
KEEP
CALM
AND
REVISE

- Revision techniques to use
- Looking after yourself
- Planning your revision
- Sitting exams

Recognition vs recall

- https://www.youtube.com/watch?v=v_B3qkp4nO4

Homegrown alligator, see you later
Gotta hit the road, gotta hit the road
The sun it changed in the atmosphere
Architecture unfamiliar
I can get used to this

Time flies by in the yellow and green
Stick around and you'll see what I mean
There's a mountaintop that I'm dreaming of
If you need me you know were I'll be

I'll be riding shotgun underneath the hot sun
Feeling like a someone
I'll be riding shotgun underneath the hot sun
Feeling like a someone

The south of the equator, navigate it
Gotta hit the road, gotta hit the road
Deep-sea diving 'round the clock, bikini bottoms, lager tops
I could get used to this

Time flies by in the yellow and green
Stick around and you'll see what I mean
There's a mountaintop that I'm dreaming of
If you...

Recognition vs recall

- Recognition is an easier psychological task than recall
- Being familiar with something you have read through a number of times does not mean you can recall it
- Don’t just familiarise yourself with your work – practise retrieving the information from your memory

Recognition vs recall

- 66% material is forgotten after 7 days
- 88% material is forgotten after 6 weeks

- Reading notes and text books leads to a mere 10% retention ☹

Recognition vs recall

- Create revision resources, but rather than just copy the information, try to recall the information from memory, checking and correcting afterwards
- Get together with friends and test each other
- Create little tests for yourself (or others) to do a different day
- Explain a concept to family or friends
- Practise the type of questions you will be asked in your exam – write an essay, ‘do’ revision packs, speak a language
- Create songs, raps or Mnemonics to help you recall information

Know your Learner

Visual learners prefer to:

- Draw pictures and diagrams
- Colour code their work
- Use different coloured paper, pens etc
- Use their own system of symbols etc
- Create images and scenes in their minds

Auditory learners prefer to:

- Say their work aloud
- Give presentations to an imaginary audience
- Record notes on a tape recorder
- Use silly noises to remember things
- Hear the information in their mind
- Play instrumental music

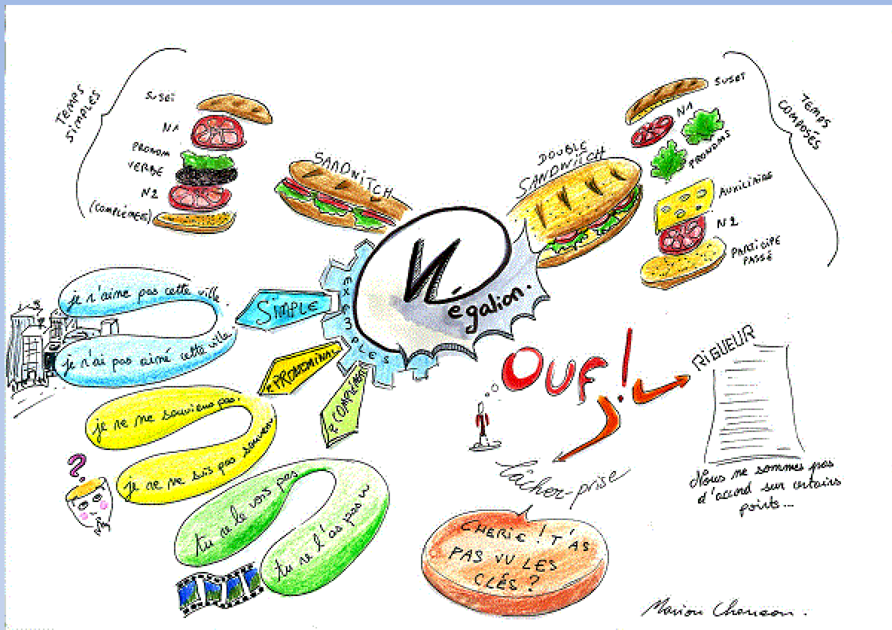
Kinaesthetic learners prefer to:

- Do actions when learning key facts
- Walk about when learning
- Find it harder to sit at a desk
- Add emotions and textures to exaggerate information
- Try to experience what they are learning

