



MAKE IT



Helping your child to revise

www.lymmhigh.org.uk

At Lymm High School, we recognise the importance of working in partnership with students and parents to secure the best possible outcomes for our students. The next few months represent a crucial stage of your child's education. GCSE exams are imminent and it is imperative that all parties work together to maximise attainment.

SUPPORTING YOUR CHILD'S REVISION

1

GETTING THEM IN THE RIGHT FRAME OF MIND

The prospect of GCSE exams is very stressful for students. This tends to spark a natural 'fight, flight or freeze' response. When presented with the prospect of revision for exams, students may respond with...

- **Fight:** Students may become argumentative or aggressive
- **Flight:** Students may look to put off revision or run away from the problem
- **Freeze:** Students may panic and be unable to think straight or concentrate

If any of these instincts are triggered it becomes very difficult for the students to revise.

To counteract this try the following:

- **Be unerringly positive:** repeatedly focussing on the positive, emphasising belief that the student will be successful.
- **Do not join in the anxiety** - even if you feel it! Try to remain calm and positive.

2

PLANNING REVISION

Tonight you will be receiving advice on how to break down revision running up to the exams. In addition, we have enclosed details of after school/lunch revision sessions that will be running over the next few months.

It is crucial that students start early and draw up a revision plan and timetable to make sure they cover all topics in plenty of time, avoiding any last minute panic.

Example revision timetables and blank templates are available for download from the school web-site.

3

LOOKING AFTER YOURSELF

Many students fall into the trap of 'revising' by reading through notes while watching TV. To revise effectively students need a calm, peaceful environment. A little light background music can be conducive to concentration; however, mobile phones, TV and loud music have been shown to have a negative impact.

All students are individuals, and many often find their own preferred style of revision. However, just reading through notes has been shown to be highly ineffective. Students need to process and interact with the information in order to maximise retention. A quick internet search reveals that there are many methods. On the following pages are details of just a few.

LEARNING BY ROTE

Most subjects will have certain facts that students simply must know. Rather than just re-reading and attempting to memorise, actively processing the information is more effective.

TRY:



- Read the information, say it out loud
- Cover it with your hand
- Write it out from memory


Repeat until you are able to reproduce the information perfectly.

MNEMONICS

Mnemonics can really help. We probably all recall learning the rainbow colours as Richard Of York Gave Battle In Vain.

Many subjects will have similar mnemonics, or a student can easily make up their own personal mnemonic.

Camels	Cambrian
Often	Ordovician
Sit	Silurian
Down	Devonian
Carefully,	Carboniferous
Perhaps	Permian
Their	Triassic
Joints	Jurassic
Creak,	Cretaceous

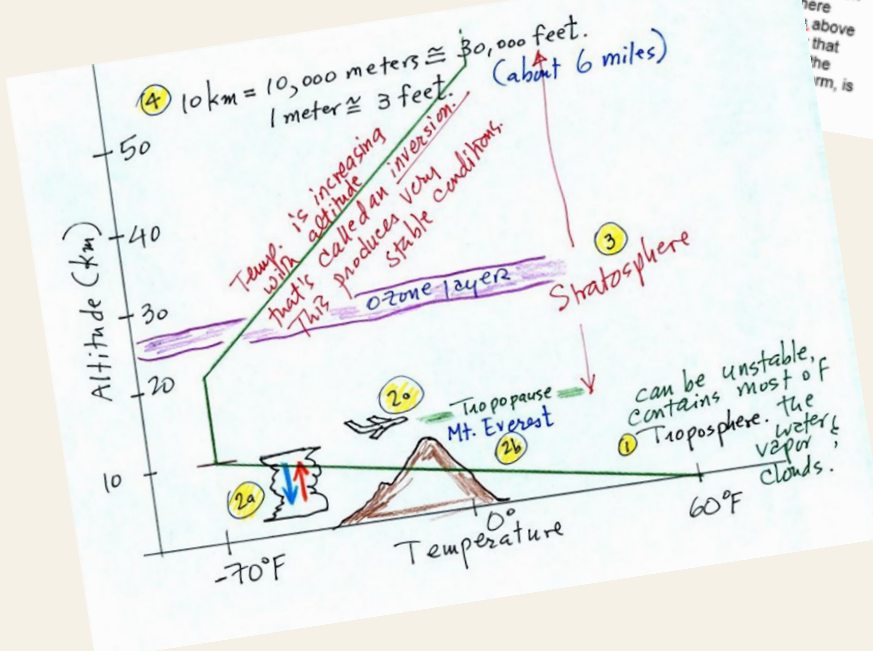
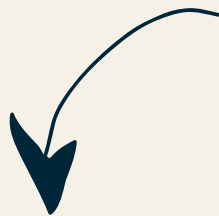


