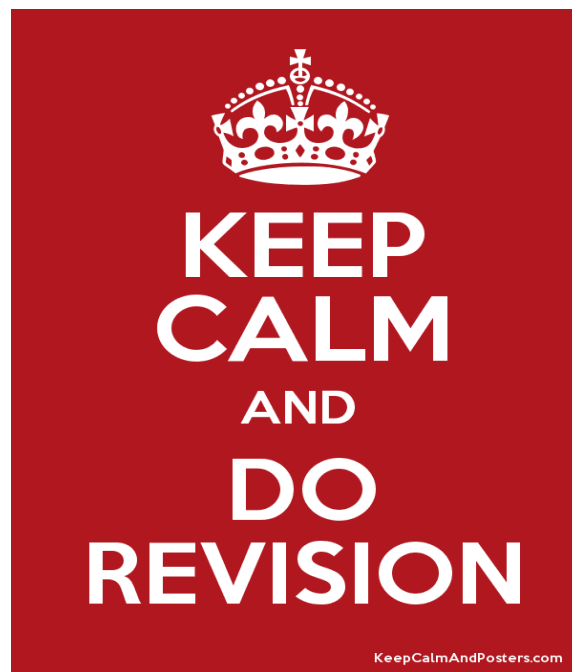


Year 11 Revision Guide/Stress Busting Tips 2020



Command Words...

So often time and marks are wasted by not **reading a question correctly** or by 'waffling', it is important that you **recognise and understand** the command words within the question before you attempt it to maximize your marks:

Describe	To provide a detailed account of a topic and give reasons for it
Explain/Give Reason For/Account For	To give a clear account of your knowledge and understanding, or give reasons for why something is so
Compare	To show how two, or more, things are different or similar
Analyse	To identify important features of a subject and separate it into parts and examine how they relate to one another
Clarify	To give reasons for
Consider	To examine all the negative aspects of a topic
Criticise	To examine all the positive and negative aspects of a topic
Demonstrate	To examine and give evidence to support an argument
Discuss	To examine by giving positive and negatives
Evaluate	To discuss the worth, importance or usefulness of something by giving evidence to support your view
Explore	To follow the development of something systematically from its origin
Illustrate	To provide the main points, showing the main structure rather than great detail
Interpret	To make compatible that which appears to be in conflict
Justify	To give evidence which supports an argument or idea. Show why decisions or arguments were made considering objections others may make
Outline	To provide a detailed description with examples
State	To express briefly and clearly
Summarise	To give a concise account of the main points omitting detail
Suggest	To expand your knowledge and understanding to a topic you are not necessarily expected to know well and to transfer other knowledge to give a sensible account
List	To gather information from a map or graph
Complete/Finish	To add information to a map or graph – Consider scale and using the right shading

Memory Techniques...

There are a number of memory techniques which may help you to develop a more effective memory. However, before you set out remembering everything in sight, it is important to **CONDENSE** what you need to learn. **CONDENSING** your work and identifying **KEY WORDS** are the first step to committing it to memory

Depending on the subject you are studying, these might be:

NAMES

PLACES

DATES

FACTS/FIGURES

SEQUENCES

When you have identified the keywords, underline them or mark them with a **highlighter**. It is a good idea to use several pens of different colours. You could even develop a system that uses different colours for different information



RED
GREEN
BLUE
YELLOW
ORANGE

PEOPLE
PLACES
FACTS & FIGURES
QUOTATIONS
DATES

Spend about **10 – 15 minutes** learning your list of keywords until you are confident you can recite the list (Also that you know what each word means!!!)

Then, in the weeks leading up to your exam, spend about **5 minutes** on **2 or 3 occasions** to check through the list again. Nearer to the exam, check how well you have remembered the keywords. You should find it easy to recall the list again with only a few minutes revision

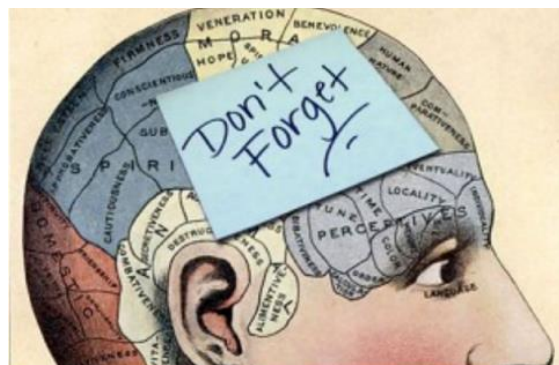


Image Chains...

