

GOOLE ACADEMY

PARENTAL REVISION SUPPORT BOOKLET

A useful guide to helping your child
achieve success in their GCSE's



@DELTAGOOLE



WWW.GOOLEACADEMY.ORG.UK





WHAT IS THIS BOOKLET ABOUT?

This is a very important time for the Year 11's, they are very close to their final GCSE exams and are beginning to feel the pressure. This booklet aims to provide you with essential information to support your child as the exams approach.

DEVELOPING GREAT REVISION HABITS

Regular and effective revision is an essential part of learning and, therefore, we are working very hard to ensure that students are motivated to revise and know how to.

It is our aspiration that the students will develop some of the best revision habits so that they leave us in Year 11 with brilliant qualifications.

We address revision skills within the normal curriculum time, but we have also created this booklet to do the following:

- Explain why revision is important
- Outline a few obstacles students should try to avoid

- Explain how you can support with revision and exam preparation
- Identify six proven strategies that will help learning – we have called these the “Big 6”
- Showcase some examples of good revision / revision habits
- Inform you about what students need to revise in each of their GCSE papers

For more support beyond this booklet, simply Google: “How to revise for GCSEs,” as there are a range of good websites from here that will be useful for students, parents and carers.

WHY IS REVISION SO IMPORTANT?

In simple terms, revision is important because students have so much to learn!

The new GCSE qualifications are considerably more demanding and there is an expectation that students have a lot of knowledge that they can quickly use when they're in an exam. If a student has revised their classwork and homework, they will be able to quickly apply this knowledge in an exam. If they haven't revised enough then they may find themselves in that tough position when

they simply can't remember the answer to a topic they know they have covered in class. Every student that achieves highly at the Academy has developed good revision habits and we want to ensure that every single student feels totally prepared when they sit down and open their exam papers.

WHAT RESOURCES DO STUDENTS NEED TO REVISE?

We recommend that every student has access to:

- A3 paper
- A note book
- Some highlighters
- Some different coloured pens
- Some blu-tack
- Some post-it notes
- A quiet place to work



WHAT PITFALLS SHOULD STUDENTS AVOID WHEN ATTEMPTING TO REVISE?

Thinking they can leave it all until the “last minute.”

We do not recommend ‘cram’ revising as students now sit so many exams there is no way they can cram all the knowledge in. Instead, revision should take place over a series of months and it should involve the students covering and re-covering the same information.

Thinking they don’t have to revise as they’ve “always been fine up to this point.”

GCSEs results really matter, and unlike normal assessments, there may be no second chance to secure a good grade. Around the country, hundreds of thousands of students are all revising.

Worrying about looking like a “geek” by working hard in the evenings.

Some teenagers are highly prone to peer pressure and sometimes a culture develops in which students are embarrassed to tell each other that they care about their grades and are revising. We want to overcome this mindset and encourage students to be proud of working hard, and whilst they shouldn’t ‘show-off’ about how hard they work, they shouldn’t try to hide it either.

Panicking and doing too much work, or no work whatsoever.

We know that exam preparation can be stressful and we know that teachers and parents can put a lot of pressure on students to achieve good grades. Sometimes the result of this is that students feel they have to revise all the time or other students feel so overwhelmed, they do nothing at all. We believe that students should develop a balanced approach to revision in which they revise

over a few months, do some revision most nights, but also leave time for relaxing or hobbies so that they don’t feel overly stressed.

Trying to revise in the wrong environment

Revising challenging subject content is hard and it requires periods of total focus. Students have to be able to avoid distractions if they are to ensure the learning ‘sticks’ and they aren’t just staring at the page or copying work. It is impossible to revise well with the TV on!

Working, but not learning

Some students find it comforting to just read or copy out information or revise topics they already know really well. This creates the illusion of learning, but actually the students aren’t learning anything. Instead, students should focus on covering all areas of each subject in a methodical way, and they should aim to learn the knowledge, not just read their notes. The “Big 6” revision tips in the next section will identify a range of methods that should result in high quality revision.

So what needs to happen next?

On the next page we have identified how you can best support with the revision process to help achieve the best outcomes possible. Further on in the booklet we have identified six strategies that all students can use to help them develop great revision habits. We have called these the Goole Academy “Big 6” Revision Tips. Students should practise each of them.



PARENTS – HOW YOU CAN HELP!

1. Don’t Panic

Students at this time are stressed and worried, although they don’t always show it. Try to stay calm, even if you don’t feel it, and reassure your child that it will be ok. If they revise and study well, they will get a deserving grade.

