

MHS

REVISION BOOKLET



Education is the most powerful
weapon which you can use to
change the world.

-Nelson Mandela





Welcome to

Milford Haven School Revision Booklet

This booklet is for pupils and parents and is designed to give you the information and skills needed to revise successfully and do as well as possible in your summer exams.

How can this booklet help? Using this booklet will:

- Give you some ideas on how best to revise.
- Help you plan and make the most of your time.
 - Boost your confidence.

Remember, everyone at Milford Haven School is here to help. If you have any questions, or just need someone to talk to reach out and let us know.



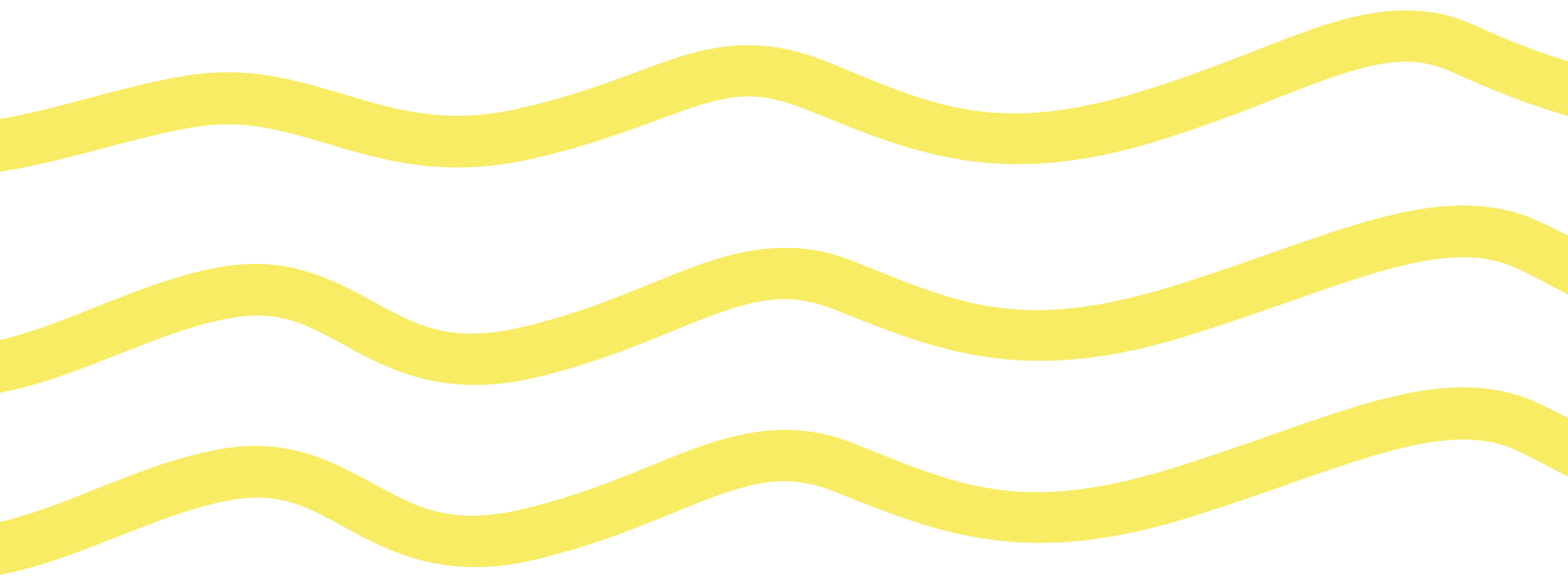


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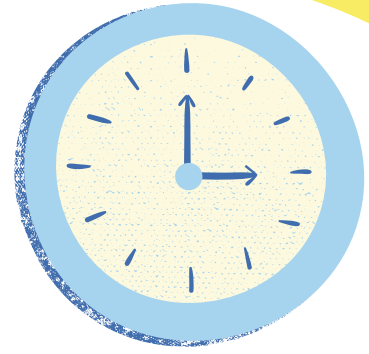
TOP TIPS

REVISION



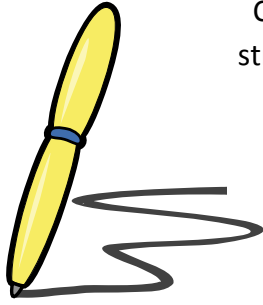


1



START AS EARLY AS YOU CAN
Cramming at the last minute is stressful and has limited success.

