

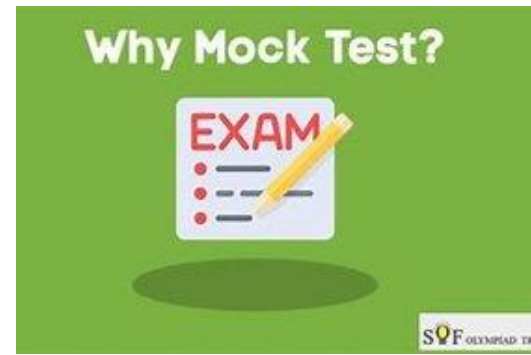


A LEVEL REVISION – SESSION 1





Getting Exam Ready



- "Authentic" experience
- You know what to expect
- Build resilience
- Gain feedback
- Develop revision strategies
- Teachers know who needs most help/support
- Realistic view of grade you can achieve (at the moment)

Why have mocks

- Year 1 papers will usually be between 1 and 2 hours long and Year 2 papers up to 3 hours (speak with your lecturers for details for each subject)
- 1st year students will not be attending timetabled lessons from **27th February – 3rd March** and **2nd years from 27th March – 31st March** as these will be mock days (there will be some exceptions)
- Mocks will normally be in the sports hall
- Mock "statements of entry" will be on Proportal by the end of this week
- Rooming for mocks will be on the VLE exams section

What to expect



Don't let this be you...



Plan ahead!



KEEP
CALM
AND
STUDY
FOR EXAMS



REVISION TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

Timetable examples

Revision Timetable

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am							
8.00am							
9.00am							
10.00am							
11.00am							
12.00pm							
1.00pm							
2.00pm							
3.00pm							
4.00pm							



TIMES	8.00am - 4.00pm	4.00pm - 6.00pm	6.00 - 6.45pm	6.45pm - 7.45pm	7.45pm - 8.00pm	8.00pm - 9.00pm
MONDAY	School time!	Drama Club	Dinner	Homework	Social Media	Homework / revision
TUESDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
WEDNESDAY	School time!	Netball	Dinner	Homework	Social Media	Homework / revision
THURSDAY	School time!	Revision	Dinner	Homework	Social Media	Homework / revision
FRIDAY	School time!	Chill out!	Dinner	Homework	Social Media	Homework / revision
TIMES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 1.00pm	1.00pm - 3.00pm	3.00pm - 5.00pm	5.00pm - 6.00pm
SATURDAY	breakfast / shower etc.	Hour of power revision!	See friends / Lunch	Revision	watching / playing sport / gaming	Revision
SUNDAY	breakfast / shower etc.	Revision	Sport / Lunch	Flash card review	Out with family	Get someone to test me / dinner



Tips from previous NCS A level students

Study in short
bursts

Don't slack off!!
You'll regret it later!

The earlier you start to
revise in the year, the more
beneficial and less stressful
it will be 😊

Condense your class
notes in to shorter
notes for revision.
Read over revision
notes often!

Create a revision
timetable and keep
organised!

If revision sessions are
offered **DO NOT** take
them for granted!!!
ATTEND THEM

Meditate for stress
relief!

Question your
lecturer with
anything you don't
get or have not fully
understood

Advice from past students

Pay attention to continual patterns within the subject matter that occur again and again

Make use of analogies [= comparisons] and try to compare a very complicated issue with a more simplified one

Use your imagination – direct a movie in your mind that helps you memorize facts. Link facts with a picture and make a funny story out of it.

When you discover similarities, link new knowledge with concepts that you already comprehend

Instead of opting for all-nighters, consider spending 30 extra mins a day in college, i.e. reading a chapter or making a summary

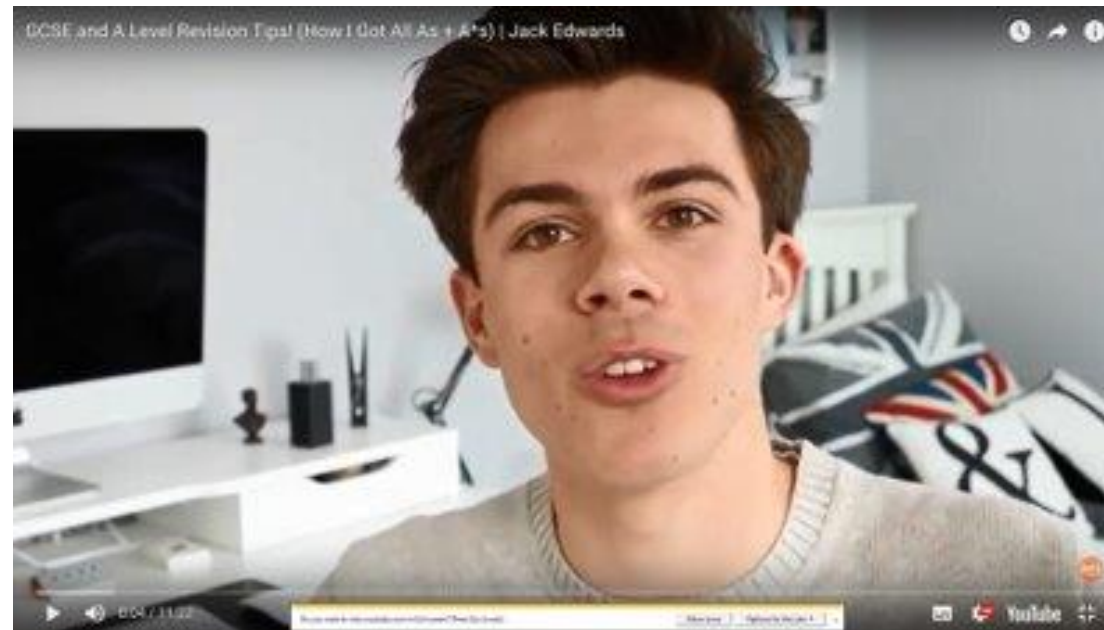
If confronted with difficult, specialist words, names or formula, an acronym can be an excellent aid