SUMMARISING INFORMATION

Try summarising a passage of text 500 words long in around 200 words. Then try summarising it down to 50 words.

Can you fit the key information on a flash card? Can you then take the flash card and re-expand the information?

Try turning a passage of text into a diagram. e.g.



The atmosphere

The Earth's atmosphere is just a thin layer around the planet, fading gradually into empty space above. At a height of 50 kilometres the pressure it can exert is only about one-thousandth of that at sea level.

Each layer of the atmosphere surrounds the globe, so we call them all 'spheres' – starting from the bottom they are the troposphere, stratosphere, mesosphere and thermosphere. There is also an important ionosphere.

The troposphere is the lowest level, where the air is warmed by the ground, which in turn is warmed by the Sun. Further from the ground there is less heating effect, so temperature falls in the troposphere as height above ground increases. It is in the troposphere that clouds form, and there are upwards and downwards movements of air relating to complex weather patterns.

Aeroplanes that fly as far as the stratosphere can get there, which is above the troposphere, is

The mesosphere starts is the next layer up, starting at about 50 km above the Earth's surface. When you see a 'shooting star' flash across the sky and then fade away then you are watching a meteor. That's a grain of dust, or occasionally something bigger, getting very, very hot as it collides with molecules of air in the mesosphere.

At the highest levels of the atmosphere, above 80 kilometres and up to about 120 kilometres, in the thermosphere, incoming radiation and energetic particles from the Sun heat the air directly. They can make the thermosphere very hot – as much as 1500 °C.