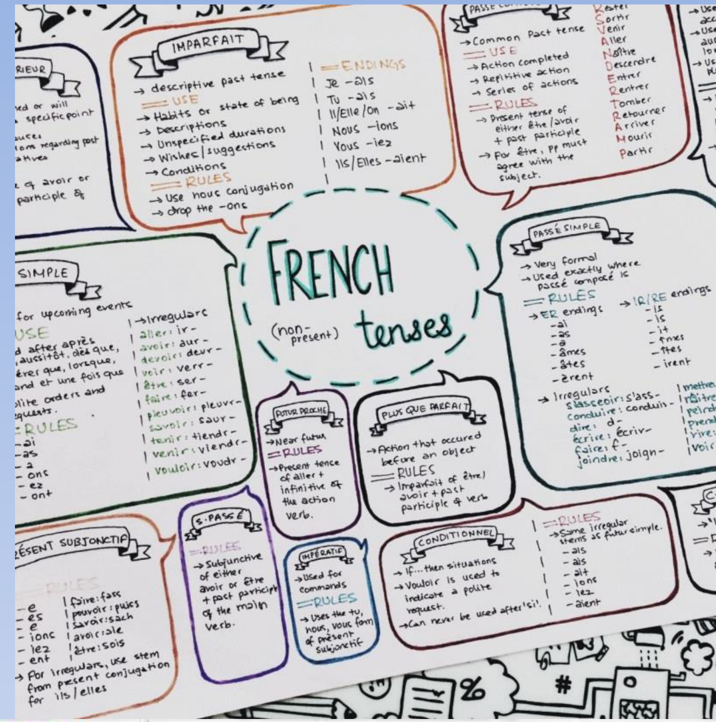
- If you know what type of learner you are, you can then tailor your revision to your needs...

- Revision Techniques to use...

