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**BRADFORD GIRLS'
GRAMMAR SCHOOL**

Co-educational up to 11, Girls only 11-16

Student Revision Guide



Revision at Bradford Girls' Grammar School

Developing great revision habits

Regular and effective revision is an essential part of learning and therefore as a school we are working very hard to ensure that students are motivated to revise and know how to. This is something we believe is important for Year 7s right through to Year 11s because all students have to sit challenging exams each year, and we know that students who revise effectively tend to do better than those who don't.

Why is revision so important?

In simple terms, revision is important because students have so much to learn! The new GCSE qualifications are considerably more demanding and there is an expectation that students have a lot of knowledge that they can quickly use when they're in an exam. If a student has revised their classwork and homework, they will be able to quickly apply this knowledge in an exam. If they haven't revised enough then they may find themselves in that tough position when they simply can't remember the answer to a topic, they know they have covered in class.

Every student that achieves highly at the school has developed good revision habits and we want to ensure that every single student feels totally prepared when they sit down and open their exam papers.

What resources do students need to revise?

We recommend that every student has access to:

- A3 paper
- A notebook
- Highlighters
- Different coloured pens
- blu-tack
- Post-it notes
- A quiet place to work



What pitfalls should students avoid when attempting to revise?

Thinking they can leave it all until the “last minute.”

We do not recommend ‘cram’ revising as students now sit so many exams there is no way they can cram all the knowledge in. Instead, revision should take place over a series of months and it should involve the students covering and re-covering the same information.

Thinking they don’t have to revise as they’ve “always been fine up to this point.”

GCSE results really matter, and unlike normal assessments, there may be no second chance to secure a good grade. Around the country, hundreds of thousands of students are all revising.

Worrying about looking like a “geek” by working hard in the evenings.

Some teenagers are highly prone to peer pressure and sometimes a culture develops in which students are embarrassed to tell each other that they care about their grades and are revising. We want to overcome this mindset and encourage students to be proud of working hard, and whilst they shouldn’t ‘show-off’ about how hard they work, they shouldn’t try to hide it either.

Panicking and doing too much work, or no work whatsoever.

We know that exam preparation can be stressful, and we know that teachers and parents can put a lot of pressure on students to achieve good grades. Sometimes the result of this is that students feel they have to revise all the time or other students feel so overwhelmed, they do nothing at all. We believe that students should develop a balanced approach to revision in which they revise over a few months, do some revision most nights, but also leave time for relaxing or hobbies so that they don’t feel overly stressed.

Trying to revise in the wrong environment.

Revising challenging subject content is hard and it requires periods of total focus. Students have to be able to avoid distractions if they are to ensure the learning ‘sticks’ and they aren’t just staring at the page or copying work. It is impossible to revise well with the TV on!

Working, but not learning.

Some students find it comforting to just read or copy out information or revise topics they already know really well. This creates the illusion of learning, but actually the students aren’t learning anything. Instead, students should focus on covering all areas of each subject in a methodical way, and they should aim to learn the knowledge, not just read their notes. The “Big 6” revision tips in the next section will identify a range of methods that should result in high quality revision.

So, what needs to happen next?

On this page we have identified six strategies that all students can use to help them develop great revision habits.

Strategies for Staying Motivated

1. Make it a habit

If you make revision part of your daily habit or routine, you'll get to a point when you are doing it automatically. Many psychologists believe it takes between 22-25 days to form a new habit, so if you can make yourself do some revision for 3 weeks, after then things should become a lot more routine. That doesn't mean the first 3 weeks will be easy though.

2. Remember your goals

Remember that you are revising so that you perform well in your exams, which will in turn lead to good grades which will help you in different ways. Good grades will help you in the following ways: they will make you feel proud, help you get into sixth form, college or university, and they will almost certainly help you get a great job that you'll find rewarding. Thinking about these long-term goals can help you get through the short-term barriers.

3. Keep the right company

Your peers can have a huge influence on you in both positive and negative ways. As exams approach surround yourself with people who are taking their futures seriously and are working hard in school and at home.

4. Change it up

Try different revision techniques from the "Big 6" revision tips. We all have favourites but that doesn't mean we should do them all the time. Sometimes mixing up your strategies will help you stay focused.

5. Set short term goals and rewards

Create rules for yourself to reward your own revision efforts. For example, if you can make yourself revise all evening (with short breaks) then you can go the party/eat a treat/watch TV as a reward.

6. Remember - you're not alone

Around the country hundreds and thousands of 15-22-year olds are all sitting challenging exams, and no-one finds it easy. However, everyone's revising, and you need to be doing the same.



Six Top Tips for Revision

Six proven techniques that will help you remember more:

1. Make time

- Create time in your evenings and weekends to revise regularly
- Create a revision timetable and stick to it
- Revise in 30-minute chunks and then break
- Revise additional content (on top of your set homework) that you studied last week/month/year
- Keep practising recalling the knowledge. Do it again, and again and again
- Revise away from other distractions (like your phones)

2. Recall from memory

Write or say everything you know about a topic, without looking at your notes.

Independently

Read a revision guide/your notes and then re-write everything you can without looking. How much can you remember? Do the same task a day and then a week later. Check back at the guide to see what you missed. Then do it again.

With a friend, parent or carer

Give them the revision guide/your notes and ask them to ask you questions on the core knowledge. How much can you recall? Can you answer all their questions accurately?



3. Condense it down

Take a lot of knowledge, then make it smaller (but so that you could still expand it again in its entirety).

- Turn 100 words into 30 words OR Turn 1 long quote into 1 word
- Make a mind-map but only write down key facts and words
- Memorise acronyms and then think up your own

4. Visual variety

The use of colour and drawing can help you remember key factual information.

- Make and memorise flashcards
- Revise using different colours and colour-code your topics
- Draw small pictures next to your annotations
- Turn your bedroom, home, bathroom into a revision palace by sticking mind-maps on the walls
- Stick up annotated post-it notes all over your bedroom/house

5. Perfect past papers

Completing past papers are excellent ways to test whether you can apply your knowledge and skills.

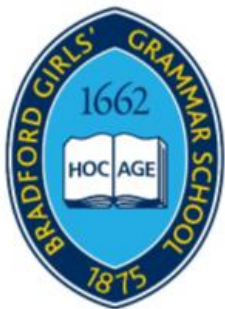
- Complete an additional past paper at home
- Check whether you can do it without looking at a revision guide
- Check whether you can do it in the right amount of time

6. The Technology Type

- Use your phone or your computer to support revision
- Use an app e.g. Gojimo/Memrise
- Use GCSE Bitesize
- Record yourself and listen back to what you could recall



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