



# PEMBROKE

A PRIORY ACADEMY

## Year 11 Big Revision Guide

Exams Commencing W/B 15th May

**Name:**

**Form:**

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## **Introduction**

This booklet has been developed to provide detailed guidance for you and your parents on the contents of the Year 11 End of Year Examinations. These exams are the culmination of years of hard work and we hope that each and everyone of you achieve your full potential.

In order to help you feel as prepared as possible, this booklet is jam packed with revision tools, wellbeing tips and timetable templates to help you remain organised.

Your teachers have populated a designated area on SharePoint with a range of revision tools that you will find useful as you prepare for you final exams. These pages can be found on the home page of the Pembroke SharePoint page, and can be accessed using the QR codes later in this booklet.

You will need to bring this booklet with you to school every day, as you will be asked to use it during your form time sessions.

Remember, there should be no need to panic. You may already feel very prepared, in which case this guide will help to support your existing revision.

If you feel less prepared, then this guide should help to provide a focus of what you need to do in order to feel ready for your exams.

The important thing is that you ask for help if you need it, whether this is from friends, teachers, your form tutor or parents.

If you have any questions about your final examinations, please ensure that you speak to your teacher or the relevant Head of Faculty!

Everyone here at Pembroke wants you to succeed and we wish you the very best of luck for the duration of the examination period!

***'The secret to getting ahead is getting started' - Mark Twain***

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# January – June 2023

Below is a calendar leading up until the end of your examination period. You may choose to use it as a countdown, or to help you keep track of key dates.

**January 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

**February 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4

**March 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

**April 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

**May 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

**June 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

## Getting started

1. Find a space you can work in - one which is quiet and free from distractions
2. Make sure you have your resources - a highlighter, pens, your school books, revisions guides, paper, post-it notes, flash cards...
3. Make a timetable to plan when you will revise, but make sure to plan in rest breaks to give your brain time to recover. Use the templates at the back of this guide to help you.

### Pro tips:

- Struggling to find a quiet space? Use school homework/revision clubs, local libraries or even a friend's house
- Keep your work area tidy as you are less likely to want to revise if it is tidy (or spend more of your time tidying than revising)
- Know which exam boards you're sitting and use their websites

4. Set yourself goals and rewards: chunk your revision down to manageable to pieces, not just 'revise Maths'. Set yourself a topic to revise, know when you can stop and what your reward will be.
5. Keep away from distractions! Your phone can be a huge distraction from revising, as can games consoles and other devices. Use them as your rewards for revision and stay away from them while working.
6. Start early. Start now and do a little each week and you will be in much better shape by the time the exams start.
7. Eat, drink and sleep properly. Avoid energy drinks and high sugar food so you don't 'crash' while revising. Lack of sleep and lots of sugar affect how much you can remember!



## Ways of revising

Revision must be **active** not passive

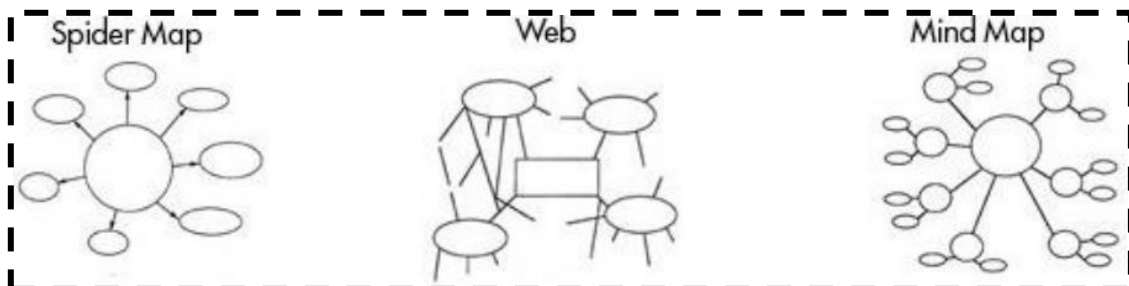
Active	Passive
Making mind maps	Reading notes
Making flash cards	Highlighting notes
Writing answers	

### Pro tips:

- Reading and highlighting are popular because they are less effort. You need to start with these, but do something with them afterwards - the active bit.

**Active revision techniques include:**

- Condense your class notes into mind maps, posters or bullet point lists



- Make flash cards - put the definition/key term etc on one side and the explanation and further detail on the other. You can buy blank cards or cut out cards from paper.