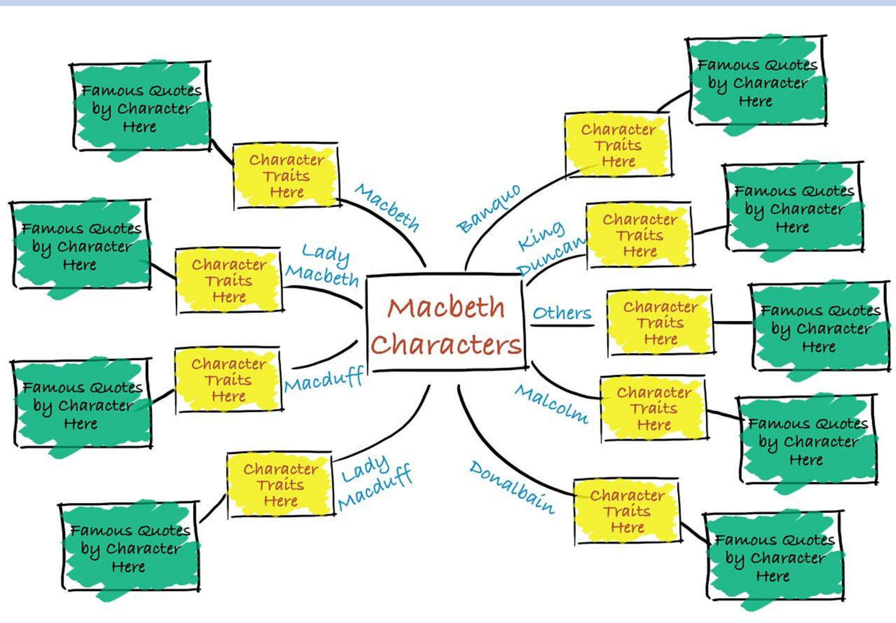
Mind maps



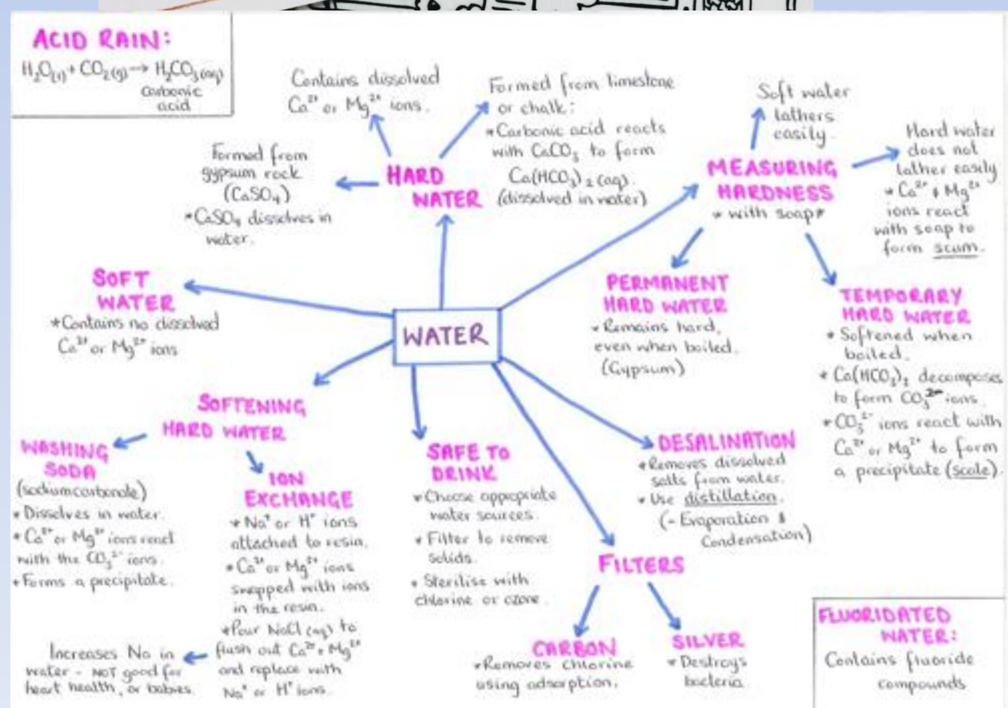
Temps simples
Temps composés
SANDWICH
DOUBLE SANDWICH
Négation.
SIMPLE
PRONOMINAL
COMPLEXE
je n'aime pas cette ville
je n'ai pas aimé cette ville
je ne me souviens pas.
je ne me suis pas souvenu
tu ne le vois pas
tu ne l'as pas vu
OUF!
RIGUEUR
lâcher-prise
CHERIE ! T'AS PAS VU LES CLÉS ?
Nous ne sommes pas d'accord sur certains points...



FRENCH (non-present) tenses
IMPARFAIT
PASSÉ SIMPLE
PLUS QUE PARFAIT
FUTUR PROCHE
CONDITIONNEL
IMPÉRATIF
PRÉSENT SUBJONCTIF

