

Y7 End of Year Exams revision plan**Name:****Tutor group:**

To be successful in your KS3 End of year exams you need to plan and manage your time carefully. It will not be enough to cram over the course of a day or night. Your brain cannot and won't be able to handle it. To be effective you will also need to combine the different science of learning strategies. Use the plan below to carefully allocate your subject revision sessions and consider what, when and how you will revise (using the six strategies for effective learning). Do not forget to give yourself breaks and do not panic if you can't always stick to your schedule

Monday 28/05	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prep						
20min session						
20min session						

Monday 04/06	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prep						
20min session						
20min session						

Monday 11/06	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prep						
20min session						
20min session						

<i>Non-core exam week</i>						
Monday 18/06	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prep						
20min session						
20min session						

<i>Core exam week</i>						
Monday 18/06	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prep						
20min session						
20min session						

Looking after yourself:

We understand this is a stressful and anxious time for students. It's perfectly natural to feel worried about the End of Year exams. A little bit of stress can be a good thing as it motivates us to knuckle down and work hard. But exams can make stress levels get out of hand, which can stop us from performing our best. So it's important to address it and get it back under control.

Top tips:

- Prepare well in advance. Stress tends to occur when you haven't prepared properly
- Use the revision strategies from the Science of Learning to ensure you retain the knowledge you need
- Learn to recognise when you're stressing out. A break or a chat with someone who knows the pressure you're under will get things into perspective
- Don't compare yourself to anyone else. Just do your best!
- Eat right. Treat yourself like a well honed machine - eat fresh fruit and veg and have a proper breakfasts. Fuel your brain as well as your body - no one can think straight on coffee and chocolate.
- Sleep well. Wind down before bed and don't revise under the duvet - your bed is a sanctuary, not a desk. Get your eight hours.
- Exercise. Nothing de-stresses the mind faster than physical activity, so build it into your timetable. Being a sloth makes our mind sloppy too.
- Remember this is a learning experience... all we ask is that you try your hardest and do your best

Revision strategies:

1) Spaced Practice – space out your learning over time. Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once. After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.


2) Retrieval Practice- Practice bringing information to mind without the help of materials. Recalling information without supporting materials helps us learn it much more effectively. Take as many knowledge quizzes or practice tests as you can get your hands on. You can also make flashcards to test yourself on key concepts, words or ideas

3) Elaboration – Explain and describe key ideas and concepts with many details. Make connections between different ideas to explain how they work together. Take two ideas and think of ways they are similar and different. Elaboration reinforces knowledge and retention of information

4) Interleaving – Switching between ideas and subjects when you study. Switch between ideas during a study session. Don't study one idea for too long. Go back over the ideas again in different orders to strengthen and consolidate your understanding.

5) Concrete Examples – Use specific examples to understand abstract and complex ideas. Link ideas to specific real-life examples as this will help reinforce your understanding.

6) Dual Coding – Combine words and visuals. Students will find it useful to represent ideas alongside drawings, tables, diagrams, timelines and pictures. These help student remember and learn key conceptions.




LEARN TO STUDY USING...


Retrieval Practice

PRACTICE BRINGING INFORMATION TO MIND


Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.



Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.




You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.




HOLD ON!

Retrieval practice works best when you go back to check your class materials for accuracy afterward.



Retrieval is hard! If you're struggling, identify the things you've missed from your class materials, and work your way up to recalling it on your own with the class materials closed.



Don't only recall words and definitions. Make sure to recall main ideas, how things are related or different from one another, and new examples.

