



Supporting
students with
A Level
revision

Revision strategies

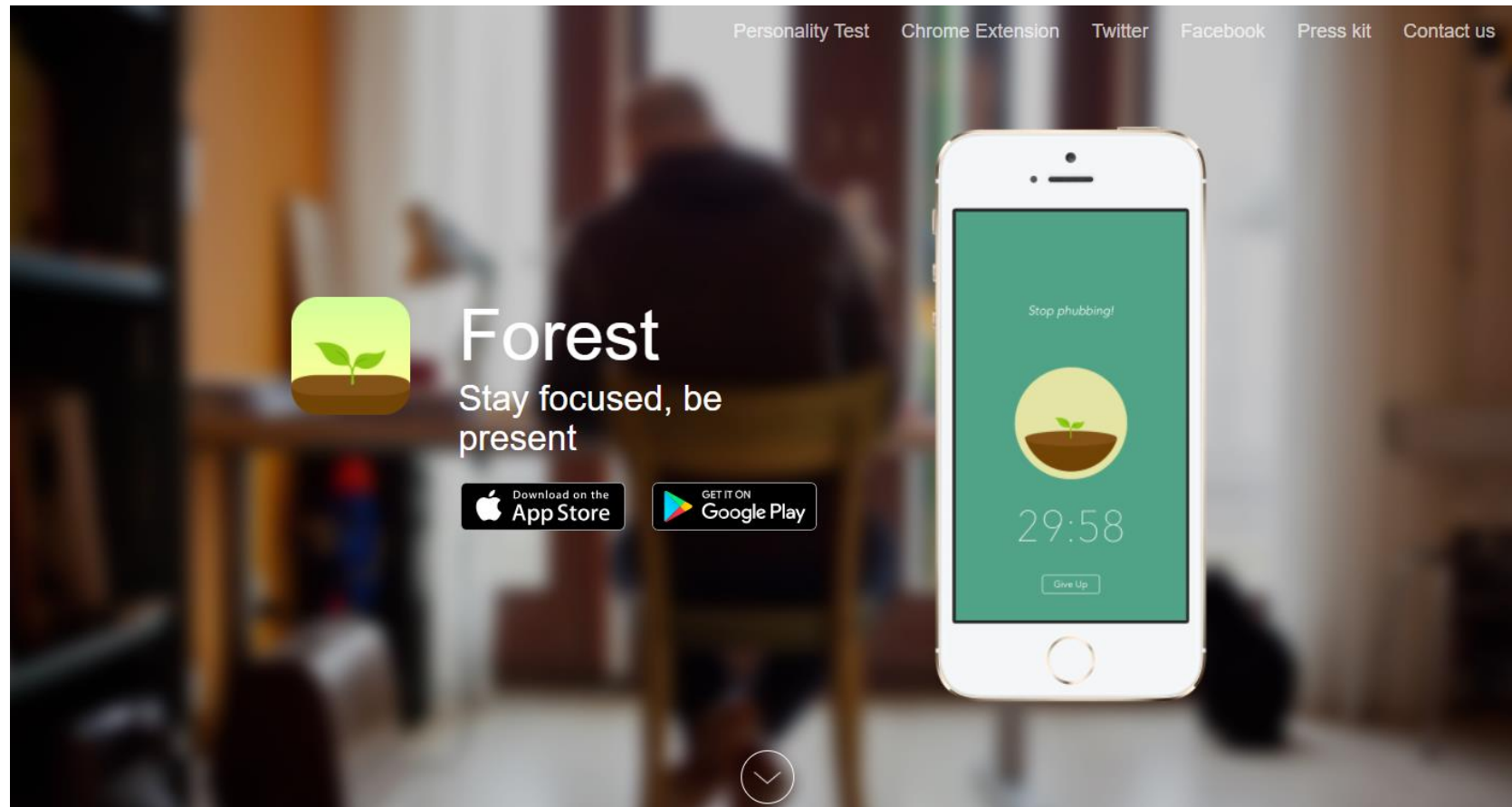
- When & where?
- How?

