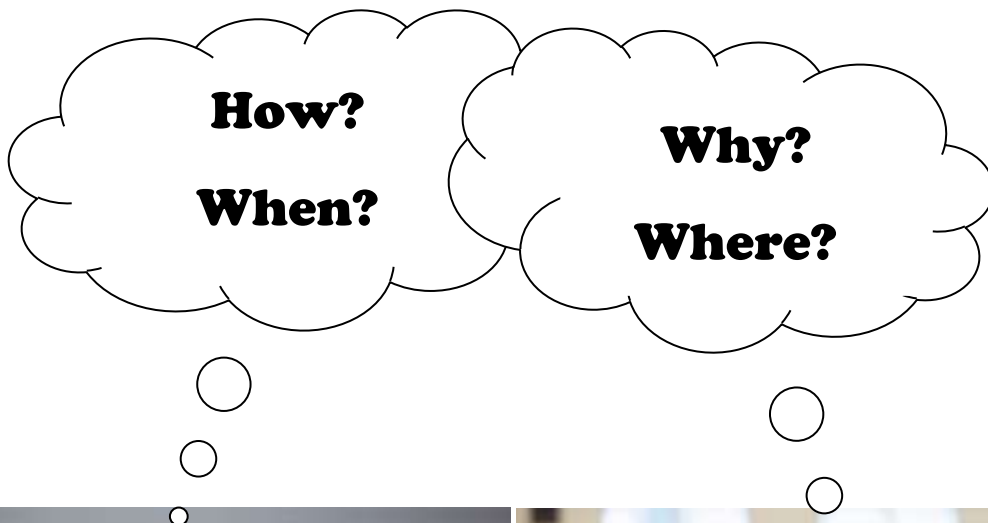




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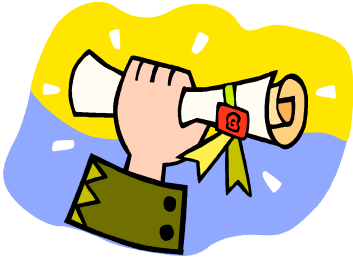
Respect • Ambition • Bravery



Our guide to....



INTRODUCTION – WHAT’S IT ALL ABOUT?



Unfortunately, there is no easy way to pass tests, but we can give you lots of tips on how to use your study time more effectively. This guide has been written to remind students about how to revise and how to learn.

Although this booklet contains superb advice, great tips and fantastic study skills, the guide isn't as important as the person reading it - YOU! It is you who have to put them into practice and apply them to your work. If you do, we're sure that you will improve your performance and your study skills. But to get better at something, you have to practise!

Revision.



Just do it.

HOW TO GET GOOD RESULTS

Remember...

- You can't revise it if you haven't learnt it.

Revision is re-looking at information you have learnt previously.

The idea is that you know the information that will be tested and can remember it for the exam.

Knowing depends on understanding.



- **YOUR ATTITUDE IS ALL IMPORTANT — SUCCESS IS 80% ATTITUDE AND 20% SKILL.**
- **REGARDLESS OF WHAT'S HAPPENED IN THE PAST YOU CAN ALWAYS CHANGE YOUR FUTURE.**



- Every lesson counts and your attendance is vital.

Go to all lessons and make them work for you – it is not whether you like the teacher or not, whether you find it difficult, whether you find it boring – it is what you are getting out of it that matters. This is YOUR result.



- **YOU ONLY FAIL IF YOU GIVE UP.**

GOOD REVISION TIPS.

- Identify what you already know and the parts you need more time on - self testing or using an internet test will help with this.
- Break all topics into do-able chunks and don't just read at this stage but do something active with it.
- Short bursts of 20-25 mins are more effective. Your concentration will lapse after an hour. Take short breaks.
- Find a suitable quiet place - refuse to be interrupted or distracted.
- Produce notes - which get shorter at each session as you remember more and need less prompts. Read notes out loud.
- Use different techniques - key word cards, flashcards, post-its, posters, learning maps, recordings, highlighting, chants and songs.
- Test yourself or get someone to help test you.



