



St Joseph's RC High School
Ysgol Uwchradd Gatholig Joseff Sant

"Promise you'll always remember;
you are braver than you believe
stronger than you seem and smarter
than you think." A.A. Milne

Year 10 Revision Planner 2023

NAME

FORM

for our pupils...

"What you have learned
and received and heard
and seen in me - practise
these things, and the God
of peace will be with you."

Philippians 4:9

This booklet is for students and parents and is designed to give you the information and skills needed to revise successfully and do as well as possible in your summer exams. How can this booklet help? Using this booklet will:

- Give you some ideas on how best to revise.
- Help you plan and make the most of your time.
- Boost your confidence.

Remember, everyone at St Joseph's RC High School is here to help. If you have any questions, or just need someone to talk to reach out and let us know.



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Top Tips

REVISION



1

START AS EARLY AS YOU CAN

Cramming at the last minute is stressful and has limited success.



2

MAKE A PLAN

Work out how much time you have and how long you can spend on each subject.



3

CREATE A STUDY SPACE

Find a quiet spot away from distractions and keep your things all in one place.



4

MIX IT UP

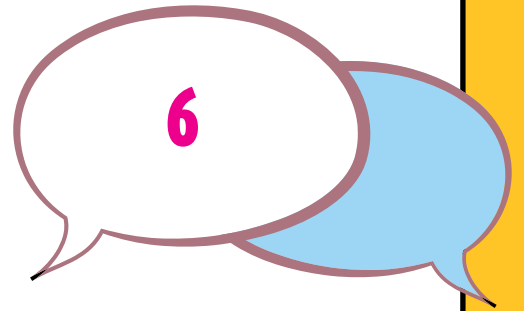
Use a mixture of revision for best results. Ask your subject teachers what works best in their subject.



5

TAKE REGULAR BREAKS

It is possible to work too hard, make sure to take regular breaks.



6

REVISE WITH A FRIEND

Talking through what you've learned can help information stick.



7

USE PAST PAPERS

These are a great way to get used to exam format and testing what you have learnt.

8

EAT HEALTHY

Certain foods boost your brainpower and will help you remember more.



You'll forget this in 24 hours!



Did you know that you forget 80% of what you learn in the first 24 hours? That is why cramming for exams doesn't work.

It is proven that by reviewing what you've learnt at regular intervals, you can reduce how much you forget to just 10%.

Review your work four times within a month and you'll remember nearly 100%

How to review...

Vary your activities to maximise your memory's power

A

**IMMEDIATELY
AFTER CLASS**

MIND MAPPING

Look through your class notes and write down all the key words. Now from memory, fill in as much information as you can remember.

B

**FOUR HOURS
LATER**

REVIEW MAPS

Cover your mind map and see how much you can remember. Highlight the information you couldn't remember and revise it.

C

**ONE WEEK
LATER**

MEMORY CARDS

With a friend, create your own question cards with answers on the reverse and then test each other's knowledge.

D

**ONE MONTH
LATER**

PAST PAPERS

Revise from your mind maps and memory cards and then practice past paper questions to make sure you understand the context.

Retrieval

PRACTICE

Retrieval practice is the act of recalling information without having it in front of you. Research shows this is far more effective than reading and re-reading.

Combine retrieval practice with spaced revision for best results. Self-test during a number of revision sessions until you can accurately recall the target information from memory.

Mind Mapping:
After class

Write down everything you know about a topic straight after class.

Review your Maps:
A few hours later

Cover your mind map and see how much you can remember. Highlight any information you couldn't remember and revise it again.

Memory Cards:
Next revision session

Create memory cards with answers on the back and test your knowledge. Repeat every few sessions.

Spaced

PRACTICE

Spaced practice is the theory that short, sharp bursts of learning are more effective than cramming just before the exam.

In recent years cognitive psychologists have been comparing retrieval practice with other methods of studying. What they have found is that nothing cements long-term learning as powerfully as retrieval practice.

Write it down

Try writing down everything you know about a topic. Then go back and check to see what you have missed.