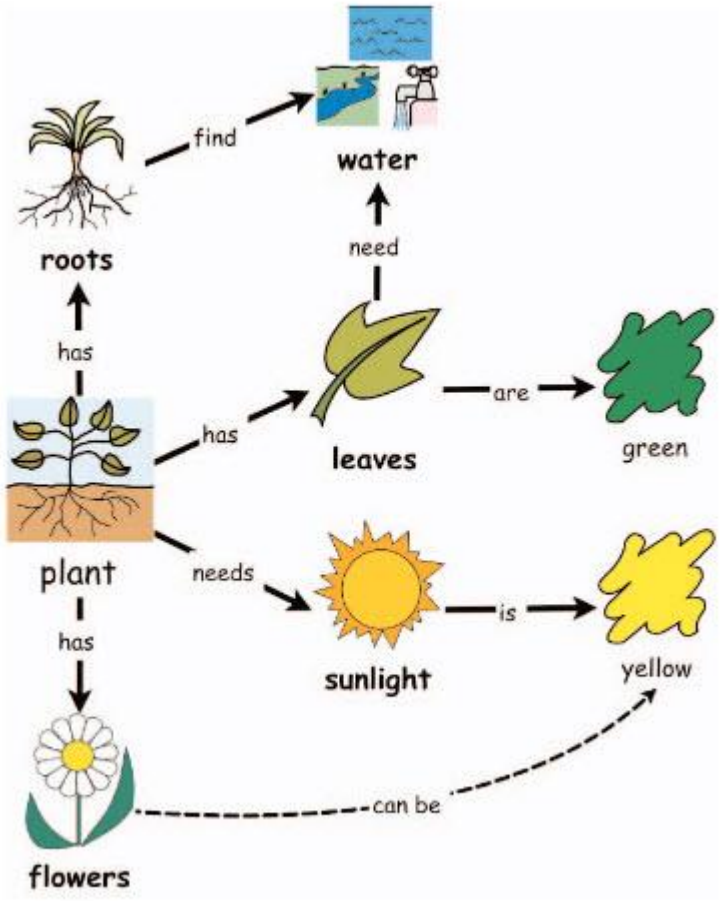


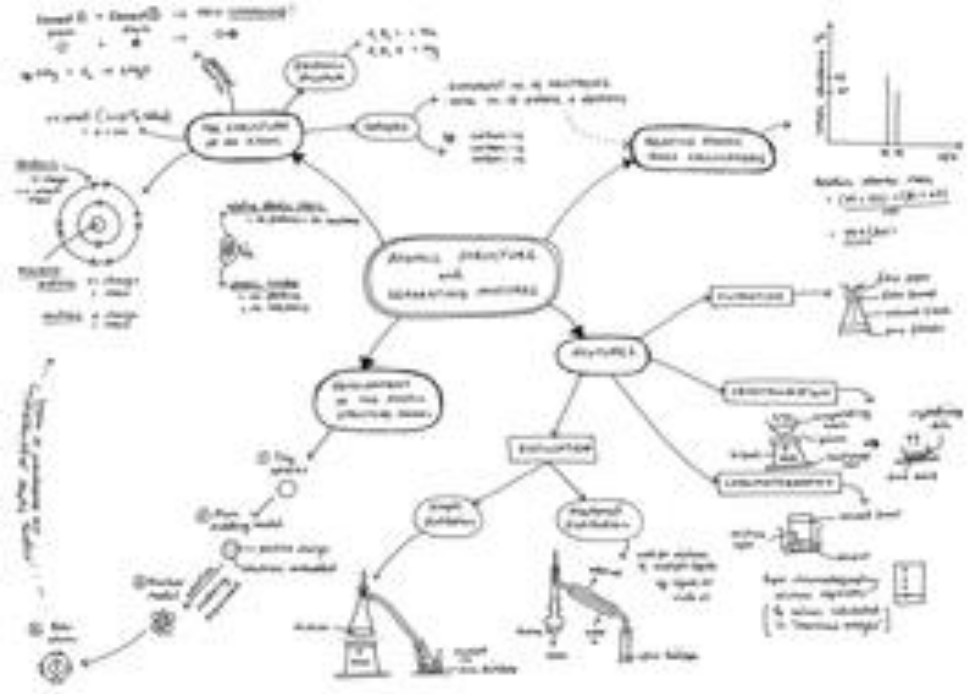
Macbeth Characters
Macbeth
Lady Macbeth
Macduff
Lady Macduff
Banquo
King Duncan
Others
Malcolm
Donalbain
Character Traits Here
Famous Quotes by Character Here