Revision: when & where?

- Repeat ... repeat .. Repeat...
- 40 minute rule
(Don't expect your brain to focus fully for more than 40 minutes)
- Compartmentalise
(When you're working, really work. When you're resting, really rest.)



“Forest” app – great way to prevent yourself from checking social media while studying



Revision: when & where?

Our brains find it easiest to retrieve information in exams if we have revised each subject in a very different space (or different way) to our other subjects



Chemistry

Maths

Biology

Revision: when & where?

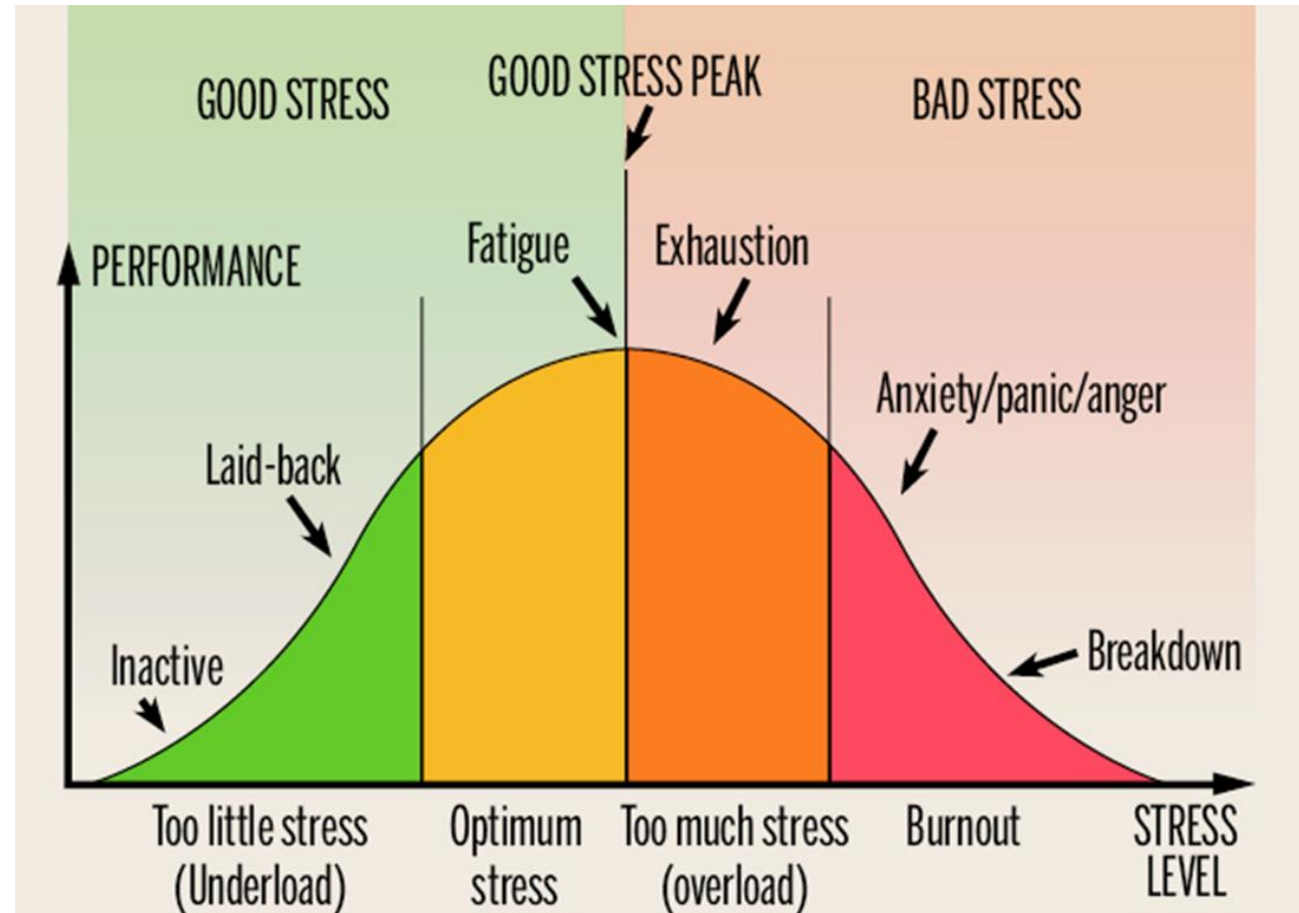
Even using different colours to revise different subjects can help our brains to retrieve the right information at the right time.