Try to give 110%. - reduce distractions to a minimum and give your best to avoid procrastination

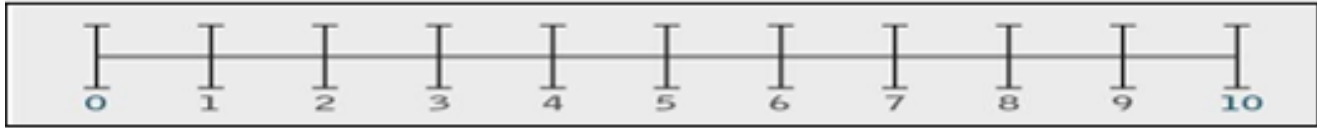
VESPA

Jack's Tips

- <https://www.youtube.com/watch?v=HuhLqew9xB8>



The 1-10 Scale



What level of effort have you given to your studies so far? Use the scale above and the following guidelines to choose your number:

- » 1: Little or no effort
- » 5: Some effort – you're working quite hard
- » 10: High levels of effort – the hardest you've worked

Be honest with yourself and choose your number.

EFFORT SCALE

What are other students doing?

The problem with making a judgement about your own levels of effort is that scales can be subjective: Here are some issues:

The numbers mean different things to different people

Students tend to surround themselves with people who do either similar or less work than they do. This means they 'normalise' the amount of work they are doing, even feel good about it, because they can point to someone doing less than they are.

Students don't have a clear idea of what the hardest working students are doing.

No one can know what students are doing in other schools and colleges.

Now try the question again but this time the following criteria can be applied to the scale

- » 1: 0-2 hours of independent study per week
- » 5: 10 hours of independent study per week
- » 10: 20 hours of independent study per week

