



WOLLASTON SCHOOL

WOLLASTON SIXTH FORM

EFFECTIVE REVISION 2017

Hints, tips and resources to help you get the
exam results you want.....

The exams are really happening
time toget **SERIOUS** and **START PLANNING!**



INSPIRE MOTIVATE ACHIEVE

KEY DATES

MONDAY 15TH MAY—FIRST EXAMS

THURSDAY 25TH MAY—YEAR 13 LEAVERS DAY EVENTS

MONDAY 19TH JUNE— START OF YEAR 12 INTERNAL EXAMS

MONDAY 26TH JUNE— LAST EXAM

SATURDAY 15TH JULY—SUMMER BALL

THURSDAY 17TH AUGUST—A LEVEL & AS LEVEL RESULTS
DAY

EXAM GUIDANCE FOR STUDENTS AND PARENTS

The full Examination guidance booklet can be viewed on our school website and we would ask you to familiarise yourself with this booklet. For quick reference please see a few pointers below;

Exam Venues, Dates and Times – Final Timetable

All students will be able to view an Individual exam timetable via Insight on the Website from Easter before their first scheduled exam. This is **VERY IMPORTANT**. It will tell students the

- date, time and length of each exam
- venue
- seat in that room they have been allocated.

However, as last minute changes sometimes happen it is important that **students check** the venue and seat number **the day before**. Students should check their timetable on Insight for any updates.

Candidates are required to be at the correct venue **10 minutes before** the published start time to ensure that all candidates are seated promptly. This is very important to ensure a prompt start so that the finish time is adhered to, allowing a reasonable break before afternoon exams begin or, in the afternoon, to ensure that students can catch buses home.

The main period for exams is from the start of May until the end of June, but some **oral and practical exams will take place earlier** and are **not always indicated on the provisional timetable**. **Check with subject teachers**.

The length of exam papers varies and they may not finish until after school. Students and parents should be aware of this and make appropriate arrangements for getting home.

Some students may also receive an allowance of extra time for the exam and so their finishing times may be even later. Students entitled to this extra time will be aware as applications for this are made to the Exam Boards in advance of the exam season in conjunction with the Head of Special Needs.

Arriving late for exams

If you realise you will be late for an exam, you should telephone the school immediately and get a message to the Exams Office. It may still be possible for the candidate to be admitted if there is a genuine reason for the lateness. However, exam regulations on this matter are strict. **Any candidate arriving more than one hour after the start of the exam will not be admitted**. If the exam has finished, late candidates will not be allowed to sit the paper under any circumstances.

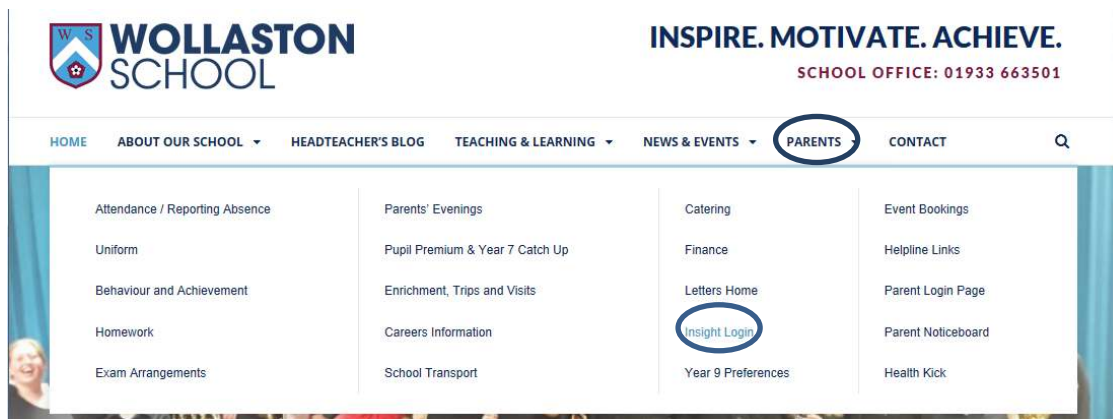
Missing an exam

A student who does not turn up for an exam without presenting a doctor's note, or giving evidence of another satisfactory reason for a request for special consideration will receive a grade based only on those elements of the exam which have been marked.

Parents should be aware that if a student does not sit an exam for which they have been entered without having very good reason (see below) for being absent, **they will be invoiced for the entrance fee for that exam**

Accessing your Exam Timetable via Insight on the school Website.

