

Create a Revision Timetable

Work out how many different subjects you have. Will you have exams in every subject? Check with your subject teachers what to revise.

Identify how long you will revise for each night. Some nights you might go to football training or dance class so this night might be out, or you may only be able to revise for a short time – remember revision doesn't just have to be done at home.

Design your revision timetable to suit you. Your form teacher will help you plan this.

Be realistic about how much revision you do each night. For Year 8 the recommended time is between 1 and 2 hours per night during the week.

At the weekend don't leave revision until Sunday evening! Get up an hour earlier and do some revision then, while the house is quiet!

Get other people at home involved – mini tests whilst you are on a journey in the car, challenge family members to answer questions, make it a competition at home so it is not all dull and boring!

Pin key words up around the house (get permission first). Do anything to help you remember key facts and information.

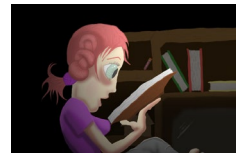
Ask your Form Teacher if you are worried or concerned about anything!

Good luck!!



Decorate Your Study Space:

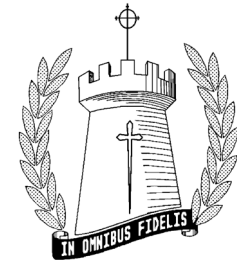
- Find a quiet space in the house
- Create a welcoming, relaxing and thought-provoking study area
- Keep your study space clean and organized
- You need to create a learning environment, where you will enjoy spending time
- Make lively informative posters and put them on your walls and ceiling
- Being surrounded by fun imagery, stimulates your mind, and encourages you to spend more time in your learning environment
- Have no distractions; turn off iPod, mobile phone and computer.



Also:

- Drink water, stay hydrated
- Don't forget to eat, eating nutritious meals and snacks aid concentration and your memory
- Reduce your stress levels by staying physically active and socialising with friends and family
- Sleep at regular times

St Damian's RC Science College



KS3 Internal Exams



Parent/Carer advice

- Work in partnership with the school – tell us about concerns you may have
- Encourage your child to have a good work ethic. Tell them about the importance of producing high quality homework and spending time revising
- Promote good behaviour, attendance, and organisation
- Support the school's discipline & rewards policy
- Be involved and look at the homework and revision tasks your child has completed
- Encourage responsibility

Pupil advice

Which of these revision techniques suits you best?
Try them out!



- Mind map
- Make a poster
- Make a diagram
- Make notes on key ideas
- Make a power-point
- Use a revision site on the internet
- Colour-coding



- Record key ideas onto iPod/phone for home use
- Say key ideas out loud
- Get someone to test you
- Play soothing background music
- Teach someone else what you have just learned
- Use acronyms (first letters of words to help memory)



- Moving information on a page e.g. create sorting cards for key words and definitions and match them up
- Associate information with actions
- Explain using gestures
- Flash cards
- Move around the room