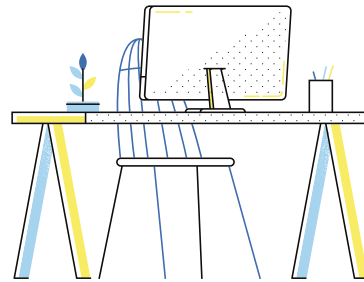
2



MAKE A PLAN

Work out how much time you have and how long you can spend on each subject.

3



CREATE A STUDY SPACE
Find a quiet spot away from distractions and keep your things all in one place.

4

MIX IT UP
Use a mixture of revision for best results. Ask your subject teachers what works best in their subject.



5

TAKE REGULAR BREAKS
It is possible to work too hard, make sure to take regular breaks.



6



REVISE WITH A FRIEND

Talking through what you've learned can help information stick.

7



EAT HEALTHY

Certain foods boost your brainpower and will help you remember more.

8

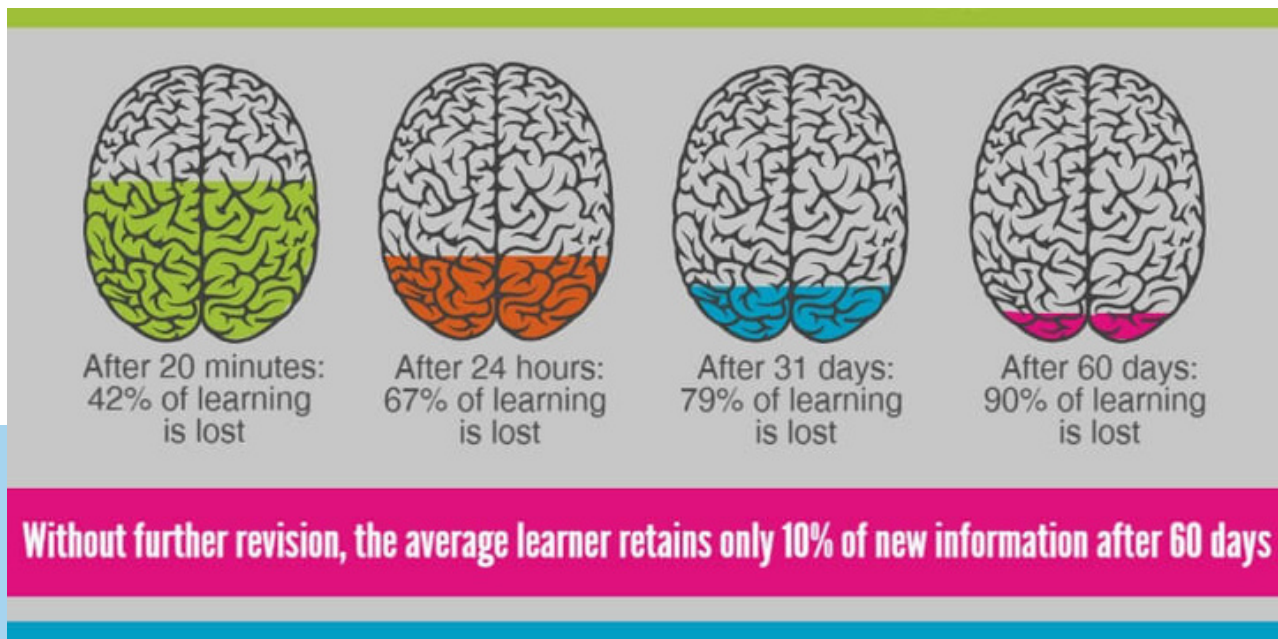


USE PAST PAPERS

These are a great way to get used to exam format and testing what you have learnt.