Step 1: Go the School website/Parents/Insight login



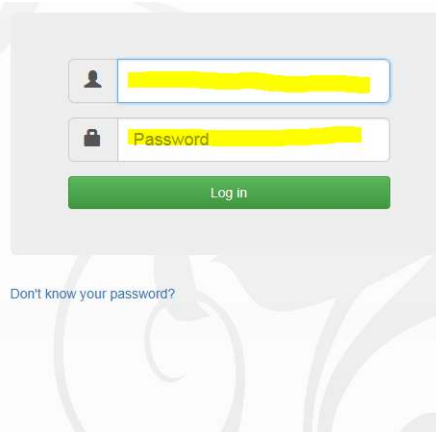
Step 2: Log-in using your school details

Username - this is usually the PRIMARY email address you have registered with us for school communications.

Password - If you have forgotten it, please enter your email address in the username box and click on the "Don't know...." link underneath the green Log In box.

If you experience any other technical problems please email s.burgess@wollaston-school.net

Students - use your school log on details.



Step 3: From the top bar choose Assessment/Exam timetable (or results on results day if you cannot come in to school)

GETTING STARTED

Holidays are just around the corner and your revision strategies should be soundly in place by then. This booklet will give you a few hints and tips, and help you to focus on what you need to do.

Preparing Effectively for Examinations

Common Difficulties

Most people feel nervous about taking exams. It is normal to feel you will be put on the spot, that you do not know what to expect, and that you may not do yourself justice. You can make the whole experience better by considering the following:

| Common Difficulties: Tick which apply to you | Tick |
|---|--------------------------|
| I am often frustrated at examination times | <input type="checkbox"/> |
| I seem to spend a lot of time revising and not getting good results | <input type="checkbox"/> |
| I am not sure if my techniques are the most efficient | <input type="checkbox"/> |
| I mainly leave revision until it almost too late | <input type="checkbox"/> |

If you have ticked one of these then it is time to start thinking about how to improve your revision strategies.

If you ticked 1 – You have not perfected an effective and efficient system of revision. Your memory strategies may not be the most effective.

If you ticked 2 – Your revision may be without a proper focus and plan of campaign. You may not know how to prepare for revision.

If you ticked 3 – You are stuck in a rut and need to clarify what works best for you.

In all these cases you need to try out different techniques (see pages 8–12).

If you ticked 4 – Your time management is in need of an overhaul! Print out copies of the planning sheets available on the shared area and use them! Or think about using one of the apps to help organise your time.

PRODUCTIVE REVISION

Preparation

Is not only about drawing up a timetable and arranging your files and books in your work space! You need to reflect upon how you have tackled revision in the past; analyse what worked well (you got good results) and what didn't work well (you got bad results).

PRODUCTIVE WORKING HABITS

These are all useful techniques either on their own or, often, in combination. Think about why certain techniques worked well for you and why others did not, and develop your own approach.

| Which of these revision techniques worked well for you and which didn't...? | Yes/No |
|---|---------------|
| Writing out my notes again and again | |
| Reducing information into shorter notes | |
| Memorising essay answers | |
| Writing out sample essay answers under timed conditions | |
| Using mindmaps or diagrams | |
| Putting important information on to audio tapes and playing this over and over again | |
| Revising with friends | |
| Using colour (coloured highlighters, for example) to help me to summarise and understand key points and to remember facts and information | |
| Reading my lesson notes (without any other activity) | |
| Writing out essay plans from past questions | |
| Spending long periods revising a week before the exam | |
| Using memory triggers to help me remember | |
| Using key words as the basis for understanding | |

REVISION PREPARATION & TECHNIQUES

If you've not been organising your notes throughout the year then spend one evening **NOW** ordering everything you have. You must have a complete and well –organised set of notes to revise from – where necessary ask your teachers. Secondly, ensure that you have a copy of the syllabus for each of your exams.

YOUR REVISION “KIT” – ESSENTIAL COMPONENTS

Course Information

Past Exam Papers
Textbooks
Completed Assignments
Revision Packs (if available)
Course Notes
Lesson Hand-outs
Your notes – complete and well-organised
Syllabus

Study Aids

Folders
Dividers
Plastic Wallets
Highlighter pens
Coloured pens and pencils
A3 paper
Coloured paper
Index cards

There are many different revision techniques – **find one that works for you.**

Three very useful ones are:

Mind Mapping

- Useful if you are a visual learner
- Good for organising your ideas
- Can cover a whole topic on one page
- Forces you to make sense of information.
- A good way to start getting to grip with a topic or area.



Revision Cards

Useful way of breaking down information into manageable sections.
Allow you to organise your notes into a logical and ordered way.
Forces you to transfer information and make sense of it.
Easily portable and more flexible than a notebook or folder.

Mnemonics

Using the first letters of the facts you need to remember to form a word or sentence. For example: “**H**elp **f**ive **p**olice **t**o find **t**en **m**issing **p**risoners” for the bones of the lower body – hip, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges.

