

Effective Revision for Students and Parents

Effective revision is more than just reading through notes; it is about active engagement with the material to strengthen memory and understanding. Below is a guide to the most effective strategies and habits to support exam success.

Effective Study Techniques: The Science of Learning

Our school promotes evidence-based revision strategies that focus on getting information *out* of the mind to ensure it stays in.

1. Retrieval Practice

Retrieval practice involves calling information to mind without the help of notes. This act strengthens memory and makes forgetting less likely.

- **Flashcards:** Use these to test yourself on key facts and definitions.
- **Quizzes:** Create your own quizzes or use online tools like Quizlet.
- **Past Exam Papers:** Completing these under timed conditions is one of the best ways to practice retrieval.
- **Cover and Explain:** Use the "Look, Cover, Write, Check" model—close your books and try to retrieve as much as you can before checking your answers.

2. Spaced Practice and Interleaving

- **Avoid Cramming:** Five hours of study spread over two weeks is significantly more effective than five hours all at once. Spacing out your revision reduces stress and improves long-term retention.
- **Interleaving:** Instead of studying one topic for hours (blocked practice), mix and combine different subjects and topics in a single session. For example, a morning session could include short bursts of Algebra, then Statistics, then Geometry.

3. Deepening Understanding

- **Elaboration and Teaching:** Explain and describe ideas in detail. Ask yourself "why" or "how" things work and make connections between different concepts. Try teaching a topic to someone else—if you can explain it clearly to them, you have mastered it yourself.
- **Mind Maps:** Use these to visually link ideas together, helping you connect new information with what you already know.
- **Concrete Examples:** Use specific, real-life examples to help understand abstract ideas (e.g., using Romeo & Juliet to explain foreshadowing).
- **Dual Coding:** Combine words with visuals like diagrams, timelines, or infographics. Drawing simple images to support your notes can help deepen your understanding.

Planning and Environment

- **Revision Timetable:** Plan your time carefully to ensure all subjects are covered in short, manageable chunks. Aim for sessions of 20–30 minutes.

- **Regular Revision Space:** Set up a dedicated, quiet space for revision that is free from distractions.
- **Revision Guides:** Ensure you are using the correct revision guides for your specific exam boards and subjects.

Exam Readiness: Command Words

It is vital to understand what the exam question is asking you. Familiarise yourself with subject-specific "command words" such as:

- **Analyse:** Examine something in detail to interpret it.
- **Evaluate:** Consider different factors and reach a conclusion about their value or impact.
- **Justify:** Explain why your choice or judgment is better than other options.


Well-being and Health

Revision is most effective when you are looking after your physical and mental health.

- **Food and Hydration:** Do not skip meals. Maintain a healthy, balanced diet and stay hydrated to keep your brain functioning at its best.
- **Sleep:** Staying up late to revise is counterproductive. Sleep deprivation negatively impacts concentration, performance, and memory.
- **Breaks and Exercise:** Take regular breaks and stay active. Go for a walk or participate in a sport you enjoy to help refresh your mind.
- **Relaxation:** It is essential to make time to switch off. Whether it's watching Netflix, reading, or talking to friends, relaxing helps manage exam anxiety.

Subject Landing Page & Resources

For more specific guidance, please refer to our subject landing page (PDF below), which provides useful links to revision resources and personalized tips from your teachers for every option subject.

 [Copy of Spring Mock Subject Revision Page.pdf](#)