

Connah's Quay High School

# Guide to Revision



Top tips and advice to  
get you through the  
exam season.



# Why revise?

We all know that passing exams is not an easy process, so it is important to make the most of your time studying.

We're here to offer tips and advice, but ultimately, it is down to you to use these skills. We will explore ways that can work for YOU at YOUR own pace.

## What do we think about when we think of 'revision'?

We know that revision might not be at the top of your priorities. You might be thinking, 'I'd rather be doing something else!'. Revision is all about balance, and you need to reward yourselves by working hard too. Revision and studying are necessary skills that you will need for all areas in life, from arranging meetings to doing your weekly food shop. It all takes time management and organisation.

The most important thing you need to do is....

### Make a realistic timetable.

This will navigate you to your full potential, get your grades, and let you socialise too.



## When?

If you make a weekly timetable every Sunday night, you can get a fresh view of your week ahead and look forward to the weekend.

Remember to add hobbies and events too, such as seeing friends or going to the cinema. Some people like to colour code for a more visual analysis of tasks.

Make sure to balance out your subjects. You don't want to be doing ALL your science in one day.

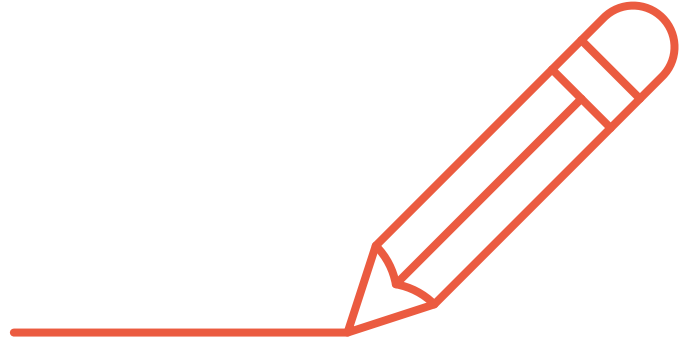
Ideally, the time to spend on one subject/topic is 25-45 minutes. Have a break after each session of about 10-15 minutes. Get a drink, eat fruit, talk to your family/friends or read a book. It is best not to switch on the TV as you can become easily distracted for longer periods of time.

Make a list of your top 5 priorities for the week ahead.

When you have done a task on your list, remember to tick it off. This is a great confidence builder and gives you a sense of real achievement.



# Blank Examples



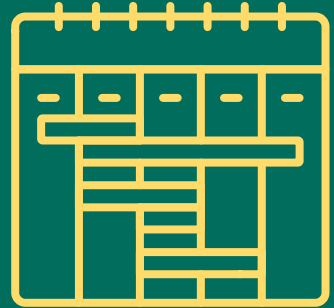
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

# Weekday Evening Revision Timetable

	4pm	5pm	6pm	7pm	8pm	9pm
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

	4pm	5pm	6pm	7pm	8pm	9pm
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

# Allocating your time



Organising your time is the best tool you have. It is really worth getting into the habit and, moreover, sticking to it.

Nobody expects you to revise every spare second you have, but creating a timetable will help you prepare, and be realistic and flexible.

Look at the following questions for a better idea:

**How many days until my exam?**

**How much time will I need for revision?**

**How many subjects and how many topics will I need to cover?**

Remember, timetables reduce stress levels by putting you in control of your revision. Stay calm if you get behind. By working towards the completion of all of your revision before your first exam, you will keep free all of the time between your exams, if necessary, to catch up on certain topics.

# January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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				

# February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			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
Inset Day						
● 26	27	28	29			
Y11 Mocks						

## Calendar Colour Key:



Start of an event



End of an event

# March 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				● 1 Y11 Mocks	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	● 23 April Easter holidays	24
25	26	27				

# April 2024

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



# May 2024

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

# June 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5	6	7	1	2	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

# July 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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				

# August 2024

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

# Where?

So, you know when you're going to study, what about where?

We all have different preferences on where we can study. Some prefer noise and bright lights, others quieter, lower-lit places. Again, this is completely up to YOU.

Ideally, your study area should be light, airy, quiet, and with a workspace (e.g. desk and chair). This could be your room, study, dining table. Either way, you need to feel comfortable and relaxed and free of distractions:

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**Let the household know you are studying.**

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**Do not put the TV on, even for background noise.**

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**If you need to listen to music, try to find music without lyrics, as these are what you will focus on rather than the work at hand. Try classical music or film scores.**

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**If you feel you cannot study at home, please speak to a teacher in school so we can help you with personal study space at school.**

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# How?

