CHESSINGTON

SCHOOL

Year 10

Study Buddy Handbook



MOTIVATION AND PROCRASTINATION



Reading about how to revise is a good start.

Knowing Why You're Revising Can Motivate You

It's best to start revising early, but even if you're reading this a week before your exams, it's not too late for your revision to make a difference.

1. Think about **why** you want to do well in your exams. It may be:
   - to get into a good **sixth form** or **college** after your GCSE's
   - to help you one day get your **dream job**
   - to **prove to yourself** and others that you can do it
2. Whatever your goal, it's best to **start** revising as **soon as possible**.
3. Be **positive** about revision - it can be tough, but it'll **really help** when exams arrive.
4. Focus on your **goals** and **don't compare** yourself to other people.





Procrastination Wastes Valuable Time

1. Procrastination means **putting off a task** that needs doing.
2. You need to **avoid procrastination** to make the most of your revision time

- Turn off your **phone, television** and other distractions.
- Give yourself **regular breaks** - it'll help you keep **focused** when you're revising.
- Break up your revision into **small chunks** so it's not one endless snog.
- **Start** with something **small** - this will ease you into focusing on your work.

ORGANISATION AND PLANNING

Some things are best when you dive straight in - revision is not one of those things. Making a plan means you can spend more time revising and less time worrying you've forgotten something.

Planning Will Make You Feel in Control

Spend some time on a **solid revision plan,** but don't spend so long that you don't have time to revise.

Reasons to Plan

- You know you **have time** to **cover everything**
- You **won't forgot** any topics
- You can **prioritise** early exams or tricky subjects
- **It reduces stress**
- It's more **efficient.**

What Happens Without a Plan

- You'll **waste time** deciding what to revise each session.
- You might **not** allow **enough time** to revise everything
- You can't easily check what you've already revised
- You may **forget** some topics

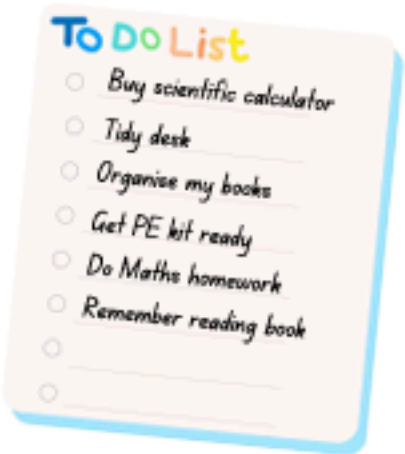
Timetables Can Help You Plan Your Revision

A **revision timetable** and **topic planner** will help you schedule your revision and see how you progress. You can find handy versions ready to fill in at the back of this book.



Being Organised WILL Save Time

1. Organise your **notes and books** for each subject to make it easier to find information.
2. Write a **To-Do list**, then prioritise which tasks must be done first.
3. Make sure you have all the necessary **stationery** so you can crack on with your revision without a fuss.



LOOKING AFTER YOURSELF

Exam periods can be stressful! It is normal to feel nervous when you have an exam coming up. There are ways to cope so stress doesn't affect your revision or your health.

Exams are Stressful for Everyone

1. You **won't be alone** in feeling under pressure about exams - it's likely **your classmates** are also finding this time stressful.
2. A **small amount of stress can be** good **for you - it can** motivate **you to do better or help you stay** focused **on working hard until your exams are over.**
3. **However,** too much **stress can** negatively **impact your** health. It's essential to **recognise the signs** of stress so you can do something about them.

Signs of Stress include

- A loss of appetite
- Sudden weight loss or gain
- Feeling anxious
- Difficulty concentrating
- Feeling emotional
- Struggling to sleep

Take a Break from Technology

1. It is essential to give yourself a **break** from technology - too much screen time can **strain** your eyes and **affect** your **sleep.**
2. Even spending **time away** from your **screen** or **study area** can help.
3. Set aside time **daily** to **go outside** and get some **fresh air**.
4. Even if you're not working at a screen, it's still important to take breaks from studying to avoid getting a **sore back** or **neck**.
5. Exercise can **take your mind off** things you're worried about.
6. Doing just a **few stretches** can be a good break from work.

Choose an exercise that suits your fitness level - it should be fun!

Go Outside

Going for a walk, run or short bike ride is a great way to get some fresh air, by yourself or with a friend.





Indoor Workout

There are lots of indoor workouts to choose from - try dancing, interval training, sit ups, weights and more.

Try Yoga or Pilates

Yoga and Pilates combine exercise and breathing with meditation which is a great way to relax.



KEEP YOUR MENTAL HEALTH IN MIND



Make sure your targets for each day are realistic - working in small manageable chunks will help you stay positive.





Celebrate small wins - acknowledge the progress you have made - this will keep you motivated.

Take breaks - this will help you relax and make your studying or revision more effective.





Use distractions such as TV and gaming as a reward for studying - this will help you motivate yourself.

Leave time in the evening to **RELAX** - working too late will affect **your sleep.**



Don't compare yourself to others - everyone works in **different ways**. Just focus on what you're doing **each day.**



If you are struggling to stay on track it might be worth rethinking your schedule to make it better for you.





Don't worry if you're not able to **stick** to your **schedule 100%** of the time - take some time out for **yourself.**



There are apps that block social media and other notifications. These prevent distraction and help you not feel stressed about wasting your time.



SLEEP AND DIET



Sleep helps you process what you have learnt.