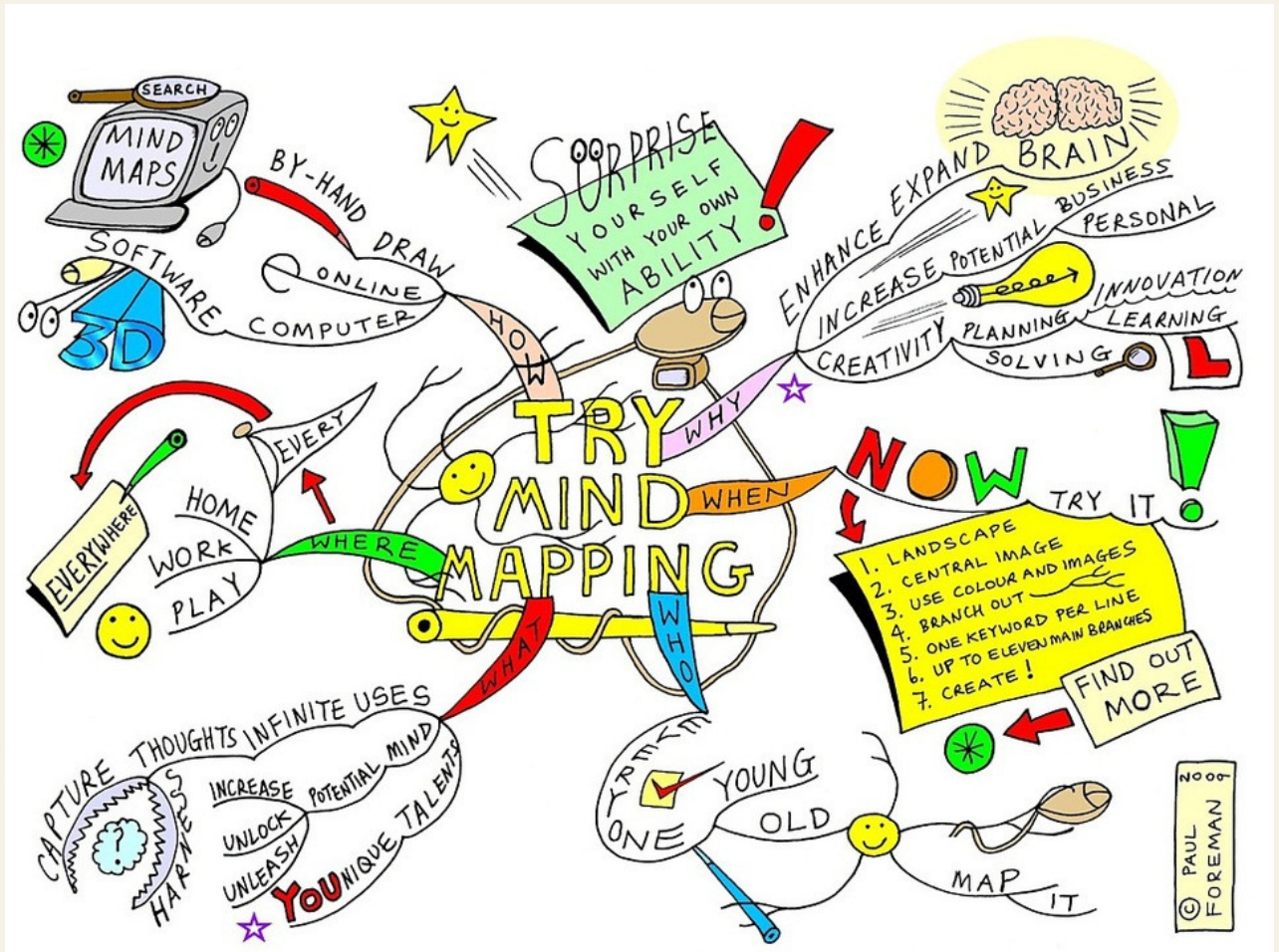
One effect of the radiation and streams of particles is to ionise the thin air of the upper atmosphere. This creates layers, mostly within the thermosphere, that can reflect radio waves from the Earth's surface. These layers, together, are sometimes called the ionosphere. We can take advantage of them to bounce radio signals all around the Earth. Which is very helpful for our radio communication.

David Brodie

At the end of the day, try re-capping and summarising five things you have learnt that day.

MIND/CONCEPT MAPPING

Try breaking down a topic into a web of linked ideas. e.g.



The process of producing a mind map is effective at linking concepts and embedding ideas into memory.

Once the mind map is produced, it becomes a good resource to refer to in further revision.

USING REVISION RESOURCES

Many departments will recommend a particular revision guide and/or workbook. If purchasing other revision guides please be careful to make sure that they match the exam board and specification your child will be sitting.

There are many online revision resources available. The school subscribes to Tassomai and GCSEPod. However, there are many more online revision websites, with various interactive activities plus practice exam questions, available.



OTHER RECOMMENDED SITES:



Get Revising

A free app and website which enables students to create on line revision timetables



BBC Bitesize

An excellent all round revision, including quizzes and videos



Memrise

Good for memorising key facts through repetitive questioning



Hegarty maths

The number one site for maths revision

USING REVISION RESOURCES

Research has shown this to be the most effective form of revision in terms of boosting grades.

Past papers will be available through school departments and are free to download online from exam board websites.

Mark schemes and examiners comments are also available which can show where students have made common mistakes.

A quick internet search for the exam board and past papers will normally lead to past papers. e.g.

The screenshot shows a web browser window with the URL <http://www.aqa.org.uk/exams-administration/exams-guidance>. The page features the AQA logo and navigation links for Subjects, Qualifications, Professional development, Exams administration, Contact us, and About us. A search bar is located in the top right corner. The main content area is titled 'Find past papers and mark schemes' and includes a sidebar with links to Dates and timetables, Entries, Coursework and controlled assessment, Access arrangements, Special consideration, Exams guidance, and Exam materials and resources. The 'Find' section contains a form with four dropdown menus: Subject (Which subject?), Qualification (What type of qualification?), Specification (Which specification?), and Series (When was the exam?).