This is very much your own choice and seeing what works for you.

Some people are visual learners, which means that you prefer to use maps, diagrams and charts to organise and remember information.

Auditory learners prefer to listen and read aloud.

Choose which style best suits you and stick with it.

**Simply reading textbooks and notes is not enough for effective revision.** You need to be active, making notes and diagrams:

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**Use past papers, textbooks, class notes and syllabuses to work out what you should be revising – you don't want to waste time on topics that are not relevant to the exam.**

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**Set aside time to think as well as read and write. It's important – switch environments for this. Maybe go to the park, for a walk or to the cafe.**

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**Go over material more than once, but leave a day or two in between. This will help reinforce knowledge and fix it in your mind.**

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**Find the optimum time in the day to revise – you may find that revising early in the morning works best for you.**

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# Revision methods

Here are various methods to use to support your revision.

## Create mind maps



These are great tools for consolidating learning and linking concepts together. They are particularly useful for visual learners.

## Using your voice



There are very good ways to improve your recall of knowledge with these methods:

1. **Ask questions.** Whether it is in class or out of class, teachers are always happy to help if you have a query or are unsure of a particular topic. Never be afraid to do this.
2. **Actively teach** a friend or family member what you have learned. This is a great way to instil the information better and give you the confidence to be ready for exams or essays.
3. **Record yourself** talking through your notes. You can listen to this repeatedly, and like the lyrics of a song, you'll be able to recite all the information by heart.
4. **Create a study group** or have a **study buddy** to share findings and test each other.

## Flashcards



Create with questions on one side and answers on the other side. You can colour code for specific topics and quiz yourself or others. These are a great way of ensuring that you are developing the essential retrieval skills required to pass heavily content-driven examinations. Check out the video on Google Classroom (6nicph6) with regard to creating flash cards!

## Become the teacher



Describe or explain a process/scenario to someone who does not know it or a classmate.

They can ask questions to fill in any gaps you missed, and if they are also revising, it may help them understand the work better.

## Quizzes



Complete online quizzes or revision guide exam questions.

Answer the questions, note down your score, revise the topic some more, have another go at the questions later. Did you improve? Keep trying until you're getting top marks! Use it to test yourself on simple scientific facts and processes.

## Exam Papers



- **Get used to past exam papers.** This is really useful for you to see the layout and expectations and being aware of what the exam itself will be like.
- **Read the examiner's reports and marking schemes.** This is very important to give you a clear understanding of how to achieve higher marks but also where other students lost marks.
- **Read each question carefully** and plan how much time you need to allocate to each question.
- **Check your answers.** When you have finished, check, check and double-check. Lots of people miss writing their names or not numbering which questions they have answered, which can give you lower unnecessary grades. You should spend any extra time on doing this. Read backwards for spelling mistakes and capital letters. A **minimum** of 4-5 minutes is recommended to do this.
- **Use your answer book to mind map or brainstorm ideas,** but remember to cross out draft work as you don't want it to get marked.

## Don't overdo it



- **Avoid information overload** and burnout by pacing your studies – this reinforces the importance of having a well-thought-out revision timetable.
- **Take frequent breaks.** Short chunks of revision work best for most people, e.g. revise for 30 minutes, then take a short five or 10-minute break.
- **Stay hydrated** and don't get too hungry. Keep a glass of water to hand and healthy snacks like fruit and nuts.
- **Remember your friends and family.** Spending time with them keeps you stimulated and stops you from going 'stir crazy'.
- **If things aren't going quite to plan, don't panic** – just re-evaluate what you can cover in the remaining time and focus on what you can achieve.
- **Make sure you get enough sleep,** as this can help you stay alert and energetic rather than tired.
- **Discipline yourself** and get into the habit of revising regularly.
- **Plan in some relaxation time** – especially if you are revising every day, it is important to plan some time to switch off and relax.

# Exam Stress & Mindset

## Understanding exam stress

Exams can come with a lot of pressure and can make us feel stressed.

If you're struggling to cope, you're not alone. We're here to help you manage your feelings around exams.

## How to cope with exam stress

Exam stress can feel like a lot to cope with, but there are things you can do to improve your well-being. We have tips and ideas to help you cope at different times.

Remember: we are all unique, so what works for you might be different to what works for someone else. You might also have to try a few different things to see what works best.