Be honest with yourself and choose your number



OTHER STUDENTS



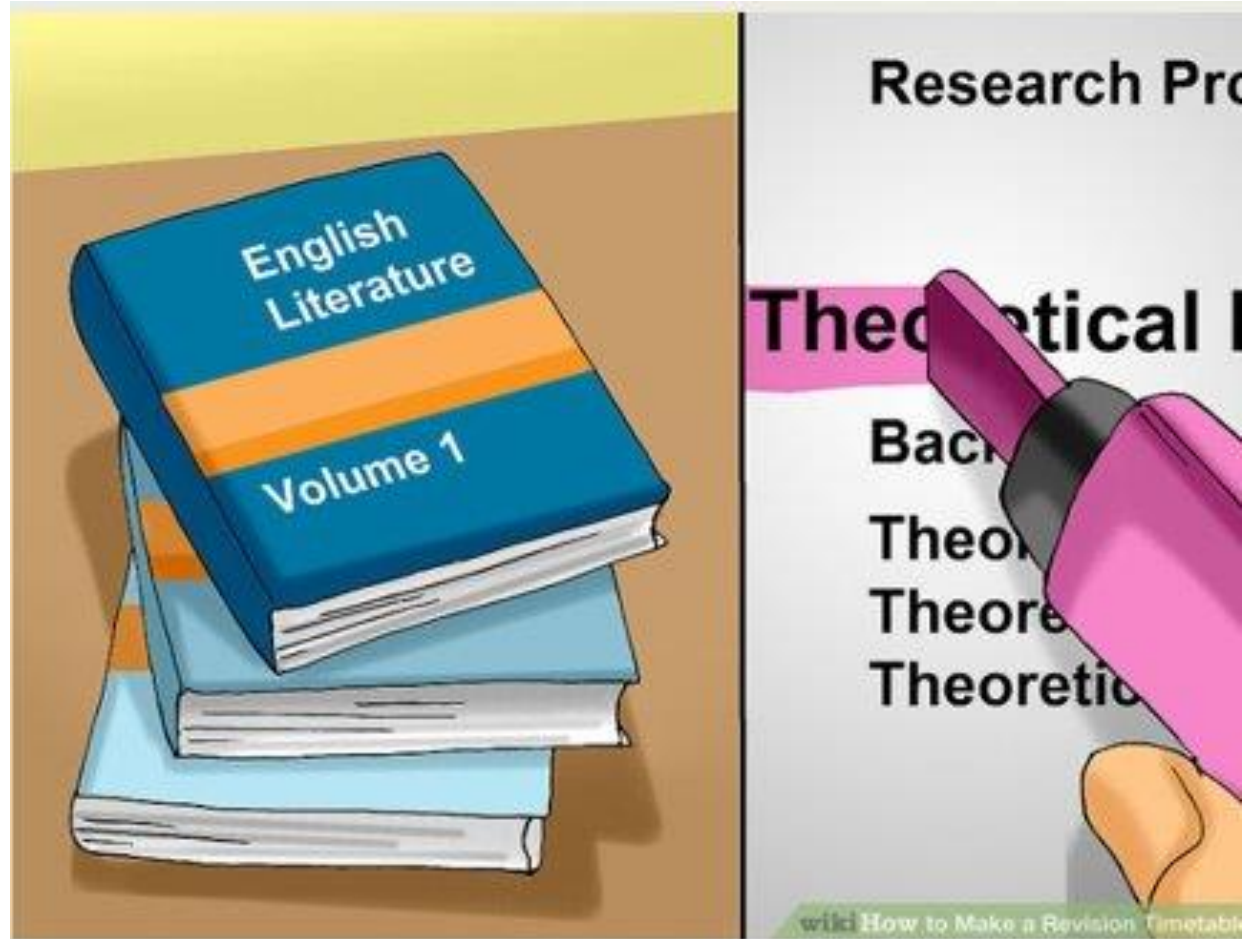
Reviewing your calendar

Method
1

Reviewing Your Calendar



- 1 Find out how much time you have to prepare.** Write the dates of your exams in your calendar. You might want to put a star beside them to indicate their importance. Then, figure out how many days you have left before your exams. Divide the number of days left before exams by the number of subjects you need to prepare for. Now you know how many days you have available to prepare for each subject.^[2]



2 Create study blocks for each topic. Use your textbook and learning materials to determine the specific topic areas within each subject. English Literature, for example, may be broken down into the different books you are studying and then further into chapters, themes, or quotes. Highlight or circle the topics using different colours. Figure out how many topics or sub categories you have for each subject. Then, divide up the time you have for the subject into study blocks for each topic.^[3]