Getting a healthy amount of food and sleep will keep you at peak condition when you're revising and make it easier to take information in.



Don't skip SLEEP to revise

Sleep helps you process what you have learnt.



Do something RELAXING before bed

Avoid caffeine, strenuous exercise and looking at your phone.



Keep your PHONE AWAY from your bed

It will disrupt your sleep if it keeps going off.



Sleep on your REVISION NOTES

You'll revise through osmosis. If you don't know what osmosis is, sleep on a biology book tonight...



Eat plenty of FRUIT AND VEG

Yes, even broccoli (honestly, you will grow to like it!)

DON'T SKIP MEALS

It makes it difficult to concentrate





Get plenty of PROTEIN

Oily fish are great to eat (but hard to catch!)

Drink LOTS of Water

Make sure you have a water bottle with you at all times.

GRAB A SNACK when you are feeling peckish

Keep your energy levels up so you can be the best you can.



COMMAND WORDS

You'll need to know what different questions are asking you to do - that's where the command words come in.



Read the Exam Questions carefully

Read the question a few times, or until you understand it.

Use the number of marks available as a guide for how long to spend on a question.

Underline or circle key phrases and command words.

Command words are key - They tell you What to Do

Common **Science** and **Maths** commands

Command	*Meaning*
Describe	talk through a process or trend
Outline	state information about...
Suggest	give possible causes for...
Calculate	complete a calculation
Show	prove something is true / false
Explain	give reasons for something

Example Question:
Calculate the value of 'X'

The command word here is **calculate,** so you need to work out a value, and remember to show your working out.

Common **English** and **Humanities** commands

Command	*Meaning*
Discuss	talk through a process or trend
How far do you agree	state information about...
How important is	give possible causes for...
How useful is	complete a calculation
Use evidence to show	prove something is true / false
Explain	give reasons for something

Example:
Eat Your Dinner

The command word here is **eat.**

Example:
Find your Shoes

The command word here is **find** - to look for, search

To watch a handy 2 minute YouTube video on COMMAND WORDS - scan the QR code

LONG ANSWER QUESTIONS

For lots of subjects, you will have to write longer answers - **don't panic!**

Take some time to plan your Answers



For each long answer question:

- **Read** the **questions** carefully.
- **Read** every **text or source** you need to.
- Check what **COMMAND** words the text uses.

Now make a quick plan

- Jot down your main **ideas**
- **Link** your ideas by topic or theme
- **Outline** the **structure** of your answer

Remember!!

- Don't spend too long planning
- **Neatly cross out** your plan when finished
- You can **SMASH IT!**

Write Well to Get Marks in Long-Answer Questions

Structure Your Writing

1. Use paragraphs to organise your points and link ideas
2. Link your paragraphs using phrases such as 'on the other hand' and 'in addition to this.'

You should aim to

- Start with a short introduction
- End with a brief summar / conclusion that clearly reminds the reader of your main argument.

Write Clearly

1. Don't make your sentences too complicated.
2. Check you argument is easy to understand.
3. Use specific examples and precise quotes.

Remember ...

You are writing for an **examiner**, write properly, avoid informal words (ie. John's **mate**), and don't use any slang or street words, like, my bad, wicked, d'ya know what I mean?

Explain ...

Explain things **clearly** using phrases like:

this signifies that... this highlights...
this suggest that ... furthermore ...

Don't forget your SPaG

Some GCSE exams give you marks just for the quality of your Spelling, Punctuation and Grammar - so it's worth getting it right!

SPaG Recipe



Avoid spelling mistakes, use punctuation, don't change tense, watch out for double negatives, new paragraphs, new points,

To watch a handy 2 minute YouTube video on LONG ANSWER QUESTIONS - scan the QR code

WEIRD QUESTIONS

Every so often, exams might hit you with something strange.
Don't fear though - help is here!

You might need to tackle an Unusual Question

1. Don't Panic → 2. Read it Carefully → 3. Think it Through

EXAMPLE

Sometimes maths problems might be set in a real-life context. This means you have to work out what you need to do before you can do the maths:

Underlining the information you need can help

Evan buys apples in crates of 50 apples. Each costs £22.50
He presses 3 crates of apples every weekday (Mon-Fri) and 2 crates per day at the weekend.
How much will it cost Evan to buy enough crates of apples to keep pressing them for 5 weeks?

Use what you've underlined to create the correct calculations for your answer:

Number of crates need for 1 weeks = (3 x 5) + (2 x 2) = 19
Number of crates needed for 5 weeks = 19 x 5 = 95
Total cost of every crate needed = 95 x £22.50 = **£2137.50**

Be Prepared for Tricky (But Predictable) Questions

If you know certain types of questions are bound to come up, you can be ready for them.

History: Using Sources

In History, you can get questions which ask you to decide how useful a source is - these can be tricky. It might help to ask yourself:

Does any info make the course more / less reliable?

Consider:
- Who write it
- Who they wrote it for
- Why they wrote it

Does the source match what you know about the topic?

- Compare what you know about the topic with the information in the source
- If they don't match, thin about why.

Does the source tell the full story?

- Consider whether the source leaves out key information
- The source may be unreliable if the writer is deliberately trying to hide something.

