cross it off the list. It might help with motivation and organisation to have a 'to do' and 'have done' list.



Timetable a spaced schedule

Look back at the notes about spacing and interleaving. Study each topic little and often and mix up subjects and topics so you are revising a mixture each day. Be sure to leave yourself enough time to cover everything.



Use effective study strategies

That's what this booklet is all about. Keep re-reading and highlighting to a minimum. Highlight what you need to learn - but that won't make you learn it. Test yourself, using retrieval strategies. Think twice before loading up your favourite playlist!



Identify the gaps in your knowledge

Having used the retrieval strategies, where are the gaps? What are you confident with? What do you need to go back to? What do you need to study more? Be honest with yourself – don't just focus on what you do know.



Close the gaps

Repeat the third and fourth steps of the plan until you are confident with everything. Some parts will be difficult, but don't give up. The harder you have to think, the more likely you are to remember in the end. 'Memory is the residue of thought.' (Dan Willingham)

What else helps?



z,z Get some sleep

How many hours of sleep do you get each night? On average, teenagers claim to get 6-7 hours a night, when they should really be aiming for 9-10 hours. If you are only getting 6-7, you are depriving yourself of over 1000 hours of sleep each year. You must be exhausted!

What does the research say?

Put very simply, we experience two types of sleep: deep sleep, which helps our body to recover; and REM, which helps restore our mind. Without enough REM sleep, you are much more prone to anxiety, stress, lack of concentration, mood swings and poor decision making.

A 2009 study (van der Helm and Walker) found a 40% reduction in memory when sleep deprived. Not only that, but you are more likely to forget positive memories when tired, just recalling and retaining negative memories. Excessive sleep loss therefore impacts on our mental health and stress levels.



Limit your screen time

Mobile phones can be great tools for learning but are they having a negative impact on your learning? Catching up with friends, social media, movies and box sets is great – but when is the best time to do these things?

What does the research say?

A 2014 study (*Thornton et al*) found that just having a mobile phone nearby can lead to a 20% reduction in attention, concentration and performance.

Another study in 2013 (Wood et al) found that the glare from phones and iPads tricks our brain into thinking it is daytime, therefore stopping melatonin (the sleep hormone) being triggered. Two hours on your phone or iPad at night results in 20% less melatonin being released. At the very least, dim your screen prior to bedtime - or better still, don't use it at all.



Look after yourself

Being kind to yourself each day can have a big impact on your performance during revision and exams. Take a break and get some exercise. Aim to start the day with cereal or toast – but be sure to treat yourself later on in the day. Find time to do the things you love. Reward yourself for your hard work.

What does the research say?

A range of studies in 2016 (Miller and Krizen) found that students who took a 12 minute walk reported a 20% increase in happiness, attentiveness and confidence, compared to those who spent that time sitting down. Even taking a 5 minute walk resulted in similar benefits. Break up your study sessions with a quick stroll and see for yourself.

Ideas and resources from www.innerdrive.co.uk

of time that we spend revising and make When exams get

However, it is important early on. This will help pest study and revise you throughout your studies.

with some tips about So let this guide give revision and exams. you a helping hand

Happy revising!

REVISER ARE Y AKE THE QUIZ VHAT T



a plan for revision.

your English exam. How do you prefer to revise? 'Of Mice and Men' for You have to study



You have to do a report for media studies on a piece of popular news. How do you prepare?



of lessons do you enjoy chemistry, what type In classes like the most?



Your friend wasn't in class and you have to tell them what they missed. How would you go about it?

maps? Take this quiz to find out. techniques when revising. Are flash cards your thing? Or do you prefer diagrams or mind differently and it can be good to use a variety of different Everyone's brain works

Watch the film or see it on stage

Listen to an audio m





Discuss the news stories (with your classmates



Make notes on current news stories



00



Draw a flowchart to show each part of the theory



Explain in your own word or simplified terms





f you mostly

answered As

If you mostly answered Bs



If you mostly answered Cs

Why not have a go with these ideas?