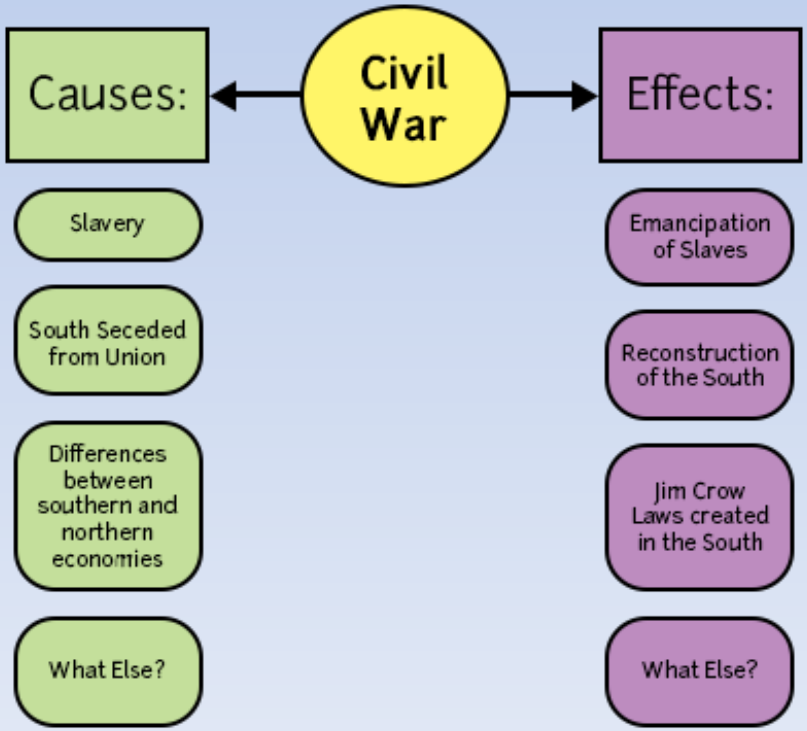


ACID RAIN:
$H_2O_{(l)} + CO_{2(g)} \rightarrow H_2CO_{3(aq)}$ carbonic acid
WATER
HARD WATER
Contains dissolved Ca^{2+} or Mg^{2+} ions.
Formed from gypsum rock ($CaSO_4$)
*$CaSO_4$ dissolves in water.
Formed from limestone or chalk:
*Carbonic acid reacts with $CaCO_3$ to form $Ca(HCO_3)_{2(aq)}$ (dissolved in water)
SOFT WATER
*Contains no dissolved Ca^{2+} or Mg^{2+} ions
MEASURING HARDNESS
with soap
Soft water lathers easily.
Hard water does not lather easily
*Ca^{2+} + Mg^{2+} ions react with soap to form scum.
PERMANENT HARD WATER
*Remains hard, even when boiled. (Gypsum)
TEMPORARY HARD WATER
*Softened when boiled.
*$Ca(HCO_3)_2$ decomposes to form CO_3^{2-} ions.
*CO_3^{2-} ions react with Ca^{2+} or Mg^{2+} to form a precipitate (scale).
SOFTENING HARD WATER
WASHING SODA
(sodium carbonate)
*Dissolves in water.
*Ca^{2+} or Mg^{2+} ions react with the CO_3^{2-} ions.
*Forms a precipitate.
ION EXCHANGE
*Na^+ or H^+ ions attached to resin.
*Ca^{2+} or Mg^{2+} ions swapped with ions in the resin.
*Pour NaCl (aq) to flush out Ca^{2+} + Mg^{2+} and replace with Na^+ or H^+ ions.
Increases Na in water - NOT good for heart health, or babies.
SAFE TO DRINK
*Choose appropriate water sources.
*Filter to remove solids.
*Sterilise with chlorine or ozone.
DESALINATION
*Removes dissolved salts from water.
*Use distillation. (- Evaporation & Condensation)
FILTERS
CARBON
*Removes chlorine using adsorption.
SILVER
*Destroys bacteria
FLUORIDATED WATER:
Contains fluoride compounds

Concept maps





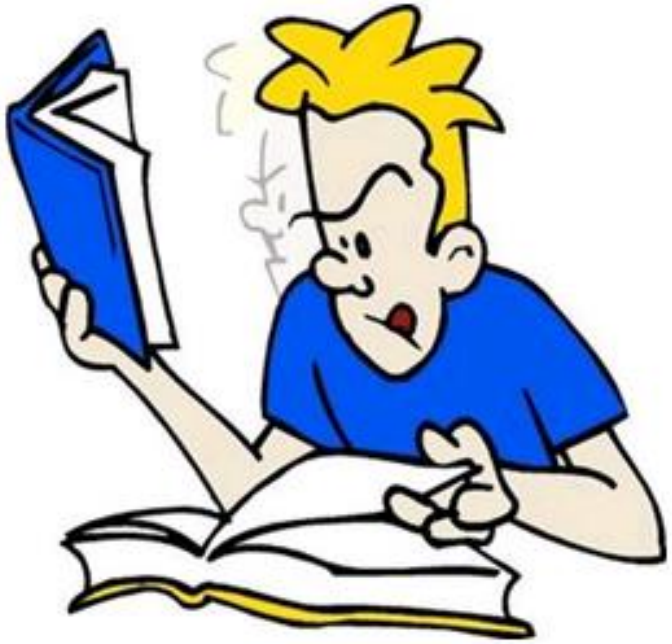


Stands For Something

Mnemonics

Mnemonics help you to remember by using short words that stand for something to help you. Here is a Mnemonic for REVISION. Try as hard as you can to remember it.

Rest
Exercise
Variety
Imagination
Structure
Individual
Ongoing
Not too long



CHEMISTRY

Loci

- The memory trick of memory masters
- Think about a journey you know well and the landmarks along the way
- Attach pictures or facts to each of those landmarks
- Make notes or pictures to help you remember your journey
- Repeat the journey in your head to remember key facts at each landmark

Maths journey from Mr Russell to Mrs Jok

Post-it notes/Flash cards

Post it notes

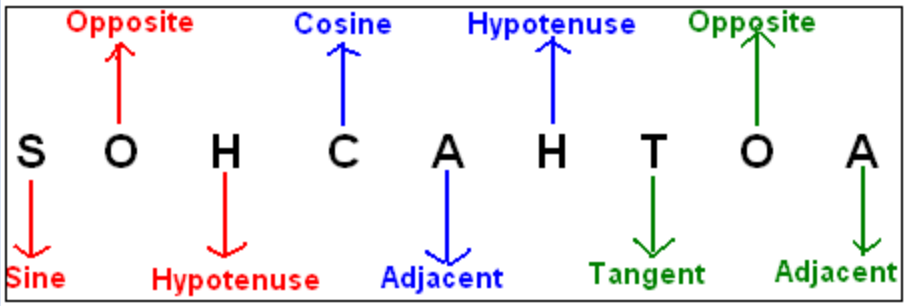
- Key words
- Definitions
- Formula
- Diagrams
- Stick on desk, door, windows or walls
- Group in subjects

