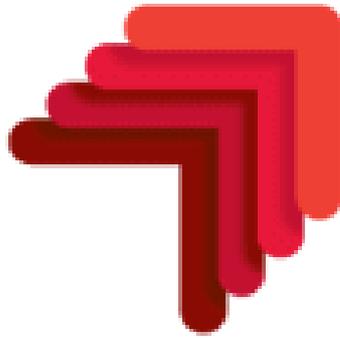


# Bristol Brunel Academy



**Bristol Brunel**  
Academy

Name	
Tutor Group	

Revision Booklet  
2018 - 2019

Welcome!

This booklet has been designed to support you in revising for your exams this year. It focuses upon preparation for your exams, and provides you with techniques to help you. You should use this booklet along with the resources that are provided for you in school to enhance your learning from lessons. You should also share this booklet with your parents or/and any other adults who support you.

The ideas in this booklet are developed using techniques that have been researched, and proven to work. They are all taken from the following website:

[www.learningscientists.org](http://www.learningscientists.org)

There is also a book named 'Understanding how we learn'. It may be useful to explore these, although we have chosen our favourite bits that we know work. We would like you to focus upon the 2 following techniques:

1. Spaced Practice – the idea of revising an idea or topic, and then returning to it at a later date. This helps to embed it in your **long - term memory**.

### **TASK - MAKE A REVISION TIMETABLE**

2. Retrieval Practice – Try to remember what you have learnt in class. Draw it, make flash cards or do practice exams. This will help you **recall vital information** in an exam.

### **TASK - MAKE FLASHCARDS**

We will give you the following to help you:

- Blank revision timetables
- Blank flashcards

There are further materials to help you on the BBA website (under students – exams and revision)

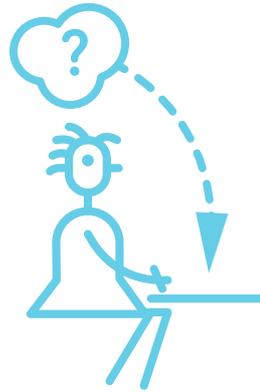
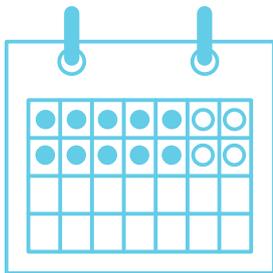
**Good luck!**



# Spaced Practice

## HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

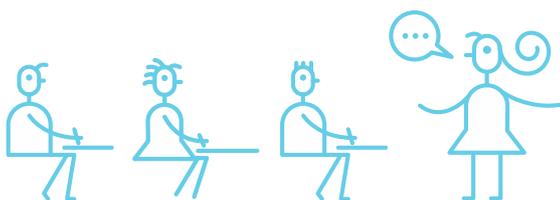


# Spaced Practice

## HOW TO DO IT

Review information from each class, but not immediately after class.