2. Help plan their time

Students are not all as good at organising time as adults are. Ideally students should be studying at least 5 days a week, in three 40 minute blocks, split with short breaks in between. Students who revise little and often, tend to do much better than those who study all day on a weekend. Put together a revision timetable with your child and help to plan what to revise. For example, not Geography, but Coasts and Rivers, this will help to focus on covering all topics. Put the topics that have most difficulty with or are least familiar with, first.

3. Have a revision space

Make sure there is a quiet place available for your child to revise in. Ideally at a desk, but any table will do fine as long as there

are few interruptions, space and the basic equipment they need. Some students find it helpful to have quiet music playing, this is fine, as long as it helps and encourages your child to revise.

4. Think about different ways to revise

Very few students learn well by reading notes and exercise books. Effective revision needs to be varied and suit how your child learns. Encourage them to try different revision methods.

- If you read notes, use a highlighter, to pick out key information.
- Use spider diagrams to organise ideas
- Use flash cards for key pieces of information
- Use post it notes in books and with key words
- Watch relevant video clips
- Use revision webpages, such as GCSE bitesize

- If you don't like reading, record and listen to key information you need to revise. Ideal if you walk to school.
- Quiz and test information learned, this could be practice exam questions, but also a more informal question and answer with other students, or even your parents!

5. Look after them

This will be a difficult time for your child, make sure they eat well and get enough sleep. Staying up late to revise is often counterproductive. Don't let them have too much caffeine, this can be harmful to your child. They do need some time off, make sure they take it, but not too much! And try to do something they enjoy, try to encourage them to have fun and relax a little. Exercise can help to reduce stress and aid concentration. A short walk can really help. Make sure to watch out for warning signs that your child is not coping with the stress, this could be showing less interest in the things they love, not eating or sleeping, and severe mood swings. Make sure you seek help if you need to.

6. And finally

Make sure you know when the exams are, ensure your child is up in plenty of time to get to the exam, and they have something to eat before they go. After that exam, ask them how it went, then move on. Dissecting where they went wrong will just add to the stress. Use the evening to prepare for the next exam.

Remember: Those who study and revise effectively, will achieve well.



YEAR 11 SUPPORT SESSIONS

In the run up to the exams we have a range of support strategies and intervention sessions taking place. These sessions and resources are vitally important in helping your child achieve their best possible grades in their final GCSE exams and attendance at as many sessions as possible is crucial.

INTERVENTION TIMETABLE

The programme of study sessions at the end of the day has been running for some time, as the exams approach it is essential the students have good attendance at these sessions. It is expected that Year 11's will attend their identified sessions every week.

YEAR 11 ENRICHMENT

Monday: English, History & French		Wednesday: Maths, Geography & French		Thursday: Science, French & Food		Friday: Open (Options)	
SWI (ENG)	Maths 4	RF (MATH)	Maths 4	JHI (SCI)	Maths 4	Sports Stud	MATHS 4 > ICT 4
VM (ENG)	Maths 5	AW (MATH)	Maths 5	MIG (SCI)	Maths 5	Sports Sci	MATHS 5 > ICT 3
SAB/RFI (ENG)	Maths 6	NA (MATH)	Maths 6	DAN (SCI)	Maths 6	H&SC	MATHS 5 > ICT3
LUS/DJJ (ENG)	Maths 7	ATU (MATH)	Maths 7	JSW (SCI)	Maths 7	Performing Arts	MATHS 6 > ICT 2
BE (ENG)	MFL 2	EH (MATH)	MFL 2	AS (SCI)	MFL 2	I Media	MATHS 7 > ICT 1
SHD (ENG)	MFL 3	ALC (MATH)	MFL 3	JRD (SCI)	MFL 3	Art & Photography	MFL 4 >ART 2/3
ALL (ENG)	MFL 4	MWP (MATH)	MFL 4	ATL (SCI)	MFL 4	Engineering	MFL 3 > MATHS 8
FA (HIS)	Maths 1	SCA (GEOG)	Maths 1	AV/JLH (FRE)	Maths 1	Music	MFL 2 > MUSIC 1
HWR (HIS)	Maths 2	SB (GEOG)	Maths 2	AIS (FOOD)	Maths 8		
DJW (FRE)	Maths 10	DJW (FRE)	Maths 10				

GOOLE ACADEMY "BIG 6" REVISION TIPS

Six proven techniques that will help you remember more.