## What is exam stress?

Lots of us know what it's like to feel stressed, but it's not easy to describe what stress is.

Here are some descriptions from past learners.

'Like a weight placed on top of you. While you want to succeed, I find it really difficult to because of the pressure.'

'Knowing you have so much to do in so little time. Imagining how you know you're going to fail and feeling so stupid because you simply can't remember anything.'

'Where I'm constantly feeling overwhelmed by the idea of studying or doing the exams and it causes me to lose focus. This lack of focus leads to me feeling like I'm going to fail and adds to the stress – like a snowball effect.'

There's no single definition of stress, and it might feel different for you than it does for someone else. How we experience stress can feel different at different times. It can also depend on what's causing it.

Feeling stressed, worried, or under pressure around exams can be difficult to manage. But there are things that can help – it's about finding what's right for you.

# What causes exam stress?

Exams can be stressful on their own, but other things might cause you to feel worse. These might include:

- Feeling like you're not ready or prepared for exams, like leaving revision too late.
- Worrying about how you'll feel and perform during the exam, especially when you don't know what will be in it.
- Pressure from others, like parents, carers or teachers.
- Pressure from yourself to get certain grades.
- Comparing yourself to others, like believing you have to get the same results as your friends.
- Worrying about the future, like getting into university or getting a job.
- Coping with life changes, like moving from secondary school to college.
- Having difficulties at home or in your relationships with family, friends or partners.
- Having caring responsibilities for a family member or someone you live with.
- Coping with physical or mental health problems

You may also feel stressed for reasons that aren't listed here. We're all different and that's okay.

# How might exam stress affect me?

Exam stress can affect how we feel, think and behave. You might experience different things before, during and after your exams.

## Emotions or feelings

- Anxious, worried, overwhelmed
- Upset, teary
- Exhausted
- Defeated, bored, uninterested, fed up
- Frustrated, angry
- Embarrassed, silly, stupid
- Easily annoyed
- Disappointed
- Confused

## Physical feelings

- Shaking
- Feeling sick
- Headaches and dizziness
- Stomach pain
- Changes in eating habits
- Crying
- Struggling to concentrate
- Forgetful

- Restless
- Feeling tense in your body
- Changes in breathing, breathing very quickly
- Sweating a lot
- Feeling tired
- Thoughts
- Fear of failure
- Fear of disappointing yourself or others
- Comparing yourself to others
- Talking badly to yourself
- Feeling like you can't cope
- Feeling things are pointless
- Doubting yourself
- Believing everything is wrong or bad

## Behaviour

- Avoiding things like revision and exam planning
- Struggling to manage day-to-day life
- Lack of motivation
- Not doing things you usually enjoy
- Working too much without taking breaks

# Tips for coping with exam stress

Exam stress can feel like a lot to cope with, but there are things you can do to improve your wellbeing. We have tips and ideas to help you cope at different times.

Looking after yourself during exam period:

- Make time for things you enjoy
- Talk to others about how you feel
- Try to find balance
- Take care of your physical health
- Focus on yourself

Looking after yourself on the day of your exam:

- Prepare your items the night before
- Start your day the best you can
- Try to ground yourself with a breathing exercise
- Take your time
- Remind yourself that it'll be over soon

Looking after yourself while preparing for an exam:

- Find a study group
- Make a revision timetable
- Work in the best way for you
- Revise in the best place for you

Looking after yourself after your exam:

- Try not to compare your answers to others
- Reward yourself
- Focus on next steps
- Relax before your next exam

## Where can I find support?

During exams, you may need extra support to help cope with exam stress, as well as your mental health. Remember: it's okay to ask for help at any time.

**Speak to someone you trust**, this could be a family member, a friend, a teacher, your tutor, a doctor or you may prefer to access some of the resources below.

**Mind.org** have a wealth of information and useful contacts to support you with your mental health and wellbeing.

## Helplines and textlines

You can talk to someone who is trained to listen and support you, by phone, text or webchat. Whatever you say will usually be kept confidential and all of the services in the list below are free to use. Some organisations that are here to help you are:

- **Childline.** Runs a 24-hour phone helpline, email service and online and 1-2-1 webchat for children and young people in the UK. Childline can also provide Welsh-speaking counsellors.
- **Samaritans** and **Samaritans Cymru.** Run a 24-hour helpline to talk through anything you're going through. Samaritans also offer an email service.
- **HOPELINEUK.** Provides advisors who are trained to help you stay safe from suicide. They can also help if you're worried about someone else. You can get advice and support by phone, text and email.
- **The Mix.** Offers a helpline, email service, crisis textline, 1-2-1 online chat and telephone counselling service for anyone needing support.