Mind maps work for any type of studying be it essays, revising, presentations, or coursework projects. Here are our five reasons why we love mind maps!

present large amounts of

They allow you to see

They are fluid and free to interpretation – your mind

Coxolic

Stick your mind maps on a separate sheet of paper

How to mind map like a pro Five steps to create the best mind map

Gather your tools

sprow

Definitions

Ken

4 Where you see associations Connect, connect, connect!

between elements inside your

topic, connect them with a colour coded or styled line line briefly describing the connection. Combine this

Picasso – just colour code your A sheet of A3 paper would be best but A4 works too. Have ideas or categories to different hand so you can assign topics, colours. You don't have to be a variety of coloured pens at revision and stick to it.

and add a small note to the

branches closest to your central More like a mind-tree - the the supporting information and topic should be thicker, while Use branches, not lines more intricate detail should break into thinner branches.

Can you find common themes?

examiners usually ask about?

of practice papers. What do

SPJON TO

technique with your knowledge

Use images wherever possible

Aniod Yeur

Juiod Kay

photocopying tables from books or adding resources that you've This might mean drawing, drawn/written previously.

forgotten. It's best to start with an idea of how much detail you want to cover so you know how colourfully chaotic but they're only effective if they're clear. You should be able to glance at it and remind yourself of something you might have much space you'll need.

S Avoid clutter
Mind maps might get a bit

No.

Definitions Yey words

2



TO CLASSES, BUT ASSESSMENTS AND EXAMS YOU'VE LEARNED YOUR STUFF, YOU'VE BEEN ARE APPRACHING AND IT'S TIME TO REVISE. NOW YOU'RE WONDERING WHERE TO START.

mind, so you cover all those important points in Revision can be useful not only in exam season, information you have learned stay fresh in your completing your assignments too. Helping the your submissions and achieve better results. it can also be handy for brushing up before

ensuring you get the best out of your revision. We have compiled a list of tips and tricks to



- ike Arial. They are fast nearly everything!
- nore alert if you're tired 3
- something you like,

- Listen to music but not ന

Problem:

ijust haven't got a clue how to get started.

THE HACK:

This will show you what you need to learn and which areas you need to focus on. Show what you know. Pick a topic and write down everything you know about it.

Problem:

ı'n completely unmotívated.

Reward yourself with sweets or a healthier snack. Use small food that comes in large quantities and space them out across the pages of your work books and notes. Once you've completed a page you can treat yourself.

Problem:

I have four exams and a resit. I don't know what to focus on first!

dreading the most is the last one you sit, you will need to spend more time on it. Start with the subject that gives you the most trouble. Even if the exam you're You'll feel more confident if you dedicate more time to it.

Problem:

find it really hard to start because I get distracted

a little look at social media after you've written a paragraph of notes. To stop your When you're revising, everything else seems more fun and it's hard not to sneak phone distracting you, try:

- Putting it on airplane mode
- Placing it in another room or with a family member
- Using a mobile app that rewards you for not using your phone for a period of time.

Problem:

I'm finding it hard to manage my time.

How does anyone have time to do everything with exams coming up?! The answer? Lots of planning. Start with filling out the revision timetable in this booklet, but for your study sessions the Pomodoro technique is king. It involves setting a timer for 25 minutes and working on an activity until the timer rings, then taking a fiveminute break. Repeat this three times and then take a 30 minute break.

Sociology student SOTON MANUEL

MONDAY

How to plan your timetable

Just follow these five steps:

8.30-10.30AM

1. Colour code your sessions

to match your syllabus. Having

2. Use the Pomodoro method

0

LUNCH

3. Be sure to build in a break

by turning off your phone or putting it on

4. Avoid distractions

beware of burnout!

with and highlight specific topics in those subjects Find out what topic needs the most attention and which ones you know well – do this by marking 5. Traffic light your syllabus

Follow this rule:

what to write about

DINNER

couldn't answer an in-depth question.

I've performed well with this topic on practice

revising for one or two hours a day and then increase Make your revision timetable as realistic as possible. you know you won't stick to it, instead start off with Don't bother filling the whole day with revision if the time as you get more into it. PP Set concrete goals, reward yourself think about what you will achieve when you complete the goal and by studying for the exam. ? ?

