



REVISE AND REFLECT!

it is important that we revise so that we prepare ourselves fully for the exam ahead of us, but it's also important for us to REFLECT so that we can stay mentally healthy!

- R** Revision Strategies
- E** Eat well and drink more water
- F** Form a study group
- L** Little and often
- E** Effective Sleep
- C** Clear the clutter
- T** Talk it through



Name:

Form Group:

Visit www.Barrbeaconschool.co.uk > Pupil Life > Revision Resources for:

- Tips on a range of revision techniques
- Advice on how to cope with revision stress
- Links to revision resources for all your subjects

Tips for completing a revision timetable:

- Think about what time of day you concentrate best.** Plan to focus on the more difficult material during these times.
- **Consider how long your revision sessions should last.** Some subjects may require more time than others.
- Break longer revision sessions into identifiable sections** for specific themes or topics.
- Take time off.** Short breaks help you to stay alert, attentive and can improve your understanding and memory.
- Track what you've revised** for each topic and see how much you still need to do to ensure you've covered key topics.
- You probably won't stick to your timetable perfectly,** and that's okay. The mock exams are an opportunity for you to find out what times and types of revision work best for you before Year 11 begins.



Y10 Mock Exams Revision Timetable: Pupil Example



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM exam				Science			
PM exam					Geography		
						Gymnastics 11:00 am- 1:00 pm	Football Training
4:00pm – 5:00 pm	Geography: Earthquakes LIC Case Study		Dinner			Psychology: Memory and Perception (afternoon)	
5:00 pm – 5:30 pm	Dinner		Science: Atomic Structure	Maths Transformations and sequences			Maths Graphs Pythagoras (evening)
5:30 pm – 6:00 pm	Football Training	Maths: Decimals Graphs	Human and Plant Structures	Geography: Coasts Hazards Rivers Ecosystems			
6:00 pm – 6:30 pm		Science Atomic Structure					