Revision: when & where?

Start **now**, while the recent trial exams are fresh in memory

Steady build-up to avoid anxiety



Revision: how?

The 5 pillars of revision



Split it up

Don't sit down to revise
“the whole of Geography”

Coastal Landscapes

Specification and content	RAG	Rev	Rev	Rev
How can coastal landscapes be viewed as systems?				
Coastal landscapes can be viewed as systems. An overview of:				
The components of coastal landscape systems, including inputs, processes and outputs.	Green			
The flows of energy and material through coastal systems.	Yellow			
Sediment cells.	Green			
Coastal landscape systems are influenced by a range of physical factors. Potential influences on coastal landscape systems of:				
Winds, including speed, direction and frequency.	Green			
Waves, including wave formation, development and breaking.	Yellow			
Tides, including tidal cycles and range.	Yellow			
Geology, including lithology and structure.	Red			
Global pattern of ocean currents.	Green			
Coastal sediment is supplied from a variety of sources. The various sources of coastal sediment:				
Terrestrial, including fluvial deposition, weathering and mass movement, marine erosion, aeolian deposition and longshore drift.	Yellow			
Offshore, including marine deposition.	Yellow			
Human, including beach nourishment.	Red			
How are coastal landforms developed?				
Coastal landforms develop due to a variety of interconnected climatic and geomorphic processes. Case studies of one high energy coastline and one low energy coastline, to illustrate:				
The influence of flows of energy and materials on geomorphic processes, including weathering, mass movement, wave, fluvial and aeolian erosion, transportation and deposition.	Green			
The formation of distinctive landforms, predominantly influenced by erosion, including bays, headlands, cliffs, shore platforms, geos, blow holes, caves, arches, stacks and stumps.	Yellow			
The formation of distinctive landforms, predominantly influenced by deposition, including beaches, spits, on-shore bars, tombolos and salt marshes.	Green			
Coastal landforms are inter-related and together make up characteristic landscapes.				
The physical factors which influence the formation of landforms within the landscape system.	Yellow			

Start by itemising everything you need to know.

Which bits do you need to spend the most review time on?

Give a RAG-rating (red, amber, yellow) to each bit of learning you need to master, so you can see which are the priority areas.

Space it out

Revise a variety of topics,
not one subject all in one go

200 minutes of History revision



... is not as useful as ...

200 minutes of History revision



The process of **forgetting and re-learning** is vital to building long-term memories, so revisiting topics several times is MUCH more effective than trying to blitz them in just one long revision session.

Organise it

Plan a timetable that gives constant variety.

Give priority to topics you find hardest.



Everyone's style is different, but...

3 timetable templates Freman students have found helpful in previous years...

(Blank copies of all of these are available for students on the college network, ready to be filled in.)

Revision plan: model 1 (example)

	History: Tudors	History: Int'l Relations	Geography: Disease	Geography: Life Support	Psychology: Unit 1	Psychology: Unit 2
Mon 23		Make summary sheets	Make mind-map of HIV in Uganda		Flashcards of key terms	
Tues 24	Read Chapter 7		Revise zoonotic disease		Summary mind-map	
Wed 25		Make timeline		Fast & slow carbon cycle		Review 4 statistical tests
Thur 26	Notes on Henry VII		Practice paper: Essay question (50 mins)			Practice Chi-squared test
Fri 27		Review key ideas in course			Practice paper: 2 essays (1 hour)	Plan research methods answer
Sat 28	Read article on accession of Henry VIII		Use mark scheme to mark Thursday paper	Review mark scheme for 2017 exam		
Sun 29		Practice paper: use 2013 exam			Use mark scheme to mark 2 essays	