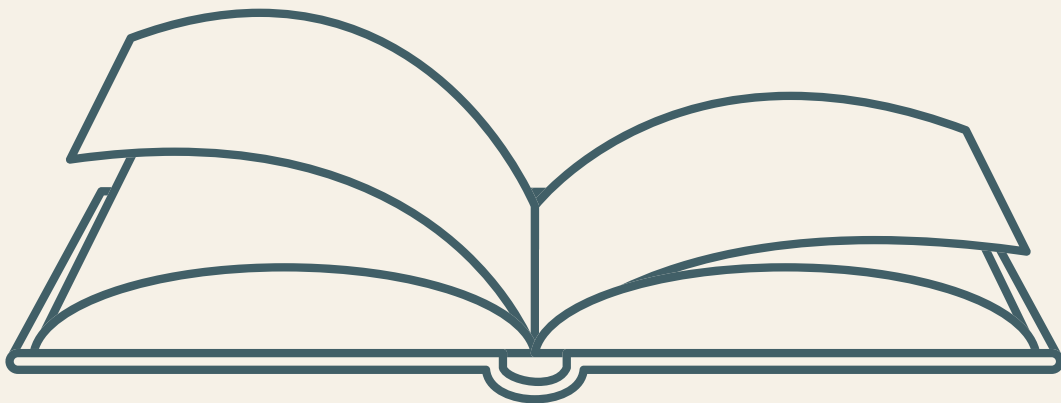
N.B.

If you have any trouble finding past papers, please contact the relevant department for advice.

OUR SCHOOL LIBRARY...



- Is open and available for students to use before, during and after school and throughout the exam period
- Stocks many revision guides and textbooks for all subjects.
- Has a quiet, relaxed atmosphere conducive to concentration.
- Has computers to access online revision resources.



...an ideal place to revise

COMMON STUDENT STATEMENTS

TRUE OR FALSE ???

'I have no work to do!'

FALSE

There is plenty of revision to be getting on with on each subjects home revision programme.

'I need regular breaks'

TRUE

Revision is much more effective when done in intense bursts with short breaks in between.

'No-one else has started revising yet'

FALSE

Some students started their exam preparation before October half term.

'I need time away from studies to relax'

TRUE

Students need to stay relaxed in order to be re-ceptive to revision. Some time spent doing sports and hobbies can be helpful.

'I can revise and watch TV'

FALSE

Studies have shown that trying to revise while following a TV programme is very unsuccessful. Quiet background music can be helpful, but loud music and screens make revision ineffective.

'Revision is just reading over your notes'

FALSE

Just reading notes is an ineffective way to revise. To make the information stick the mind needs to process the information and make links.

'It's too early to start revising'

FALSE

It's never too early. Starting early will allow you to get through all the material in plenty of time avoiding last minute panic!

HELP

WHAT CAN PARENTS/CARERS DO TO HELP?

- Help your child to get in the right frame of mind
- Be ready for stress – stay calm and help them deal with it
- Help your child plan revision
- Agree a reasonable revision programme and help them stick to it
- Provide a quiet calm environment for them to revise in
- Provide plenty of food and drink, treats and rewards
- Provide resources – revision guides / stationery / past exam papers and mark schemes
- Be overwhelmingly positive

WHAT CAN STUDENTS DO TO HELP THEMSELVES?