Science: Calculation Questions

A good chunk of marks are available for calculation questions. If you find maths daunting, these things can help:

Show your working out. → *You get marks for it and it can help you spot silly errors.*
Check your Answer → *Make sure your answer seems sensible.*
Read tables / Graphs carefully → *Double check you've used the correct figures.*



MAKE THE MOST OF PRACTICE PAPERS

Now you know what you're aiming for in the exam, put it into practice by doing some practice!

Do as Many Practice Questions as You Can

1. The key to GCSE success is to be well-prepared for the exams. To do this, you need to have a go at answering some exam-style questions.
2. Do as many practice papers as youc an. CGP has plenty of practice papers, and you can find past exam papers on ex-board websites.
3. Practice papers and past papers also show you how long you'll have for the exam - this will give you an idea of how long to spend on each question.
4. When you start answering practice questions, you could use your notes to help you. As the exam gets closer, practice under exam conditions.

Shh!

Practice under exam conditions

- *Get the right equipment out.*
- *Time yourself.*
- *Find somewhere quiet, with no distractions.*
- *Don't use your revision notes to help you.*

Use the mark scheme

- *All practice papers should have mark schemes.*
- *These tell you how marks are allocated and how to get the correct answer.*
- *Compare the mark scheme to what you wrote.*
- *Mark yourself, correcting what you got wrong.*

Check out examiner's reports

- *These tell you what people struggled with and the things examiners look out for.*
- *Putting yourself in an examiner's shoes helps you see how to improve your answers.*



Do it all again

- *Once you've marked your exam and figured out where you went wrong, take a break from it.*
- *After a day or so, go back over your notes and then do the same exam again.*
- *This helps the right answer stick in your head.*

Don't panic!

- *If you don't get a high mark at first, don't worry - the idea it to get a bit better each time.*

LEARN, REVISE, TEST YOURSELF



This process is super important. You can't revise what you don't understand, or practice what you don't know, so don't skip out steps.

LEARN

The learning process starts by making notes in class and doing homework, but sometimes you might have to do some **extra research** too.
Before you start **revising** a topic, you must ensure you **understand** it.
If there's anything you're not sure about, you could:

- look back over your **notes** carefully and read the **textbook** again.
- do some research, in the library or online.
- ask your teacher.



REVISE

When you are happy that you **understand a topic**, you can move on to **revise it.** Revising is the process of going back over what you've learnt so that you're ready to answer questions on it in an exam.

There are many different ways to revise - here are just a few examples:

condensing your notes — mind maps
flow charts — flash cards

You can also try techniques to help you remember and retrieve more.

Don't worry if you find something you don't understand - just go back and **learn it again**.

TEST YOURSELF

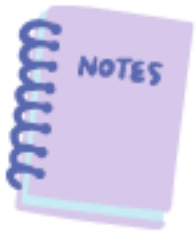
Once you're happy that you **know a topic**, it's time to **test yourself:**

- You could start by doing some quick **fact recall** questions and then go on to some **practice exam questions.**
- It's essential to do some **realistic exam practice** - some questions will ask you to apply what you've learnt in **different ways** so it's good to know you can do this.

If there is something you **can't remember** go back over your **notes** and **revise it again**.



GET YOUR NOTES IN ORDER



Before you start revising, you need to get your notes together and make sure they're as useful as they can be.

Start by Gathering the Notes You Have

1. You'll have made notes in **many ways** - class notes, homework, coursework, independent study etc.
2. **Arrange your notes** in a sensible way. e.g. have a separate folder for each **subject**, and split each subject into **topics** - this will make it easier to keep track of what you've got and find what you need.
3. To make sure you have notes on **every topic**, check the exam spec. **Exam specs** should what you need to know or do to **perform well** in the exam.

Fill in Any Gaps



1. If you're **missing notes** on a topic, you can find information to fill in the gaps in **lots of places** - revision guides, textbooks, online resources etc.
2. When you **write notes**, **don't just copy** things down word for word.
3. Instead, you should write the **key information** in your **own words**. this will help you **actively learn** the content while you're studying. It will also make your notes easier to **understand** and **refer** to.
4. There is more on how to make **effective notes** below.



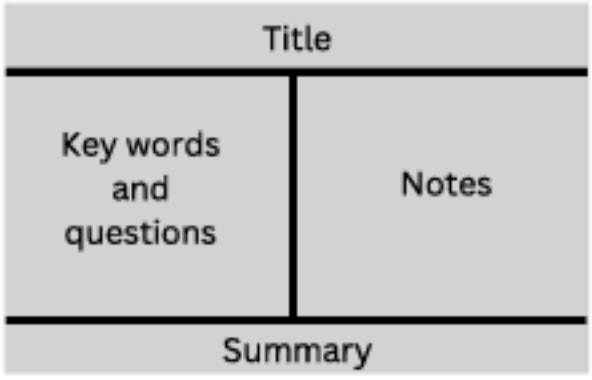
Make Sure Your Notes and Neat and Clear

1. If your notes are **hard to read**, you won't be able to revise effectively from them.
2. **Tidy** them up and **re-write** any parts that are particularly confusing.
3. When you fill in the gaps or rewrite notes, try these **methods** to make your notes as useful as possible.

You Could Split your Notes into Sections

1. Splitting your page into **different parts** means you need to **think about** what fits where,so it's a great way of checking that **understand** it.
2. Divide your page like this:

This is called the Cornell Method.