Revision plan: model 2


	Study periods in college	Evening slot 1	Evening slot 2	Evening slot 3
Mon	Make summary sheets for Henry VII		Make mind-map of HIV in Uganda	Flashcards of key terms for Psych unit 3
Tues	Revise air masses for Geog	Summary mind-map for Psych unit 3		Read Chapter 7 on monarchy
Wed	Practice Spearman's Rank Correlation		Make summary sheets for Henry VIII accession	Review 4 statistical tests
Thur	Practice paper: Tectonic hazards (45 mins)	Timeline for Int'l Relations	Practice Chi-squared test	
Fri	Practice Psychology paper: 2 essays	Plan research methods answer (unit 4)		
	Session 1	Session 2	Session 3	Session 4
Sat	Read article on 1933 election		Use mark scheme to mark Thursday paper	Revise for tomorrow's practice paper
Sun	Disease Dilemmas practice paper (essay)			Use mark scheme to mark exam

Revision plan: model 3 (example)



	Per 1	Per2	Per 3	Per 4	lunch	Per 5	Evening 1	Evening 2	Dinner	Evening 3
Mon	Hist	Geog	<u>Study</u> Timeline for Hist	Hist		<u>Study</u> Statistical tests	Psych past paper			Make test for Haiti cholera
Tue	<u>Study</u> HIV in Uganda	Hist	Psych	Geog		Workshop	Football training			Test self on key terms
Wed	EPQ	Fitness suite	Geog	<u>Study</u> Research methods		Reading on Henry VIII	Revise for Hist past paper			Revise for Hist past paper
Thu	Psych	<u>Study</u> Cancer in China	Make test on cholera	Hist		Psych	History past paper			
Fri	Hist	Flashcards for Zoonotic disease	Geog	<u>Study</u> Henry VII flashcards		Psych				

	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-2:00	2:00-3:00	3:00-4:00	4:00-5:00	5:00-6:00	6:00-7:00
Sat		Football match				Revise zoonotic disease for essay		Revise zoonotic disease for essay		
Sun		Timed essay for Geog (factors affecting zoonotic disease)							Use mark scheme to review timed essay	



Share your plan with
someone else, so they
can see what you are
working on

We are much more likely to stick to a plan
if we've told someone else about it

Be strict about
stopping or
switching to a
different topic
after 40 minutes.