1. MAKE TIME

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
4-5	CHEM	PHYS	BIO	ENGL	MATHS		
5-7							
7-7:30	BIOLOGY	TRUMPET	ENGLISH		MATHS	HISTORY	
7:30-8:30	GEO	CHEM	MUSIC		ENGLISH	MUSIC	
8:30-9	HISTORY	MATHS	BIOLOGY		BIOLOGY	MATHS	
9-9:30							

- Create time in the evenings and weekends to revise regularly
- Create a revision timetable and stick to it
- Revise in 30 minute chunks and then break
- Revise additional content (on top of the set homework) that was studied last week/month/year
- Keep practising recalling the knowledge. Do it again, and again and again
- Revise away from other distractions (like phones)

2. RECALL FROM MEMORY



Write or say everything you know about a topic, without looking at your notes.

Independently

Read a revision guide/your notes and then re-write everything you can without looking. How much can you remember? Do the same task a day and then a week later. Check back at the guide to see what you missed. Then do it again.

With a friend, parent or carer

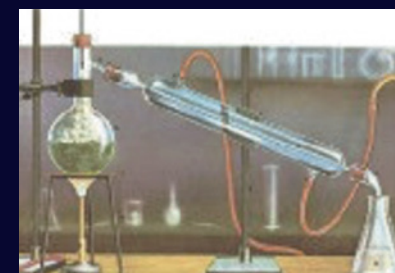
Give them the revision guide/your notes and ask them to ask you questions on the core knowledge. How much can you recall? Can you answer all their questions accurately?

3. THE TECHNOLOGY TYPE



- Use a phone or a computer to support revision
- Use an app e.g. Gojimo/Memrise
- Use GCSE Bitesize
- Record yourself and listen back to what you could recall

4. CONDENSE IT DOWN



Take a lot of knowledge, then make it smaller (but so that it could still be expanded again in its entirety).

- Turn 100 words into 30 words OR Turn 1 long quote into 1 word
- Make a mind-map but only write down key facts and words
- Memorise acronyms and then think up your own

5. VISUAL VARIETY

The use of colour and drawing can help remember key factual information.



- Make and memorise flashcards
- Revise using different colours and colour-code your topics
- Draw small pictures next to annotations
- Turn your bedroom, home, bathroom into a revision palace by sticking mind-maps on the walls
- Stick up annotated post-it notes all over your bedroom/house

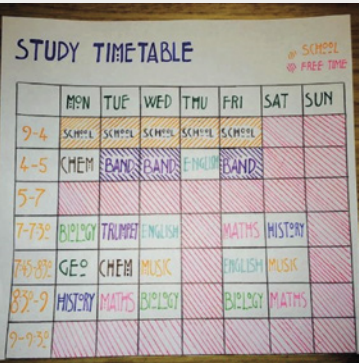
6. PERFECT PAST PAPERS



Completing past papers are excellent ways to test whether you can apply your knowledge and skills

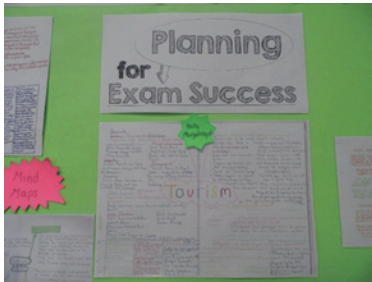
- Complete an additional past paper at home
- Check whether you can do it without looking at a revision guide
- Check whether you can do it in the right amount of time

TECHNIQUES



Every student is given support in helping them to create and use a revision timetable.

All students have to sit a lot of exams and in order to prepare for each one effectively they should block out time in the week to revise each subject. This organised approach will help them develop a structured routine and alleviate stress as they feel more fully prepared.



Planning for exam success: revision.

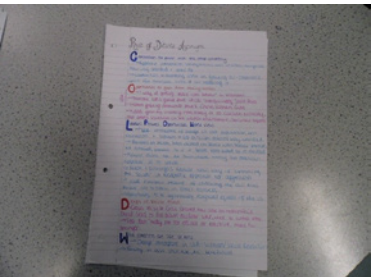
Students who are motivated to revise effectively will do better in their exams and therefore in the Geography Department we do a lot of work to help students:

- Want to revise
- Know how to revise
- Plan their revision
- Review their revision



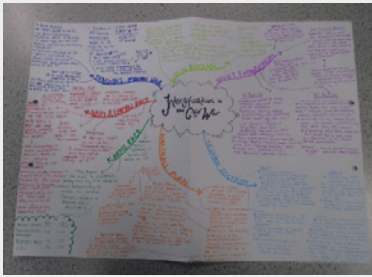
“Look, cover, write, repeat”.