GET YOUR NOTES IN ORDER

You Can Also Use Indentations

1. Indenting lets you organise your notes into **main points**, **sub points** and **extra info**.

- start with your **main point** to the left
- Add a **sub point** indented underneath
- Add any **extra points** for that sub point
- Add **further information** for each extra point

Germ Theory

1. Louis Pasteu (French chemist)
   - 1857: blamed germs for souring of sugar beet in fermenting industrial alcohol
   - 1861: Published his Germ Theory suggested that microbes in the air caused decay and disease

2. This creates a **logical outline** of the information and helps you see how different points **link together.**
3. This method is most effective when you're working at **your own pace** and have time to **plan the structure** of your notes.
4. It works best for subjects with lots of **information,** like Biology, History or English Literature. It may not be so helpful for subjects like Maths, where the **practice** is the key to revision.

Draw Attention to Key Information

1. Whether you're making notes from **scratch** or **tidying up** your existing notes, emphasising the most important information is a good idea.
2. Use a **mixture of techniques** to do this:

- Add **subheadings** to **organise** the information
- Use **highlighting** to pick out the **most important points.**
- **Colour-code** information to **show links** ie. write all definitions in orange.

EXAMPLE

You don't need to write in full sentances - just make sure your notes are clear

Theme: Prejudice

Characters who are victims of prejudice:
Shylock - Christian characters are hostile towards him. Duke calls him "inhuman wretch"
Jessica - Experiences anti-semitism, even after marrying Lorenzo and becoming Christian.

Characters who are prejudiced
Antonio - He is anti-semitic and would "spit on" Shylock
Shylock - Hates Antonio "for he is a Christian"

CONDENSING YOUR NOTES

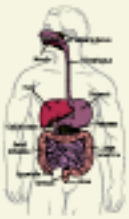
Now you notes are neat, it's time to get cracking. You can't learn every word you've ever written, so you need to condense your notes. - these will act as prompts for your main notes.

Condense Your Notes into Your Own Words

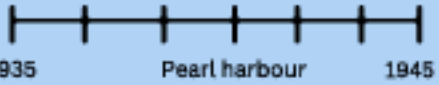
1. Simply and summarise your notes into key points so they're easier to revise from.
2. Aim to get each topic into a single page. Cut out the waffle, pick out whats important.
3. Try to reorganise the material in some way, eg, by grouping or linking differently
4. How you present your notes might depend on the subject.

For example, you could make:

Labelled diagrams for Science



A timeline of key dates for History



A page of key quotes for English Literature



A table of formulas and rules for Maths

$$a^2 = b^2 + c^2$$

EXAMPLE

Wind Turbines don't produce pollution in order to generate power, and there are no fuel costs to run them. However, they can be quite noisy for people who live nearby and they don't produce electricity in very strong winds or when there is now wind.

Wind Turbines

Positive	Negative
No Pollution	Noisy
No fuel costs	Depend on wind

TO WATCH A HANDY 2 MINUTE YOUTUBE VIDEO ON CONDENSING NOTES - SCAN THE QR CODE

MIND MAPS



A Mind Map is a type of Diagram

1. Mind Maps are a **visual** way to **organise information**.
2. **One Mind Map** usually represents **one topic**.
3. **The name** of the topic goes in the **middle** with **sub-topics** and further **detail** added around it.
4. Details are **short** and to the **point**.
5. Add **bubbles** and **boxes** around some of the information.
6. A good mind map uses **colour** and **images**.

Mind Maps are Great for Revising Topics

Organise

Organising visually can make it easier to recall in an exam

Identify

Identify the key ideas of a topic and find links between them

Memory

Colour and images can help topics and information to stick in your mind

A Mind Map is a **highly effective** way of getting **information** in and out of your **brain** - it is a creative and logical means of note-taking and note-making that literally **'maps out'** your ideas.



It is also proven that **Mind Mapping** is helpful for **dyslexics** and **autistic** students to better **understand** concepts and strategies.

