



# **Revision, Stress Management and Organisational Tips for Students**



# Overview

- The challenges
- How to revise – Techniques
- Help and support in school
- Finding what works
- Tips for reducing stress
- Nutrition, sleep and exercise
- Q&A



# The Challenges

- Being confident in independent learning
- Seeking support and advice
- Knowing what works for you for revision
- Finding time to revise/complete homework
- Motivation to complete work outside of school



**REVISION**

# **THINGS TO CONSIDER**

- **Does my child take the time to complete work?**
- **Do they get stressed out easily?**
- **Are they revising effectively?**
- **Are they sleeping enough?**
- **Are they eating well?**

# IF REVISION HASN'T WORKED AT HOME, WHAT TYPES OF REVISION HAVE BEEN TRIED?

- Reading through notes
- Writing notes down

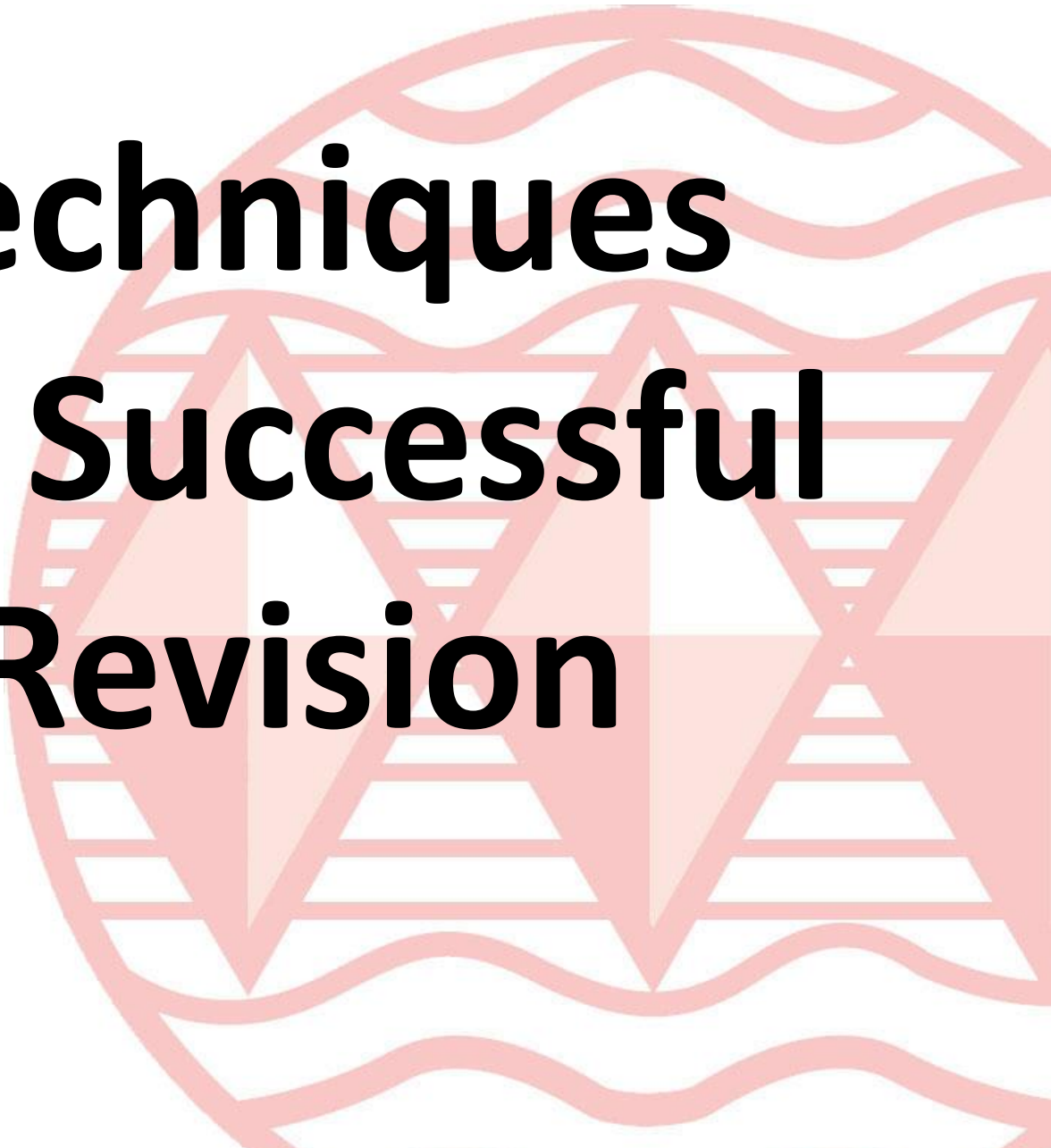
Passive

- Mind maps
- Memory cards
- Mnemonics
- Q Cards
- Self testing
- Teaching others

Active



# **Techniques for Successful Revision**





# Time Limit

Don't work for too long in one go – your brain will get tired and the information won't stay in there!

