



Year 11 PSHE day form time:  
revision at All Saints



# Revision



- Your mock exams start next week
- It is not too late to make a revision timetable for the week ahead
- Planning ahead: it is time to think about your revision after your mock exams – once you have information about your areas of strength and weakness from the results of these exams. A timetable prepared for after Christmas gives you around 4 months to revise for your actual exams.

Year 11 Weekly Planner



Times						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Times						
Saturday						
Sunday						



# Strategies we have taught you before



- Cornell note taking
- Flash cards/quizzing



How can I use flash cards and self-quizzing to improve my recall and retention of information?

What is alliteration?

**Alliteration** is when a sound is repeated over two or more words.  
e.g. Donate to deserving causes.

What is an expert opinion?

An **expert opinion** is when the writer quotes a professional point of view.  
e.g. Professor Smith says that "..."

Flash cards are another method of **self-quizzing**.  
You can make them, buy them, or even find them online.



Key question: How can I use flash cards and self-quizzing to improve my recall and retention of information?

## Try it out

1. *Use self-quizzing to learn at least five pieces of information for one subject.*
2. *Produce a set of at least 10 flash cards for one subject.*



Key question: What is **Cornell note-taking** and how can it support my revision?

TITLE		<u>Date</u>
Keywords	<ul style="list-style-type: none"><li>• Main notes</li><li>◦ ideally, using abbreviations</li></ul>	
Questions	<ul style="list-style-type: none"><li>• Key thoughts</li></ul>	
SUMMARY		

Cornell note-taking is a way of recording information that helps you organise the knowledge you will need to recall.

Now add the headings. *Your Cornell notes are ready to go!*



# Most importantly...



Look after your physical and mental health.

Take rest breaks when revising: eat well, sleep well, be well!

If you do not know what to revise talk to your teachers – we are here to help.

**GOOD REVISERS**  
by @Inner\_Drive  
www.innerdrive.co.uk

GOOD REVISERS	POOR REVISERS
Eat breakfast	Skip breakfast
Sleep 8-10 hours a night	Get little sleep
Have regular bed times	Have inconsistent bed times
Get fresh air each day	Stay indoors all day
Exercise regularly	Do no exercise
Do past papers	Mostly revise highlighting "key" passages
Spread out their revision	Cram their revision
Keep a diary to capture negative thoughts	Dwell on worst case scenarios
Revise in a quiet environment	Revise while listening to music or TV
Drink water regularly	Forget to stay hydrated
Put their phone away during revision	Revise with their mobile phone next to them





# Closing prayer



## **PRAYER FOR STUDYING "CLEANSING OF WORRY"**

All-Powerful Father,  
as I prepare for my upcoming  
exams, please take away my worry.  
You have taught me to give all my  
worries to You. I know You will take  
care of me and be with me. As I  
cleans my mind of worry, I pray  
that I focus on more important  
values like my love for You. Turn my  
worry into power, Lord. Give me the  
confidence to succeed and faith in  
myself to do well. In Jesus'  
comforting name,  
Amen.