3 Look at your work calendar. If you are currently employed, you should review your work schedule for the upcoming weeks. Figure out where you can schedule study-time between your shifts.^[4]

- If you have a lot of upcoming shifts, consider working less so that you have more time for revisions.



- 4 Review upcoming holidays and social events.** You need to figure out when your studying may be interrupted by social events or holidays, so that you can plan accordingly. If it looks like there will be a weekend when you are unable to study due to a social obligation, try to put in your revision time beforehand.^[5]



Filling in your timetable

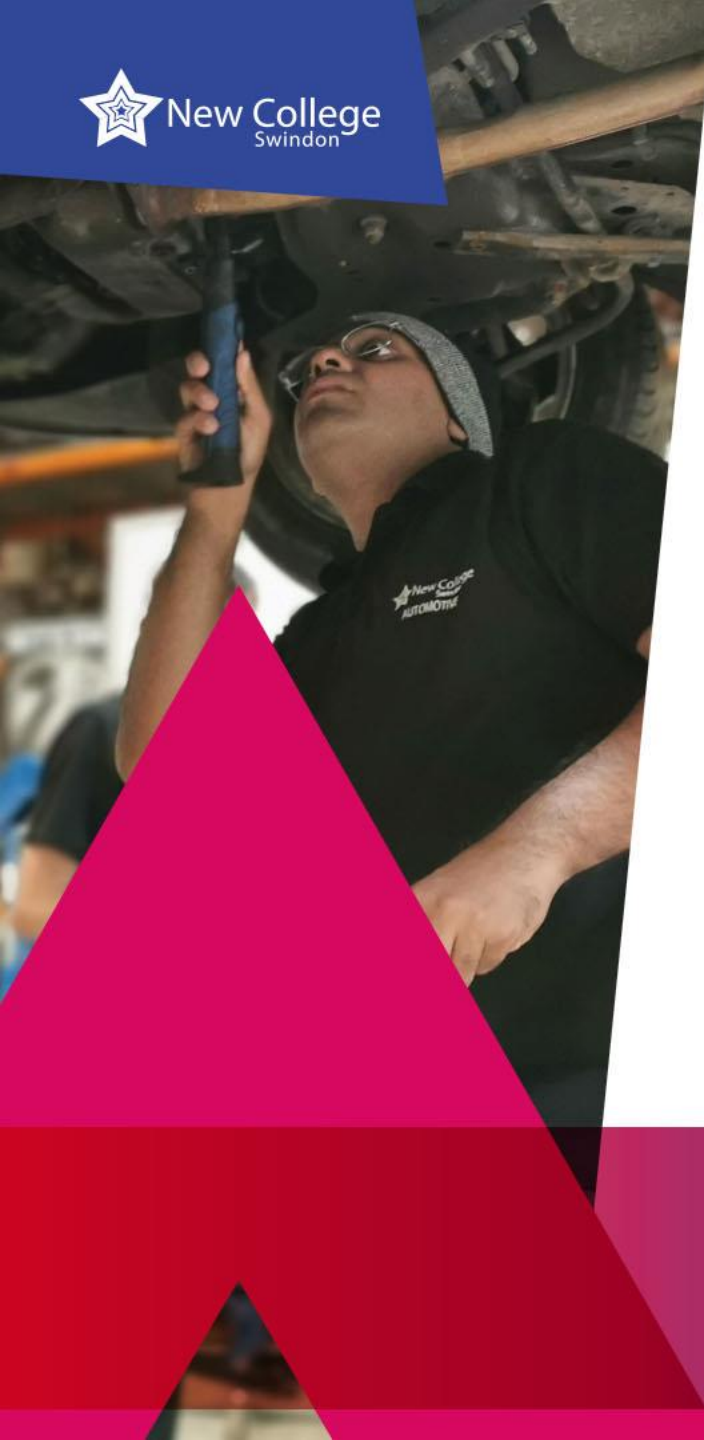


Method
2

Filling in the Timetable

1 Chart your weekly revision timetable on a piece of paper. You can make a paper revision timetable and put it up behind your desk. Get some paper and some different coloured pens. A ruler might help, too, if you want to make a table. Make a column for each day of the week. For each day, jot down the subjects you will focus on and the specific topics you plan to study.

