



ST PHILIP HOWARD CVA

KS4 REVISION & SUPPORT



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REVISION GUIDANCE



REVISION SUCCESS

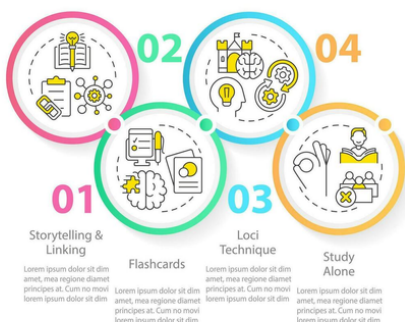
- **Revision Space:** Find a good place to work, remove any distractions, such as phones, TV, or crowded noisy environments.
- **Use Active Strategies:** Do not just read or copy out your class work as this will not help you learn, See the tips and strategies on **page 2**.
- **Build a Realistic Weekly Timetable:** plan your study sessions around your actual life. Being over ambitious you will abandon after three days.
- **Protect Sleep, Food, and Exercise:** your brain cannot retain information effectively if you are exhausted or poorly nourished.
- **Past Papers:** Completing past papers is a great way of knowing what to expect in the exam. Remember to always look at the mark scheme, so you can get those top marks. You can request past papers from your teachers.
- **Use the Internet:** You can find an array of useful revision recourses on the internet to help guide your studies. See the list on **page 4**.
- **Seek Help:** Ask your family and friends to help you revise.
- **Downtime:** Remember to make time for yourself and relax-putting too much pressure on yourself can lead to burnout, so taking breaks is just as important as studying.

IMPROVING MEMORY

Active recall and spaced repetition form the foundation of long-term retention.

Core Memory Techniques

- **Active recall:** Testing the brain forcibly retrieves information, strengthening neural pathways. Avoid rereading or highlighting notes; instead, close books and write out everything remembered, or answer practice questions from memory.
- **Spaced Repetition:** Reviewing material over increasing time intervals prevents forgetting.
- **The Leitner System:** A flashcard method using physical boxes. Cards answered correctly move to a box reviewed less frequently (e.g., once a week), while incorrect cards stay in the daily box.



Cognitive Hooks & Visual Memory

- **Dual Coding:** Pairing text with simple diagrams or visual icons engages both visual and verbal processing channels in the brain, creating two mental paths to recall the same detail.
- **Chunking:** Grouping large amounts of information into smaller, digestible categories (e.g., remembering a 10-digit number as a three smaller groups).
- **Elaborative Interrogation:** Asking **why** a fact is true and explaining the underlying reason rather than the outcome.

TOP TIPS ON EXAM STRATEGY

For effective active revision use a range of strategies, but use what works: Most students are not that clear on how best to revise—many will just read through their books—this is not effective. There is no one way to revise. Below are some examples of active strategies:

REVISION CARDS, REVISION NOTES, MIND MAPS, CREATING QUIZZES, USE OF REVISION WORK BOOKS, ONLINE REVISION QUIZZES, GETTING FAMILY MEMBERS TO TEST YOU.

Here are some revision methods where you actively retrieve, apply, explain or test knowledge rather than just simply rereading notes.

Strategy	What it Involves	Evidence and Statistics
Retrieval practice	Close your notes and try to recalling information from memory: flashcards, practice questions, blurting, quizzes. Then check your answers. Find flash cards and quizzes on www.quizlet.com	One of the most strongly supported learning techniques. Reviews identify retrieval practice as having robust experimental support.
Spaced Practice	Spread revision over several days/weeks rather than doing one huge session immediately before a test.	Research consistently supports spacing for longer-term retention.
Practice Questions/Exam papers	Answer questions without looking at the mark scheme, then mark your work and identify exactly what you missed.	Combines retrieval with feedback and application, making it particularly useful for exam preparation.
Dual Coding	Combine words with useful visual representations-e.g., diagrams, timelines, labelled processes or mind maps.	Dual coding is one of the six evidence supported cognitive strategies.
Traffic Light Method	Colour code your topics with green for low priority, amber for medium priority, and red for high priority.	Weeds out any unnecessary revision time, as students are well-known to study topics they are already good at. this is a more effective use of time.
Pomodoro	25 minute focused work, 5 minute step away.	Prevents dopamine levels naturally without screen fatigue.

REVISION CYCLE

The revision cycle is a process of repeatedly learning, testing, and improving your knowledge



LEARN → RETRIEVE → MARK →
CORRECT → SPACE → RETRIEVE AGAIN

The important part isn't failure of the method. The attempts to retrieve it, followed by feedback/correction, is part of the learning process.

KEY TERMS IN EXAM QUESTIONS AND WHAT THEY MEAN

Account for - Explain the process or reason for something being the way it is.

Analyse - Explore the main ideas of the subject, show they are important and how they are related.

Comment on - Discuss the subject, explain it and give an opinion on it.

Compare - Show the similarities and point out the differences.

Contrast - Say how something is similar and how it may be different too.

Define - Give the meaning. This should be short.

Describe - Give a detailed account.