No more than 45 minutes at a time, then have a ten minute break.

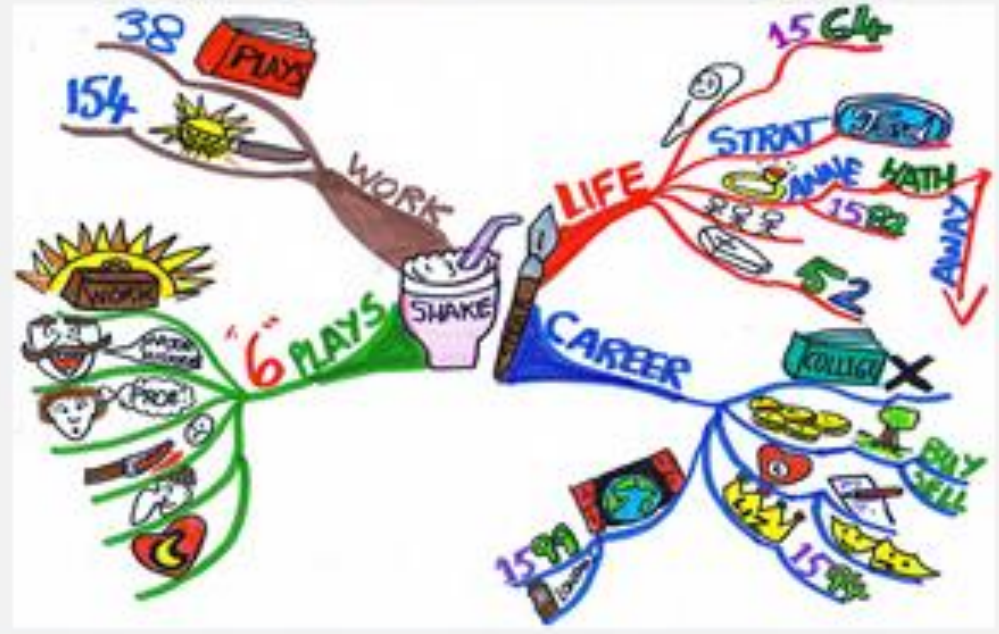






# Posters, Pictures and Mindmaps

Make things stand out!





# Reading out loud



Try reading your notes out loud to yourself.

Try reading them out loud to a particular rhythm – this could be done by music playing in the background or tapping your foot or by walking calmly and steadily.

Sitting at your desk at home isn't always the best way to learn.



# Post its

Write information on post-it notes and place them on the wall, door, large sheets of paper etc. You can then rearrange them according to a variety of ideas:

- Group various things together
- Organise them into what you know and don't know - rearrange as you learn more
- Follow trends or themes





# Record yourself

Try recording yourself and listen to it when walking the dog or walking to school.

Repeat it out loud to yourself.

Test yourself after you've listened - what can you remember? What can't you remember?





# Highlight and Underline



Use highlighter pens to make the **key words** you need to know stand out.

You could read through your notes and underline any key words.

You could underline in colour or with patterns - anything that you feel makes the words jump off the page!



# Use Colours

Your brain **loves** colour and will remember things much more easily if you use it.

For example, put all the important words in **red**, the important concepts in **green**, and important dates in **purple**.



## Rewrite a topic in own words

Being able to rewrite a topic in your own words shows you truly understand the area.

Try doing this and then explaining it to someone else – your Mum, Brother, friend – anyone who will listen!





## Test yourself and your friends

Get a group of friends together  
for a study session.

Devise questions and answers about a topic  
quiz each other.







# Reward yourself!



Once you have learned something,  
reward yourself!

Play football, see friends, watch a film –  
whatever you choose!

