

Revision survival guide



Why revise?

- Reduce stress
- A chance to show what you're capable of
- Help to identify areas for improvement
- Receive results that reflect your potential



Should parents/carers help you?



- Research shows that more progress occurs if your parent shows an interest in your revision
- Your parents will understand what your difficulties and concerns are
- Helping isn't the same as doing it for you!
- When discussing your work with your parents, it strengthens your understanding



TIME MANAGEMENT

ADVICE ON HOW TO BE EFFECTIVE

BE ORGANISED

MAKE A **REVISION**
TIMETABLE & '**TO**
DO' LIST' TO KEEP
YOU ON TRACK



TRY NOT TO WASTE TIME

TURN OFF THE **TV**
AND PUT YOUR
PHONE ON
AIRPLANE MODE



SET TARGETS

SETTING **TARGETS**
WILL HELP KEEP
YOU FOCUSED



KEEP HEALTHY

EAT WELL AND DO SOME
EXERCISE. YOUR ENERGY
LEVELS WILL BE HIGHER
AND YOU'LL
CONCENTRATE BETTER



TAKE A BREAK

TAKE A **BREAK**. GO FOR A
WALK OR DO SOME
STRETCHES. HAVE
SOMETHING TO **DRINK**
OR **EAT**



BE FLEXIBLE

LEAVE ROOM ON
YOUR TIMETABLE
FOR THE
UNEXPECTED





Manon "A tidy area means a tidy mind. And having a quiet area to study too, is very beneficial."

Try to revise in the same room every time and then, in the exam, put your mind back in the same room. This can help you remember the information you've revised.

Top tips to organisation

Where to revise?



Top tips



Angharad “Don't compare yourself to others. Everyone learns and works in different ways. Do what works best for you.”



Cai “If you're not sure what to review or how to start revising, ask a subject teacher if you can have a short session to go over the most important points of the course.”

Tips y tîm ar sut i ddechrau arni



COLEG CYMRAEG
CENEDLAETHOL



Tip

CREATE A REVISION TIMETABLE

MAKE SURE IT'S:

- **REALISTIC**
- **FAIR – INCLUDES ALL SUBJECTS**
- **-PRIORITISES THE SUBJECTS YOU FIND DIFFICULT**



Tip

POMODORO TECHNIQUE

**25 MINUTES OF REVISION.
5 MINUTE BREAK**



Tip

FLORA APP

**FLORA IS AN APP HELPS
STOP PHONES
Distracting you**



Tip

START EARLY

**DON'T LEAVE IT TOO
LATE TO START. EARLY
REVISION TAKES AWAY
THE PRESSURE AND
ALLOWS TIM TO MAKE
MISTAKES AND WORK
ON THEM**





There are loads of
websites and apps
to help you with
your revision

Top Tips



Jack “I use different colors for each topic, so when I'm reviewing multiple topics it's easier to gather all the items that are the same color together at the end. Also, it looks nice. It's a bit boring to spy on plain notes.”

Top Tips



Eluned "Before you start working, look at the marking schemes, success criteria and previous papers so that you have the information clearly."



Lois "Everyone has their own routine. Personally, I go home, have time for myself, have tea and then start revising."

Top Tips



Steffan “There are loads of different ways to create a timetable. What I tend to do is start with the exam that happens first, and then build up through the whole process.”



Jack “I'm used to starting with the hard work, so once I start to get tired of the hard work I'll go to a topic that's a little easier, something I like, and it acts as a break from the hard work.”

Top Tips

WEEKLY REVISION TIMETABLE

AMSER	LLUN	MAWRTH	MERCHER	IAU	GWENER	AMSER	SADWRN	SUL
8:30AM -4PM	YSGOL	YSGOL	YSGOL	YSGOL	YSGOL	9AM- 10AM	BRECWAST/ CAWOD	BRECWAST/ CAWOD
4PM- 5PM	GWAITH CARTREF	TELEDU/ GEMAU/ CYFRYNGAU CYMDEITHASOL	GWAITH CARTREF	TELEDU/ GEMAU/ CYFRYNGAU CYMDEITHASOL	GWAITH CARTREF	10AM- 11AM	ADOLYGU - SAESNEG	ADOLYGU - GWYDDONIAETH
5PM- 6PM	SWPER	SWPER	SWPER	SWPER	SWPER	11AM- 1PM	GWELD FFRINDIAU/ CINIO	CHWARAEON/ CINIO
6PM- 7PM	ADOLYGU - GWYDDONIAETH	GWAITH CARTREF	ADOLYGU - HANES	ADOLYGU - FFRANGEG	ADOLYGU - GWYDDONIAETH	1PM- 3PM	ADOLYGU - MATHEMATEG	ADOLYGU - CARDIAU FFLACH
7PM- 8PM	ADOLYGU - MATHEMATEG	ADOLYGU - SAESNEG	AMSER RHYDD	GWAITH CARTREF	AMSER RHYDD	3PM- 5PM	AMSER GYDA'R TEULU	CHWARAEON/ TELEDU/ GEMAU
8PM- 9PM	AMSER RHYDD/ CAWOD	AMSER RHYDD/ CAWOD	AMSER RHYDD/ CAWOD	AMSER RHYDD/ CAWOD	AMSER RHYDD/ CAWOD	6PM- 8PM	SWPER/ AMSER RHYDD	SWPER/ AMSER RHYDD

We all prefer different ways of learning. Below is an example of 3 main types of learning. Identifying a child's preferences can help get the most out of revision activities. Look at the THINGS TO LEARN then decide if you would prefer CHOOSE A, CHOOSE B or CHOOSE C.