You'll forget this in 24 hours!



Did you know that you forget 80% of what you learn in the first 24 hours? That is why cramming for exams doesn't work. It is proven that by reviewing what you've learnt at regular intervals, you can reduce how much you forget to just 10%.

**REVIEW YOUR WORK FOUR
TIMES IN A MONTH AND
YOU'LL REMEMBER NEARLY
100%**



HOW TO REVIEW...

Maximise your memory by using varied activities

A

IMMEDIATELY AFTER CLASS

MIND MAPPING - Look through your class notes and write down all the key words. Now from memory, fill in as much information as you can remember.

FOUR HOURS LATER

REVIEW MAPS - Cover your mind map and see how much you can remember. Highlight the information you couldn't remember and revise it.

B

C

ONE WEEK LATER

MEMORY CARDS - With a friend, create your own question cards with answers on the reverse and then test each other's knowledge.

ONE MONTH LATER

PAST PAPERS - Revise from your mind maps and memory cards and then practice past paper questions to make sure you understand the context.

D



Retrieval

Practice



Retrieval practice is the act of remembering information without having it in front of you. This is far more effective than reading and re-reading.

COMBINE RETRIEVAL PRACTICE WITH SPACED REVISION FOR BEST RESULTS. SELF-TESTING DURING REVISION SESSION CAN HELP TP ACCURATELY REMEMBER THE INFORMATION FROM MEMORY.

**Mind Mapping:
After class**

Write down everything you know about a topic straight after class.

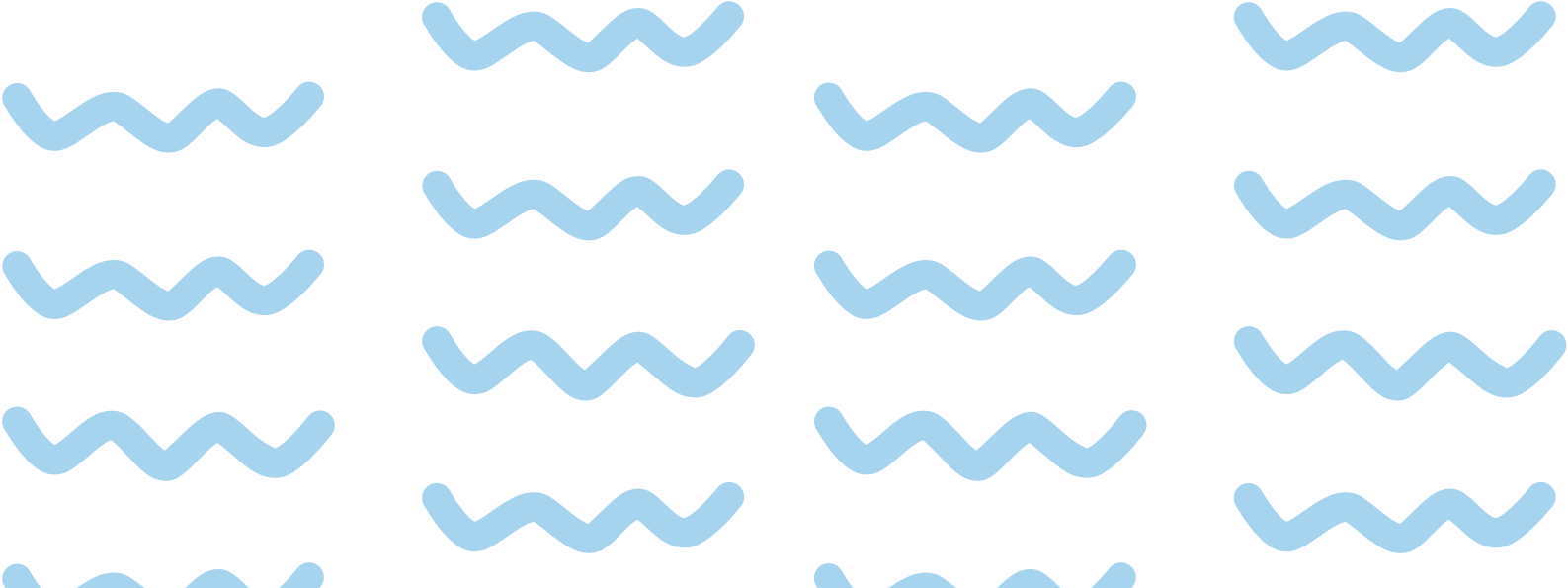
**Review your Maps:
A few hours later**

Cover your mind map and see how much you can remember. Highlight any information you couldn't remember and revise it again.