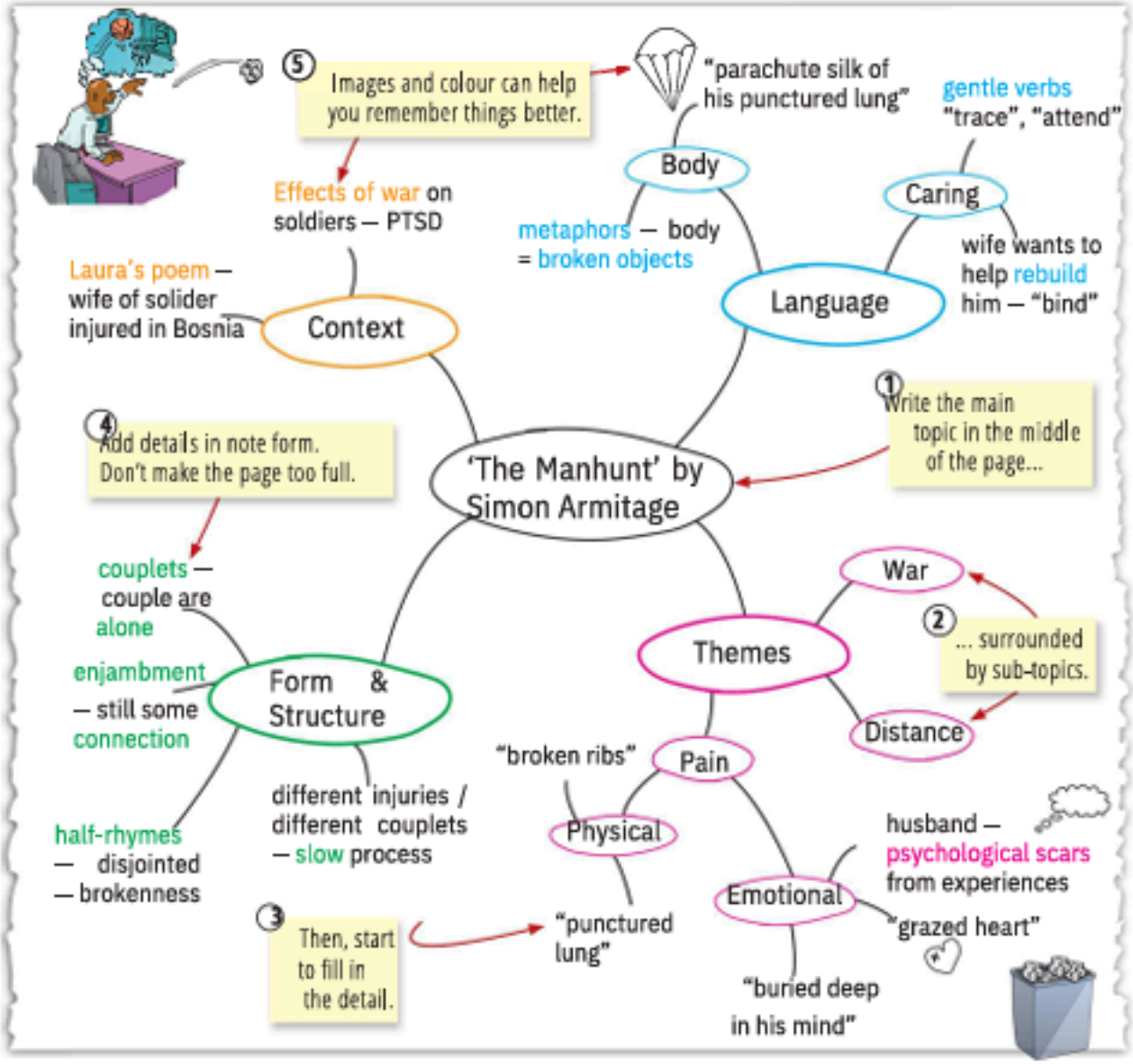


TO WATCH A HANDY 2 MINUTE YOUTUBE VIDEO ON MIND MAPS - SCAN THE QR CODE

DRAWING MIND MAPS - EXAMPLE

Here is an example of a mind map for the poem 'The Man Hunt' by Simon Armitage.

EXAMPLE THIS GIVES YOU AN IDEA OF WHERE TO START...





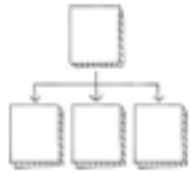
MAKING FLOW CHARTS

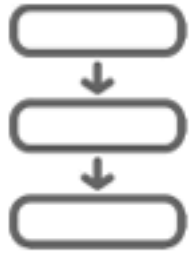


Flow charts are a type of **diagram** that show a **process** from **beginning to end.** They **organise information clearly** - you can use **words and images** to show what happens when. It's tempting to spend ages making your flow charts look perfect but as long as they are **clear** and **easy to use**, the do not need to be fancy.

Start at the Start

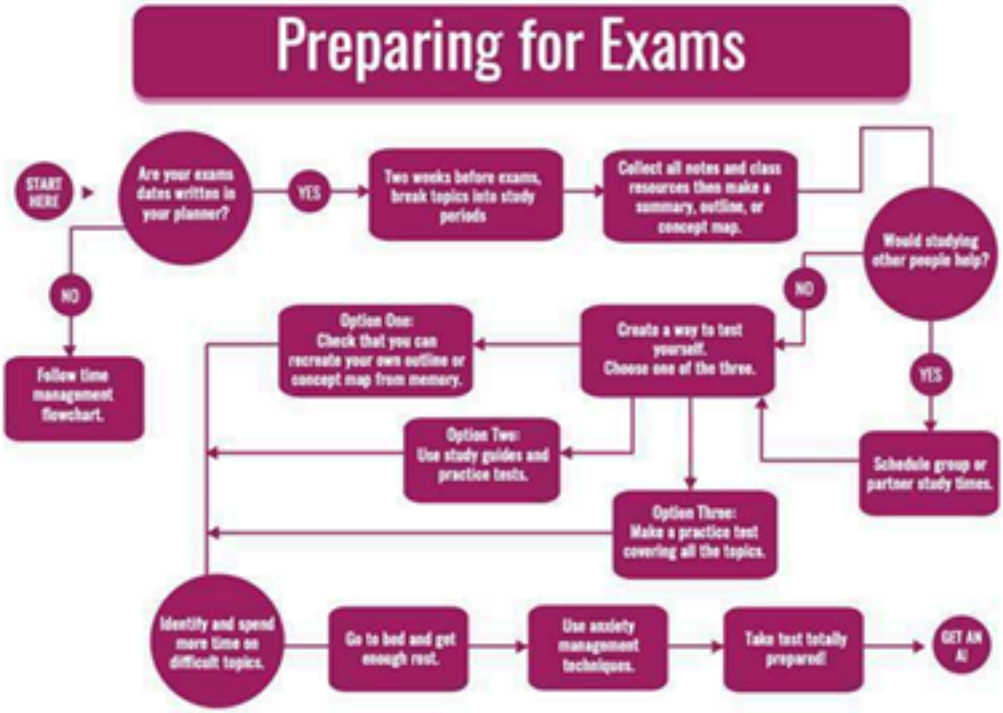
1. It might sound obvious, but **order** is really important in **flow charts**.
2. Write the **first step** in the process at the **top** of the page and **work downwards.**
3. Flow charts highlight the **main steps** in a process, but if it helps, you can **add key points** about the different steps to **jog your memory** - keep them **short** and **concise** though.











