

## **Liberty Academy**

### **Effective revision habits & strategies: A study guide for pupils & parents.**

Welcome to the Liberty Academy's Revision Guide for parents and students, crafted specifically to support you in guiding your child through revising at both GCSE and KS3 ready for internal and external examinations.

In this guide, we will explore effective revision strategies, practical tips for managing exam stress, and ways in which you can create a conducive environment for revision. Additionally, we will discuss the importance of maintaining a balanced approach to revision, ensuring that students not only excel academically but also prioritize their well-being throughout the revision period.

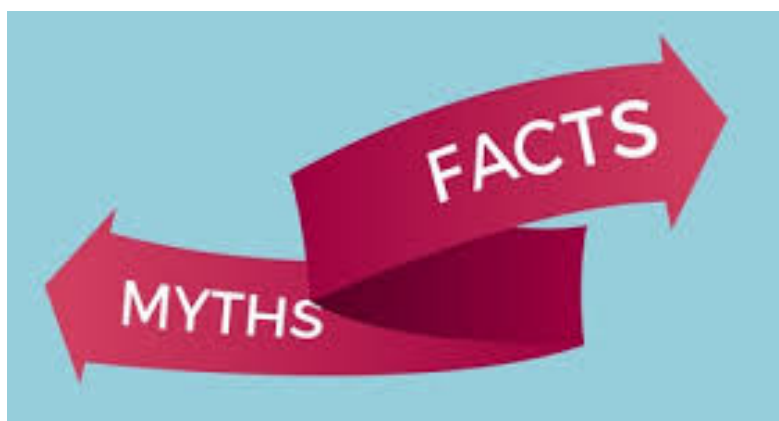
We hope you find this guide informative and reassuring. As ever, if you have any queries or concerns, please do not hesitate to contact us. Thank you for your partnership in your child's academic journey.



## **Common Revision Misconceptions**

Revision Myths (what your child may tell you!)

- “It’s too early to start yet.” – It isn’t, effective revision starts early and continues at a steady pace
- “It’s too late to start now.” – ‘It’s never too late to start. Better to start early, but better late than never’
- “My friends haven’t started revising yet.” – They have, they just haven’t told you yet. There is lots of period 6 and online platforms for revision that students are engaging with.
- “You can’t revise for this subject.” – You can and you should! There is always something you can be doing for each subject. If you are unsure how, speak to your subject teacher.
- “You don’t need to do well in this subject.” – Wrong! Colleges, and employers want consistent results in a competitive marketplace. Achieving the highest possible number of good qualifications makes you more desirable, recruitable and employable.
- “Revision is boring.” – If it is you are doing it wrong, good revision is active and varied. There are 3 proven strategies in the pages below.
- “I can revise and do other things at the same time.” – Certainly not! Concentration is key. Texting, instant messaging and watching TV can reduce your levels of concentration by a huge margin. It should be noted that some students find music a helpful concentration technique.



## Constructing a Revision Timetable

Effective revision planning begins with creating a revision timetable. A well-structured timetable provides students with a clear framework to organise their study sessions effectively, ensuring that they cover all subjects and topics in a balanced manner. Not only does a revision timetable help in managing time efficiently, but it also promotes consistency and accountability in their revision routine.

By encouraging your child to create and stick to a revision timetable, you are empowering them to take control of their learning journey, prioritise their revision tasks, and ultimately maximize their chances of success in their exams. Your support in helping them establish and adhere to this crucial tool will undoubtedly contribute to their academic achievement.

This is a great free revision timetable site which lets you create and organise your revision timetable. <https://getrevising.co.uk/planner>



## **Creating a Supportive Environment and Helping with Wellbeing**

A degree of stress is normal and actually necessary for successfully tackling exams. In some ways stress is good as it shows you care and want to do well. It is when stress becomes overwhelming that issues can arise.

Things that can help with stress and promote a positive wellbeing are:

☐ Dedicated Study Spaces:

Help your child set up a permanent, quiet, well-lit study space away from distractions like the TV.

☐ Manage Distractions:

Advise your child to avoid using phones for social media or non-revision videos while studying to maintain focus.

☐ Routine and Sleep:

Encourage a consistent daily routine and ensure your child gets a good night's sleep to support their well-being and ability to study effectively.

☐ Healthy Habits:

Promote a healthy diet and regular exercise, such as a daily walk, as physical activity can significantly improve mood and concentration.



## The Liberty Revision Strategies

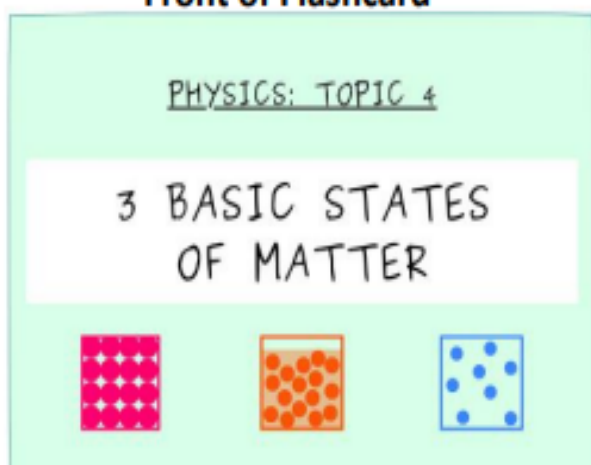
### 1. Flashcards

Flashcards are one of the most effective strategies for retaining and recalling knowledge (which is exactly what you need in a lot of exam situations!). But people often create their flashcards in a way that does not maximise their impact.