LESSON



BREAK



REVIEW

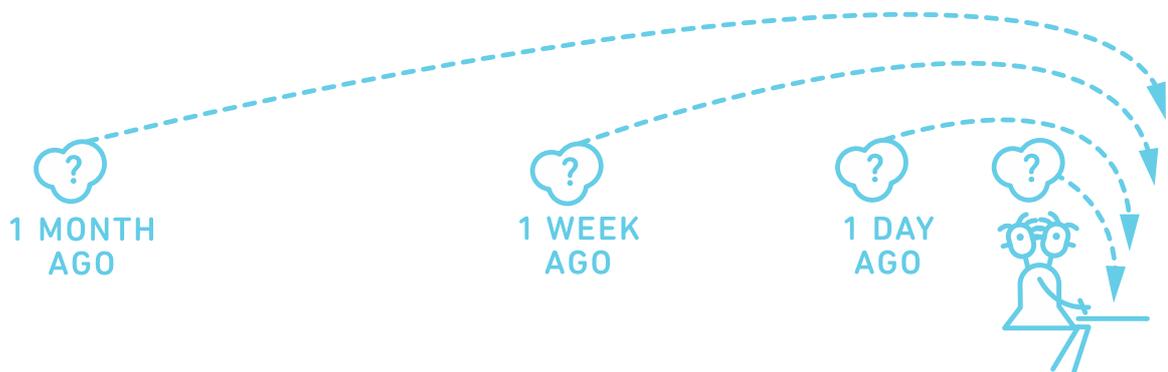




## Spaced Practice

### HOW TO DO IT

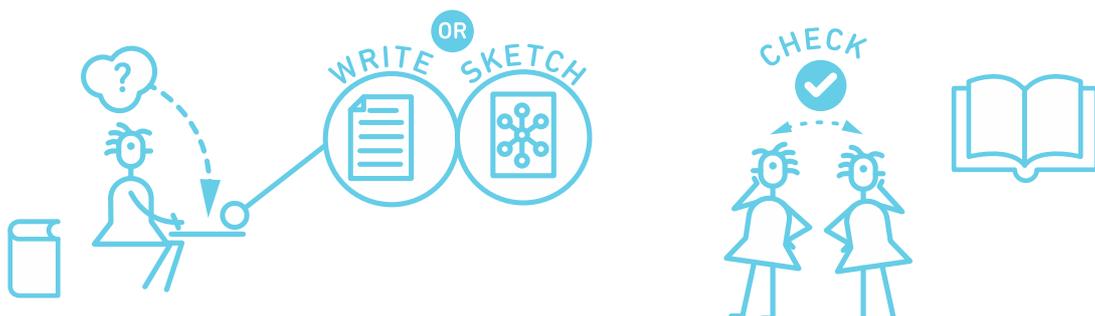
After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.



## Retrieval Practice

### HOW TO DO IT

Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.





## Retrieval Practice

### HOW TO DO IT

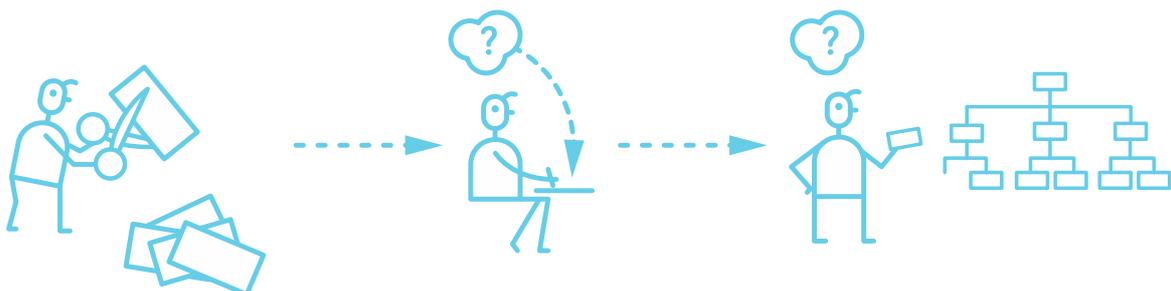
Take as many practice tests as you can get your hands on. If you don't have ready-made tests, try making your own and trading with a friend who has done the same.



## Retrieval Practice

### HOW TO DO IT

You can also make flashcards. Just make sure you practice recalling the information on them, and go beyond definitions by thinking of links between ideas.



## And finally...some advice about stress...

Preparing for exams in Years 10 and 11 can be stressful. Here are some general points about stress and six strategies you can use to manage stress.

### What is stress?

- Stress is one of the body's natural responses to something that is threatening or frightening.
- It is something that we all experience from time to time.
- Stress is not necessarily harmful: mild forms can motivate and energise you.
- However, if your stress level is too high then it can cause difficulties, including hindering your ability

to prepare for and perform during your exams.

### How do people deal with stress?

- For many of us with hectic, stressful lives, relaxation means zoning out in front of the TV at the end of the day or snatching some extra sleep at the weekend. Unfortunately, this does little to help reduce the damaging effects of stress on the mind and body.

### Six strategies for dealing with stress

- Unfortunately, there is no magic wand that will remove the impact of stress on your life. Controlling stress is an active process which means that you will have to take steps to limit its impact.

**Step 1:** Be careful about what you eat and drink

**Step 2:** Get enough sleep

**Step 3:** Take regular exercise

**Step 4:** Control your breathing

**Step 5:** Make time for fun

**Step 6:** Improve our study skills