Space for practising

Concentrate on getting to grips with the new knowledge and working actively to remember the information needed for the exams. Ensure that you organise your time such in a way that you leave a **space for practising** the skills needed in the examinations. You need to be able to recognise, at speed, information that has been restructured and reformulated in an exam question. You may want to practise with friends reformulating some of the questions on earlier papers or making up your own questions for each other.

Review and practise the skills needed in the examination. These may include:

- analysing exam questions (identifying exactly what the examiner is looking for)
- planning essays
- writing appropriately and accurately
- arguing effectively, using appropriate concepts and theories
- close analysis of texts (verbal or visual) or other kinds of ‘evidence’
- selecting areas of knowledge in support of an argument
- synthesising and reaching a conclusion
- deciding which type of questions you are good at answering
- getting your ideas down in a specified time
- managing your time during an exam
- prioritising information in an exam question
- prioritising questions during an exam

REVISION SESSIONS

Find out what **revision sessions** are being offered by your teachers. These sessions will give you an idea of what is expected, and will also show you where you have gaps in your knowledge and understanding so that you can do more concentrated learning.



Characteristics of examination answers.

It is useful to analyse what makes a good answer – not just in terms of the subject content but also in terms of how the information is presented; how the answer has been argued, or how the wording of the question makes a difference to the way the information has been handled. Some subjects can provide sample essay answers for you to examine to improve techniques of written response. Ask your subject teachers.

Examination writing groups

Practise writing an examination answer under timed conditions and then mark each other's work. This enables you to become familiar not only with getting your ideas down in a short time but also with the ability to re-shuffle your knowledge to fit the question.



5 Best Revision Apps to help you ace your exams!

Although revision can be tough and a tad depressing, there are many ways you can make revision more appealing. One of these ways is using technology, you can make things easier and get those As by making the most of these awesome apps.

They're just sitting there, waiting to be downloaded, after all.

App#1: My Study Life

My Study Life is a cross-platform planner for students designed to make your study life easier to manage. My Study Life allows you to store your classes, homework and exams in the cloud making it available on any device, wherever you are.

It allows you to add revision tasks for a specific exam - all in a free, easy to use application. Far from your standard calendar, My Study Life is optimized to work for your school life right from the start with support for week and day rotation schedules. Add your classes and view them in a beautiful, instantly identifiable, familiar week view.

My Study Life seamlessly syncs your data between devices, allowing you to use the app even when offline. You can add a task on the move from your phone or tablet and it will be instantly available on the web app.

Keep those all important exam dates alongside your classes and revision tasks. It can create you a revision timetable and then you will get notified with reminders for unfinished tasks, upcoming exams and classes before they even start.

Available on iPhone, Windows 8, Windows Phone and the web at <https://www.mystudylife.com/>



5 Best Revision Apps to help you ace your exams!

App#2 Quizlet

FREE



Quizlet is the leading education and flashcard app, and makes studying languages, history, vocab, and science simple and effective. And it's free! Create your own flashcards or choose from millions created by other Quizlet students and teachers on thousands of subjects. Offline access on our study app lets you learn anywhere, anytime

- Put your memory to the test with Learn
 - Memorize tough vocabulary like a pro with Flashcards
 - Race against the clock in a game of Match
 - Show you're ready for an in-class quiz with Test
 - Share study materials with friends
 - Enhance your studying with images and audio



Many students already use this and it's great for on the move revision.

<https://quizlet.com/en-gb>

App#3:Gojimo

FREE

The way you revise very much depends on you, as a person, and your preferences. If you do like mini quizzes this is another great app. Created for students—by students, Gojimo is easy to use and has more tests than you'll ever need. It is easy to use and perfect for exam prep on the go, some of the content is even available off line.

<http://www.gojimo.com/>



5 Best Revision Apps to help you ace your exams!

App#4: Memrise

MemrisePRO £18.50

FREE



If learning vocab and language is your focus, then Memrise is worth checking out.

Memrise is a bit different. You can click on the optional “help me to remember this button”, which then allows you to select a “mem” – an image, essentially – that relates to that particular word and should, theoretically, help you remember it.

In fact, the whole way Memrise has been structured is based on knowledge of how the brain works. Interesting stuff.