Psychology student TINA KODRA

Download your blank weekly template at

bcu.ac.uk/revision-table 🏋

	TO SELECT OF
30 MIN BREAK	30 MIN BREAK
5 MIN BREAK	5 MIN BREAK
5 MIN BREAK	5 MIN BREAK
5 MIN BREAK	5 MIN BREAK
Highlight pecific topics Iside a subject at need extra attention	

DEC

MAY

Ω**Z**

30 MIN BREAK

5 MIN BREAK

30 MIN BREAK

5 MIN BREAK

5 MIN BREAK	5 MIN BREAK
5 MIN BREAK	5 MIN BREAK
Biology	
2-4 PM	4.30-6.30 PM

Fit your timetable around your days off. Sometimes you might have work or college so slot in morning and evening sections accordingly. **EVENING**

AUG

6

ANSWERING EXAM EXAM FSTIPNS

YOU'VE LEARNED, YOU'VE REVISED.
BUT NOW YOU'RE SAT IN THE EXAM
HALL WONDERING HOW ON EARTH
YOU'RE MEANT TO GO ABOUT
ANSWERING THE QUESTIONS IN
FRONT OF YOU...

Getting all that knowledge out of your head and down onto paper is more that tricky, So here's some key dos and don'ts to remember when it comes to the exam.

If you're doing a coursework-only subject or qualification, your uni degree may well include exams, so these tips will be useful to help prepare you for all kinds of assessments.

Prep prep prep!

Get to know your exam. How many questions are there? How many marks are at stake? How long should your answers be? Ask your teachers, practise with old exam papers and get in the know!

The question!

The question is your friend, it's there to help, Make sure you understand it, Identify key words and what it's asking you to do. Discuss? Evaluate? Compare? Outline?

PEE!

Always remember to PEE all over your exam.

Point. Evidence. Explain. A nice easy structure that's easy to remember and carry out. Make your point, back it up with some evidence and then explain it. Structure can make or break a good exam answer and this technique, as recommended by our student Soton, is a winner.

T'NOO

Panic!

Waffle!

Absolutely make sure you avoid waffle! You nee to be clear and concise, Our student Andrees suggests writing down everything about the top

Post-mortems!

It's over. The exam paper has been collected to you can't change anything. Make sure you get out of your head and focus on your next exam to so and entoy surmine.

COPING WITH EXAM ANXIETY

Norried your exam didn't go well or you haven't revised enough? Tak are of yourself during the exam period is important, so make sure y

- Talk to someone. Tell your friends, family and teachers about how you're feeling. Even if you're not feeling anxious, talking others can help you'feel less alone in your revision struggles
- Find something you love and that will distract your mind. Eve
 if it's just playing a video game for an hour a day or making
 a cake, do something that switches off your brain.
- Don't forget to eat, drink and sleep!
- When exams are looming, it can be tempting to pull an all-nighter or skip lunch, but staying healthy and alert is key to maintaining concentration.



On your exam day

This checklist will help you to be as prepared as possible for your exams so that you can focus on doing your best on the day.

Before sitting your exams, ensure you know: the date, time and location of each of your exams. You might find it helpful to write this information in a calendar or planner. who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam.	What you cannot take into exams: any type of phone revision notes any type of watch (this includes analogue, digital and smart watches)
What you will need: a clear pencil case at least two black ink pens - blue pens are not acceptable an approved calculator for relevant exams appropriate apparatus such as a ruler or protractor for relevant exams a clear water bottle if you wish to take one in - it must not have a label	Other important information: Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator to respond. Fill in your details on the front of your answer booklet. If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet. If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
Contingency sessions: There are contingency sessions within the Summer 2025 exam timetable – the afternoon of 11 June 2025 and the morning and afternoon of 25 June 2025. Make sure you are available on all three dates even if you do not have an exam. You can also find useful information about preparing fowww.jcq.org.uk/exams-office/information-for-candid	Remember to stay silent – talking to a fellow candidate could result in disqualification from all your exams. If you have any questions about your exams, please ask your teacher or exams officer.

EFFECTIVE FROM 1 SEPTEMBER 2024



Using social media and examinations/assessments Information for candidates

While we like to share our experiences online, when it comes to exams and other assessments, we have to be careful.

- Sharing ideas online can be helpful when you're studying or revising
- However, sharing certain information (see information on the right) can break the rules and could affect your results
- If you're not sure what you can and can't discuss online, check with your teacher
- If you receive exam content on social media, you must tell your teacher
- Don't be caught out by scammers selling fake exam papers





Warning to candidates





AQA





CCEA



OCR



Pearson



WJEC



1

You must be on time for all your examinations.

2

Possession of a mobile phone or other unauthorised material **is not allowed** even if you do not intend to use it. You will be subject to penalty and possible disqualification from the exam/qualification.

3

You **must not** talk to, attempt to communicate with or disturb other candidates once you have entered the examination room.