Partner up

Get together with a friend and write down everything you can remember about a topic. Compare notes and see what's missing.

Flash cards

Make some flashcards and then try recalling the information on them.

'Space out' your practise

Retrieval practice is even more effective if it's done in short bursts over time rather than in a single long session. The struggle involved trying to recall information strengthens your long-term learning.

Don't give up

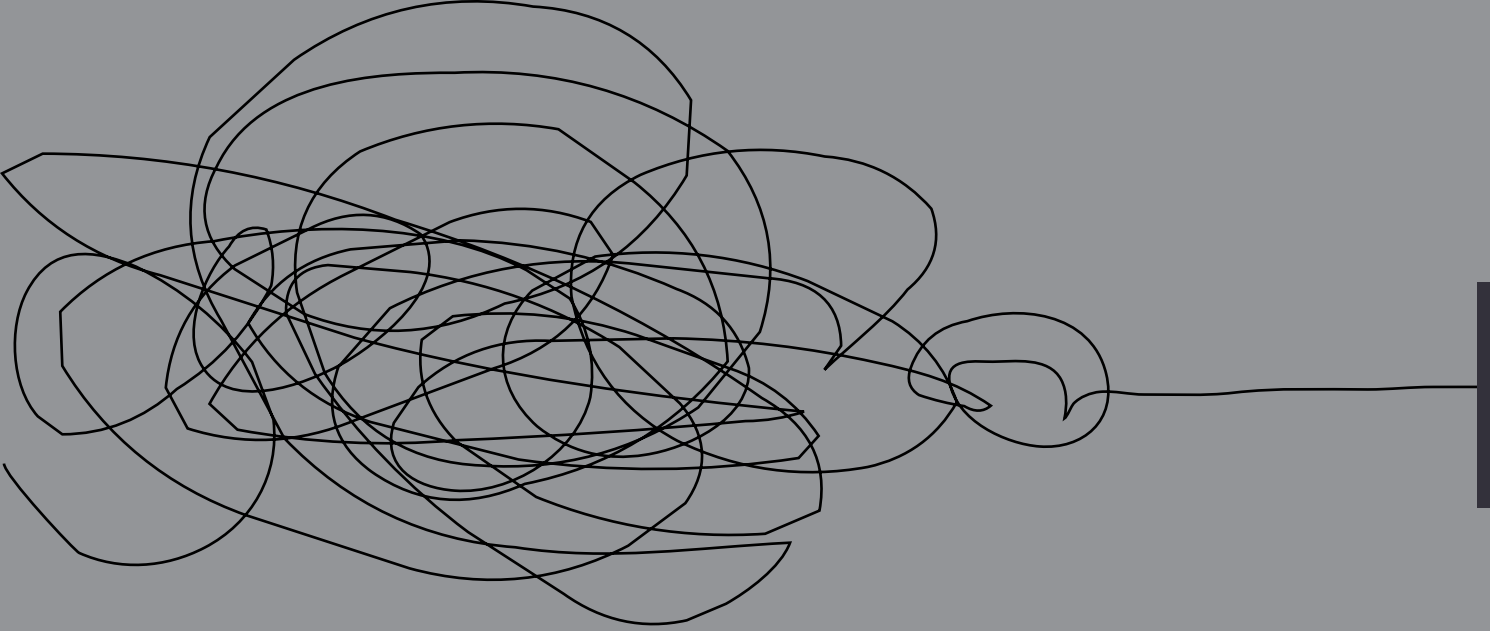
It may feel hard at first but the more times you practise recalling the more information you will be able to bring to mind. It will get easier each time!

Flash cards

Create flash cards to help fill the gaps in your knowledge to help you remember more next time. Simply pick a topic write a question on one side and then answer and notes on the other. Try the question before flipping the card to see if you got it right. If not, use your book and notes to revise.






Dealing

WITH EXAM STRESS



Tips and advice on dealing with exam stress...

To determine where to focus your time, look at each element of the course and rank them according to your level of confidence:

-  I need help with this
(make an appointment to see your teacher).
-  I need to learn this as I don't remember it all.
-  I remember doing this but I need to revise it.
-  I know the content on this but I need to practise exam questions.
-  I am exam ready!

