

# Topic: Setting Yourself Up For Study

Session  
1

**SUMMARY**

To consider what motivates you and physical, mental and environmental factors

- Motivation – what are your short, medium and long-term goals?
- What are the dangers of procrastination? How can you avoid it?
- The importance of organisation
- What does your workspace look like at home? How can you improve it?
- Do you have everything you need for Year 10?

Pages 2-5

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# Topic: Mental & Physical Health

Session  
2

## SUMMARY

To evaluate your own physical and mental health and how you might improve it ahead of the exams.

- Coping with, and balancing, stress
- It's natural to feel stressed but do you know your coping mechanisms? Do you know what makes it worse for you?
- The importance of sleep
- The importance of a good diet
- The importance of physical exercise
- Don't forget that you need breaks, too!

Pages 6-7

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# Topic: Condensing Your Notes

Session  
3

**SUMMARY**

The importance of condensing 2 years of learning into revision materials and some practical tips

- Simplifying
- Summarising
- Reorganising
- Reordering
- Linking
- The importance of testing
- Practise this skill this week!

Pages 10-11

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# Topic: Mindmaps & Flow Charts

Session  
4

**SUMMARY**

Evaluate the usefulness of mind maps and flow charts for different topics.

- The differences between mind maps and flow charts
- How and when mind maps can be useful
- How and when flow charts can be useful
- Creating effective mind maps and flow charts
- Strategies for using them at the beginning of a topic, during revision and to test yourself
- Brain dumps are also good if you're feeling overwhelmed with too much information! [What is Brain Dump | Explained in 2 min \(youtube.com\)](#)

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# Topic: Flashcards (The Leitner Method)

Session  
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**SUMMARY**

To understand the usefulness of flash cards and how the method can be applied to The Leitner Method.

What are flashcards? What do effective ones look like?

How do you create flashcards?

How can flashcards be used for revision?

The Leitner Method is here: [How to study flashcards using the Leitner system \(youtube.com\)](https://www.youtube.com/watch?v=...)

Note – lots of places sell flashcards but you can make your own – ask your tutor for some coloured cardboard!

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# Topic: Memory Techniques

Session  
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**SUMMARY**

How different memory techniques can be used to recall and retrieval.

How you might improve your memory: [How To Improve Your Memory RIGHT NOW! \(youtube.com\)](https://www.youtube.com/watch?v=...)

Mnemonics

Memory journeys

Also consider interleaving – testing yourself once a week over a few months is much more effective than cramming once-forgotten information the night before an exam.

There are more revision tips on page 20!

Pages 18-20

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# Topic: Revising For Maths

Session  
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**SUMMARY**

## How do you revise for Maths?

**LITTLE AND OFTEN!**

Checking your answer makes sense

Corbettmaths 5 A Day [5-a-day – Corbettmaths](#)

Maths Genie [Maths Genie - Free Online GCSE and A Level Maths Revision](#)

Piximaths [PixiMaths | Free Maths Teaching Resources | Homepage | Oakham](#)

Past and shadow papers

Maths club!

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# Topic: Revising For English

Session  
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**SUMMARY**

## How do you revise for English?

### English Literature

- Know those texts inside out!
- Practice papers
- Learn those key quotations!
- Learn about the context of each text
- Mr Bruff or similar on Youtube
- Educake will test your knowledge of the texts but not necessarily your application of the knowledge

### English Language

- English language videos on Year 11 KHS page
- Know which skills are being tested on each question
- Practice papers – plenty of them!
- Mr Bruff or similar on Youtube
- Reading every day WILL make a difference

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# Topic: Revising For Science

Session

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SUMMARY

## How do you revise for Science?

Educake is fantastic for checking facts and understanding

Personalised learning checklists

Physics and Maths tutor (all sciences!) [Physics & Maths Tutor \(physicsandmathstutor.com\)](#)

Lots of key vocabulary to learn – flashcards and mindmaps would be helpful!

Pages 30-31

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# Topic: Revision

Sessions

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**SUMMARY**

To look at requirements of the exam, practice papers, command words, essay writing skills, etc.

The benefits of revising with others

Sleep and exercise

Know what you'll be tested on – check the spec, know the AOs and get hyped for question types!

Make the most of practice papers

Command words

Essay skills

Weird questions – don't panic!

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# Topic: Power Hour

Session  
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*Summary*

To understand what 'Power Hour' is and how to use it as part of your revision.

## Revision ⌚ POWER HOUR



[A\\* Sociology: How to revise \(Revision Power Hour\)](#)  
[youtube.com](https://www.youtube.com)