# Change your mindset

One of the biggest things you can do to support yourself through exams and beyond is to be aware of your mindset.

## What is a mindset

Your mindset is a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation. It means that what you believe about yourself impacts your success or failure. According to Stanford psychologist Carol Dweck, your beliefs play a pivotal role in what you want and whether you achieve it. Dweck has found that it is your mindset that plays a significant role in determining achievement and success.

## Fixed vs. Growth Mindsets

According to Dweck, there are two basic mindsets: fixed and growth. If you have a fixed mindset, you believe your abilities are fixed traits and therefore can't be changed. You may also believe that your talent and intelligence alone lead to success, and effort is not required.

On the flip side, if you have a growth mindset, you believe that your talents and abilities can be developed over time through effort and persistence. People with this mindset don't necessarily believe that everyone can become Einstein or Mozart just because they try. They do, however, believe that everyone can get smarter or more talented if they work at it.

Here are some fixed vs. growth mindset examples

Fixed Mindset	Growth Mindset
Either I'm good at it or I'm not.	I can learn to do anything I want.
That's just who I am. I can't change it.	I'm constantly evolving work in progress.
If you have to work hard, you don't have the ability.	The more you challenge yourself, the smarter you become.
If I don't try, then I won't fail.	I only fail when I stop trying.
That job position is totally out of my league.	That job position looks challenging. Let me apply for it.

The good news is you can switch your mindset at any given time. Try and work on developing a growth mindset in the lead up to the exams to support your wellbeing, reduce stress and to support effective revision.

# The night before the exam checklist

- **Have everything ready for the next day** (pencil case, calculator, spare pens, school uniform, water, food, money for transport, alarm clock set)
- **Re-check the time** of the first exam.
- **Plan to study for a few hours** in the afternoon/evening.
- **Go offline** – avoid any social media sites.
- **Exercise to work off stress** (run, walk, swim, basketball, etc.)
- **Visualise a positive exam experience.** This will calm your nerves and increase your confidence.
- **Remind yourself of how much revision you have done;** again, this will boost your confidence.
- **Focus on yourself.** Do not compare yourself to others.
- **Visualise the exam as a challenge or an opportunity** to show off your knowledge rather than as a threat. This will reduce your stress levels.
- **Remind yourself of how you overcame previous challenges.** This will build your mental resilience and help you keep calm in the exam.
- **Get a regular night of sleep of 8 hours, go to bed early.**

# The morning of the exam checklist

- **Get up early** – allow time to get ready without rushing.
- **Review the topics that will be tested in the exam.**
- **Eat a balanced and healthy breakfast.** Avoid sugary foods. Drink water to ensure you are hydrated for the exam.
- **Double check your school bag** to ensure you have packed your pencil case, calculator, spare pens and water.
- **Arrive at school with plenty of time** (30 minutes before the start of the exam). You may want to attend a morning revision session to get any last minute tips from your teachers.
- **Visualise a positive exam experience.** This will calm your nerves and increase your confidence.
- **Remind yourself of how much revision you have done;** again, this will boost your confidence.
- **Focus on yourself.** Do not compare yourself to others.
- **Visualise the exam as an opportunity** to show off your knowledge rather than as a threat. This reduces your stress levels.
- **Remind yourself of how you overcame previous challenges.** This will build your mental resilience and help you keep calm.

# The big day

Remember to attend every exam fully prepared with all of the correct equipment. You will need the following basic equipment for **all exams**:



**Black pen**



(bring a couple in case)

**Pencil**



**Ruler**



**Rubber**



**Pencil sharpener**



**Clear Pencil Case**



You may also require the following for exams such as **Mathematics/Numeracy** and **Science**:

**Calculator**



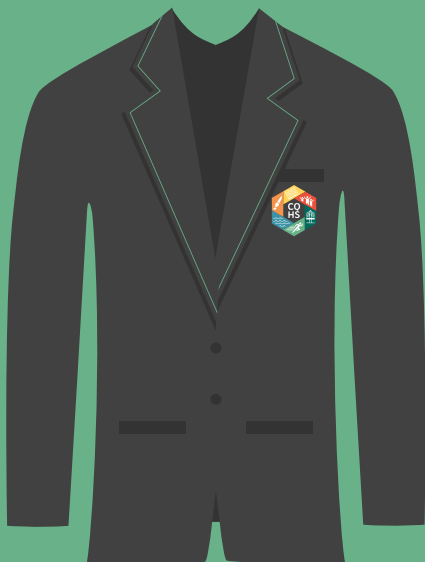
**Protractor**



**Compass**



You also need to be in full school uniform to sit your examinations.