Create a diary of when and where you are going to revise the topics you still need to learn. Don't forget to leave breaks between reviewing (a day, a week, a month), so you build up the memory over a period of time.



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



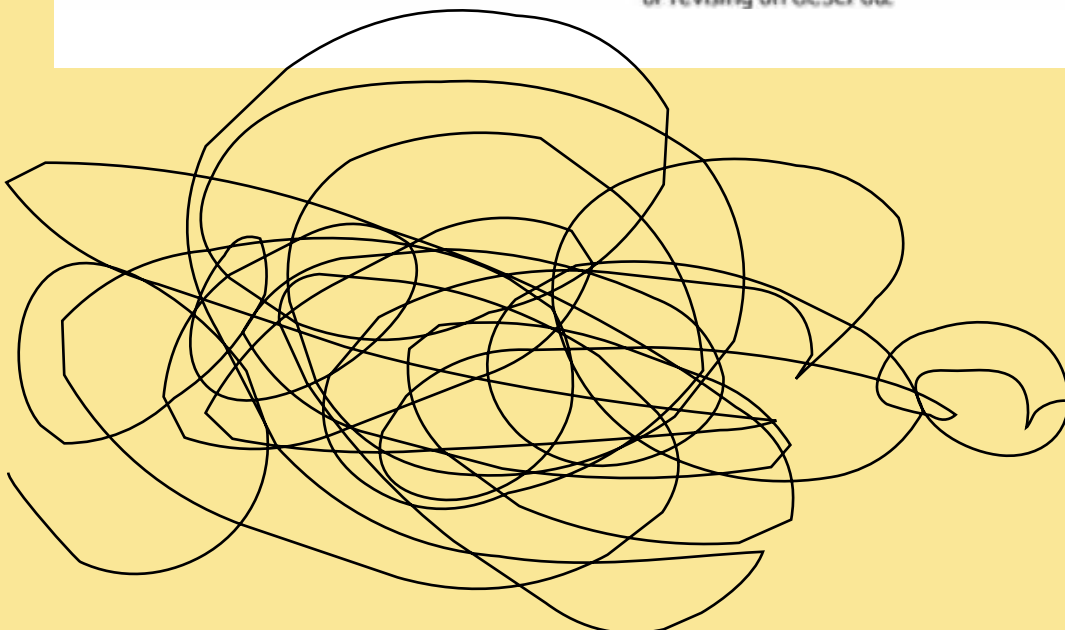
MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.





EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



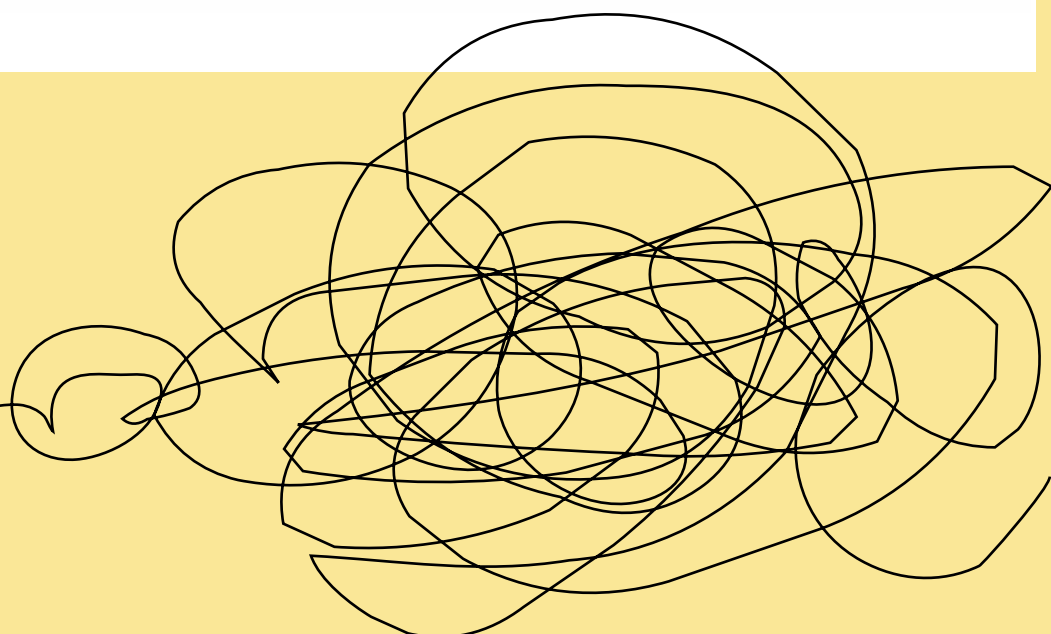
TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.



KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!



Revision

TIMETABLES

PLANNING YOUR REVISION:

By now you should be aiming to revise a minimum of THREE subjects per day, and checking your revision notes with your teachers where possible.

Ensure through the week you revise all subjects equally and regularly.

Plan out what you will revise before you start, bullet point it and show your teacher the evidence of what you have achieved.

If you attend a subject specific revision session, beyond your normal lessons, then include this in your revision plan.

	Subject Revision No1	Topics to cover	Subject Revision No2	Topics to cover	Subject Revision No3	Topics to cover
MON		•		•		•
		•		•		•
		•		•		•
TUES		•		•		•
		•		•		•
		•		•		•
WED		•		•		•
		•		•		•
		•		•		•
THURS		•		•		•
		•		•		•
		•		•		•
FRI		•		•		•
		•		•		•
		•		•		•
SAT		•		•		•
		•		•		•
		•		•		•
SUN		•		•		•
		•		•		•
		•		•		•

Staff/parent/carers signature:						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							

Taking breaks is widely acknowledged to help increase the long-term efficiency of your revision. After a certain point, your brain simply starts wandering off, and if you're thinking about other stuff, there's no point in pretending to learn! When that happens it's time to take a break. A general guide would be:

- 20-30 minutes of revising should be rewarded with a 5-minute break.
- 30-60 minutes of revision can be awarded a 10-15-minute break.
- Generally, revising for more than 60 minutes at a time reduces the efficiency of your revision. So split your revision in to chunks to make it as effective as possible.

timetable

SEE ALL DATES FOR MOCKS



SJHS YEAR 10

PROGRESS EXAMINATIONS TIMETABLE 2023

Date	P1: 9-10am	P2: 10.20-11.20am	P3: 11.20am-12.20pm	P4: 12.20-13.20pm	P5: 14.20-15.20pm
Mon 27 Feb 23		Biology PHTV Applied Sci PHTV 1 hr – Hall		Sociology (OptA) 1 hr – Hall	Sociology (OptB) History 1 hr – Hall
Tues 28 Feb 23	RE PHTV 1 hr – Hall			History Geography Product Design Business 1 hr – Hall	
Wed 1 Mar 23					Biology JOSE Applied Sci JOSE 1 hr – Hall
Thur 2 Mar 23	Maths 1 JOSE 1¼ hrs – Hall Maths Foundation 1½ hrs – Hall		Maths 1 PHTV 1¼ hrs – Hall Maths Foundation 1½ hrs – Hall		
Fri 3 Mar 23	Chemistry JOSE 1 hr – Hall		Media (OptC) 1½ hrs – Hall		Chemistry PHTV 1 hr – Hall
			Option C: History Product Design Health/Social Care Computers 1hr – Hall		
W E E K E N D					
Mon 6 Mar 23		Physics PHTV 1 hr – Hall	RE JOSE 2 hrs – Hall		
Tues 7 Mar 23	Maths 2 PHTV 1¼ hrs – Hall		Maths 2 JOSE 1¼ hrs – Hall		
Wed 8 Mar 23	Option B: Geogrpahy Health & Social Computers 1hr – Hall	French (OptC) 1hr – Hall	French (OptA) 1½ hrs – Hall		Physics JOSE 1 hr – Hall

Make sure you are up to date on all your notes and you are aware of the topics you need to revise.
Check with your subject teacher if you are unsure.

Notes

Notes

