



# A level revision – session 2



Session 2 –  
take note!



The image shows a page of handwritten notes on a grid background, detailing biological concepts. The notes are organized into several sections:

- Transport in animals:** Discusses the need for transport systems in large animals, the role of the circulatory system, and the difference between open and closed systems. It mentions that in closed systems, blood is contained within vessels, while in open systems, it is not.
- Structure of the heart:** Includes a diagram of a heart with labels for various parts: Aorta, Ventricle, Atrium, Pulmonary artery, Pulmonary vein, Coronary artery, Coronary vein, Septum, and Valve. The diagram shows the four chambers and the major blood vessels connected to them.
- Blood Vessels:** Describes the three types of blood vessels: arteries (carry blood away from the heart), capillaries (sites of exchange), and veins (carry blood back to the heart). It notes that arteries have thick, muscular walls, while veins have thinner walls and valves to prevent backflow.
- Exchange at capillaries:** Explains how substances are exchanged between the blood and tissues at the level of capillaries. It mentions that oxygen and nutrients move out of the blood, while carbon dioxide and waste products move in.
- The cardiac cycle:** Describes the sequence of events in one heart cycle: atrial systole (contraction of the atria), ventricular systole (contraction of the ventricles), and diastole (relaxation of the heart). It includes a graph showing pressure changes in the ventricles during these phases.
- Combination of the cardiac cycle:** Discusses how the cardiac cycle is coordinated with breathing and other bodily functions.



RECAP

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Last time we looked at:

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Why we are having mocks

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What the mocks will be like

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How to plan for the mocks

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You can find the presentation **on the VLE under Exam Information/Useful exam Information**

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It is 2 weeks until mocks start for 1st years and 5 weeks till 2nd year mocks.

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Look at your statement of entry on Proportal



**TODAY**

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Exam timetable

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Revision Cards, revision notes and flash cards

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Effective use of flash cards

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Flash card apps

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The student room

# Statement of Exam Entry

**Candidate Name:** Tomato Wilfred System-Tester  
**Date of Birth:** 12/07/2005  
**Student ID:** 192159  
**Candidate Number:** 2342  
**UCI:** 665280169634Y  
**ULN:** 2246123568

**Special Arrangements:** If you are expecting a special arrangement not listed below for your exams please check with the exams office.  
Support Needs AQA ( testing tommy three times)

**Important:** Please check this report nearer the time of your exam and your allocated room will be included below.  
If you have two exams timetabled at the same time you will be given details of how this will be managed shortly.

## Timetabled Exams

Exam Date	Day	Board	Exam Code	Exam Name	Start Time	Duration (Mins)	Room Code
03 Mar 2023	Friday	MOCKEXAMA	ANHIM	Ancient History Mock Year 1	13:30	75	
27 Mar 2023	Monday	MOCKEXAMA	BUSIMY2	Business Mock Year 2	13:30	120	

Dates and times published are correct at the time of printing. You should advise the exams office of any errors - especially any missing entries. Please ensure that the personal information shown above is accurate as this is how it will appear on any certificates issued by the awarding bodies.

# EXAM TIMETABLE

How do you get an A\* in your A-levels? Well, the best way to find out is to ask people who've done just that.

We caught up with members of 'The Student Room' who have already sat their A-level exams and walked out with at least one A\* grade. And they told us how they did it with 57 tips!

<https://www.thestudentroom.co.uk/revision/57-study-learning-and-revision-habits-of-a-students>



STUDENT ADVICE

SO.....here are 57 study, learning and revision habits of A\* students.  
Dip in and take what feels useful – for the complete posts visit The Student Room site

- ✓ Practice is key
- ✓ Get the examiners' reports
- ✓ Try to relate your subjects to everyday life
- ✓ Start well in advance
- ✓ Practice papers
- ✓ Break down your subject into ordered sections
- ✓ Track your revision
- ✓ Revise continually
- ✓ Flashcards are life savers!
- ✓ Key events
- ✓ Learn in layers
- ✓ Use past papers as much as possible
- ✓ Repetition
- ✓ Use colour
- ✓ Get some sleep
- ✓ Keep at it
- ✓ Revise everywhere
- ✓ Motivate yourself
- ✓ Stay focused
- ✓ Know your marker
- ✓ Create a timetable
- ✓ Eat!
- ✓ Take breaks
- ✓ Make it second nature
- ✓ Learn model answers
- ✓ Master answering techniques
- ✓ Practice makes perfect
- ✓ Check the syllabus
- ✓ Distillation
- ✓ Mind maps
- ✓ Bite-sized chunks
- ✓ Change your focus

STUDENT TIPS

<https://www.thestudentroom.co.uk/revision/57-study-learning-and-revision-habits-of-a-students>



- ✓ Revise smart
- ✓ Learn by topic
- ✓ Take your time
- ✓ Do cram, it works
- ✓ When you revise make sure you're actually revising
- ✓ Wake up early and get your revision done for the day
- ✓ Find a quiet place to study
- ✓ Don't revise with music
- ✓ Get a good night's sleep!
- ✓ Predict the questions!
- ✓ Become a memory champ
- ✓ Take it in
- ✓ Create a Grow your Grades blog on TSR

- ✓ Find what helps you
- ✓ Use graphs
- ✓ Don't panic!
- ✓ Picture your goal
- ✓ Remain motivated
- ✓ Read and re-read your notes to remember everything
- ✓ Practise specifics
- ✓ Reread
- ✓ Take note(s)
- ✓ Take an interest
- ✓ Understand