### How to use your cards:

- Leitner method: sort your cards in to two piles, one for confident and one being less confident. Spend time learning the less confident pile. Add cards to the confident pile as you get better at them. Then test yourself again.
- Put your cards into one pile, then divide them up in to the key topics for your subject.
- Using exam questions, find the cards which give you all of the information you need for the answer. Write it down. Check it against the mark scheme.
- Use an on-line programme to store cards and help you such as Quizlet

- Answer exam style questions: get copies of past papers and exam questions from your teachers and work your way through them. Use your cards, mind maps and other notes to help answer them.
- Listen to podcasts, watch documentaries and revision videos on-line. These help you understand topics, especially if you make some notes on them.

#### **On-line:**

- BBC Bitesize
- GCSE Pod
- YouTube
- Exam board pages
- Hegarty Maths
- Quizlet
- The Student Room
- Kahoot!

- Revise with friends. Test each other on key topics and knowledge, help each other with topics you are less confident with.
- Teach a friend or family member a topic they don't know and test them at the end.

#### **Stages of revision:**

**O:** organise your school work so that you are able to start revising, highlighting the key information like formulas/dates/characters/quotes/ methods/processes etc as you go

**C:** condense your school notes using mind maps, bullet point lists, packs of flash cards

**S:** work out which topics you are happiest with and can remember the most in

**W:** now spend extra time on those you are less confident with - use the templates at the back of this guide to help you list topics and rate your confidence

## Looking after yourself

Table taken from [youngminds.org.uk](http://youngminds.org.uk)

<p>The exam period can be stressful one. This is normal and everyone feels it. You can mitigate against the stress by being prepared for your exams and looking after yourself properly.</p> <p>Remember that this is a temporary situation - the exams will finish and the stress will be over.</p>	<p><b>Remember rest is crucial when revising</b></p> <p>"Guilt is a common feeling shared by many throughout the exam season, and a feeling I know all too well. Many people feel guilty when they are doing activities other than revising. As hard as it can feel to do, letting go and relaxing is an important part of the process. After all, having a clear and rejuvenated mind is important."</p>
<p><b>Get outside</b></p> <p>"I love a cosy pyjama day, but I am also a great supporter of getting fresh air and sunlight. Nature is surprisingly reviving on those days when you're feeling a bit <i>urgh</i>. Zombifying in your room may feel comfortable at the time but it can actually sink you into a really negative headspace without you realising it. Whether you're into sport or not, get yourself moving whenever you feel you can."</p>	<p><b>Plan in breaks</b></p> <p>"Plan your revision around activities, meeting up with friends, and relaxing - not the other way around. When making a revision timetable, firstly begin by filling in fun things which YOU want to do. You can then work your revision schedule around that. Having things to look forward to acts as a motivator to revise, with the knowledge that something enjoyable is coming up."</p>
<p><b>Stay realistic</b></p> <p>"We all have those days where revision just feels impossible and that is totally okay - listen to your body/mind and look after yourself first and foremost. Doing something small is better than doing nothing. All the little bits add up in the end."</p>	<p><b>Write your worries down</b></p> <p>"Write down the things that are stressing you out. This way you can visualise them better. Then, categorise them into things you can solve yourself, and things that may take time or are affected by external factors. This will help you to recognise that some things can be solved relatively easy, and this will take a massive weight off your shoulders."</p>



### Quality over quantity

"It is far too easy to get trapped into a vicious circle of comparing yourself to your peers. Comparing the number of hours you have worked is meaningless. It is more than possible to work for a shorter amount of time, but more effectively."

### Get enough sleep

"It is really important to get enough sleep and stay in a regular pattern. If you are tired all day, your mental health might suffer and you'll also find it hard to concentrate properly. It can be tempting to stay up past midnight to finish off that last section, but you're more likely to remember it if you wait until the morning to finish, rather than depriving yourself of sleep."

What other ways are there to combat stress?

Breathing exercises

Speaking to friends

Gaming

Motivational speeches on social media

Singing

Dancing

## Stress

We all have 'stressors', things that get on our nerves, make use tense, cause us anxiety. We all perform best when we have an *optimal level of stress*. People who are too relaxed will underperform. The same for those who are too stressed. It can be difficult to find the right level for you, but it is something each person will be able to feel and recognise themselves. Think about the sections below to improve your self-awareness:

**Stressors** include (circle those that apply to you):

People giving me a 'countdown' to my exams

Brothers/sisters at home

Leaving things to the last minute (procrastinating)

Pressure from parents

My friends' mock results being better than mine

Revising for too long

Other people distracting me in lessons

Getting things wrong

My conditional offer from college/6<sup>th</sup> form

Other:

