

Stradbroke High School's Little book of exam success

Supporting students during revision



The aim of this booklet is to outline:

Revision strategies

Tips for coping with anxiety

Staying healthy during your exams

~'The future depends on what you do today'~ Ghandi

Revision strategies: Part 1

Easter Holidays Target: 30 hours per week of active revision strategies.

Plan your time over the two weeks - you might have a few days of no revision and then do a more intense programme in the other week and a half, or you may prefer to do a consistent amount in each week.

Create a day by day plan, perhaps like the one below, so you can see how your day will work.

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm
Monday	Get up	Science: Past paper	Science: Mark paper	Break until 11.15: Maths Algebra	Maths: Algebra	Lunch	Geography: Paper 1	Geography: Paper 1`	Tennis	Tea	English: Read Inspector Calls	English: Read Inspector Calls

After each 25 minutes of revision have a 5-minute break - have a glass of water, run round the garden, look at Instagram, watch a silly clip on YouTube, sing and dance along to your favourite song.

At the end of each day/week plan yourself a reward, either on your own or with friends and family, be proud of everything that you have achieved.

Create for each subject an audit of the topics covered on each exam paper - perhaps use a traffic light system to identify which areas you need to spend the most time on e.g.

Exam:	Date:	Duration:
RED Topics:		
Amber Topics:		
Green Topics:		

Shorter Revision Activities:	Longer Revision Activities:
1.	1.
2.	2.

~ 'For every minute spent organising, a hour is earned' ~

Revision strategies: Part 2

Think carefully about where you are revising, get the atmosphere right.

Ensure you have a clear space; preferably at a table or desk. Make sure you have all that you need nearby, so that you don't have to keep getting up. Avoid noise - try to, especially when revising, recreate the environment of the examination room.

It is always easy to think of an excuse not to work. Remove, where practical, as many distractions as possible. Ensure friends, siblings, games consoles, mobiles do not distract during revision time.

5 Revision Strategies:

1.

- P Preview** Preview the topic, skim read your notes
- Q Question** Write a list of questions that you have
- R Read** Read in detail the notes you have made and make sure you can answer the questions you have set yourself
- S Speak** Say out loud what you have learnt
- T Test** Complete a practice question

2. **Mind Maps** - Select a topic for the central bubble and then use each branch to explore a key piece of information.

3. **Cause | Event | Effect Maps** - Select the event e.g. First Treaty of Fort Laramie and explore what caused it, and what were the effects.

4. **Acronyms and mnemonics** - PEE (Point, Evidence, Explain) - "Naughty Elephants Squirt Water" = North East South West.

5. **Flash cards and Top Trumps** - Create a card with a question on one side and a short answer on the other to allow others to help test you e.g. history dates, MFL, vocabulary, mental maths. Create top trumps for historical figures, geographical features, characters in novels, tools in RM etc. which you can play with family and friends to help remember key facts.

~'You have two options – make progress, or make excuses'~

Control skills for anxiety

Remember 'what you think about, you bring about' - if you always do what you have always done, you will always get what you have always had.

Recognise your resources, look at the positive and think about what you can control.

Anxiety comes from False Evidence Appearing Real: FEAR

What to do? Bring your attention to NOW, BREATHE slower, mix with POSITIVE people, LAUGH out loud, value YOURSELF, let go of the PAST, eat and drink regularly, avoid CAFFEINE and SLEEP.

5 Quick Control Skills

1. Sit alone in a quiet, dark room. Try to clear your mind as much as possible. Think of a phrase e.g. 'I am calm'. Close your eyes. Slowly repeat the phrase in your mind over and over. Do this for 10 minutes a day or when you feel anxious. If unwanted thoughts come, push them away.
2. As soon as you feel your stress rise, describe (out loud if you wish) something you can see in great detail e.g. 'I can see a vase on a shelf. It is tall and made of glass. There are 6 red flowers and 2 white.'
3. Allow 15 minutes every evening to worry about things that have bothered you in the day. If you start to worry in the day, stop and tell yourself to store it up for the night. Chances are you may not recall what it was. You may feel it is not worth the worry.
4. If you have a tension headache (a tight band around your scalp) change your posture. Support the small of your back. Find the groove in the back of your neck, curl up the fingers of both hands. Push them into the groove as hard as you can. Tilt your head back at the same time. Hold this for one minute. Repeat as needed.
5. Sit in a comfy chair and relax as much as you can. Take a slow normal breath and think '1' to yourself. As you breathe out, think, 'relax'. Breathe in again and think '2'. Breathe out and think, 'relax'. Keep doing this up to 10. When you reach 10, reverse and start back down to 1. Try to put all else out of your mind. Try to see the numbers and the word 'relax' in your mind's eye.