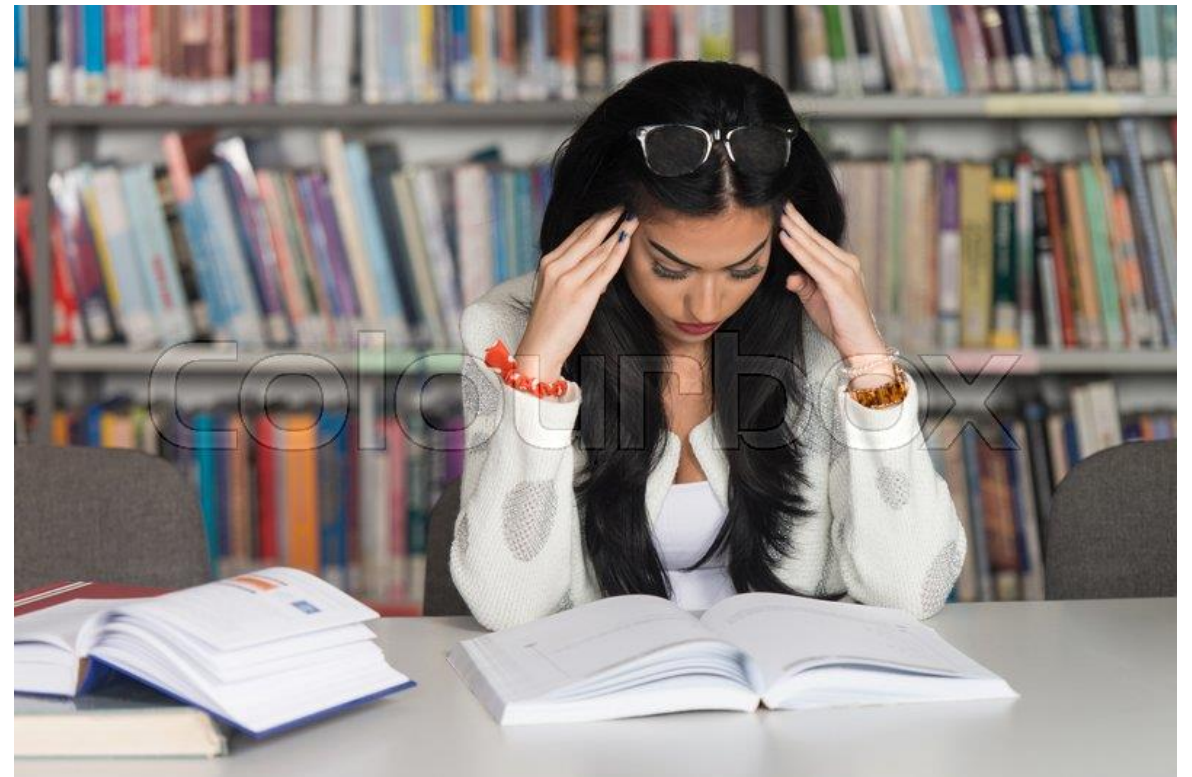




What does good revision “look like”?

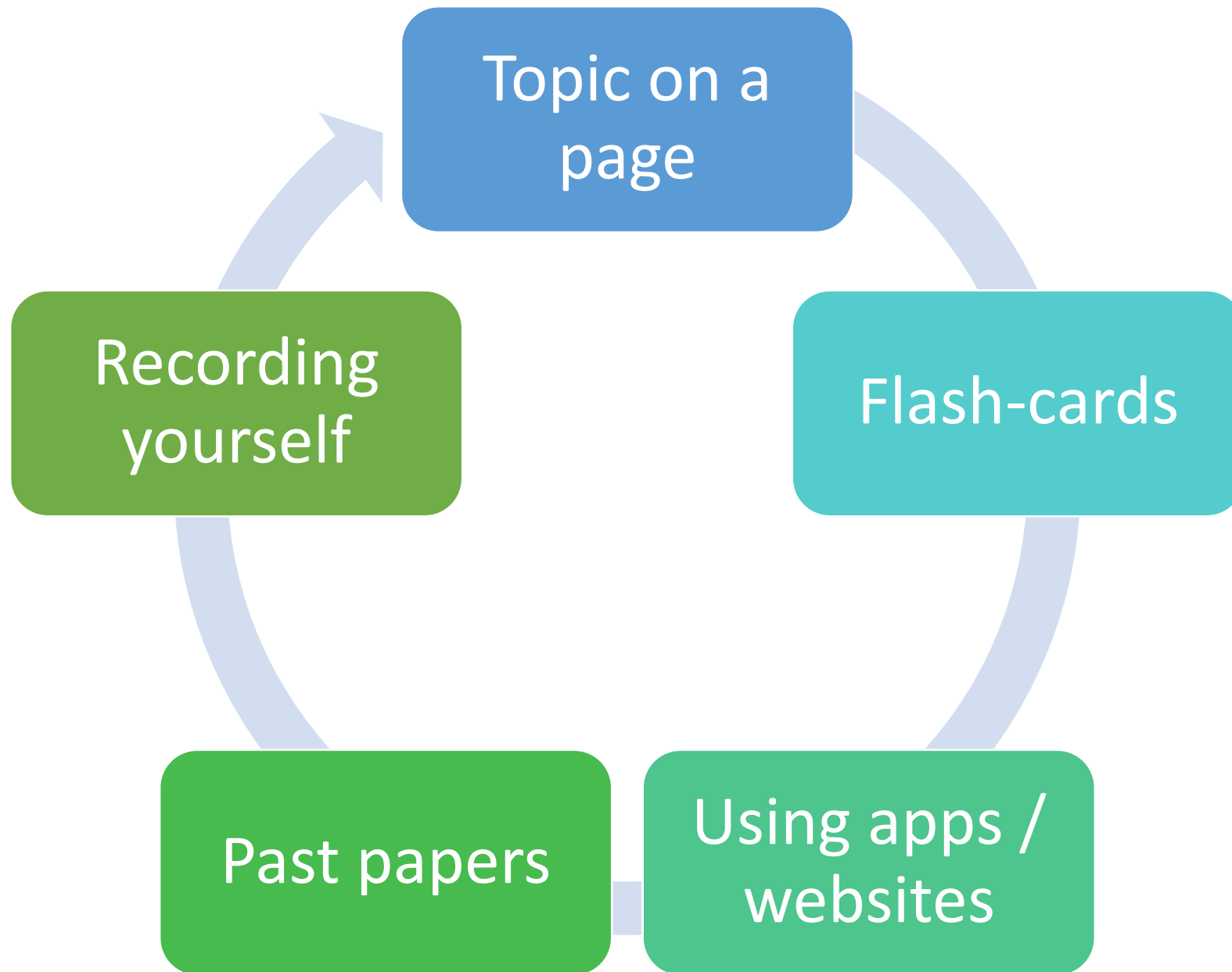
NOT THIS !