- You can also download revision timetables and then insert your own subjects and times.



Method
2

Filling in the Timetable



2 Try a timetable application. There are a variety of mobile applications that can be used to schedule your revisions timetable. These applications work on a variety of platforms. For instance, you may find one of the following applications helpful:^[26]

- If you use an Android device, you may find Timetable helpful. It will mute your phone during your study sessions and allow you to block your time effectively.
- You can make a personalized study plan with the SQA My Study Plan application.
- You can store your timetable on the cloud and access it across a range of devices with the My Study Life application.



Method
2

Filling in the Timetable



with [How to Make a Revision Timetable](#)

3 **Revise your revision timetable on a weekly basis.** At the end of each week leading up to exams, reflect on what worked and what didn't work in your revision timetable. Consider how you could spend your time more effectively, and then make the revision timetable for your upcoming week. For instance, if your study week starts on a Monday, you might want to start your weekly timetable on the Sunday night or Monday morning.^[7]



	MON	TUE	WED	THU	FRI
8-9am					
9-10am	Algebra				
10-11					
11-12pm	Lunch				
12-1pm					
1-2pm					
2-3pm	Logic				
3-4pm					
4-5pm	Chores				
5-6pm	Dinner				
6-7pm					
7-8pm					
8-9pm	Works				
9-10pm					
10-11					
11-12am					

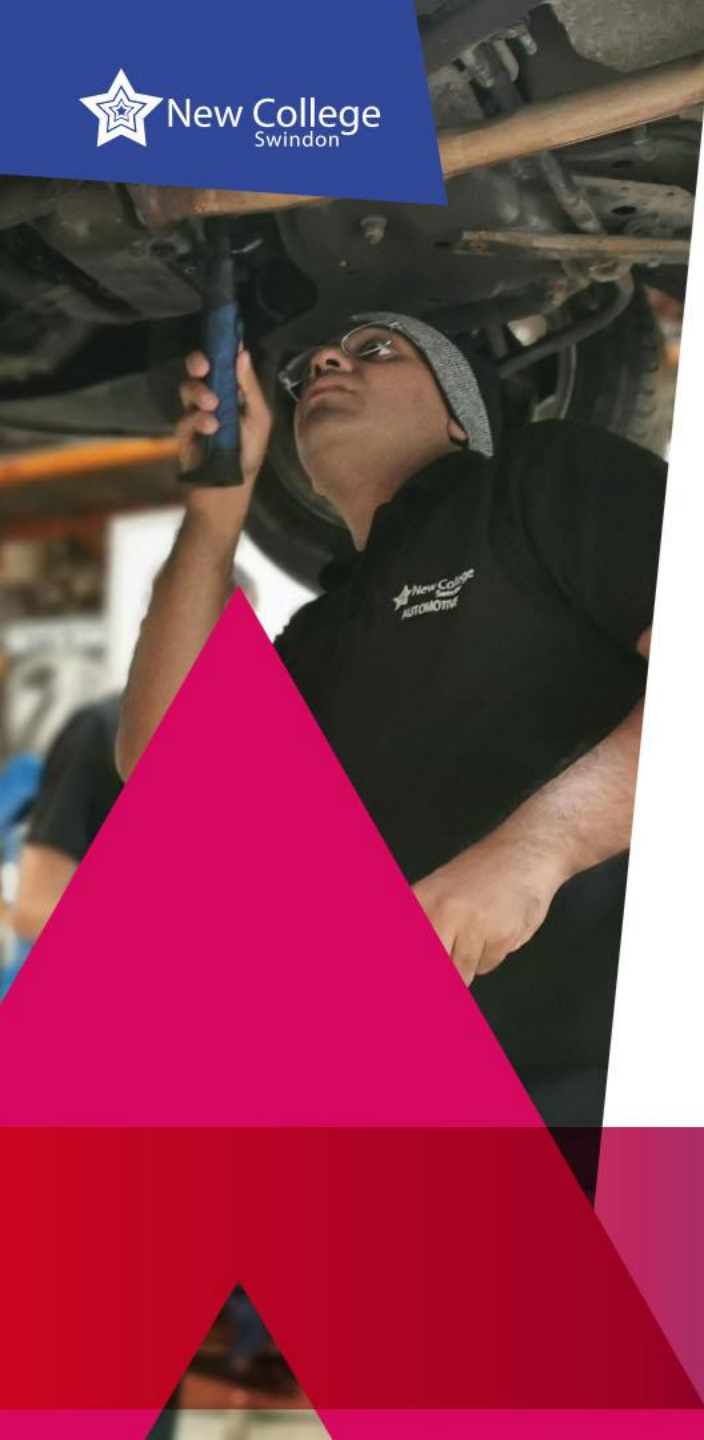
wikiHow to Make a Revision Timetable

4 **Prioritize your study time.** You should think strategically about the subjects on your list. You should make more time for the relatively more difficult subjects or the ones you have a hard time with. You should also make more time for subjects that you need to achieve a particular grade on, in order to proceed with your professional or life goals.^[8]



5 Do big projects first. Do the big projects first, since they will require the most effort and concentration. By studying the big projects or subjects first, you will avoid the situation of not having sufficient time down the road.