~ "If you're going through hell, keep going." ~ Winston Churchill

Wellbeing tips – Healthy body, healthy mind!

Drink plenty of water.

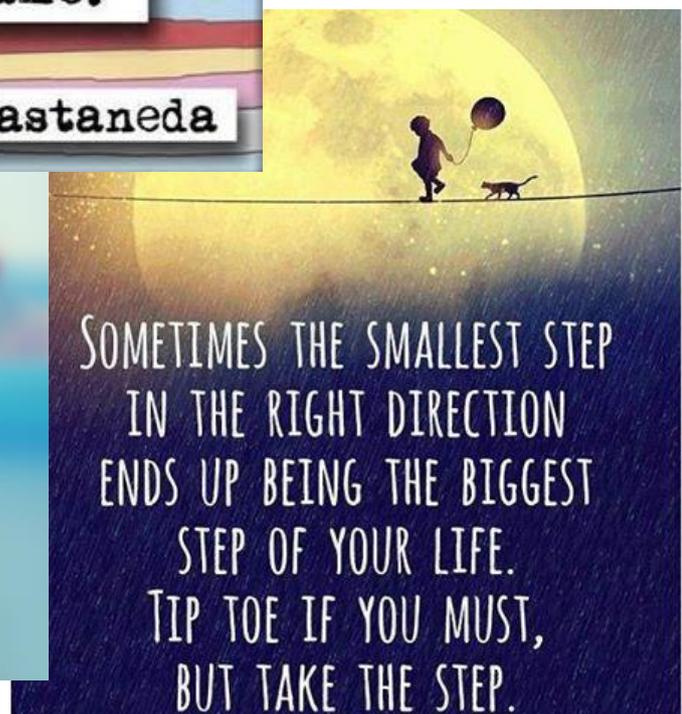
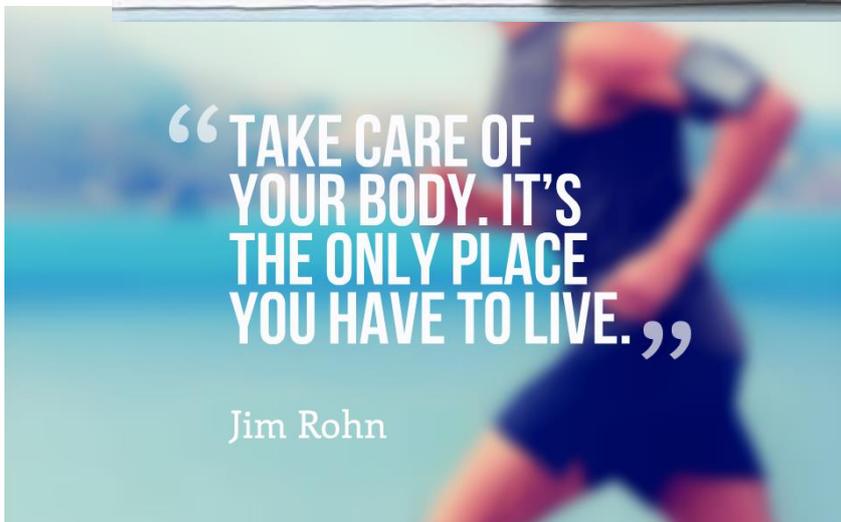
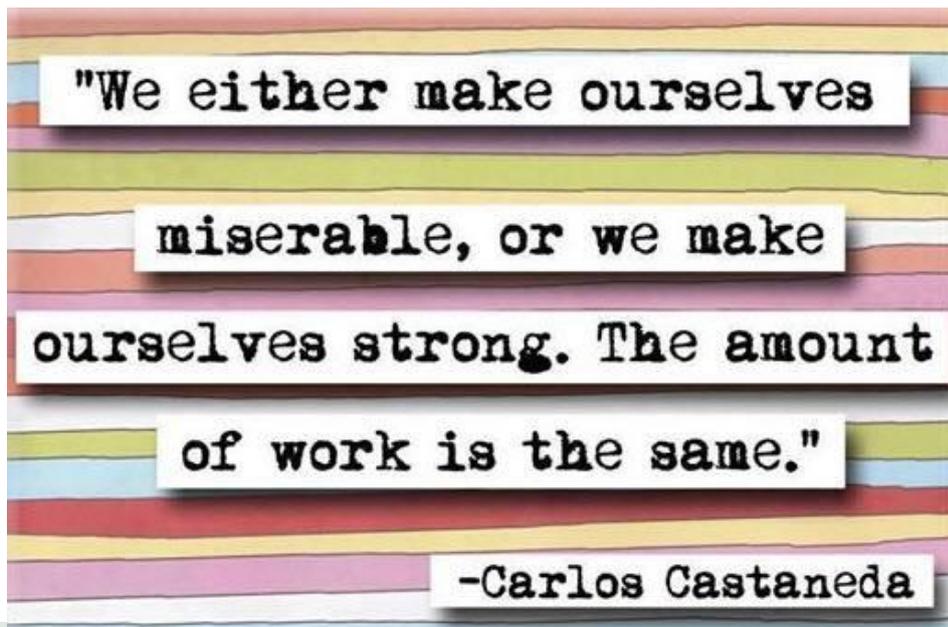
Sleep - go to bed 30 minutes earlier than normal and put your alarm on for 30 minutes later than normal.

