

Interleaving
Space revision
Revisiting – long
term memory

Cognitive Science also shows that repetition and revision of information works best when...



...you fully understand the information and can explain/ describe it



...you can give examples.



...you switch between topics.



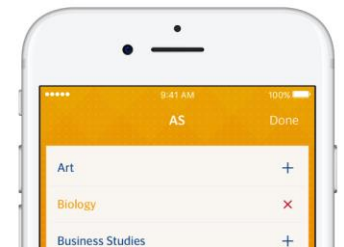
...you space out your revision over time.



Gojimo Revision

Gojimo Revision is the free app that helps you pass exams.
Access over 40,000 practice questions for free.

- 28 GCSE subjects (AQA, CCEA, Edexcel, OCR, WJEC)
- 20 A Level subjects (AQA, CCEA, Edexcel, OCR, WJEC)
- 11+ and 13+ Common Entrance
- Ireland's Junior Certificate
- USA's SAT, ACT and APs



Bitesize

All GCSE subjects

These subjects may contain both Guides for students and Classroom videos for use by teachers.



Art and Design



Biology (Single Science)



Business



Chemistry (Single Science)



Combined Science



Computer Science



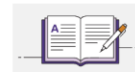
Design and Technology



Digital Technology (CCEA)



Drama



English Language



English Literature



French

Preparation

When it comes to revising for exams, preparation is key. Before your child starts revising, help them create a revision timetable;

A revision timetable will help to stop them cramming before their exams.

Motivation

Your child might feel overwhelmed or demotivated at times, trying to balance everything. Being there to support them will be appreciated, taking an interest in their work and how they are getting on will help them remain motivated.

Environment

Where possible make sure your child has a quiet space to work, with no distractions.

Make sure you know their mock timetable

This will help reassure them and give them confidence that you are being supportive

Encourage 2hrs as a minimum revision per day

Breaks

Encourage them to break revision into manageable chunks and to take regular breaks

Wellbeing

Exercise, fresh air, healthy food and lots of sleep are crucial, healthy snacks in the fridge

Breakfast – on the morning of exams

Research shows that ensuring children have breakfast on the morning of their exams will improve their performance- For the best exam-day breakfast, combine slow-release carbohydrates, such as whole rolled porridge oats or whole grain bread with high-protein foods, such as milk, yoghurt and eggs.

Get My Grades
www.getmygrades.co.uk

Week commencing: _____

My Weekly Revision Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

Tip 1: Stay positive - if you work hard and practise effectively, you will succeed!

Tip 2: Test yourself, don't just read. Use practice questions and mark them or re-write notes from memory.

Tip 3: Be disciplined - stick to your plan! You can change/move it, but make sure you stick to it!



PROBLEM?
Whisper it!

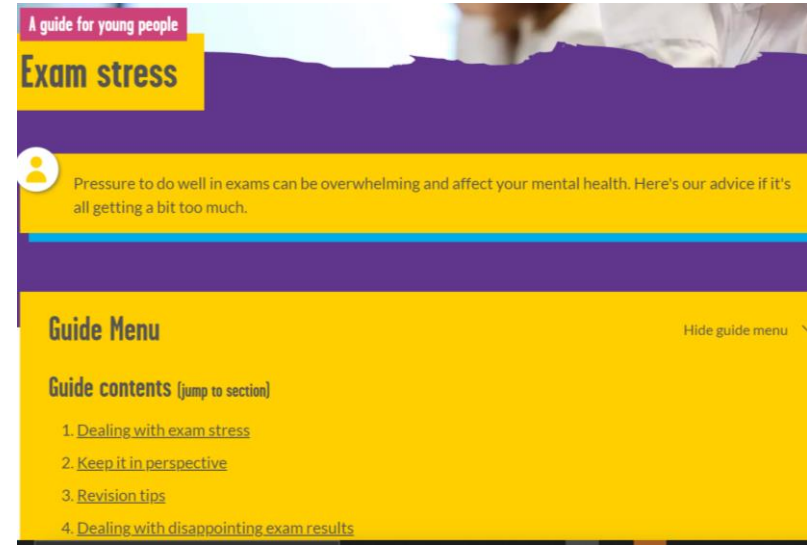
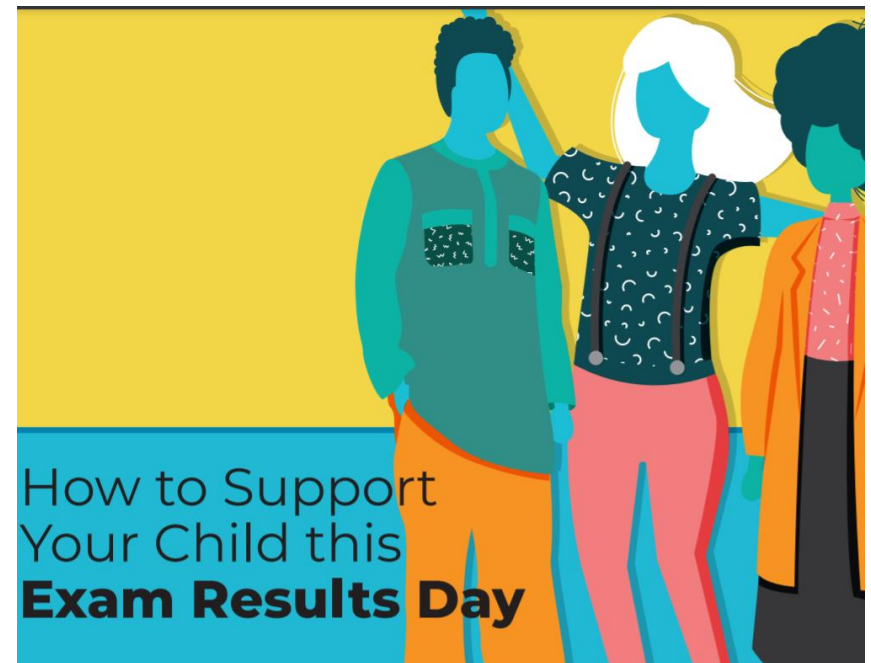
If you have a problem or concern in school or at home, you can report it to a member of staff anonymously.



- When To Report...**
- You or a friend are being bullied
 - You are concerned for a student's welfare
 - A student, member of staff, or parent has behaved inappropriately
 - You need to talk to someone about a problem
 - Suggestion for changes or improvements in school

Report via SMS or visit:

<https://swgfl.org.uk/whisper/cki1/>



Support in school for all students:

- Year 11 Year Co Ordinator – Miss Ahmed
- Safeguarding Lead – Mrs Kilroy
- Deputy Safeguarding Lead – Mrs Sinclair
- Deputy Safeguarding Lead – Miss Campbell-Williams
- SENDCo – Mr Connor