Passively reading through notes or books does NOT help your brain to remember the material in the long term ... every time you revise, you need to do something new and active with the material.



Revision must involve actively engaging with information:

Topic on a page	Flow-diagrams	Flash cards	Draw pictures
Teach it	Timelines	Mind maps	Self-tests



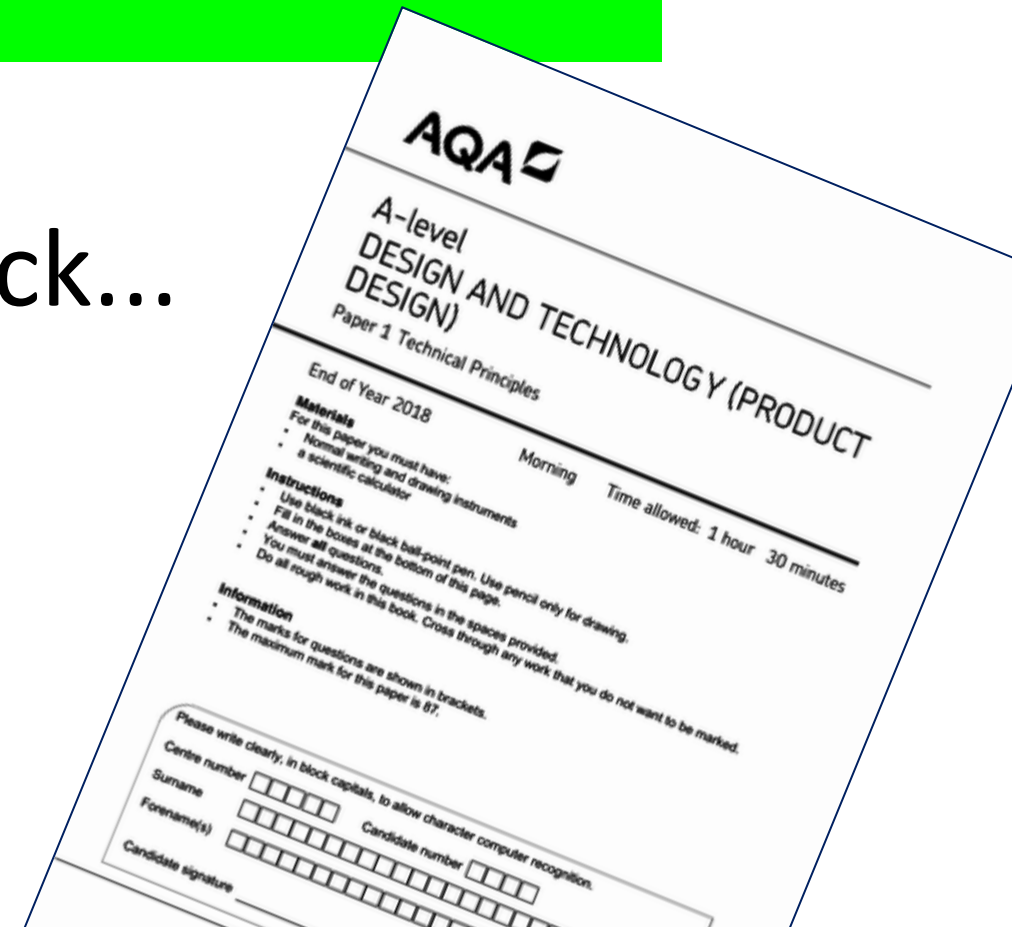
Vary the technique each time you revise the same bit of learning.