Memory Cards:

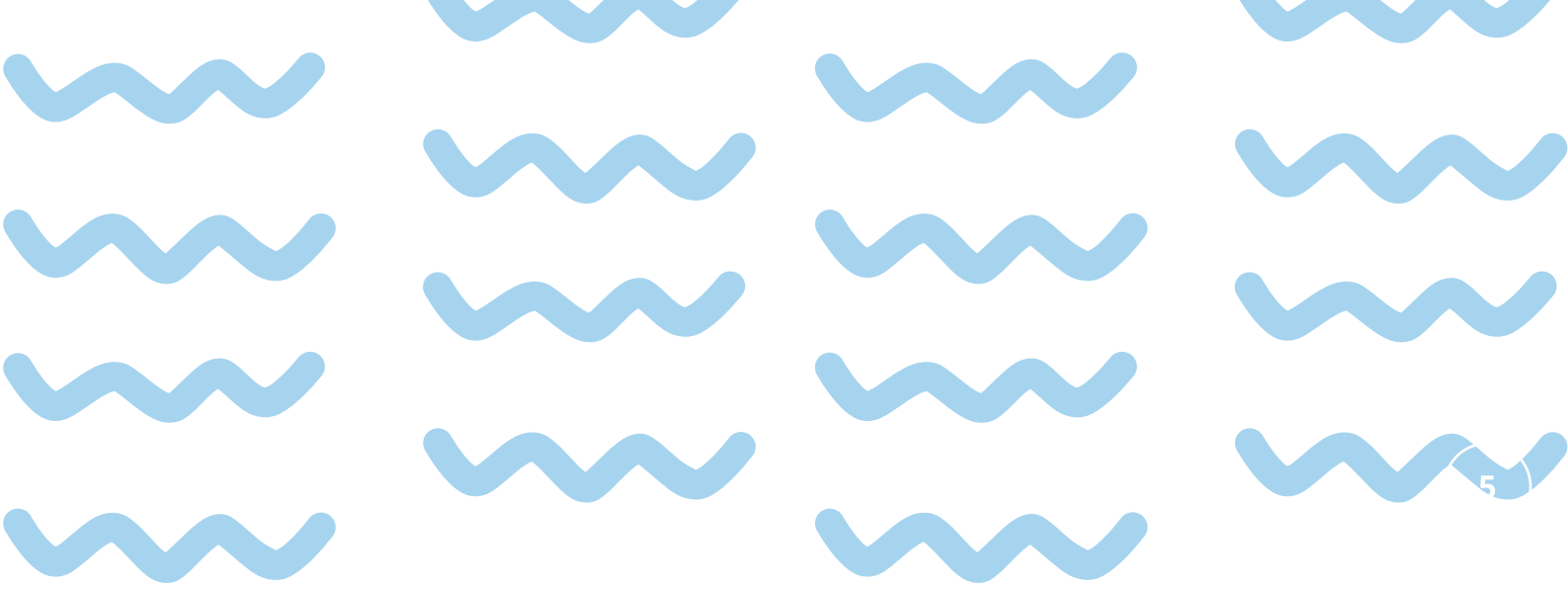
Next revision session

Create memory cards with answers on the back and test your knowledge. Repeat every few sessions.