- Remember to integrate some flexibility in your schedule. You may need to go back to the big subjects later in your revision timetable, depending on how it goes the first time around.



3-4pm			Classes	Classes
4-5pm	Chores, Dinner			
5-6pm				
6-7pm		Dinner	Dinner	
7-8pm	Work			Logic
8-9pm		Life		
9-10pm				
10-11				
11-12am				

wiki:How to Make a Revision Timetable

6 Decide which tasks you should only spend short bursts of time on. If there are subjects or topics that are relatively easy or take less time, you could allocate smaller blocks of time for them. You may need to allocate relatively more, smaller blocks of time to certain subjects.

- If you are memorizing new words for an upcoming Spanish language test, you might want to allocate more frequent, smaller blocks of time.



7 Schedule study breaks. Instead of only scheduling blocks of time for studying, you should insert specific study breaks and rewards. You could schedule a study break to go for coffee with a friend. Another option is to schedule quick workout sessions at your local or school gym between study periods. Regardless of what you do with your breaks, it is important to make time for them.^[9]



www.howtomakearevisiontimetable.com

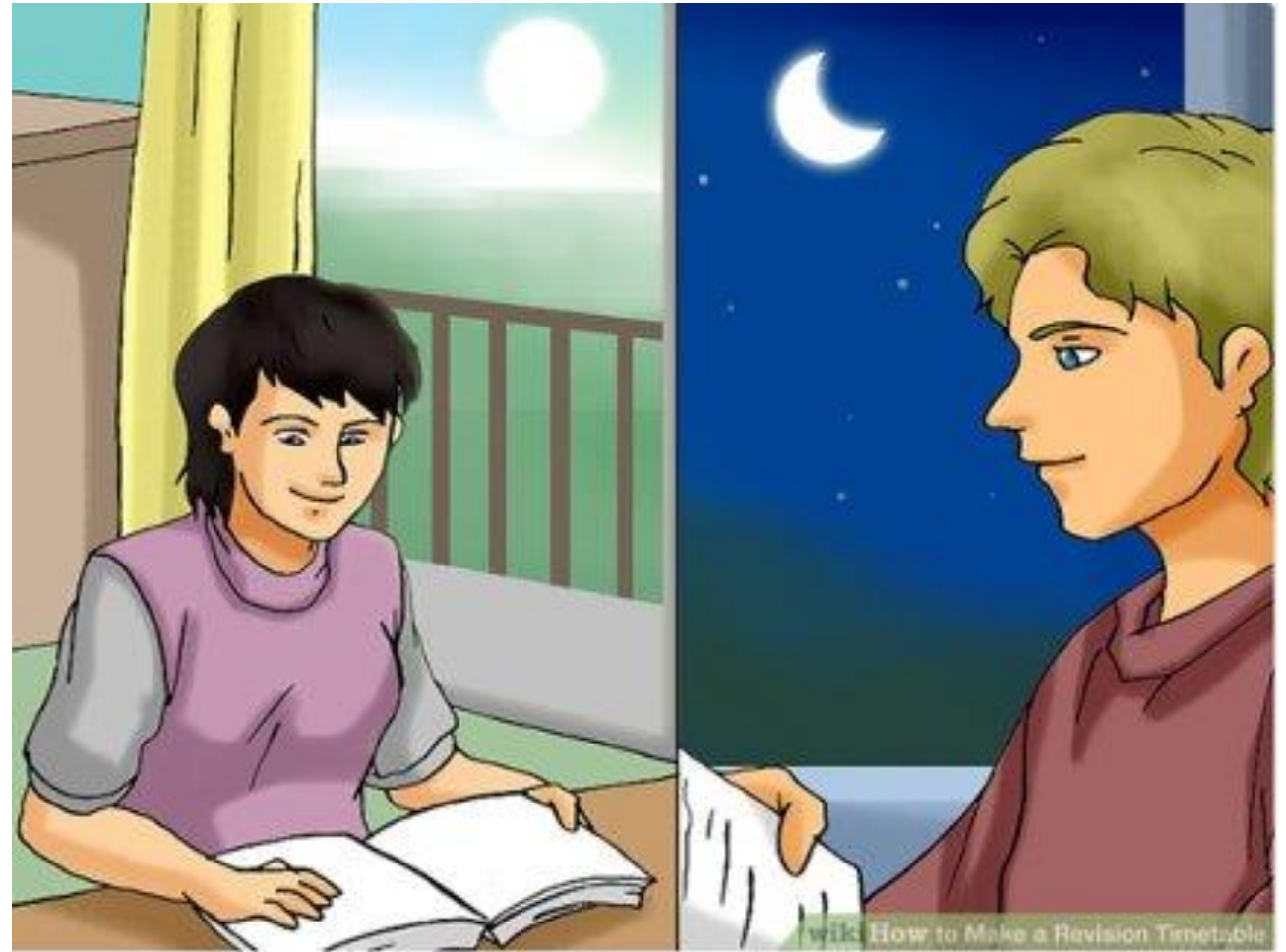
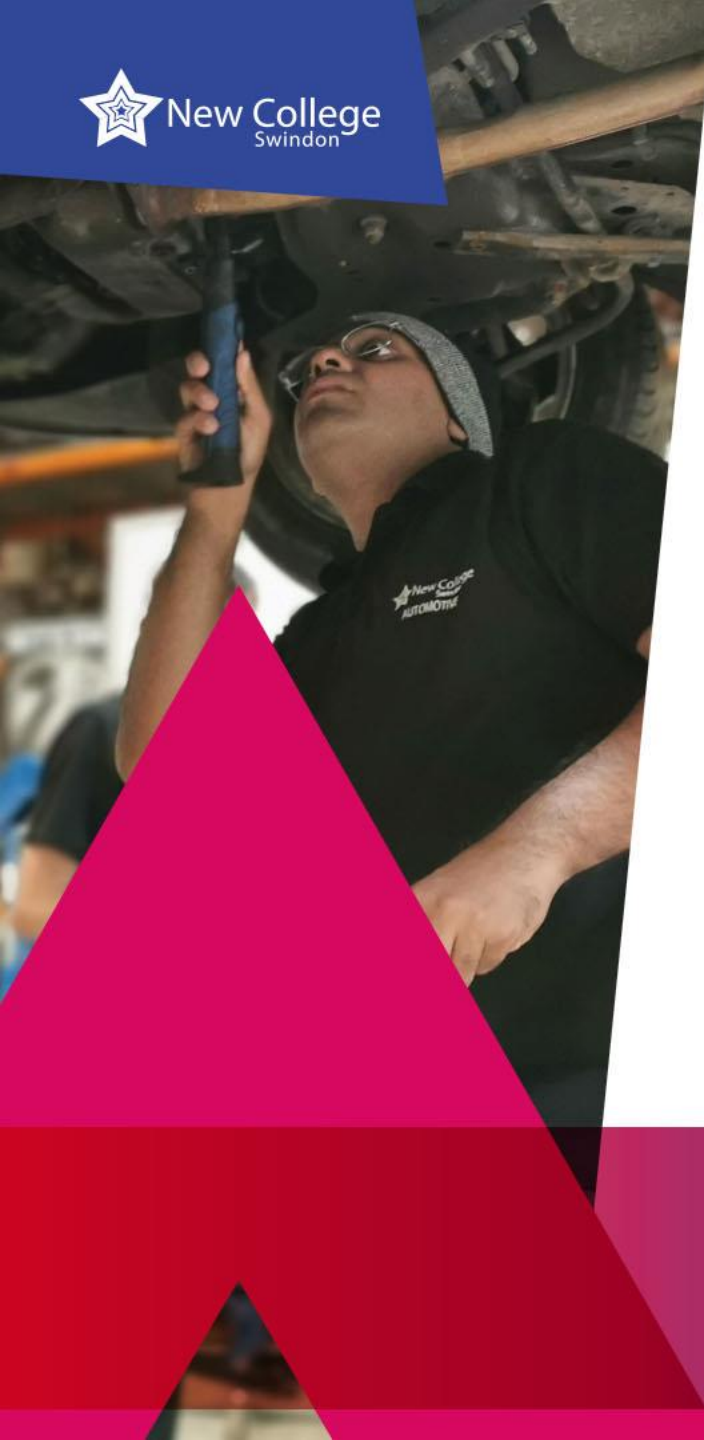
- 8** Schedule your study blocks in a realistic manner. Although it is tempting to be ambitious at the scheduling stage, you don't want to jot down huge blocks of time that you won't realistically be able to complete. Instead of blocking off fifteen hours a day for a hard subject and getting disappointed with yourself when it becomes unmanageable, consider blocking off realistic chunks of time that allow for things like a social life and family obligations.^[10]