TO WATCH A HANDY 2 MINUTE YOUTUBE VIDEO ON FLOW CHARTS - SCAN THE QR CODE

USING FLASH CARDS



Flash cards are one of the simplest, but most effective, revision tools. You might not be able to play solitaire or snap with them, but with a little patience, they'll help you bridge any gaps.

Flash Cards Are a Great Revision Tool

1. Flash cards are **small cards** with a **question** or **prompt** on one side, and the **answer** or **information** on the **other side**.
2. They are a great way to **test yourself** and **find gaps** in your knowledge.



Flash cards are really useful for:

- important **dates** in History
- language **vocabulary**
- **key words** and **definition**
- **formulae**
- **labelled diagrams**

There are a lot of flash cards on sale online but it is a good idea to make your own. Work through your notes and picking out information is part of the revision process.



You can buy revision cards anywhere, and could have different colours for different subjects.

Use Them To Test Yourself

- **Group** your flashcards based on how well you know the content.
- Test yourself **more often** on the groups you **struggle with** than those you know better.

Say your answers out loud - this forces you to answer the questions properly.

Ask someone else to test you - it removes the temptation to check the other side before answering.



Flashcards are **pocket sized** - take them where ever you go!

MORE REVISION TIPS

Don't panic about what other people are doing - do what works for you.

Revise With a Friend

- Test each other on different topics e.g. you could use your flashcards.
- Try speaking for one minute on a topic, then get your friend to ask you questions about it.
- Come up with funny pictures or stories to help you
- remember information. Get creative!
- Don't chat while you're revising - it is distracting!
- Take regular breaks and drink plenty of water.



Say It Out Loud

Saying things out loud is a great way to revise!

Record Yourself



Speak out Loud



Change Lyrics to songs



Listen



Work Out Your Strengths & Weaknesses

To make your revision as **effective** as possible, focus on topics you're not so strong on. There are a few ways to identify areas to improve on.

- ask your teachers
- look at the results of your **mock exams** to see where you lost marks
- look at the feedback on the **assessments**
- look over **homework** and see which bits you did less well on
- ask your **friends** - especially ones you've worked with on group projects
- you shouldn't completely ignore topics you feel **confident** about - it's essential to **revise** these area's so that they stay fresh in your mind.



PLAN MORE TIME

Apps, Videos and On-line tools can help you Revise

Here are a few helpful apps to help with revision. Your subject teacher will be able to give you more detailed app's to use.

YouTube MathsWatch IXL LEARNING BBC Bitesize Quizlet

Exercise Your Mind & Body

Incorporating exercise into your revision routine can pay off because exercise stimulates your brain.



TEST YOURSELF

You've tried everything to revise and now it's time to test how much you know. Don't worry if you don't do well immediately when testing yourself - it's not the actual exam after all.

You Can Practise in Smaller Chunks

Before doing a full practice paper, you may find it helpful to get familiar with exam-style questions.

For subjects where you'll need to answer multiple long-answer questions, you could try writing an answer to just **one long-answer question**. This can help you get a feel for how to write longer answers without worrying about answering more than one of these questions in a row or in a certain time limit.



Try **swapping exam answers** with a classmate so you can give **feedback** on each other's work and **share ideas**. This should help you to see what you **do well** and **what you need to work on.**



You can also try just **planning your answers** - doing this for a range of questions will help you to get better at **structuring long answers quickly** and working out **what to cover**.

Focus on practice questions for the **topics you're struggling with** or the **question types you need to work on**. This will help you feel more confident to tackle these questions **in the exam.**

Past Papers Will Test Your Knowledge

1. When you feel ready, **apply** your **knowledge** by doing a full **past paper.**
2. Replicate **exam conditions** - this will give you a food feel for what it'll be like in the **actual exam.**
3. Give yourself the same amount of **time** you will have in the exam.
4. Do it **without your notes** - this will show you what you know and what you need to revise again.

Mark Your Paper with A Mark Scheme



Once finished, look at the mark scheme to see how well you did:

- Mark schemes tell you how **marks are allocated** and can show you how to get the **correct answer.**
- Work through any questions you got **wrong** - this will help you see what to do **next time** you get a similar question.
- You can sometimes get marks for **showing** your **work / working out**.
- Seeing where you have **missed marks** will help you **work out** which topics you need to **revise more.**

TEST YOURSELF

Review Weak Spots and Test Yourself Again

FIRST

Identify the topics that you didn't do well on in the past paper.

NEXT

After a day or two, revise the tricky topics and then do the past paper again.

LAST

If you're still struggling, test yourself on the information again until it sticks!

Examiner's Reports Point Out Common Mistakes

1. After you've **finished** and **marked** a past paper, it's worth looking at the **examiner's report**.
2. Examiner's reports tell you what **worked well** in people's answers - this can give you tips about the kind of things the examiner is **looking for**.
3. They also tell you what **people struggled with** in the exam - this can help you **avoid common mistakes**.
4. You can use this information to **guide your answers** when you test yourself again. or when it comes to the real exam.