Here are some top tips to keep in mind when creating your flashcard:

- Two-sided flashcards are good; one side for the title and the other for the content
- Don't cram too much onto a single flashcard- a maximum of 3 or 4 pieces of information per card
- Keep them **colourful**! You could **highlight** or underline key words, use images, doodles, photos, and even **colour code** card for each subject
- **CAPITAL** letters are encouraged as these take slightly longer to write, which in itself can aid memory
- Try to create them from memory, and then check it's correct and add to the detail by using your exercise book, textbooks and revision guides/notes

#### Front of Flashcard



#### Back of Flashcard

| 3 BASIC STATES OF MATTER                                                            |                                                                                       |                                                                                       |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| SOLID                                                                               | LIQUID                                                                                | GAS                                                                                   |
|  |  |  |
| VIBRATE ABOUT A<br>FIXED POSITION                                                   | SLIDE AROUND<br>EACH OTHER                                                            | MOVE QUICKLY IN<br>RANDOM DIRECTIONS                                                  |
| REGULAR PATTERN                                                                     | <del>Z</del> RANDOMLY ARRANGED                                                        | <del>Z</del> RANDOMLY ARRANGED                                                        |
| CLOSE TOGETHER                                                                      | CLOSE TOGETHER                                                                        | FAR APART                                                                             |
| FIXED VOLUME                                                                        | FIXED VOLUME                                                                          | VOLUME CAN CHANGE                                                                     |
| FIXED SHAPE                                                                         | SHAPE CHANGES                                                                         | SHAPE CHANGES                                                                         |

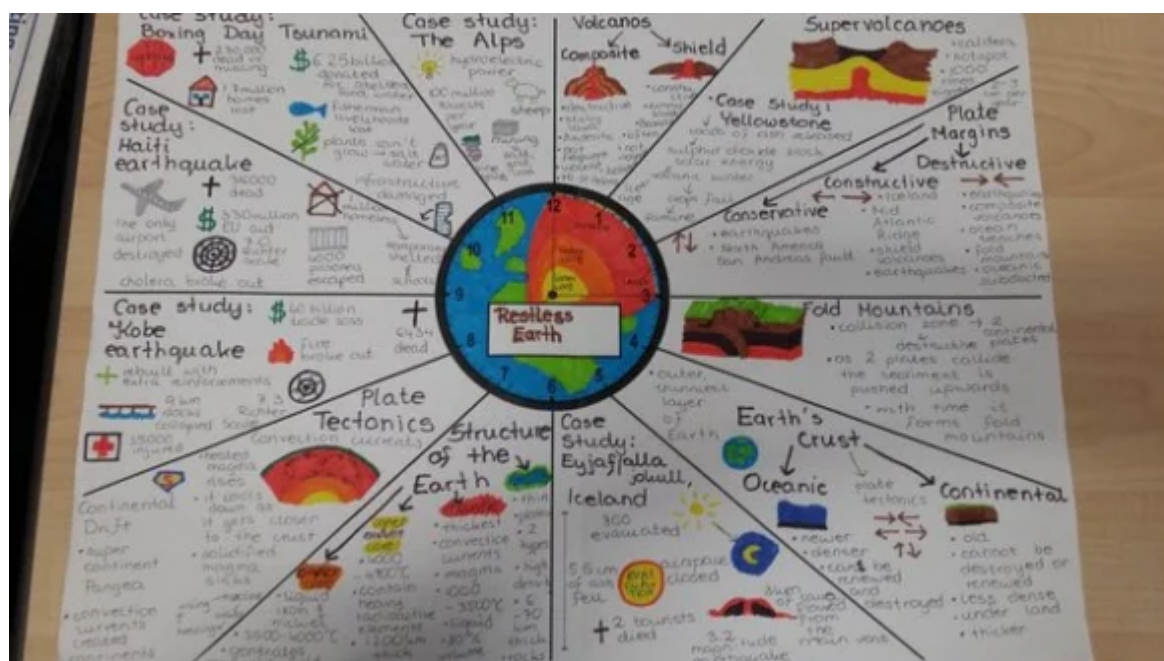


## 2. Revision Clocks

The Revision Clock is a helpful way to condense down revision notes, interleave topics, and break revision into manageable chunks. By condensing notes into these segments, students will process down to the most vital information to remember. Short bursts of 5 minutes are manageable to help feel productive; the hour will fly by!

1. Organise your revision notes into 11 topics and condense the notes from each topic into one of the segments on the page.
2. Label the final section "break".
3. Next time you revise, set a recurring timer for 5 minutes. Spend only 5 minutes on the information in each segment before moving to the next when the timer goes off.
4. When you have completed all segments, take a 5 minute break!

Students can pick up blank revision clocks from subject teachers, tutors and the library.



### 3. Quizzing

A quizzing revision strategy involves actively recalling information by completing short quizzes on specific topics to build memory and identify gaps in knowledge. Create your own questions from notes, textbooks, or past papers, answer from memory, then check your work. Regularly review incorrect answers and revisit challenging topics to improve long-term retention and reduce exam anxiety.

#### How to Implement a Quizzing Strategy

1. **Select a Topic:** Choose a specific topic or unit you need to revise.
2. **Create Questions:** Formulate short-answer or multiple-choice questions about the topic. You can use past papers, textbooks, or your own knowledge organizers.
3. **Attempt to Recall:** Look away from your notes and try to answer the questions from memory.
4. **Check and Review:** Compare your answers to the original material to see what you got correct and incorrect.
5. **Identify Weaknesses:** Note any areas where you made mistakes or missed information.
6. **Repeat:** Revisit these challenging questions and topics, potentially using spaced repetition (daily, weekly, or monthly cycles), to improve long-term retention.