Spaced

Practice





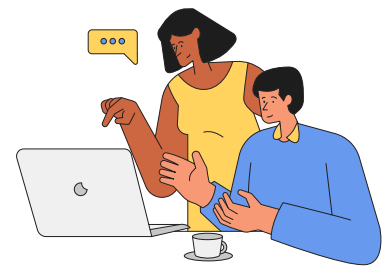
Spaced practice is the theory that short, sharp bursts of learning are more effective than cramming just before the exam.

IN RECENT YEARS COGNITIVE PSYCHOLOGISTS HAVE BEEN COMPARING RETRIEVAL PRACTICE WITH OTHER METHODS OF STUDYING. WHAT THEY HAVE FOUND IS THAT NOTHING CEMENTS LONG-TERM LEARNING AS POWERFULLY AS RETRIEVAL PRACTICE.

WRITE IT DOWN



Try writing down everything you know about a topic. Then go back and check to see what you have missed.



PARTNER UP

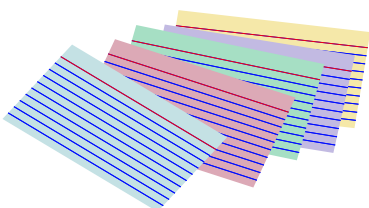
Get together with a friend and write down everything you can remember about a topic. Compare notes and see what's missing.



SPACE OUT

Retrieval practice is more effective if it's done in short bursts over time rather than in a single long session.

FLASHCARDS



Make some flashcards and then try recalling the information on them.

DON'T GIVE UP

It may feel hard at first but the more times you practise recalling the more information you will be able to bring to mind. It will get easier each time!





TOP TIPS

Here are our top revision tips from staff.

Go back over your notes to make sure you remember what you have learned.

Teach someone else, the more you speak it out loud the more you will learn.

Drink water and take plenty of breaks.

Setting up a timetable was crucial to staying on track.







Put post it notes all over the house so you can learn throughout the day.

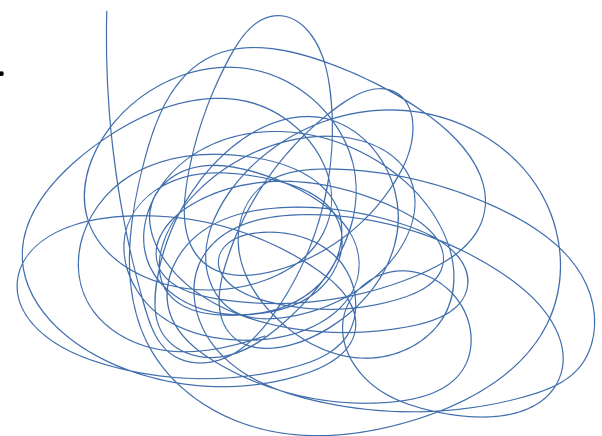
Take photos of your notes so you can read them on the go



Tips and advice on dealing with exam stress.....

To determine where to focus your time, look at each element of the course and rank them according to your level of confidence:

-  I need help with this
(make an appointment to see your teacher).
-  I need to learn this as I don't remember it all.
-  I remember doing this but I need to revise it.
-  I know the content on this but I need to
-  practise exam questions.
-  I am exam ready!



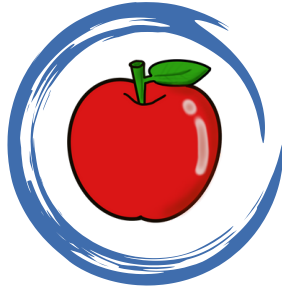
Create a diary of when and where you are going to revise the topics you still need to learn. Don't forget to leave breaks between reviewing (a day, a week, a month), so you build up the memory over a period of time.