Flash cards

- Chunk the information
- Make visual
- Write title on back
- Use to test yourself
- Cover up and recall
- Test friends

Visual and audio tools

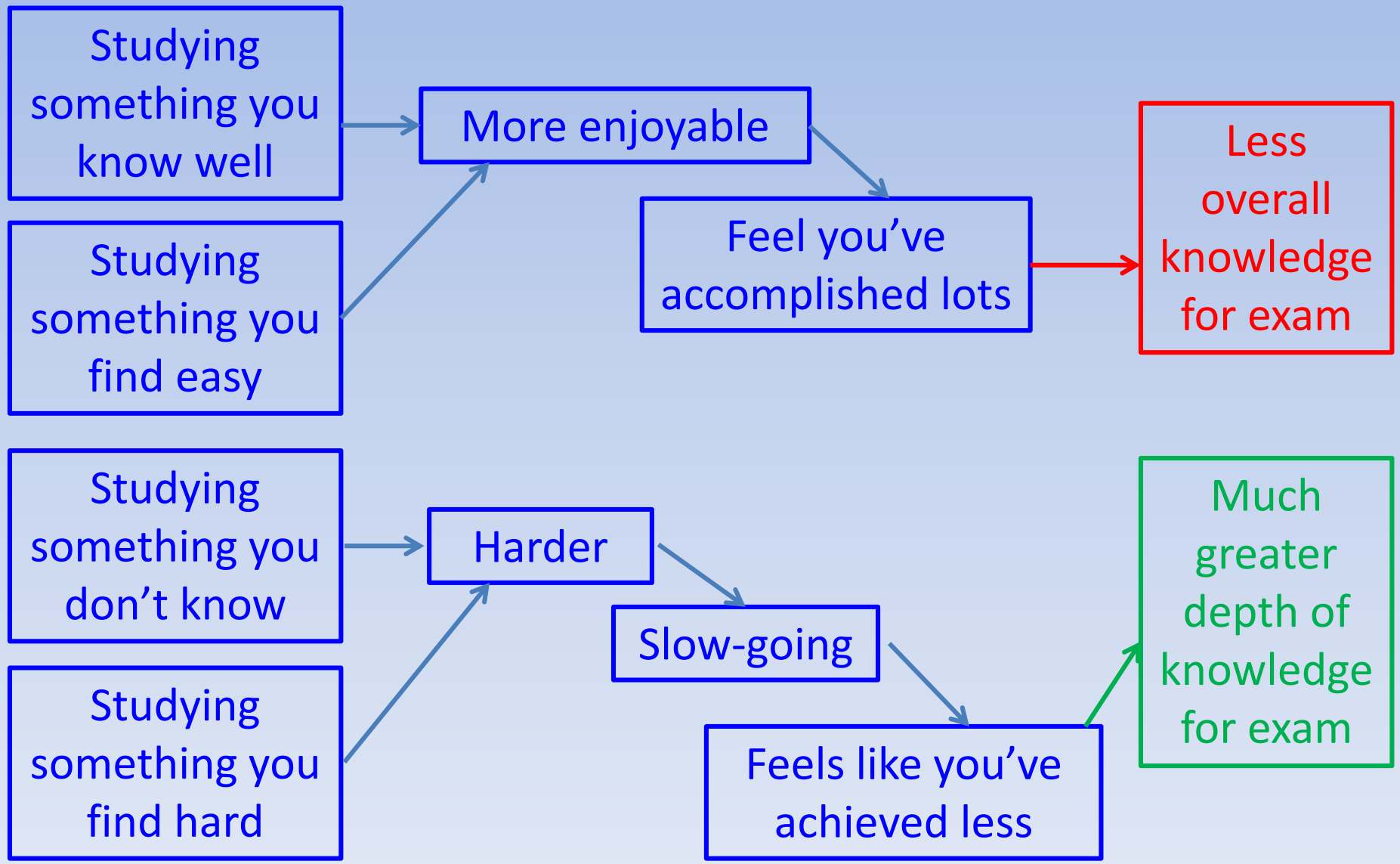
- Podcasts
- You Tube
- Subject specific videos (Corbett Maths)
- Create recordings of information for you to listen to
- Create songs or raps to help you remember (circle song)
- Create a rhyme or chant (Someone has chucked a horrible thing on Alice)