**However, only do this after you have reached  
your revision target!**



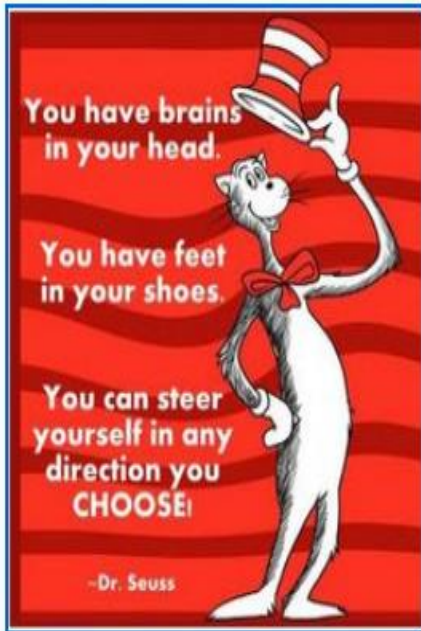
# Help and Support in School

- Teacher support
- LRC
- Revision sessions and drop ins
- Mentor attached to forms (Yr11)
- Learning Mentor
- Support on FROG
- Form Tutor support

# WHERE CAN I GET REVISION RESOURCES?

LOOK FOR THIS  
BUTTON ON FROG





The expert in anything was

Resources

Open Download

<p>1How are German sentences structured</p>	<p>1Ideas for revision (NEW).pptx (1.04C 01\)</p>	<p>1Revision Guidance (NEW).doc(1.01 MD)</p>
<p>1Revision Techniques (NEW).pptx (124.4K)</p>	<p>FOUR_STEPS_T</p>	<p>Glossary of Exam Terms.pdf (21.8K)</p>
<p>Learning styles.pdf (141.2K)</p>	<p>Making revision cards (1).docx (101.4K)</p>	<p>Overcoming test anxiety.docx (19.4K)</p>
<p>Personal Goals.pdf (107.3K)</p>	<p>Relaxation Music.docx (771.3K)</p>	<p>Revision Topic Planner.docx (14.9K)</p>
<p>Self talk.doc (24.0K)</p>	<p>Ten Tips for Healthy Eating During Ex...</p>	<p>Testing yourself.doc (25.5K)</p>
<p>Thumbs.db(9.0K)</p>	<p>TIPS FOR</p>	<p>TIPS FOR YOUR</p>

My Links

- [Revision help - Mentees](#)
- [Multiplying decimals](#)
- [Simultaneous equations](#)
- [Revision Sites](#)
- [BBC Bitesize](#)
- [s-cool](#)
- [AQA](#)
- [Study Maths](#)
- [onlinethesaurus](#)
- [Revision World \(NEW\)](#)
- [Revision Tools](#)
- [Create your own mindmap online](#)



## APPLIED BUSINESS

[www.businessed.co.uk](http://www.businessed.co.uk)  
<http://www.tutor2u.net/>  
[www.bbc.co.uk/schools/gcsebitesize/business/finance/](http://www.bbc.co.uk/schools/gcsebitesize/business/finance/)

## DESIGN and TECHNOLOGY

[www.bbc.co.uk/schools/gcsebitesize/design](http://www.bbc.co.uk/schools/gcsebitesize/design)  
[www.technologystudent.com](http://www.technologystudent.com)

## ENGLISH

[www.sparknotes.com](http://www.sparknotes.com)  
<http://www.enotes.com/>  
[www.bbc.co.uk/schools/gcsebitesize/english](http://www.bbc.co.uk/schools/gcsebitesize/english)  
[www.bbc.co.uk/schools/gcsebitesize/english\\_literature/](http://www.bbc.co.uk/schools/gcsebitesize/english_literature/)  
<http://www.englishbiz.co.uk/>  
<http://www.eduqas.co.uk>

*Apps:*  
Pixlit  
Quizlit

## GEOGRAPHY

[www.bbc.co.uk/schools/gcsebitesize/geography](http://www.bbc.co.uk/schools/gcsebitesize/geography)  
[www.s-cool.co.uk/gcse/geography](http://www.s-cool.co.uk/gcse/geography)

## HISTORY

[www.bbc.co.uk/schools/gcsebitesize/history/mwh](http://www.bbc.co.uk/schools/gcsebitesize/history/mwh)  
[www.ishndclare.net](http://www.ishndclare.net)

(NEW)

## Revision Tools

Create your own  
mindmap  
online

10 Apps to help  
your revision  
(NEW)

Revision  
Timetable/  
Planner (NEW)

## Audio Revision

BBC French  
Revision (Audio)

BBC English  
Revision (Audio)

BBC Geography  
Revision (Audio)

BBC History  
Revision (Audio)

BBC Additional  
Science Revision  
(Audio)

BBC Core



# The Key to Success...

Is finding out what works best for your child.

Make sure your child concentrates on techniques that help them remember the information.





# Tips for Reducing Stress

- Create a revision or homework timetable
- Dedicate time to completing work before deadlines
- Manage the support you give – Too much or too little?
- Ensure diet, sleep and exercise are at the correct levels
- Let school know if any problems or concerns arise
- Approach learning with positivity and as a series of small challenges



# Nutrition, Sleep and Exercise

<https://www.youtube.com/watch?v=12pbrkcfR>

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# Q&A