THINGS TO LEARN	A		B		C	
Times Table	Cover over and picture it	V	Saying it aloud	A	Adding on fingers	K
Spelling a word	Write it down	K	Imagine what it looks like	V	Say each letter out loud	A
Learning a foreign word	Repeating it out loud to yourself	A	Writing it out over and over again	K	Looking at a picture next to the word	V
Learning a history fact	Watch a video	V	Listen to a person on a radio explaining what happened	A	Role play - act out what happened	K
Learning how something works	Take the object apart and try to put it back together	K	Look at a diagram or a picture on the board	V	Listen to a speaker telling you about it	A
Learning a story	Tell someone else the story	A	Draw pictures/ cartoons to tell the story	K	Imagine the story	V
Learning a new sport	Watch a demonstration	V	Repeat back instructions to the coach	A	Do it	K
Learning a new move on a trampoline	Let the coach support you through the movements so you feel how to do it	K	Look at diagrams of the move on cards (flash cards)	V	Talk through the movements with a friend	A
Learning how to use a new tool in the workshop	Listen to your friend explain how to use it	A	Teach someone else how to use it	K	Watch someone else use it	V
Learning how to make a cake	Look at the instructions on the packet	V	Listen to a tape about what to do	A	Try to make it	K
Learning to count in a foreign language	Sing the words	A	Look at card/ posters	V	Play French bingo	K
Learning how the eye works	Listen to a doctor telling you	A	Make a model	K	Look at a diagram of the eye	V

Sut ydych chi'n dysgu?



- Use 'post its' and put them on the wall
- Summarise notes
- Highlight or circle important information
- Use a traffic light system to indicate progress at points of learning and action
- Draw diagrams, pictures, mind maps, collage
- Keywords displayed around the room



- Mnemonics, rhymes
- Create a podcast and listen
- Test yourself or friends
- Be a teacher – teach someone else something you are reviewing
- Raps, rhyme, chants and verses, dramatic readings
- Music for vigorous, relaxing visualisation and review




- Make your own PowerPoint
- Create your own revision cards
- Act out subjects!
- Play a review game on BBC Bitesize/use SAM learning
- Design and build activities
- Gestures or movements to illustrate a concept

How does your child learn?

Mari “The 'look, say, hide, write, check' technique helps so much with English and Welsh quotes. To do this, I choose a quote I want to learn and say it out loud, then hide the quote and write it on a piece of paper from my memory. Then, I check the paper to see if I've remembered the quote correctly.”



Revision Tips




Jac "I know a great many people who learn more by listening rather than writing. The podcasts available on the web these days are a great way to get to know more about the subject and learn more perspectives.....or why not record yourself reading facts?"

Revision Tips

Cai "One method that works for me is to take pictures of things, to remember them better. For example, with biology and photosynthesis, I take a picture of the sun, a cloud of CO₂ and a drop of water to remember the whole process. The picture often sticks in my mind better than the information and is easy to 'see' in the exam."



Revision Tips



Eluned “Flashcards are effective for vocabulary and dates. They're great to use to test yourself and when reviewing with a friend.”

Revision Tips



COLEG
CYMRAEG
CENEDLAETHOL

Tip

Good to revise subjects that are information-intensive and require a lot of factual learning over a long period of time.

For example:
Science
History

Make Flash cards

Cards that include a little information to help with learning

Top tip!

1. Don't include too much information
2. Websites such as Quizlet are good for making flashcards you can look for cards that have been made by others



HOW TO MAKE A GOOD FLASH CARD



Double-sided flash cards are good; one side to the title and the other to the content.

Try to include between five and ten points on each card.

Make them colorful! You could highlight or underline key words, use images, doodles, photographs and even color cards for each subject.

CAPITAL letters are encouraged as these take a little longer to write and can help memory. Draw the card from memory, and then check that it is correct and add the details using your exercise book, your textbook and the revision guide.

Manon “I like to create mind maps with a subtitle and then expand that subtitle. Adding small pictures and plenty of color makes it attractive to look at and easier to remember things. This technique is very useful in Welsh.”