- Tick off what you have done so you can see your progress.
- Revisiting notes after a day, a week and a month really works. 5 repeats on different occasions to remember.
- Ask for help when you need it - friends, parents and teachers.
- Don't get stressed and eat and sleep properly.
- Believe in yourself, be positive. If you think you can succeed you will - if you convince yourself that you will fail then you probably will.



- ✓ Avoid the temptation to focus on what you are good at or what you most enjoy. We all do this to make ourselves feel successful, it's human nature.
- ✓ Make sure you devote extra time to those areas you find more difficult and, possibly, less interesting. You can bet that these things will crop up on an exam paper.
- ✓ Plan your revision in half hour chunks with built-in breaks of at least 5 minutes. Every couple of hours, take a slightly longer break of, say, 15 minutes. During your break, forget about revision - have a drink and a snack. Talk to your family!

After all, your friends will be unavailable...they'll all be revising!

- ✓ Revise in a quiet environment. Close the door. Ask your friends not to call, text or e-mail you and tell your brothers and sisters to stay out!

Parents....

What can I do to help my child with revision?

You can't do the revision, but there is plenty you can do to help your child to get organised, stay motivated and keep calm.

Getting organised

Help your child to draw up a revision timetable. This should list dates, details of the subject and topics to revise

Make sure that their social life is not interfering with their studying. They need rest and sleep to make sure that their brains are active and open to learning.

Work with your child. Set goals you both think are realistic in a particular time. Do try to keep up to date with how he/ she's getting on.

If certain goals are not met, don't be negative with your child - try to figure out together what went wrong and help him / her to get back on track.

Encourage them to work in 30 minute bursts.

Getting motivated

Getting started on a big job like revision is tough for many people, but you can help your child get motivated. Praise and rewards work well.

Use the revision timetable to plan out small rewards



Staying calm

As far as possible, try to make sure that revision time is quiet time in the house. A healthy diet and regular exercise are also especially important when your child is under pressure.

Talk to your child about what the subjects and exams are about, what they have to do in them, what they feel confident/ less confident about etc. Talking to you about their learning will help them to think about their learning needs. If they have any worries, encourage them to see their teacher, or you can contact the teacher concerned.

Help your child to reduce stress

Stress - what is it?



Just being present is a great start to help your child reduce stress during revisions and exams. Here are some tips for managing stress:

- Encourage your son or daughter to get enough sleep. Tiredness promotes anxiety.
- Avoid sugary and energy drinks - it can cause tension and anxiety.
- Do not dwell on previous exams. This can also increase anxiety about later papers.
- Encourage them to try relaxation exercises.

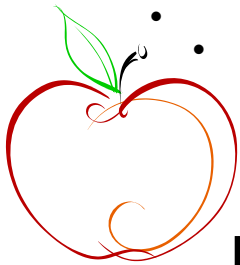
Healthy Body = Healthy Mind

Food for thought

Encourage your child to eat regular, healthy meals.

Brain Fuel

- Bread, pasta, cereals and potatoes are filling and packed with starchy carbohydrates, which release energy slowly, meaning you can keep going for longer.
- Fruit and vegetables give you essential vitamins and minerals. Aim for at least five portions a day.
- Drink plenty of water.
- Make sure you eat breakfast on the day of an exam.



Help your child to revise

Helping your child to revise for exams will improve their chances of success. Here are a few tips that can help with revision.

- Offer to help with testing and any subjects they are finding too difficult to revise.
- Know their revision timetable. Encourage them to tell you about what they are studying.



Encourage your child to use revision web sites, for example:

<http://www.bbc.co.uk/schools/revision/>

- Encourage your child to use a variety of appropriate revision methods and equipment e.g. highlighter pens, post-it notes.
- Get your child to 'teach' you something, as research shows that, while we learn only 10% of what we read, we learn 95% of what we teach to someone else.

The average teenager's phone receives more than 50 notifications per hour. When you are revising, please put the phone somewhere else.

Better still, turn it off!



**Please
Turn off Your
Mobile Phones**