The key to your memory is **imagination**. When you watch television, you expect to see a programme that captures your imagination. Unfortunately the things you need to remember for your exams don't tend to possess the contents of a Hollywood blockbuster!!!

Image chains are an imaginative way to remember a list of random words by linking them to a story. The trick is to be **imaginative and creative** – the more so the better

Use **positive, pleasant images**. The brain often blocks out unpleasant ones. **Exaggerate** the size of the important parts of the image. Use humour. **Funny** or **peculiar** things are easier to remember. **Rude things** are also easier to recall

Symbols can be used. Bright, **colourful** images are easier to remember than dull ones. Try to use all the **senses** in your story by using sounds, smells, tastes, touch movements and feelings as well as pictures



Example:

Spice Potato Dance Window Plant Finger Bin Wet Purple Log

One day a **spicy purple potato** was **dancing** on a **log** but it was **wet** because it had been raining and so he fell off and knocked the **plant** off the **window** with his **finger** and it fell in the **bin**

Your turn...

Tree

House

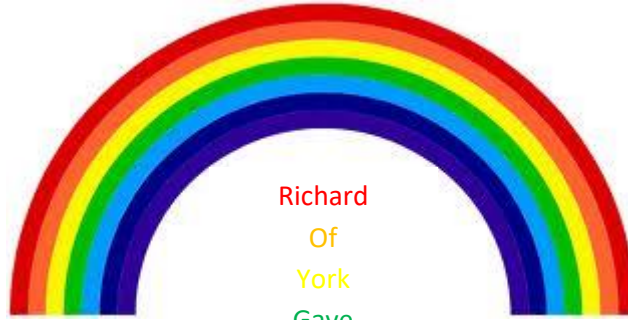
Dog

Pencil

Cheese

Triggers and Mnemonics...

Take the first letter of each word you need to remember and use them to make an **imaginative** sentence. You should use this type of memory strategy to help you remember things **IN THE RIGHT ORDER**. You have used this one before:



Richard
Of
York
Gave
Battle
In
Vain



Naughty

Elephants

Squirt

Water

Never

Eat

Shredded

Wheat

Try it yourself the continents of the World:

Europe

E

Asia

A

Africa

A

Oceania

O

Antarctica

A

North America

N

South America

S

P.E.E and T.A.R.Ts

Point

When you have stopped giggling...

Evidence

The 'PEE' technique, needless to say, has nothing to do with, yes well..., this technique should form the basis for each and every main body paragraph of any essay you write in any subject

Explain

Each paragraph should open with a **point**; this should support the statement already stated in the opening paragraph. It needs to clarify and obviously develop the essay's overall argument

Following this opening point, you need to explain it better and show how and why you think it supports your overall view. This means giving an **example** from the text (often a quotation, stage action, etc.), graph or map

An **explanation** is now needed to prove your point by explaining how the examples effects the resource like you have said it does and what it means

Types Of Evidence

Oral

Visual

Written

Physical

The 'TART' technique is a clever way to remember what should be included with in an opening paragraph for an English essay...

Can you think of a similar way this can help you in other subjects, for example answering a case study question in a Geography exam?

Title

Author

Reference to question

Techniques

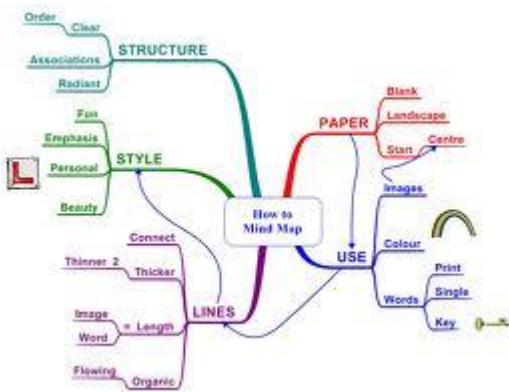
used by the author

Mind Mapping...