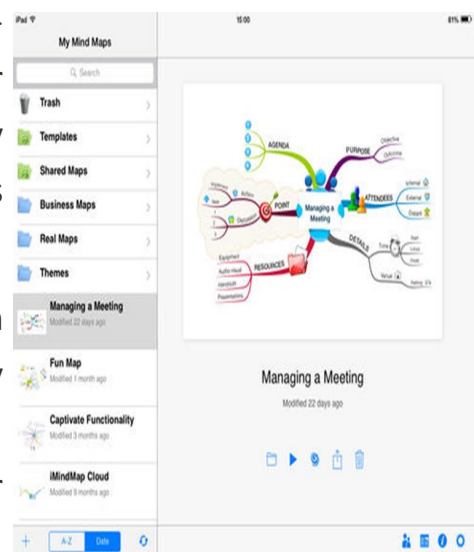


App#5: iMindMap and bubbl.us

FREE

The way you revise very much depends on you, as a person, and your preferences. Many prefer to record their notes in the form of mindmaps, which is particularly common for those with Dyslexia. iMindMap digitises this classic revision method.

With the app, you can create mindmaps using its built-in sketch tool and digital add-ons - including some snazzy freehand branches. You can even record audio notes and have them to sync to the cloud so you can access your creations from multiple devices.



<https://imindmap.com/>

Useful Revision Websites

Your teachers will recommend subject specific websites. There are other websites you can use for revision; some that are more general tools that will help organise your revision and motivate you to get revising.

Many of the previous suggested apps you can also access via the internet. For example MyStudyLife.

Website#1 Get Revising

Create your study plan



Take the stress out of homework and exams. Tell us what you're studying and get a personalised study plan in under 5 minutes.

Practise past papers



Practising past papers is the best way to tell if you're ready for exams. Our smart tool can find past papers for all levels and subjects.

Get creative



Create your own study resources with our easy to use tools. Create a mindmap to plan an essay or turn your revision notes into flashcards.

TOP REVISION TIPS

- Find a good place to work. It should be quiet, uncluttered and free from distractions, e.g. mobile phone, emails, TV, boy/girlfriend!
- Past papers are vital! They enable you to test your timing and exam technique and make it impossible to kid yourself that you know enough without having to do much more revising.
- Revision sessions – many of our subject teachers are offering **additional revision sessions**. These are enormously valuable – find out what's on offer and take advantage of them!
- Revision guides – get a recommendation from your teacher as to which are most useful and then make sure you use them!
- Draw up a detailed but **realistic** revision plan – don't plan a schedule you can't manage, and **be disciplined** – stick to what you say you will do.
- Try to give each subject equal time. Don't concentrate on one subject at the expense of another.
- Do difficult tasks at a time when you are freshest and most productive, and don't try all of the hardest topics at once. Spread them around evenly with the easier ones.
- Rest, fun and rewards are important too – schedule breaks, relaxation and exercise but not all at once. Spread them throughout the day and remember to reward yourself as you achieve each target.
- Leave time at the end of your revision sessions to review what you have done and what you still must do.
- **Make good use of school and internet resources:**
- On the school website (the Sixth Form section) you will find plenty of information and advice about revision.
- In the school shared area (the Sixth Form section) you'll find lots of material to help you, including blank revision planner sheets for you to print out and use. Two particularly good websites to check out are:

www.s-cool.co.uk/a-level

www.getrevising.co.uk

Ask your family to support you. Show them your plan so that family outings aren't planned in the middle of your revision. Pin up a copy of your revision plan where they can see it and ask them to nag you to stick to it – but don't get cross with them when they do!



FINAL THOUGHTS



‘The more I practice the luckier I seem to get’

Golfer—Gary Player

You are what you eat!

- Now's a good time to look at your diet. Keep junk food to a minimum increase the fresh fruit and veg and try and include oily fish (e.g. sardines, tuna) – the Omega-3 fatty acids they contain are thought to improve cognitive abilities and mood. B vitamins may also have **brain-boosting** properties – a good source is Marmite!
- **Drink water** – lots of it! Dehydration is bad news for both your body and your brain. Try and lay off the alcohol until exams are over – and definitely **don't drink the night before an exam!**

Rest, relaxation, exercise and sleep

Rest and relaxation is a vital part of the revision process. Make sure you have rest periods and short breaks – set **treats** for yourself. Relaxation exercises, such as **yoga**, are good for clearing the mind ready for the next onslaught!

When you take breaks, try to get outside and go for a walk or run, rather than just slump in front of the TV. Your brain needs lots of oxygen to work at its optimum level. Physical activity, such as jogging or aerobics, can stimulate your brain into more activity when you are trying to remember all the information.

Don't stint on sleep! You should aim for a regular 7-8 hours a night. You might find that a 30-minute "power nap" in the middle of the day will increase your afternoon brain performance and prevent information overload.

Remember – if you are still **learning** information right up to the last few hours before the examination, you will NOT remember all of this in the examination. If you feel you are too tired when you go into the examination, you will not perform well.

Most importantly: **keep calm, be positive and don't panic.**
If you've followed all the advice in this booklet, you should be fine.

GOOD LUCK!