- Maximise your attendance - If in doubt over illness – get to school
- Be punctual - Late arrivals miss key lesson starters
- Attend as many revision sessions as possible - Exam tips from teachers can make all the difference
- Revise at home - Make a reasonable revision programme and stick to it
- Take responsibility for your own success

HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



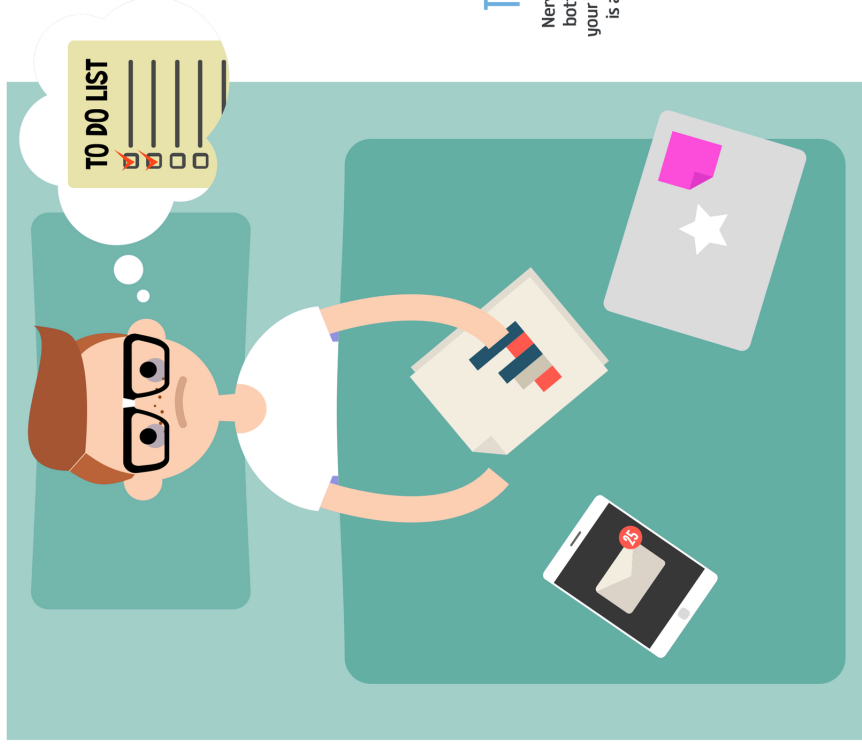
MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teaching or revising on GCSEPod.



FIT EXERCISE IN EVERYDAY

It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed.



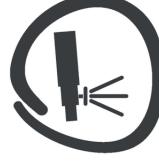
EAT RIGHT

Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include blueberries, salmon and nuts.



TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.



KEEP THINGS IN PERSPECTIVE

The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.

Premier partner



SUPPORT YOUR CHILD ON THE PATH TO SUCCESS

Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals! Join the thousands of parents encouraging their children to use GCSEPod to support learning, homework and revision.



Wow! Emma actually asked if GCSEPod counted as revision as she can't believe it. I can't believe it either! How fantastic to have a resource that meets students on their level, I am blown away! She actually does not feel as though she is doing revision!







Parent

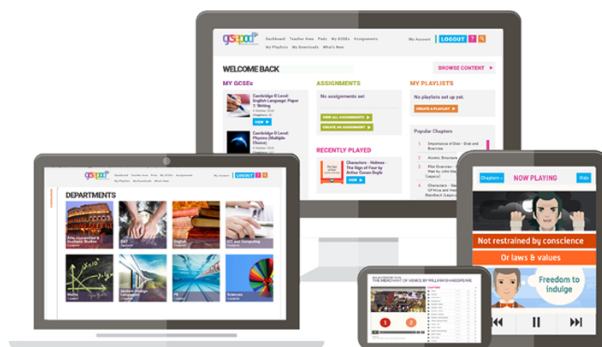


I use GCSEPod to create mindmaps and flash cards, then watch the Pods back to consolidate my knowledge. I also watch them to recap information from lessons so I have a good understanding of the subject content. I like that the Pods are short and concise. Plus they contain information that will allow me to answer the exam question.

Student



-  Proven to increase results
-  21 exam mapped subjects
-  Available online and offline
-  Audio visual content
-  Builds confidence
-  Use on the go, anytime, anywhere



For more information please visit www.gcsepod.com/parent

How to login:

- 1) Go to www.gcsepod.com and click LOGIN
- 2) Click NEW HERE? GET STARTED!
- 3) Enter your child's details and confirm the name of the school they attend
- 4) Create a username and password



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NOTES

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strive for excellence and
success will follow!



LYMM
HIGH SCHOOL