This work shows how a student has written a list of words three times to help retain the spellings. Each time, the student has covered the original list so as to try and remember how to spell it. This is done a lot at primary school, but it is also a brilliant technique to use at secondary school.



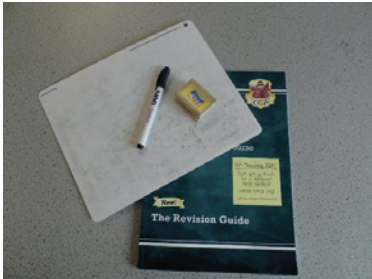
Using acronyms is proven to help the brain store more complex information.

We encourage students to think up their own acronyms for topics as the brain can store them in the long term memory. For example, many people use “Never East Shredded Wheat” as a method to remember North, East, South and West. You can apply this concept to lots of topics within the GCSE Geography course curriculum.



Colour coding aids memory.

Colour coded mind-maps are also highly effective revision devices as students can map out sub topics in different colours and then associate each sub-topic with a particular colour.



We will provide revision guides for students to help with the revision process.

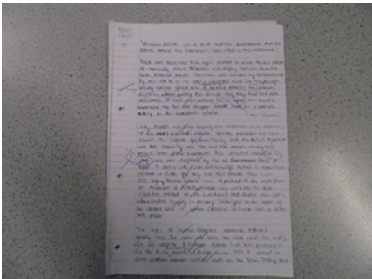
Revision guides are highly useful because they concentrate the knowledge down into core facts and processes that students need to know.

We encourage students use a “Look, Cover, Write, Repeat” strategy to try to retain this factual knowledge.



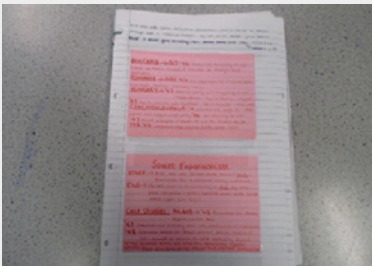
Mind-maps are a great way to retain knowledge.

A mind-map is a great revision tool because students can revise an entire topic onto an A3 piece of paper, and once it's complete it can be stuck on a bedroom wall as a visual reminder of the learning.



Writing essays and practising exam papers are a brilliant revision tool.

There's no better way to check your understanding than to apply your knowledge and skills by actually completing a past paper or practise question.



Flash cards are good for condensing knowledge.

Flash cards are a brilliant way to try to remember lots of information in a condensed form. We encourage students to make them for the different topics they have to revise.



KEEPING YOUR CHILD MOTIVATED

All this revision advice is useful but sometimes the hardest thing about revising is simply finding the motivation to keep doing it! Here are a few tips that can help your child keep going:

1. Make it a habit

If they make revision part of their daily habit or routine, they'll get to a point when they are doing it automatically. Many psychologists believe it takes between 22-25 days to form a new habit, so if they can do some revision for 3 weeks, after then things should become a lot more routine. That doesn't mean the first 3 weeks will be easy though.

2. Keep the right company

Their peers can have a huge influence on them in both positive and negative ways. As exams approach they need to surround themselves with people who are taking their futures seriously and are working hard in school and at home.

3. Set short term goals and rewards

The students need to create rules for themselves to reward their own revision efforts. For example, if they can revise all evening (with short breaks) then they can go the party/eat a treat/watch TV as a reward.

4. Remember their goals

Remember that they are revising so they perform well in their exams, which will in turn lead to good grades which will help them in different ways. Good grades will help them in the following ways: they will make them feel proud, help them get into sixth form, college or university, and they will almost certainly help them get a great job that they'll find rewarding. Thinking about these long term goals can help them get through the short term barriers.

5. Change it up

Try different revision techniques from the "Big 6" revision tips. They all have favourites but that doesn't mean we should do them all the time. Sometimes mixing up strategies will help them stay focused.

6. Remember - they're not alone

Around the country hundreds and thousands of Year 11 students are all sitting challenging exams and no-one finds it easy. However, everyone's revising and they need to be doing the same.

Good luck with all your revision from all the staff at Goole Academy!



NOTES



**CENTENARY ROAD
GOOLE
DN14 6AN**

WWW.GOOLEACADEMY.ORG.UK
INFO@GOOLEACADEMY.ORG.UK
01405 504000

PRINCIPAL: MR JULIAN HARRISON

 **@DELTAGOOLE**