**My exam timetable** - Write in the subject, the specific exam and the time allowed (*how long if you receive 25% extra time?*)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	15 <sup>th</sup> May	16 <sup>th</sup> May	17 <sup>th</sup> May	18 <sup>th</sup> May	19 <sup>th</sup> May
<b>PM</b>	-----	-----	-----	-----	-----
<b>AM</b>	22 <sup>nd</sup> May	23 <sup>rd</sup> May	24 <sup>th</sup> May	25 <sup>th</sup> May	26 <sup>th</sup> May
<b>PM</b>	-----	-----	-----	-----	-----
<b>May Half Term</b>					
<b>AM</b>	5 <sup>th</sup> June	6 <sup>th</sup> June	7 <sup>th</sup> June	8 <sup>th</sup> June	9 <sup>th</sup> June
<b>PM</b>	-----	-----	-----	-----	-----
<b>AM</b>	12 <sup>th</sup> June	13 <sup>th</sup> June	14 <sup>th</sup> June	15 <sup>th</sup> June	16 <sup>th</sup> June
<b>PM</b>	-----	-----	-----	-----	-----
<b>AM</b>	19 <sup>th</sup> June	20 <sup>th</sup> June	21 <sup>st</sup> June	22 <sup>nd</sup> June	23 <sup>rd</sup> June
<b>PM</b>	-----	-----	-----	-----	-----
<b>AM</b>	26 <sup>th</sup> June	27 <sup>th</sup> June	28 <sup>th</sup> June	29 <sup>th</sup> June	30 <sup>th</sup> June
<b>PM</b>	-----	-----	-----	-----	-----

## My revision timetable

Week:	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			










## My revision timetable

Week:	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



## Subject Specific Revision Tools










Use your phone to scan the QR codes below. Each QR code will take you directly to the revision area for each specific subject. Your teacher will be uploading resources to this area up until your exams, so make sure you are checking this regularly. You will need to log in, using your Priory email address.

<p><b>All Subjects</b></p> 	<p><b>English</b></p> 	<p><b>Maths</b></p> 
<p><b>Science</b></p> 	<p><b>Art</b></p> 	<p><b>Citizenship</b></p> 
<p><b>Drama</b></p> 	<p><b>Food</b></p> 	<p><b>Geography</b></p> 

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<p><b>History</b></p> 	<p><b>iMedia</b></p> 	<p><b>Media</b></p> 
<p><b>Music</b></p> 	<p><b>Photography</b></p> 	<p><b>Design Technology Timber</b></p> 
<p><b>Spanish</b></p> 	<p><b>Sports Science</b></p> 	<p><b>Statistics</b></p> 

## Flash cards

Flash/cue cards are a very good and simple revision and self-testing method. They can be created electronically on apps or simply by cutting up card to make your own.

Examples of how to use them include:

- **Key words and definitions:** Put the key word on one side and definition on the other
- **Equations:** Put the equation on one side and description on the other e.g. Pythagoras theorem
- **Topics and key dates / Names of people and quotes**

You can use them anywhere and make use of time on the bus or when you are travelling. They are also great to use as a group with friends or family testing each other. It is really important to use them regularly and not just once.

Below is an example of what a revision card might look like.

<p>Battle of Hastings 1066</p>	<p>William of Normandy defeated Harold Godwinson</p> <p>William had knights, archers, crossbowmen and foot soldiers</p> <p>Feigned retreat broke the shield wall</p>
------------------------------------	--

Use the templates at the back of the booklet to create your own flash cards.

A good place to start is to focus on the topics you feel less confident on within each subject area.



## In the exam room

1. Follow the instructions given to you at the start of the exam.
2. Read **all** instructions provided on the front of the exam paper and listen carefully to the teacher who gives out the exam.
3. Read the questions very carefully, and if there are examples given, study them carefully too.
4. Ensure that if you are provided with an extract or source, you read through it carefully - this is there for a reason and will link to the question provided.
5. Make sure you answer the question given - *there is little point telling the examiner what you know, if it has nothing to do with the question set.*
6. Plan your time well in the exam - if you only manage to attempt half of the questions, the best mark you can possibly get is only 50%
7. Make sure your answers are well presented. Write clearly and neatly and label diagrams or pictures, if this helps your answer.
8. **DO NOT PANIC. Remember, exams are NOT designed to catch you out - rather, to allow you to show what you have learned. Being calm and thoughtful in the exam will help you get the most out of your preparation.**

## **Top Tips from students who have been in your position!**

### **1. "Learn it the first time".**

Make sure you understand the ideas before you start to memorise them. If you've forgotten a big concept, watch a YouTube video or ask your teacher to explain it to you. Otherwise, you're at risk of not being able to answer the trickier questions during the exam because you don't actually understand the topics.