4

You must follow the instructions of the invigilator.

5

You must not sit an examination in the name of another candidate.

6

You **must not** become involved in any unfair or dishonest practice in any part of the examination.

7

If you are confused about anything, only speak to an invigilator.

The Warning to candidates must be displayed in a prominent place outside each examination room. This may be a hard copy A3 paper version or an image of the poster projected onto a wall or screen for all candidates to see.



Information for candidates

Written examinations

With effect from 1 September 2024

Produced on behalf of:













This document has been written to help you. Read it carefully and follow the instructions.

If there is anything you do not understand, especially which calculator you may use, ask your teacher.

A. Regulations - Make sure you understand the rules

- 1 Be on time for all your exams. If you are late, your work might not be accepted.
- 2 Do not become involved in any unfair or dishonest practice during the exam.
- 3 If you try to cheat, or break the rules in any way, you could be disqualified from all your exams.
- 4 You must not take into the exam room:
 - (a) notes;
 - (b) AirPods, Earphones/Earbuds, an iPod, a mobile phone, a MP3/4 player or similar device, a watch, smart glasses or any other smart device.

Any pencil cases taken into the exam room must be see-through.

Remember: possession of unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible disqualification.

- 5 If you have a watch, the invigilator will ask you to hand it to them.
- 6 Do not use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in your answers.
- 7 Do not talk to or try to communicate with, or disturb other candidates once you have entered the exam room.
- 8 You must not write inappropriate, obscene or offensive material.
- 9 If you leave the exam room unaccompanied by an invigilator before the exam has finished, you will not be allowed to return.

10 Do not borrow anything from another candidate during the exam.

B. Information - Make sure you attend your exams and bring what you need

- 1 Know the dates and times of all your exams. Arrive at least ten minutes before the start of each exam.
- 2 If you arrive late for an exam, report to the invigilator running the exam.
- 3 If you arrive more than one hour after the published starting time for the exam, you may not be allowed to take it.
- 4 Only take into the exam room the pens, pencils, erasers and any other equipment which you need for the exam.
- 5 You must write clearly and in black ink. Coloured pencils or inks may only be used for diagrams, maps, charts, etc. unless the instructions printed on the front of the question paper state otherwise.

C. Calculators, dictionaries and computer spell-checkers

- 1 You may use a calculator unless you are told otherwise.
- 2 If you use a calculator:
 - (a) make sure it works properly; check that the batteries are working properly;
 - (b) clear anything stored in it;
 - (c) remove any parts such as cases, lids or covers which have printed instructions or formulae;
 - (d) **do not** bring into the exam room any operating instructions or prepared programs.
- 3 Do not use a dictionary or computer spell checker unless you are told otherwise.

D. Instructions during the exam

- 1 Always listen to the invigilator. Always follow their instructions.
- 2 Tell the invigilator at once if:
 - (a) you think you have not been given the right question paper or all of the materials listed on the front of the paper;
 - (b) the question paper is incomplete or badly printed.
- 3 Read carefully and follow the instructions printed on the question paper and/or on the answer booklet.
- 4 **Do not** start writing anything until the invigilator tells you to fill in all the details required on the front of the question paper and or the answer booklet. **Do not** open the question paper until you are told that the exam has begun.
- 5 Remember to write your answers within the designated sections of the answer booklet.
- 6 Do your rough work on the proper exam stationery. Cross it through and hand it in with your answers. Make sure you add your candidate details to any additional answer sheets that you use, including those used for rough work.

E. Advice and assistance

- 1 If on the day of the exam you feel that your work may be affected by ill health or any other reason, tell the invigilator.
- 2 Put up your hand during the exam if:
 - (a) you have a problem and are not sure about what you should do;
 - (b) you do not feel well;
 - (c) you need more paper.
- 3 You must not ask for, and will not be given, any explanation of the questions.

F. At the end of the exam

- 1 If you have used more than one answer booklet and/or any supplementary answer sheets, place them in the correct order.
 - Place any loose additional answer sheets inside your answer booklet. Make sure you add your candidate details to any additional answer sheets that you use. For CCEA examinations, any loose additional answer sheets should be placed **behind** your script.
- 2 Do not leave the exam room until told to do so by the invigilator.
- **3 Do not** take any stationery from the exam room. This includes the question paper, answer booklets used or unused, rough work or any other materials provided for the exam.