This is a very **effective** way of representing **large amounts of information** in an attractive, easily-remembered way. You may have used a 'spider diagram' – which are very similar

- ◇ Use a large piece of paper turned landscape
- ◇ In the centre write a name of the topic that you are going to revise – and add a simple illustration if you wish
- ◇ Now draw lines like branches (coming out from the centre) to represent the main areas of the topic. Each of these can be illustrated or could be in different colour – or a different type face
- ◇ In turn, each of these could sub-divide into several more sections. Continue adding more branches until all the main information is on the mind map
- ◇ Finish your mind map could contain diagrams, names (and pictures) of important people, dates, places, etc. If it gets too crowded, you could create a separate mind map for that particular section

Mind maps start with a **theme**, have **main ideas** and are held together with **details**



To make mind maps more **memorable**:

- ◇ Use **doodle, pictures and diagrams**
- ◇ Use different **colours**
- ◇ Use different **type fonts**
- ◇ Use **humour** (cartoons), etc
- ◇ Design **your own** (don't just copy other peoples)
- ◇ **CONDENCE**

Your turn:

Case Studies...

Case studies maybe the bane of your life, but you can guarantee you WILL have questions which will require both vague and detailed answers to show your understanding

They help to bring a theory to life and make the real worked more engaging. They illustrate **key points**, **key messages** and how things are done in practice, but there is a lot of detail to remember so to break this down , as well as mind maps, a case study card can be used

For example:

Case Study:			
Topic:			
Section Of Syllabus:			
Location:	Town/City/Region:	Country:	Continent:
What?	What were the causes?		
When?			
Why?			
Facts And Figures:			
What were the effects?	How can the changes be managed or solved? By whom?		
	What are the options for the future?		
Key Words:			

Book:	
Author:	
Date:	Genre:
Main Characters and Relationships:	Synopsis:
Key Chapter Plot:	Author Techniques:
Key Quotes:	

Separate subjects could be printed on different coloured paper, or each corresponding section in the same colour font

Try making case study dominos or snap cards...

The Process of Learning...

1) Don't know and I don't know that I don't know Unconscious Incompetence	2) I don't know stuff and I realise that I don't know it Conscious Incompetence
4) I know it and I can do it even without having to think about it Unconscious Competence	3) I am beginning to get it and when I concentrate really hard and I know I am beginning to get it Conscious Competence

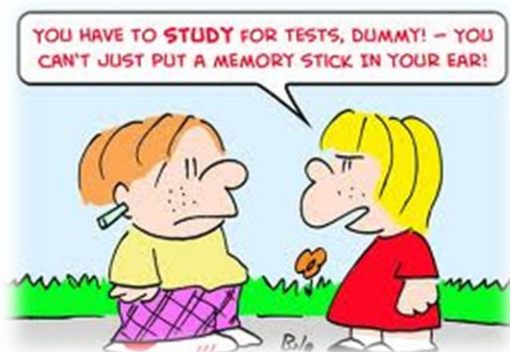
Your turn:

Work with a partner and each take a turn to do this exercise:

Think of a time when you were very motivated to do something and it was a challenge and you achieved it. (it could be in work in school, learning a sport, something in music or art)

How did you keep yourself motivated (wanting to stick to it and keep trying) so that you moved from box two to box three and box four

How did you overcome any setbacks you experienced?



Timetabling Your Revision...