Don't Worry if You're Struggling at First

- Having a go at practice papers can be stressful, especially if you're not doing as well as you'd like, but try not to panic.
- The more practice you do, the more familiar you'll become with what to expect in the exam - this should increase your confidence and make things feel less frightening on the day.



Doing a practice paper more than once should hopefully show that you've made some encouraging progress. If you don't see any improvement at first, don't worry - just keep revising the topics you're struggling with and then give the paper another try.

Doing Past Exam Papers

- **Will increase your chances.**
- **Is the best practice.**
- **Makes you more confident.**

BEFORE THE EXAM

It's what this whole book has been preparing you for - the big exam day. However, to ensure you're in tip-top exam-slamming condition, here are some last-minute things you can do.



Do Final Preparations the Night Before

1. Eat a **balanced meal** the night before.
2. Get anything you're **taking into the exam** ready to go.
3. Double-check **where** and **when** your exam is.
4. Do something **relaxing** or some **gentle exercise**.
5. You could **read** over some **notes** but don't cram all night.
6. Try to get a good night's **sleep**.





Don't forget to set an alarm clock!

Wake Up at a Sensible Time

1. **Give yourself time** to wake up and get ready.
2. Eat a **healthy breakfast**, eg bowl of cereal, porridge, toast and jam, and water.
3. If time, **look over** your notes at any key definitions, formulas, facts and quotes.
4. **Don't revise** anything **new** - save your energy for this exam!

Arrive at Your Exam in Plenty of Time

- Leave home with **more time** than you need to get to your school / exam.
- Try not to arrive **too early** - you don't want a long nervous wait.
- Feel confident that you have prepared and revised.
- Keep calm and stay focused.
- Make yourself comfortable at your exam table and chair.
- Try not to drink too much water, small sips is good to keep hydrated.



Waiting with other people

If people outside the exam hall seem stressed when you arrive, try to **stay calm** and move away from them, don't let their worries affect you. It's okay to be **left alone** before an exam if that's what you need to be **mentally prepared**.

Exam Kit Checklist

Pens and Pencils
Rubber and Sharpener
Clear pencil case
Clear water bottle
Subject specific stationery - eg, ruler, scientific calculator etc.



"EVERY MORNING YOU HAVE TWO CHOICES: CONTINUE TO SLEEP WITH YOUR DREAMS, OR WAKE UP AND CHASE THEM."

DURING THE EXAM

When you walk into the exam room or hall, imagine an orchestra playing a dramatic theme to the climax of an epic movie - that's what this is, the finale!

Organise Your Desk Space

THE ROLE OF THE EXAMINATION INVIGILATOR IS TO ENSURE THAT EXAMINATIONS ARE CONDUCTED ACCORDING TO THE EXAM BOARDS INSTRUCTIONS

While you are waiting for the exam to start:

1. Get your **pens** and **stationery** out.
2. Place your **water bottle** on your desk.
3. Take some **deep breaths** to calm yourself down.
4. **Fill in the front** of your exam paper when told to do so.
5. **Listen to the instructions** given by the invigilators.



Focus on what You're Doing During the Exam

1. **Read** each question **carefully.**
2. **Read** each question again **carefully** - you might **miss something** if you rush.
3. **Answer every question** that you need to.
4. If you are **not sure** of an answer, make an **educated guess**.
5. Keep an eye on the **time** so you stay **on track**. There will be a clock at the front of the exam hall or room so you shouldn't need to keep checking your **watch.**
6. Look at how many **marks** each question is worth.
7. Judge **how long** to spend on a question based on how many **marks** it's worth. .
8. **Don't get distracted** by what others are doing.
9. Take small **sips** of **water** to stay **hydrated**.
10. Give yourself **time** to check your **answers**.



FEPS - Dealing with Frequent Exam Panics

If you can't answer a question - move on to the next question and come back to it later.

If you realise halfway through a question that you have got it wrong - cross out what you have done and write your new answer beneath it. Don't panic.

If you're running out of time - Answer questions which require short answers to pick up as many marks as possible.

Don't get distracted or worry about anyone else in the room - concentrate on you.

ENHANCE YOUR VOCABULARY

Examples:
For example
For instance
Such as
...as can be seen
...as is shown by
Take the case of...
This can be proven by...

Cause and Effect:
...so...
As a result of...
...because...
This means that....
...due to...
...therefore...
...caused...
This caused...

Changing topic:
Turning to...
As regards...
With regard to...
Concerning...
As far as...is concerned
Moving on to...
Now to consider...
By contrast...

Emphasising
Mainly
Mostly
Usually
Unfortunately
Most often

Listing points:
Firstly, secondly, finally
In the first place
To begin with
On top of this
In addition to this
More importantly
Addition
...and...
...also...
...as well
Furthermore
Another
Not only...but also
Before

Contrasting:
However
On the other hand...
...although...
Despite this...
On the contrary...
Instead...
As for...
...whereas...
...while...

Summing up:
In conclusion...
In summary...
To sum up...
Overall...
On the whole...
In short...
In brief...
To conclude...
So, to round off...

Comparison:
Compared with...
...in comparison with...
Similarly...
In the same way...
Likewise...
Equally...
As with...
...are similar in that...

Rephrasing:
In other words
That is...
To put more simply...