Discuss - Explore the subject by looking at its advantages and disadvantages (i.e. for and against). Attempt to come to some sort of judgement.

Evaluate - Give an opinion by exploring the good and bad points. It's a bit like asking you to assess something. Attempt to support your argument with expert opinion.

Explain - Describe, giving reasons and causes.

Factors - The fact or circumstances that contribute to a result.

Give an account of - Describe.

Give reasons for - Use words like **because** in your answer as you will be explaining how or why something is that way.

Identify - Recognise, prove something as being certain.

Justify - Give a good reason for offering an opinion.

Outline - Concentrate on the main bits of the topic or item. Ignore the minor detail. "Four months from now you'll wish you started today"

State - Write briefly the main points.

Summarise - Give the main points of an idea or argument. Leave out unnecessary details that could cloud the issue.

REVISION GUIDES & ONLINE LEARNING PLATFORMS

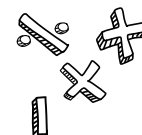
English Language & Literature

- **Revision Guides:** CGP GCSE/English/ Oxford AQA
- **Websites:** BBC Bitesize, Physics and Maths Tutor (PMT.com)
- **YouTube:** Mr Buff, Mr Salles Teaches English



Mathematics

- **Revision Guide:** Pearson Edexcel GCSE (9-1) Mathematics Revision Guide.
- **Websites:** Corbettmaths, Maths Genie, Dr Frost Maths.
- **YouTube:** GCSE Maths Tutor, Corbett Maths.



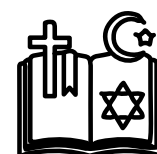
Sciences (Combined & Triple)

- **Revision Guide:** CGP GCSE (or single Sciences) Higher/Foundation.
- **Websites:** Cognito, Save my Exams.
- **YouTube:** FreeScienceLessons, GorillaPhysics, Cognito.



Religious Studies (RS)

- **Revision Guide:** Oxford AQA Religious Studies/WJEC EDUQAS GCSE
- **Websites:** BBC Bitesize
- **YouTube:** Ben Wardle/RE with Mr McMillan.



Humanities

History

- **Revision Guide:** CGP History/My Revision Notes (Hodder Education).
- **Websites:** BBC Bitesize GCSE History, Seneca Learning.
- **YouTube:** The History Teacher, Dan Snow's History Hit.



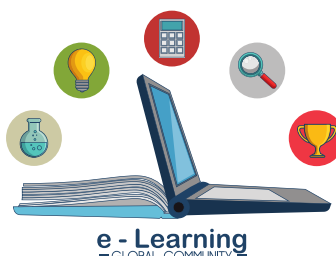
Geography

- **Revision Guide:** CGP GCSE Geography.
- **Websites:** Internet Geography, Coolgeography.
- **YouTube:** Geography Association/Time for Geography.



General Revision across all subjects.

- Anki/Quizlet
- Seneca Learning
- Physics & Maths Tutor PMT
- YouTube UnJaded Jade, Ruby Granger.



e - Learning
— GLOBAL COMMUNITY —

Make sure you take full advantage of your free school library recourses, guide books, printouts, and many more!



MENTAL HEALTH & WELLBEING

Year 11 is a high-pressure year, but revision and exam prep shouldn't come at a cost of your sanity. Mental wellbeing isn't just about feeling good, it can directly impact your memory, focus and performance.

THE SCIENCE OF STRESS AND HOW TO HACK IT

Stress is a normal biological response designed to help you react to challenges. A small amount of adrenaline sharpens your focus, however chronic stress floods your brain with cortisol, which actually impairs the prefrontal cortex-the area responsible for memory retrieval and complex problem-solving.

- Recognise the physical signs: Clenched jaw, shallow breathing, disrupted sleep, or brain fog.
- The 4-7-8 Reset: Inhale through your nose for 4 seconds, hold for 7 seconds, exhale through your mouth for 8 seconds. Repeating this 3 times activates your parasympathetic nervous system to physically lower your heart rate.



Pro-Tip: Doom scrolling on your phone during a study break does not count as a brain rest. Your brain is still processing information. Walk away from screens, stretch, or grab a drink.

The non-negotiable Triad: Sleep, Fuel, and Movement

- Sleep is active learning: Sleep is when your brain moves information from short-term to long-term storage.
- Fuel your brain: Avoid extreme sugar spikes and caffeine crashes, which mimic panic symptoms in the body. Aim for slow-release carbs, hydration, and regular meals.
- Move daily: Even a 15-minute walk outside releases endorphins, reduces stress hormone, and increases blood flow to the brain.

Where can I get Support

You do not have to carry exam stress alone. If you feel overwhelmed, reach out early:

In School: Head of year, Form Tutor, Family Support are always available.

Childline: Call 0800 1111 or visit [Childline.org.uk](https://www.childline.org.uk) (free, confidential, 24/7).

YoungMinds Crisis Messenger: Text YM to 85258 for free, 24/7.

Kooth: Online mental wellbeing community at [kooth.com](https://www.kooth.com).



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