Short bursts

- Space - don’t cram
- Space out your revision
- Don’t spend 3 hours on one subject in a day, spread it out over 3 days, an hour a day, or 6 days, half an hour a day
- It will help you remember more
- Your brain can only hold so much, it needs space to commit to memory small amounts of information before overloading it with more
- Large amounts of information held at once will not stay for long

Focus on the things you know least well



Practise output over input

- You will be marked on how well you can answer a question
- Its tempting to spend all your time inputting information into your brain, but you omit practising the thing that you actually have to do to show how well you know everything
- PRACTISE ANSWERING QUESTIONS
- Don’t wait to get fully comfortable with the material, practising answering questions will help you much more

Use your short term memory with a crib sheet

$v_{free\ fall} = \sqrt{2gh}$	x = displacement h = height g = gravitational constant = 9.81 m/s^2

Dynamics

Newton's First Law $\sum F = 0$ at equilibrium	A body continues to stay in its state of rest or uniform motion in a straight line as long as there is no net force/moment acting on the body.
Newton's Second Law F= ma	The acceleration of an object is directly proportional to the net force acting on it and inversely proportional to its mass.
Newton's Third Law	For every force object A acts on object B, object B will exert an equal and opposite force on object A giving rise to Reaction/Normal Forces
Resolving forces $F_{horizontal} = F_r \cos\theta$ $F_{vertical} = F_r \sin\theta$	

Mass, Weight, Density

Weight w = mg	w = Weight m = mass g = gravitational field strength
Density $\rho = \frac{m}{V}$	ρ = density m = mass V = volume

Turning effect of Force

Moment of Force	M = Moment

	transformed or converted into other forms.

Kinetic Model of Matter

Ideal Gas Law $PV \propto T$ $P_1V_1 = P_2V_2$	P = pressure of fixed mass of gas V = volume occupied by fixed mass of gas T = Temperature of gas Subscript 1 = initial state Subscript 2 = final state

Thermal Properties of Matter

Specific Heat Capacity E = m c ΔT	c = Specific heat capacity (Energy required to raise the temperature of 1kg of the object by 1 °C) m = mass ΔT = change in temperature.
Latent Heat For melting, E = m L_{fusion} For boiling, E = m $L_{vaporization}$	L_{fusion} = latent heat of fusion (Energy required to change 1kg of solid to liquid at the constant temp) $L_{vaporization}$ = latent heat of vaporization (Energy required to change 1kg of liquid to gas at the constant temp) m = mass

General Wave Properties

Wave Velocity $v = f\lambda$	v = velocity of a wave f = frequency λ = wavelength
Wave Frequency $f = \frac{1}{T}$	T = Period f = frequency

Look after yourself

Hydration

Wholesome food

Sleep

Rest

Oxygen

Exercise

Down time

Blood flow

Plan your revision

- Where are you going to work?
- De-clutter your space
- Organise your revision materials and notes
- Decorate your work space if appropriate
- Put all distractions away
- Limit your time on devices
- Spend a pre-planned agreed time revising
- Have a break
- Plan the what and the how and stick to it

Plan your revision U3

Week Beginning 18th May

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Evening							

Week Beginning 25th May

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM							
PM							
Evening							

Week Beginning 1st June

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM 1			Maths	History	English	French	
AM 2			Geography	Home Ec	English	Chemistry - for those at athletics	
PM			RPE	Physics	Biology	Chemistry	
Evening						And RELAX!	

Plan your revision L4

Week Beginning 18th May							
	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Evening							

Week Beginning 25th May							
	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM							
PM							
Evening							

Week Beginning 1st June							
	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM 1			History	English	RPE	Maths	Spanish/German
AM 2			Geogrphy	Spanish Speaking	Home Ec	Physics for those at athletics	English
PM			Biology	French	GAMES	Physics	Chemistry
Evening							And RELAX!

Plan your revision U4

Week Beginning 18th May							
	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Evening							
Week Beginning 25th May							
	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM							
PM							
Evening							
Week Beginning 1st June							
	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM 1			Maths Calculator	English	Physics	Geography	Chemistry
AM 2			Biology	French - for those at athletics	Food	English	
PM			Spanish	History	Maths Non-Calc	French	RPE
Evening							And RELAX!