### **2. Plan!**

Stay on top of the mountain of work you have, and you can only climb higher. Timetables help you to break down the monstrous title of "Revision" into subjects-chapters-topics-pages and we guarantee you, things will look more manageable. For this however, you need time. A timetable for one week before your exams is useless, so get the ball rolling now. Set the timetable as your screen saver or background image on your computer. You could even stick a copy up for your family to see and remind you about, helping you keep on track. 'Get Revising' have a really helpful revision planner which essentially makes your timetable for you. It's up to you how you want to plan, but you have to know what you're doing and when, as just randomly choosing what to do will not help you achieve your best results.

### **3. Start early.**

Little and often is the best way to revise for exams, so even scheduling in ten minutes a day to re-read notes for a certain subject can be really helpful in the long run. Remember, going over something once isn't revising. You must repeat your revision multiple times for you to grow the connections in your brain so you need to give yourself enough time to do this.

### **4. Study the way that works best for you!**

There is no point making tons of flashcards if you find it difficult to study from them. Try out the different methods given to you in this guide and figure out which suit you the most.

### **5. Do exam questions and mark them afterwards.**

We would recommend splitting your time evenly between learning the information and doing exam questions for most subjects, especially closer to exams. This is because your exam result is based on how well you can answer the exam questions, so you need to have a lot of practice to get the grades you want.

**6. Take regular breaks whilst studying.**

We prefer to do 50 minutes of studying then have a ten-minute break. If you want more regular breaks, you can try the Pomodoro method; 25 minutes of work, 5-minute break, every four times you do this replace the 5-minute break with a 20 minute one.

This really helps in the couple days before the exam when you have to do lots of recap in little time. You must try different styles and timings to see what suits you. Do this now before exam season really kicks in!

**7. You are your priority.**

The information you're revising is going in to your head, so look after yourself. It's easy during exam time to neglect yourself in order to study, but make sure you are getting enough sleep, eating enough food and giving yourself time to relax. If you don't you could burn out before exams hit which will actually give you worse results in the end. This also happens if you leave it till the last minute and stretch yourself too far so get on it early.

Just remember, a bit of stress and discomfort now is okay as you'll get the grades to show for it, just keep on track, use the techniques that suit you best and you look after yourself. If you have any questions please speak to your form tutor, head of year or subject teachers. They are all here to help you succeed.

***Good Luck!***

## **Message to all parents**

### ***Exam Day preparation:***

Please make sure that your son/daughter is properly equipped for the forthcoming exams. As a minimum, they should have several black pens, pencils, a rubber, ruler and pencil-sharpener, mathematical equipment (protractor, set-square, compasses and a working calculator) all stored in a clear pencil case.

Please encourage your child to bring a drinks bottle with them to remain hydrated (with no labels) and they do not bring any mobile devices or smart watches.

### **Challenge Toolkit: Five tips for less stress**

#### ***Tips for having a less stressed child - and calming yourself in the process!***

Helping your child get through their exams or a busy workload can be a stressful experience not just for them but also for the whole family! As parents, we all want to raise a child that can deal with stress, cope with challenges and manage emotions in difficult situations. According to experts, as parents, we are instrumental in helping our child deal with stress. Here are five tips from the experts on keeping your child - and everyone else in the family - calm!

#### ***Keep calm and carry on***

According to psychologist *Elizabeth Pantley*, most anxious children have anxious parents. When we are anxious, they are going to be anxious. 'Making little struggles less important and implementing positive reinforcement can make both of you more relaxed.'

#### ***Remember that your child is a child***

This one is difficult when your child is throwing tantrums and it is easy to forget they don't have emotional control. 'Even the smartest and sweetest child cannot possibly exit the womb with the wisdom and ability to totally control his/her emotions' says *Pantley*. Treating children as little rational adults can give them anxiety. Stop evaluating their motives from an adult perspective.

#### ***Give your child what they need - not what you think they need***

We all worry about what our child may need in order to be safe and comfortable, rather than assessing the actual facts. *Debbie Pincus* suggests that parents should 'see our children as objectively as we can. Give them what they actually need, rather than looking through our lenses of fear and worry.' Consider their needs as new challenges arise, rather than 'futurising'.

### ***Teach calming techniques***

It all helps! Yoga, meditation. Do the activities with your kids - we would all benefit from learning how to be a little calmer.

### ***Let your child manage themselves***

Pantley argues that if a child doesn't learn how to do things for themselves and earn more responsibility they will become stressed. Once a child has learned something new we should hand that responsibility over permanently. 'Helping a child to learn to manage themselves can make a more self-sufficient child and, in turn, calm him/her down'.

**Flashcard Template**


Flashcard Template


**Flashcard Template**