Revision Tips

THINGS TO CONSIDER WHEN MAKING A MIND MAP



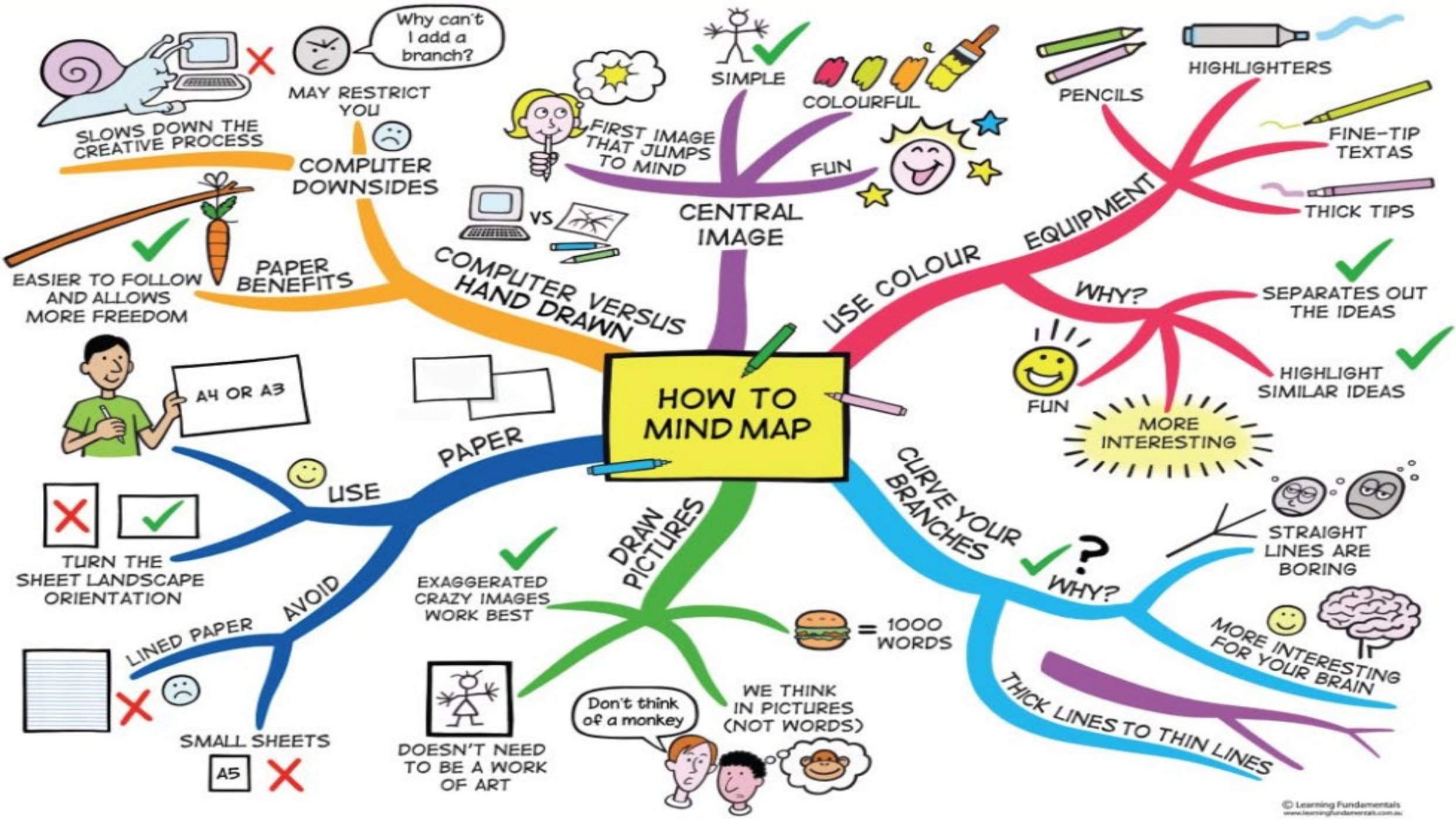
Make your mind map attractive to look at, colourful and big!

Put them on the ceiling or stick them on a wall so you can see them regularly.

It really helps if you use CAPITAL letters, including doodles the use different colours for each branch

If you use mind maps as a way of 'dredging the mind' then they are good to see what you already know


Use exercise books, textbooks and revision guides to supplement them and write at the top of each line. This will help you remember how long the word is.





Mnemonics can help you learn all sorts of things. For example, if you want to remember the order of the planets when moving away from the Sun for physics, why not create a silly sentence where the first letter of each word matches the first letter of each planet- **Mae Gen i Ddau Mosgito Iach, Saith Walrws a Neidr**

- **Mercher, Gwener, y Ddaear, Mawrth, Iau, Sadwrn, Wranws, a Neifion.**



**Most
important**

.....




Tip

Make sure you get a good balance

Revise, but make sure you have time to do the things you enjoy

You will always do better if you are feeling happy



WORK LIFE BALANCE

TREFNA
AMSER AR
GYFER:

PAID AG
ANGHOFIO
TREFNU AMSER
AR GYFER:

Exercise

Revise

School
work

Past
Papers



Friends

Interests

rest

Down time

Relaxation is important to help you feeling the pressure of revising and getting stressed. Look for a simple technique that works for you and practice using it when you're stressed.

- Get enough sleep
- Healthy eating
- Drink plenty of water
- Warm bath
- Keeping fit
- Spending time with a pet
- Imagine yourself passing the test
- Deep breathing
- Reflection
- Go for a walk
- Ask someone to massage your head
- Yoga
- Immerse yourself in soft music
- Limit your use of social networks
- View or talk to friends



This is your time to
show what you can
achieve!
Go for it!