Plan your revision L5

Week Beginning 18th May

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Evening							

Week Beginning 25th May

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM							
PM							
Evening							

Week Beginning 1st June

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
AM 1			Maths Calculator	Chemistry or Combined Science	Physics or Combined science	History	PE/Comp Science/Graphics/Textiles
AM 2			History		PE	RPE	
PM			Geography/Drama/ICT/Food/French RMV/Spanish RMV	English	German/Art	Biology or Combined science	Maths Non-Calculator
Evening							And RELAX!

Good exam practise

Bring all the equipment you need

Read instructions carefully

Read the question twice

Highlight key words

Give yourself 5 if needed

Use all the time available

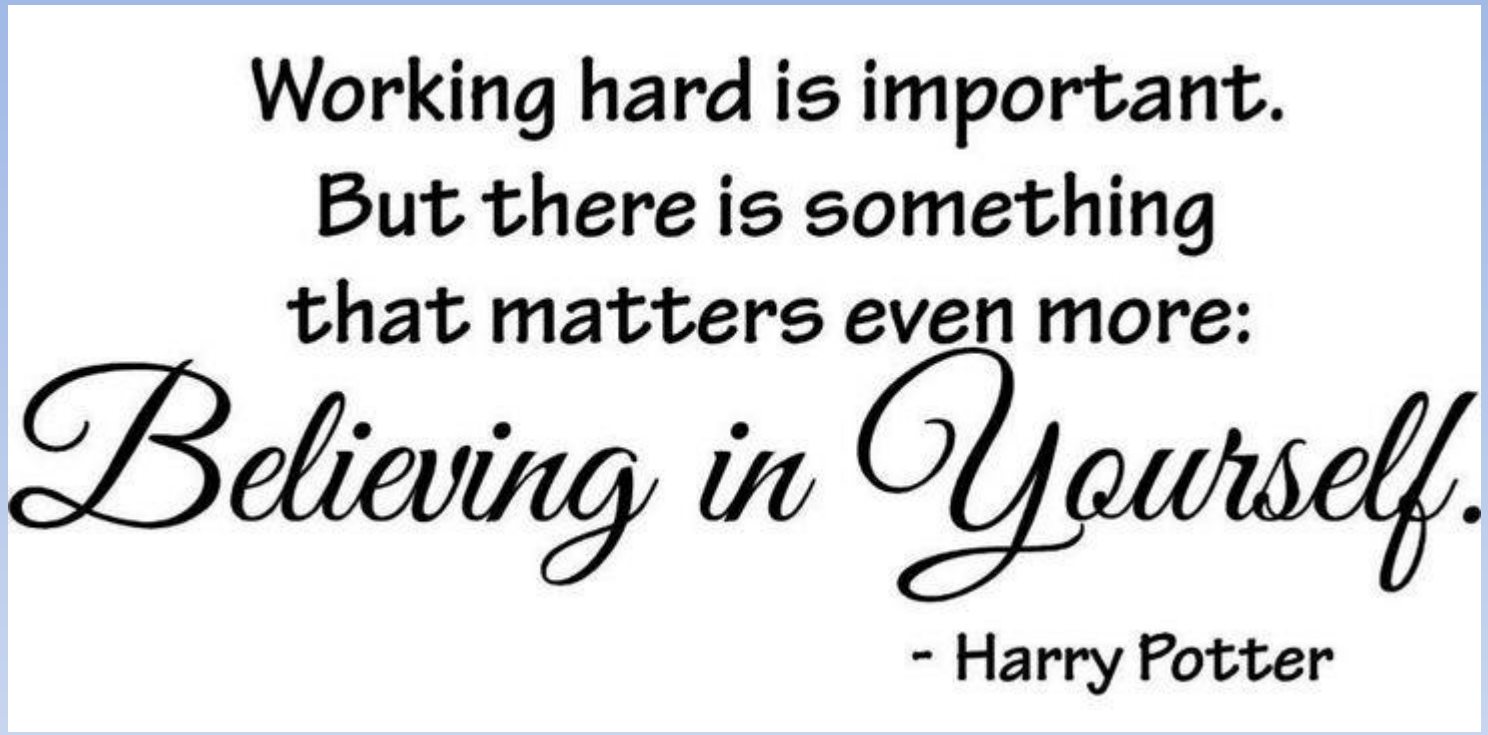
Check you've answered the question

Stay hydrated but not too much

Check your answers

Use starfish breathing or 10 breaths to calm nerves or anxiety

Focus on yourself, don't let others stress you out


Working hard is important.
But there is something
that matters even more:
Believing in Yourself.
- Harry Potter

YOU GOT THIS!