Concession:
Although...
While it is true that...
Despite the fact that...
In spite of...
Despite this...
However...yet...
Still...
Nevertheless...

REVISION TIMETABLE

Make Your Own

1. You can use your school's **Google Calendar.** It is good to have a **digital calendar** as you will be making edits along the way plus you can access it from any device. Download the Google calendar app if you don't have it.
2. Add in the **dates** and **times** of each of your **exams** in blocks.
3. Add to the calendar the **times** you **travel** to/from school.
4. Add to the calendar **extra clubs or activities** that you are committed to.
5. Add the times you **eat** breakfast, lunch and dinner.
6. Add to the calendar the **times** you go to **bed** and **wake up**.
7. **Once these timings are blocked out, you can then see what available time you have to create dedicated study blocks.**
8. **Plan** how much **time** you have each day to **revise.** Early mornings, after school, lunchtime, and weekends.
9. **Prioritise** your **subjects**. i.e. Maths, English, Science, Geography, History etc.
10. Break subjects down into **sub-topics**. i.e. Number, Algebra, Ratio, etc
11. Allocate **30-minute** time slots to revise. Time slots will keep you **focussed**. This doesn't mean one time slot of 30 mins and then finished, it is **multiple time slots** with a small break in between.
12. **Focus** the majority of your effort on topics **most likely** to come up in the exam and carry the **most marks.**
13. Consider the **mock grades** you recently received and how much **revision** work needs to be done for the **main exam**.
14. Some subjects may need **more revision** than others.
15. Consider **which** GCSE grades you need to get onto the **sixth form** or **college** course you have chosen.
16. With that information in mind, work **backwards** from each exam **date** and add in **revision slots**.
17. Work out what to actually **revise** in each of those revision slots.
18. Make your timetable **achievable** by managing your **downtime**, time to look after **yourself** and your **mental health**.
19. Be as **organised** as you can be and stick to the **timetable** if possible.
20. There are no definite hours or times to revise, you know what **effort** you need to put in for **revision** and **practice papers**.

Alternatively, you can buy a paper diary and block out the same as above manually. Managing your revision time on paper or digitally will keep you focussed and organised.

REVISION TIMETABLE

Examples



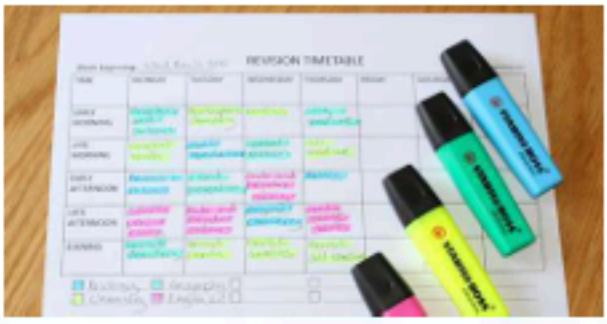








Find the best planning solution that works for you.



	A	B	C	D
1	**Maths**			
2	1.1 Quadratics	April 26, 2030	April 29, 2030	May 4, 2030
3	1.2 Functions	April 27, 2030	April 30, 2030	May 16, 2030
4	1.3 Coordinate geometry	April 27, 2030	May 4, 2030	May 16, 2030
5	1.4 Circular measure	April 28, 2030	May 7, 2030	May 14, 2030
6	1.5 Trigonometry	April 26, 2030	April 29, 2030	May 6, 2030
7	1.6 Series	April 29, 2030	May 6, 2030	May 13, 2030
8	1.7 Differentiation	April 26, 2030	April 29, 2030	May 7, 2030
9	1.8 Integration	April 29, 2030	May 6, 2030	May 11, 2030



Revision **Timetable**

Create your own revision timetable. You could use colour to identify individual subjects. Remember to plan for sensible breaks, drink lots of water and have healthy snacks to hand.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Subject	Sessions per week
9am									
10am									
11am									
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									

REVISION TIMETABLE

TOP 10 TIPS



1. START REVISING AS SOON AS POSSIBLE
2. SET UP A TIDY QUIET STUDY SPACE
3. PLAN YOUR REVISION USING A TIMETABLE
4. REVISIT TOPICS SEVERAL TIMES
5. VARY YOUR REVISION WITH DIFFERENT ACTIVITIES
6. DO LOTS OF PRACTICE PAPER AND QUESTIONS
7. SET ASIDE TIME TO DO FUN THINGS
8. KEEP YOUR PHONE AND OTHER DISTRACTIONS AWAY
9. SLEEP AND EAT PROPERLY
10. DON'T PANIC!
PLAN YOUR WORK AND WORK YOUR PLAN



Had a look ☐ Nearly there ☐ Nailed it! ☐


GOOD LUCK
GOOD LUCK!
GOOD LUCK!!!
WE GOT CHEMISTRY
HI!
BONJOUR
HOLA!
yes
YOU CAN
WORK HARD
PRIDE!
GOAL!
Good
LUCK!
BELIEVE
YOU CAN
YOU GOT THIS!
E=m.c²
WELL DONE!
do your absolute BEST
PASSED
GOOD things ARE COMING
YOU CAN CHANGE THE WORLD
kitchen
CHESSINGTON
SCHOOL

CHESSINGTON

SCHOOL

You got this!

https://www.chessington.kingston.sch.uk/

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***Every day** an opportunity*
***Every moment** focused on success*

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EVERY CHILD, EVERY DAY ACADEMY TRUST