Organising how, where and when you are going to revise is very important and varies for everyone. Good advice is to write out a timetable which you can stick to no matter what the subject



Warm up your brain

It is always a good idea to warm your brain up before you start to revise. Try some of these:

What If...?	Invent A Name	It Does What?!?!	Plus points Minus points Interesting points
◇ The moon was made of cheese	◇ A shampoo that instantly gave you curly hair	◇ Oxyputer	◇ Everyone should wear a mood badge
◇ All the grass disappeared overnight	◇ A robot that takes your dog for a walk	◇ Kangastep	◇ All children should adopt an elderly neighbour
◇ Water was poisonous	◇ A pair of glasses which shows you what's happening behind you	◇ Aquadigger	◇ All cars should be painted blue

Set a target and time

Decide what you want to accomplish by the end of your study time and set little targets within this time. Try not to be unrealistic to avoid rushing and missing key points

Set a reward

When you have set a target and time frame think of a reward you can enjoy when, and only when, these are met. This could be anything from chocolate, playing a computer game or meeting up with friends

Choose a suitable place to revise

Only you know where you work best and won't be easily distracted, try to think of a place, or better a couple of places, where you will not be tempted to check Facebook, your phone or top up your drink, etc.

Plan in breaks

Plan breaks at sensible intervals when you can stretch your legs, get a drink and have a short change of scenery. Booking in your lunch break to have a shorter afternoon session than the morning session will make the time go faster. Also consider any programmes you may want to watch – Can you watch them another time on Iplayer?

How well did you do?

When your time is up look over your progress, have you accomplished all you set out to do? Is there anything you could add next session? Is it time for your reward?

Stress Busters...

“There is no such thing as failure – only feedback”

Everyone gets nervous before an exam and has different ways of dealing with it. Stress is not essentially the problem but how you respond to it, below are some ways which can help you to relax and concentrate both before and during the exam:

Visualisation

- ◇ Visit the exam room so you are familiar with its set up
- ◇ Keep visualising the journey from your house to the exam room

Relaxation

- ◇ Start from the toes: Clench for ten seconds and R-E-L-A-X
- ◇ Move up the body, clenching and relaxing

Breathing

- ◇ Empty your lungs out and hold for as long as possible
- ◇ Then breathe in slowly and as easy as possible

The Three Minute Breathing Space

Your breathing space provides a way to step out of automatic pilot and reconnect with the moment at hand

Awareness

Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes and ask: “What is my experience right now...in thoughts...in feelings...and in bodily situations?”

Acknowledge and register your experiences, even if it's unwanted

Gathering

Then, gently redirect your full attention to your breathing, to each in and out breathe as they flow, one after the other

Your breathing can be used as an anchor to bring you to the present and help you to tune into a state of awareness and stillness

Expanding

Expand the field of your awareness around your breathing, so that it includes a sense of body as a whole, your posture and facial expression

Worry Busters...

Write down your concerns

This immediately helps you to feel calmer and more objective

Ask the key question: Are these worrying thoughts helpful?

If they are drawing your attention to something that needs dealing with, then start the pattern for dealing with things in the next three points below:

Face the worst

What's the worst that could happen? Write it down. Now write down a few ways you'd cope if it did happen. Create a plan A and an alternative plan B, then think of the ways to make the worse less likely

Get the facts

Worry can arise from confusion, or trying to make a decision without enough knowledge. Imagine you are collecting all the facts for someone else will help you stay calm and objective, or try to imagine you're a lawyer, whose job it is to stay impartial

Analyses the facts once you have them

Decide what to do. DO IT!

Use your night thoughts

When you've a worry, your mind goes on thinking about it during the night. Lie still for a few minutes when you wake to give helpful ideas a chance to drift into your mind



Motivational Quotes...

I find that the harder I work, the more luck I seem to have. – *Thomas Jefferson*

Success is not final, failure is not fatal: it is the courage to continue that counts. – *Winston Churchill*

Don't wish it were easier; wish you were better. – *Jim Rohn*

However difficult life may seem, there is always something you can do and succeed at. – *Stephen Hawking*

Your positive action combined with positive thinking results in success. – *Shiv Khera*

Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential. – *John Maxwell*

Ninety-nine percent of the failures come from people who have the habit of making excuses. – *George Washington Carver*

The real man is one who always finds excuses for others, but never excuses himself. – *Henry Ward Beecher*

Success is the sum of small efforts, repeated day in and day out. – *Robert Collier*



How to De-stress...