BE ORGANISED

EXERCISE

EAT RIGHT



BELIEVE IN YOURSELF



GET SOME SLEEP



KEEP THINGS IN PERSPECTIVE



OVERCOME PROBLEMS



TALK ABOUT YOUR NERVES





Revision

Timetables



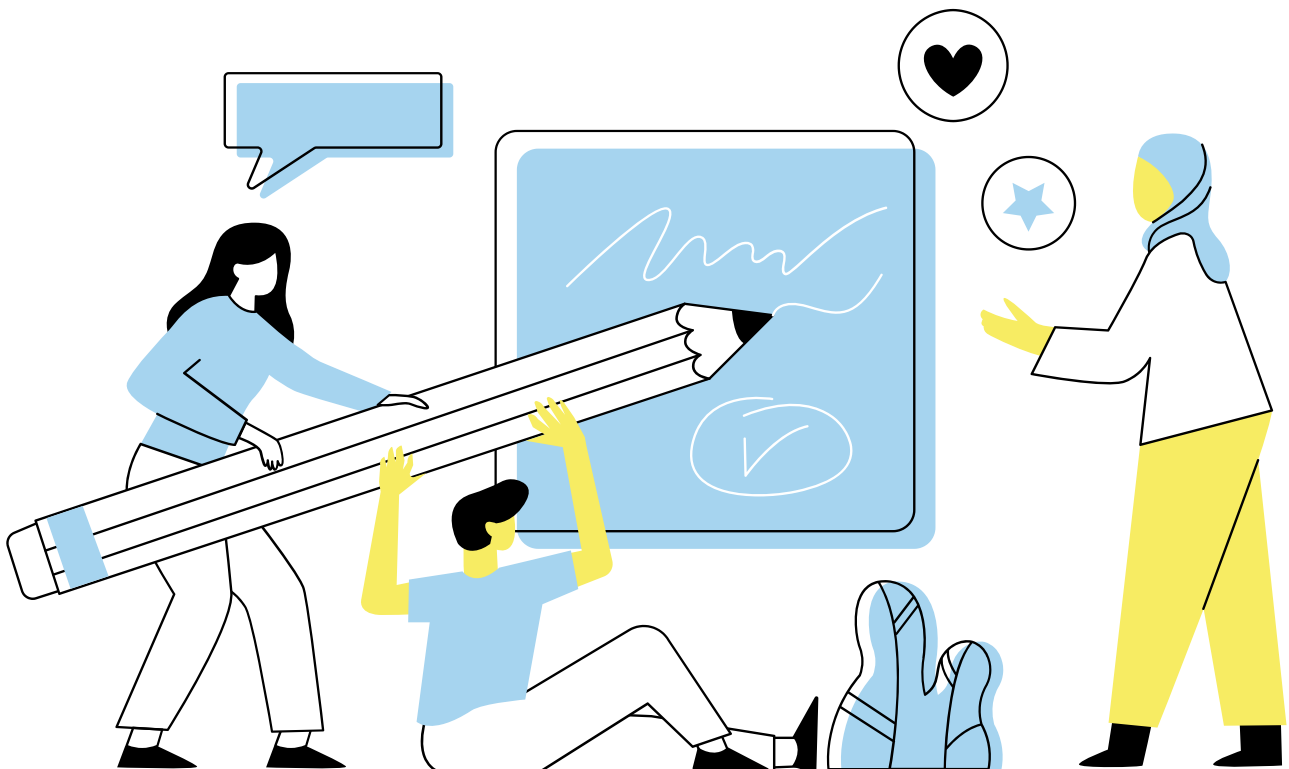


PLANNING YOUR REVISION...

Ensure through the week you revise all subjects equally and regularly.

Plan out what you will revise before you start, bullet point it and show your teacher the evidence of what you have achieved.

If you attend a subject specific revision session, beyond your normal lessons, then include this in your revision plan.



| | SUBJECT REVISION NO 1 | TOPICS TO COVER | SUBJECT REVISION NO 2 | TOPICS TO COVER | SUBJECT REVISION NO 2 | TOPICS TO COVER |
|-----|-----------------------|-----------------|-----------------------|-----------------|-----------------------|-----------------|
| MON | | • • • | | • • • | | • • • |
| TUE | | • • • | | • • • | | • • • |
| WED | | • • • | | • • • | | • • • |
| THU | | • • • | | • • • | | • • • |
| FRI | | • • • | | • • • | | • • • |
| SAT | | • • • | | • • • | | • • • |
| SUN | | • • • | | • • • | | • • • |