# STUDENT TIPS

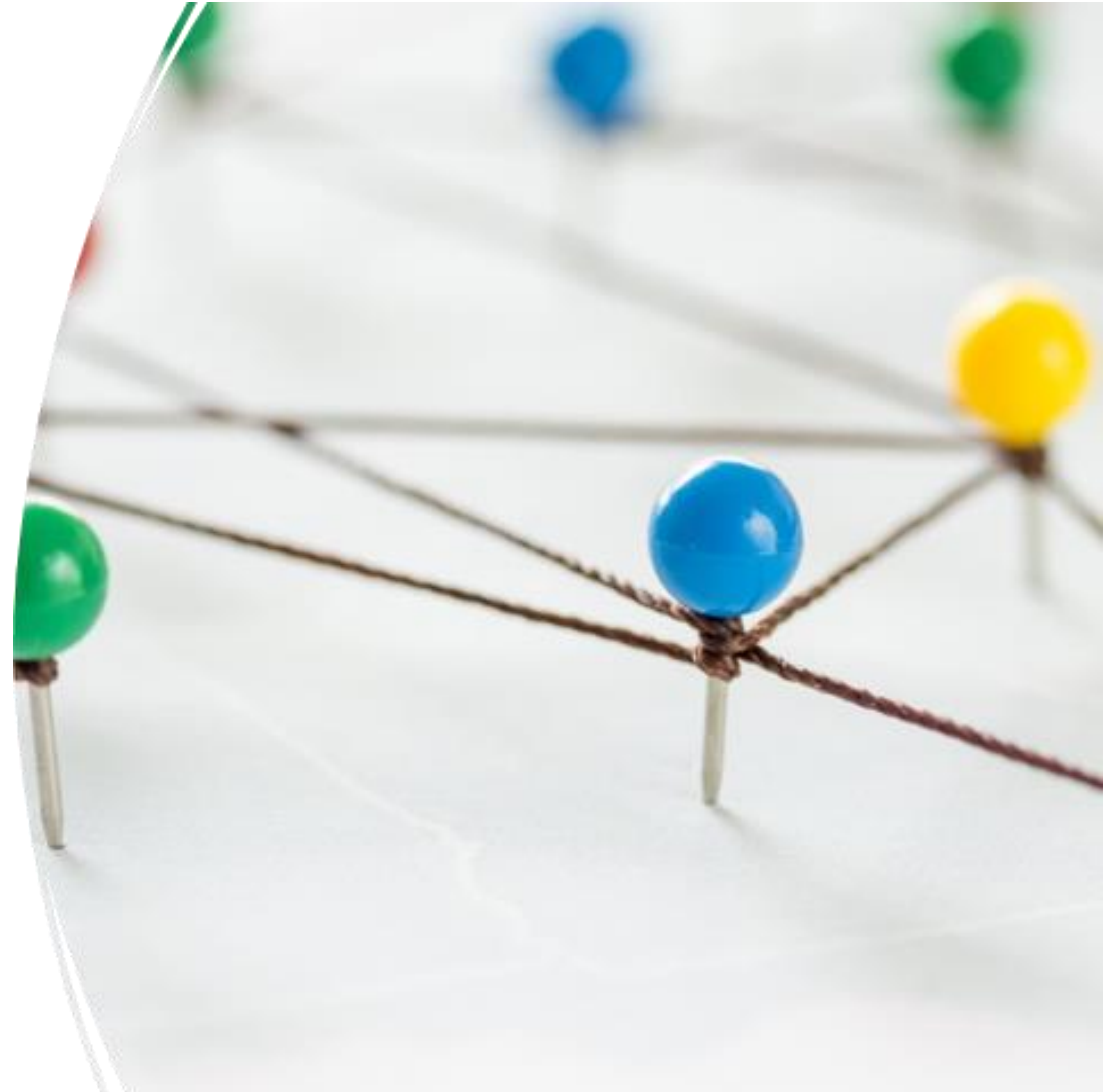




# Revision notes/Flash Cards

- <https://www.thestudentroom.co.uk/revision/advice/free-learning-resources>
- <https://collegeinfo geek.com/flashcard-apps/>

- <https://collegeinfo geek.com/spaced-repetition-memory-technique/>



Spaced Repetition  
– work smarter!

**This activity focusses on the separate advice of 2 academics.**

**The frog part** of this advice is from a time management guru who in his book asks readers to imagine that tasks are frogs you have to eat(?)!.....he chooses this metaphor because the thought of such a task is off-putting. His advice is as follows: If you have to eat two frogs, **eat the ugliest** one first.

This is another way of saying if you have important tasks to apply effort to, *start with the biggest, hardest and most important one first.*



**The bannisters part** comes from a computer scientist who says 'It doesn't matter how well you polish the underside of the bannister, in other words, *don't worry about unimportant details – put your efforts where the results will be greatest.*



Effort Activity: Frogs and Bannisters



Take a piece of A4 paper divide into 2 columns and draw a frog at the top of one and a banister at the top of the other.



Frogs and Bannisters.....



List the work you've done recently. Have you been eating ugly frogs (**getting tough important jobs done** - or have you been polishing the underside of the banister (**half-heartedly completing easier looking jobs** that aren't really important)?

Frogs



Bannisters



Frogs and Bannisters.....



ANY QUESTIONS