↳ **Talk to your friends** - You can talk to them about your worries and get advice

↳ **Meditate** - Meditating improves focus and concentration – this doesn't have to be a huge yoga session! Taking 5 minutes to yourself in a quiet room can be so helpful.

↳ **Keep a journal** - It helps to write down your feelings and worries

↳ **Plan your study routine** - You won't get stressed as much if you have a revision timetable

↳ **Eat Well** - A healthy diet contributes to a strong nervous system, better sleep and clear thinking.

↳ **Exercise!** - boosts brain activity and improve memory.

↳ **Sleep!** - It recharges the batteries, improves concentration.

Listen to music! - Listening to music can elevate your mood and help you revise more effectively.

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Use your tech - apps...

Revision apps:

Revision App (Android and iOS, free)

Perhaps the most appropriately named revision app out there is, indeed, the Revision App. It sports over a million revision notes, flashcards and quizzes covering a wide variety of subjects from the GCSE syllabuses.

Remember the Milk (Android and iOS, free)

One of the frustrations of revision is making sure you actually revise and don't end up procrastinating. If you find that you fall in into this category, don't worry, as Remember the Milk has your back.

Using it, you can add and complete revision notes and lists while you're out and about and have them sync up to your computer, ready for when you get home. You can prioritise your favourite items and set reminders, too. If you do the latter, you'll receive an SMS or an email telling you to get to work!

iMindMap (Android and iOS, 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 mind-maps, which is particularly common for those with Dyslexia.

iMindMap digitises this classic revision method. With the app, you can create mind-maps 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.

Oxford A-Z of Grammar and Punctuation (Android and iOS, £8.49)

If you're studying English or any other linguistic-based subject, your teacher may be pushing you to revise highly complex grammatical terms. Or you may just be looking to brush up on your punctuation and writing skills. Never fear, as the Oxford Press's A-Z of Grammar and Punctuation app is here to help. It has over

250 grammar-themed questions with answers, as well as descriptions of what certain linguistic terms mean. You'll be a grammar geek in no time!

Exam Countdown (iOS, free)

Having a pile of exams just around the corner is never a nice feeling, but you can't avoid them and making sure you have their dates all noted down neatly is crucial, as you wouldn't want to end up missing one and getting a dud grade.

Exam Countdown is perfect for making sure this doesn't happen. You can use the app to store all your key exam and test dates in one place and can colour code them as well. Once you've done this you'll get a countdown note beside each app.

Penultimate (iOS, free)

When it comes to exams and studying, you can't wipe out the bane of having to take down a ton of notes. Why not digitise this? You can do so with Evernote Penultimate. It makes note taking easier because once you've taken down notes or doodles while in the classroom, you have the ability to access them on your computer at home. All you really need to ensure the experience is crisp and as it should be is a good stylus.

Apps to help you de-stress...

Headspace

[Headspace](#) is a comprehensive meditation app, with guided and unguided meditations to help you through all phases of your life. The free app offers ten sessions, with hundreds of hours of extra content if you love it and want to subscribe.

Stop, Breathe & Think

[Stop, Breathe & Think](#) aims to give you exactly what it says in the title. The chance, and skills, to stop everything, just breathe, and think. The guided meditations cover a range of goals, and are constructed to help you take some time out and concentrate on yourself.

Calm

It should come as no surprise that [Calm](#) is designed to help you be calm. With stunning backgrounds that you can stare at for ages, and a range of meditations, Calm provides a space for you to get away from it all, without having to go anywhere.

Happify

[Happify](#) is grounded in the fields of positive psychology, mindfulness and cognitive behavioural therapy. As the name suggests, Happify's number one goal is to help us all feel happier, and more emotionally fulfilled.

Thanks to all the students involved in the Positive Minds project at Mark Rutherford School that have helped to produce this guide for you.

Special thanks to Claire and Jennifer, the student associate mentors from the University of Bedfordshire, their support and guidance has been invaluable, as has the work of all the 'Aspire Higher' team at the UoB.



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