This variety challenges your brain, which makes the memory more secure.

Test yourself

Check that the revision has stuck...

- ✓ Self-tests
- ✓ Flashcards
- ✓ Practice exam questions





Revision cannot be achieved in one go.

Once you have secured a bit of learning in your memory, you need to keep it there by regularly revisiting it.

Review it

Regularly review the impact of revision.

Revise ... review ... revise ...
 review ... revise ...

Each time you revisit a bit of learning in revision, give it a new RAG-rating to keep track of which areas still need the most work

Coastal Landscapes

Specification and content	RAG	Rev	Rev	Rev
How can coastal landscapes be viewed as systems?				
Coastal landscapes can be viewed as systems. An overview of:				
The components of coastal landscape systems, including inputs, processes and outputs.	Green	Green	Green	Green
The flows of energy and material through coastal systems.	Yellow	Green	Green	Green
Sediment cells.	Green	Green	Green	Green
Coastal landscape systems are influenced by a range of physical factors. Potential influences on coastal landscape systems of:				
Winds, including speed, direction and frequency.	Green	Green	Green	Green
Waves, including wave formation, development and breaking.	Yellow	Green	Green	Green
Tides, including tidal cycles and range.	Yellow	Yellow	Green	Green
Geology, including lithology and structure.	Red	Yellow	Yellow	Green
Global pattern of ocean currents.	Green	Green	Green	Green
Coastal sediment is supplied from a variety of sources. The various sources of coastal sediment:				
Terrestrial, including fluvial deposition, weathering and mass movement, marine erosion, aeolian deposition and longshore drift.	Yellow	Yellow	Green	Green
Offshore, including marine deposition.	Yellow	Green	Green	Green
Human, including beach nourishment.	Red	Yellow	Yellow	Green
How are coastal landforms developed?				
Coastal landforms develop due to a variety of interconnected climatic and geomorphic processes. Case studies of one high energy coastline and one low energy coastline, to illustrate:				
The influence of flows of energy and materials on geomorphic processes, including weathering, mass movement, wave, fluvial and aeolian erosion, transportation and deposition.	Green	Green	Green	Green
The formation of distinctive landforms, predominantly influenced by erosion, including bays, headlands, cliffs, shore platforms, geos, blow holes, caves, arches, stacks and stumps.	Yellow	Green	Green	Green
The formation of distinctive landforms, predominantly influenced by deposition, including beaches, spits, on-shore bars, tombolos and salt marshes.	Green	Green	Green	Green
Coastal landforms are inter-related and together make up characteristic landscapes.				
The physical factors which influence the formation of landforms within the landscape system.	Yellow	Yellow	Green	Green

The 5 pillars of revision

Split

Space

Organise

Test

Review