Optimising your time



- 1** Start your day off with something you know you can accomplish. This will give you more motivation for the rest of the day. Make sure the next slot is something heavier so you don't put off your worst subjects until the end.

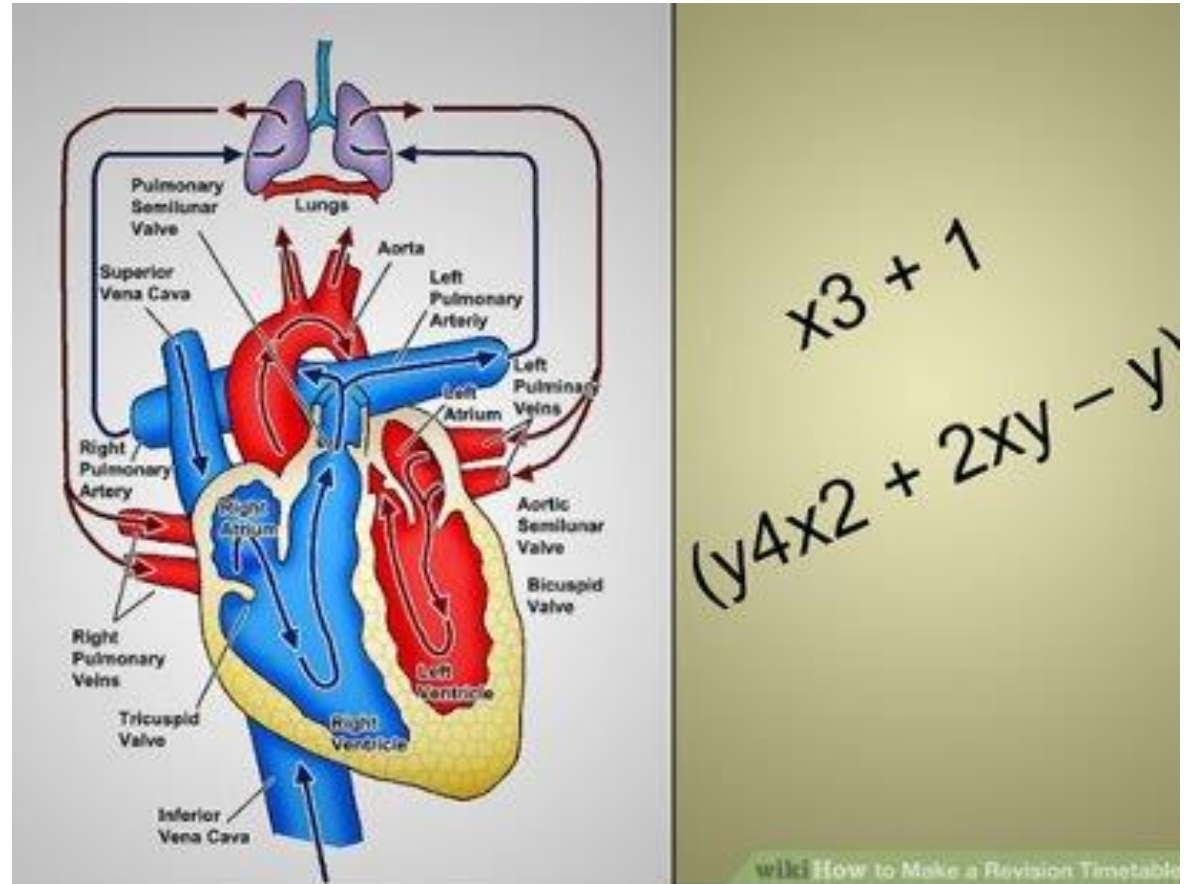


2 Determine when you study best. Some people study best in the morning, whereas other people like to burn the midnight oil. If you know when you can concentrate best, you can use that time of the day to focus on your revisions.^[11]



3 **Set goals for a particular study session.** At the start of your study session, consider the specific goals you would like to achieve. Take two minutes to write down a specific goal you hope to achieve, such as completing the reading up to a specific page number in the textbook.

- If you are memorizing dates or events for a history exam, write down a goal to memorize a particular number of facts for the exam.

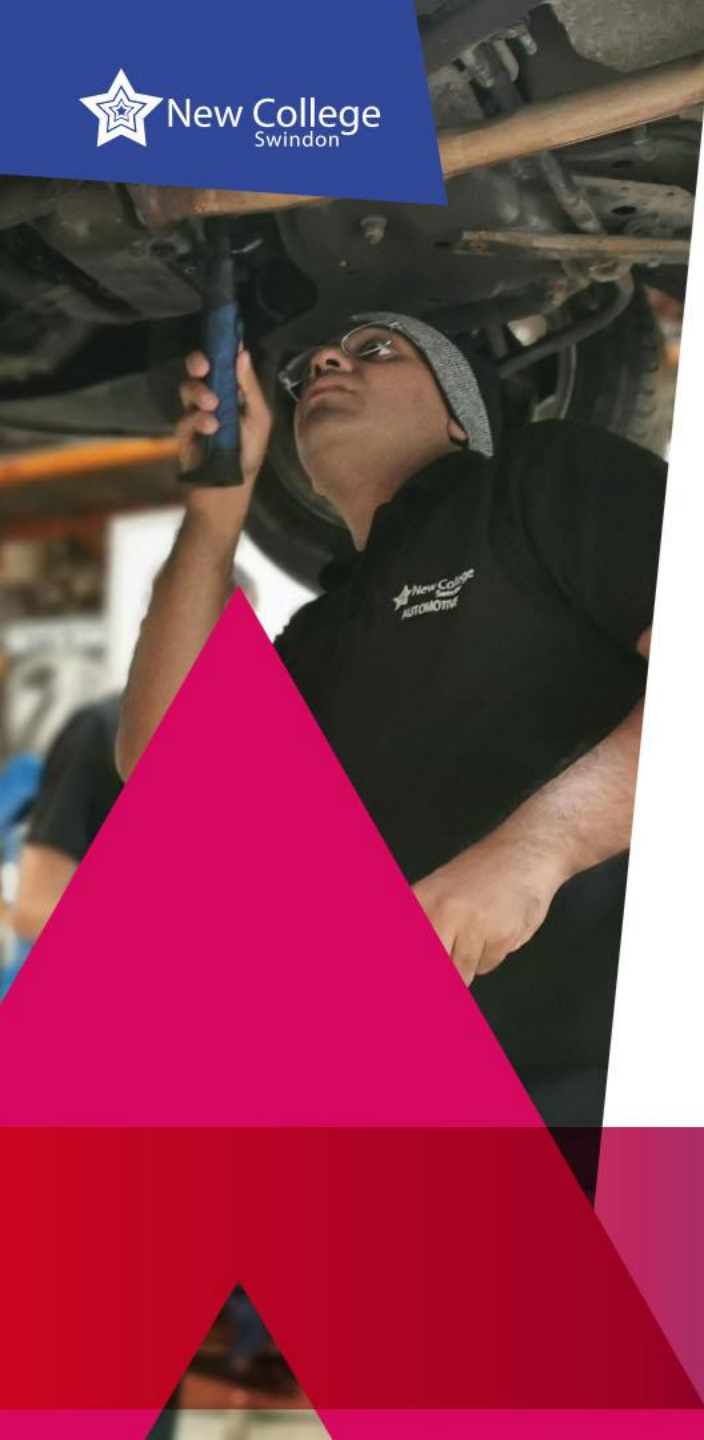


4 Use subject specific study methods. Consider whether you are using the most appropriate study methods for specific subjects, such as flash cards for a history exam or rhymes for an oral French language exam. It is important to tailor your study methods for the type of exam material.^[12]

- If you need to identify parts of the human body, you may want to use biological illustrations or pictures.
- If you need to perform in an algebra exam, you should practice doing equations.