**Mobile phones**  
Should be  
**switched off**  
and in bags


# On your exam day

This checklist will help you to be as prepared as possible for your exams, so that on the day itself you can focus on doing your best.

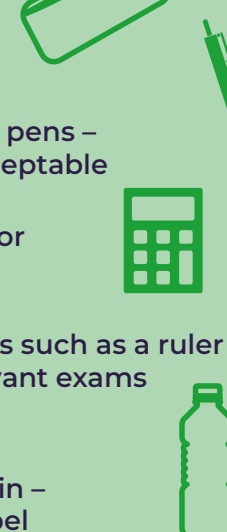
## Before sitting your exams, ensure you know:

- the date, time and location of your exams – you might find it helpful to write this information in a calendar or planner
- who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam

## What you cannot take into exams:

- any type of phone
  - revision notes
  - any type of watch (this includes analogue, digital and smart watches)
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## What you will need:

- a clear pencil case
  - at least two black ink pens – blue pens are not acceptable
  - an approved calculator for relevant exams
  - appropriate apparatus such as a ruler or protractor for relevant exams
  - a clear water bottle if you wish to take one in – it must not have a label
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## Other important information:

- Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator.
- Fill in your details on the front of your answer booklet.
- If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet too.
- If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- Make sure you stay silent – talking to a fellow candidate could result in disqualification from all your exams.

## Contingency sessions:

- There are contingency sessions within the Summer 2024 exam timetable – the afternoon of 6 June and 13 June 2024 and the morning and afternoon of 26 June 2024. Make sure you are available on all three dates even if you do not have an exam.

If you have any questions about your exams, please ask your teacher or exams officer.



# Additional Support

## Lesson 6

Lesson 6 takes place at the end of the school day. The lesson timings are 3.15pm- 4pm, unless it states otherwise on the timetable. The sessions are designed to support you to achieve your target grade. Parents of learners who are required to attend receive a letter and the sessions will appear on your timetable. Learners can also choose to attend if they feel the session will be of benefit to them.

Lesson 6 is simply a lesson added to the end of the school day. This means that normal school rules apply and a register is taken.

### Example

Year 11 Lesson 6 Timetable 2023-24 – times are 3.15 to 4.00pm unless otherwise stated

Monday	Tuesday	Wednesday	Thursday	Friday
Science (G.40)		Digital Technology 108	Maths (M16)	French (until 4:30pm_ in 006
Welsh (M34)		Computer Science 108	English - Library	
Engineering (009)		Engineering (009)		
Food (Week 2) 004		Food (004)		
Skills challenge (M25)		HSC (004)		
Asdan - 001		PE (006)		
Music G34		Engineering (009)		
Drama 002		History (M24)		
Media 002		Geography (M25)		
		Textiles 105		
		Art 104		
		Photography 103		





# GCSE Pod



As a school we have subscribed to an award winning revision platform called GCSE Pod. GCSEPod is proven to help students achieve one grade higher on average than non-users, across 30+ GCSE subjects and all exam boards.

GCSE Pod contains video and quizzes to support learners in Y10 and Y11 with revision, across all of their subject areas.

GCSE Pod can be accessed through a web browser or available as an app.

Learners simply need to click on 'log in with Google' and use their Google account.

## Useful links



### WJEC Resources

<https://resources.wjec.co.uk/>

### WJEC Question bank

[https://www.wjec.co.uk/home/question-bank/#tab\\_0](https://www.wjec.co.uk/home/question-bank/#tab_0)

### WJEC past papers

<https://www.wjec.co.uk/home/past-papers/>

### Get Revising

This website will help build a personalised revision timetable for you.

<https://getrevising.co.uk/>

### Quizlet

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

### BBC Bitesize

<https://www.bbc.co.uk/bitesize>

### Oak Academy

Great for filling the blanks if you've missed lessons.

<https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4>

You can also use the revision skills/support within our own Google Classroom "Revision strategies KS4" Code to join: **6nicph6**