Take plenty of exercise - whether it's a walk, a jog, a session in the gym or a tennis match - keep your body active.

Spend time outside in natural light.

Eat meals with other people - take time out to chat, enjoy the food and relax.

Avoid caffeine, high amounts of sugar and lots of processed food.



Stradbroke High School Year 11 Revision Sessions

Easter holidays

Tuesday 3 rd April	Spanish 9.30am – 12pm	Mrs Vermorel
Wednesday 4 th April	French 9.30 – 12pm	Mrs Vermorel
Friday 6 th April	Religious Studies 9.30 – 12pm	Mrs Hurren
Monday 9 th April	Geography Paper 1 9am – 12pm PE 10am – 3pm	Mr Thomas Mrs Beale, Mr Taylor
Tuesday 10 th April	Art 9am – 12pm	Mrs Totten
Wednesday 11 th April	Maths 9am – 12pm	Mrs Whitmore (Higher) Mrs Ball (Foundation)

Additionally: Saturday 28th April: Revision morning for Spanish Twilight group 9.30am – 12pm

May Half Term

Tuesday 29 th May	Spanish 9.30am – 12pm	Mrs Vermorel
Wednesday 30 th May	Music revision for Listening Exam 9am – 11am Geography paper 2 (decision making techniques and fieldwork) needs time conf	Mr Williams Mr Thomas
Thursday 31 st May	Maths 9am – 12pm	Mrs Whitmore (Higher) Mrs Ball (Foundation)
Friday 1 st June	English Language Paper 1. All welcome. 9.30am – 12.30am History Paper 1 12.45pm – 2.45pm	Mrs Rowe Ms Moss

Term time revision sessions

Tuesday		
Tues lunch 1.05	Maths Mrs Ball: by arrangement Mrs Whitmore: all welcome	Mrs Ball Mrs Whitmore
After school	Art	Mrs Totten
Wednesday		
Every Weds AM Registration time	English one to one revision by arrangement	Mrs Rowe
Weds lunch 1.05	English Language Revision: all welcome	Mrs Rowe
Thursday		
Thurs lunch 1.05	Poetry EN1: all welcome	Mrs Rowe
Thurs lunch	Homework club in the library Help and support from Miss Ling (science)	Miss Ling
Thursday after school Aim Higher	By arrangement – teachers are available for students until 5pm	By arrangement
Friday		
Friday	Science support by arrangement	Mrs Reed

Stradbroke High School

Wilby Road, Stradbroke, IP21 5JN

01379 384387

office@stradbrokehighschool

Please contact us if you require any further information or support:

Mr J Axtell: Head of School
john.axtell@stradbrokehigh.co.uk

Mrs M Millar: Assistant Head
karen.millar@stradbrokehigh.co.uk

Mrs R Hurren: Director of Teaching and Learning
ruth.hurren@stradbrokehigh.co.uk

Ms S Moss: Head of **Dove** House
stephanie.moss@stradbrokehigh.co.uk

Miss C Ling: Head of **Blyth** House
charlotte.ling@stradbrokehigh.co.uk

Mr A Taylor: Head of **Waveney** House
andy.taylor@stradbrokehigh.co.uk

Social Media

Facebook: www.facebook.com/stradbrokehigh

Twitter: @stradbrokehigh

Instagram: @stradbrokehigh

~ 'Give me six hours to chop down a tree and I will spend the first four sharpening the axe' ~ Abraham Lincoln