5 Focus for realistic chunks of time. Instead of studying for hours and losing concentration, it is best to study for thirty or forty minutes at a time. If you still feel fresh after forty minutes, you can always get back to work.^[13]



6 Give yourself regular breaks. If you are going to study for the day, it is important to give yourself breaks between periods of studying. Go for a short walk or grab a cup of coffee and then come back to your revisions later.^[14]



7 Review your study session goals. At the end of a study session, you should quickly review what you have accomplished during the session. Give yourself a pat on the back if you have accomplished any of your study session goals, such as finishing preparation for a particular topic or subject. If you haven't yet achieved your goal, write down what you need to accomplish in order to get closer to the goal during your next study session.^[16]

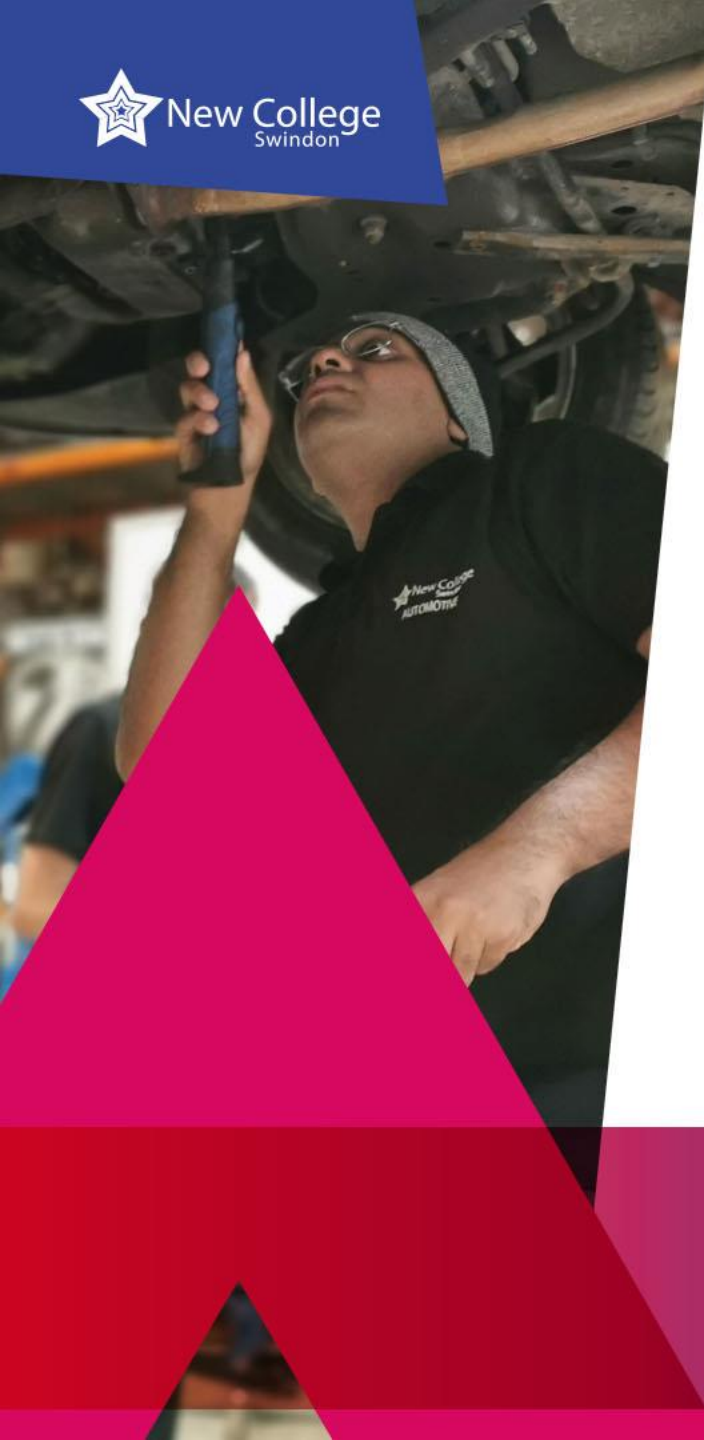


wiki How to Make a Revision Timetable

8 Tick things off as you do them. It will feel great when you can tick off a subject from your study list. You will have one subject less to worry about. That said, it is important to come back to the subjects you studied first towards the end of your revisions period.^[18]



9 **Make time for refresher sessions.** As you move further into your revisions schedule, you may need to remind yourself about particular subjects or topic areas that you covered weeks or months ago. So, it is wise to periodically revisit the subjects that you covered earlier in your revisions timetable.^[17]



10 Make sure you get lots of sleep before the exam day. Sleep is important for cognition, which is necessary for exam performance. To ensure a good performance, getting a solid rest is really important.^[18]

- For instance, you should try to get between eight and ten hours of sleep per night.^[19]
- Unfortunately, not getting sufficient sleep will limit your concentration and learning. If you are prioritizing study time over getting adequate sleep (i.e., 8-10 hours), it could negatively impact your ability to concentrate and learn during your study sessions.^[20]



Any questions?

