



Blatchington Mill School

Blatchington Mill School Student Study Guide



**How to support excellent learning
habits at home**



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Introduction

GCSEs require students to learn a broad range of knowledge and skills. This has the capacity to overwhelm students if they do not approach their studies in the right way.

This is a concise study guide that will help you support your child in developing excellent study habits at home to set them up for success in their GCSEs.

The guided focuses broadly on two areas:

1. How to use time at home effectively to ensure content is learned and embedded ahead of assessments
2. Outlining the most effective techniques that help students revise effectively through **retrieval practice** - *the act of deliberately recalling information to examine what we know*

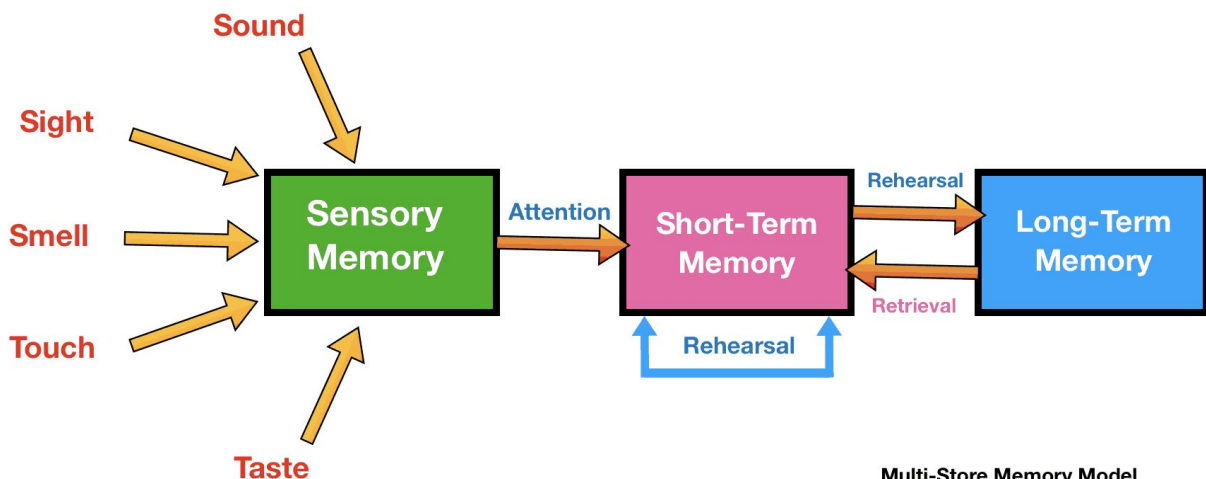
We recommend going through this guide with your child and supporting them in engaging in the outlined revision techniques this half term.

How we learn?

Learning is a science.

The favoured model of how we learn assumes we have three stores of memory:

1. **Sensory Memory** - *what we see & hear*
2. **Short-Term Memory** - *our working memory*
3. **Long-Term Memory** - *what we remember*



Multi-Store Memory Model
Atkinson & Shiffrin (1968)

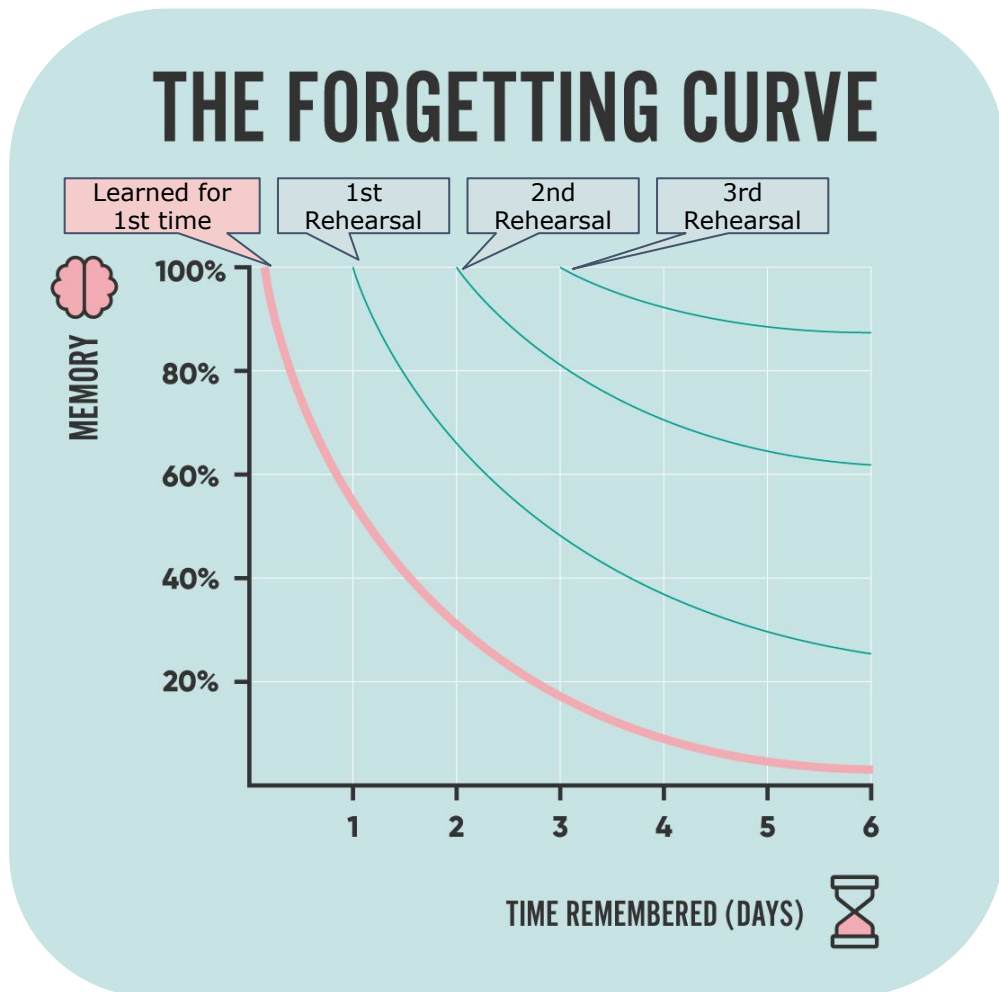
We learn when we **pass knowledge** to our **long-term memory store** enabling us to **retrieve it at will** and put it to work using our **short-term memory**.

Information is passed to our long-term memory store when we **rehearse** it.

We will explore different ways in which rehearsal of information can happen.

How we learn?

Spaced rehearsal is an essential part of ensuring information is passed to our long-term memory where it can remain for a **lifetime**.

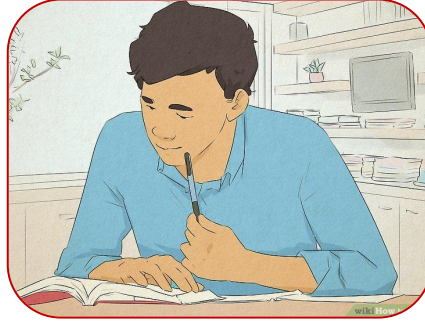


We know that without spaced rehearsal our retention of information suffers. The difference between the impact of **one** and **four** sessions of rehearsal on retention is **very significant**.

Creating the Environment

To ensure a study session is **optimal** please follow these fundamental **Dos** and **Don'ts**

Do...



Don't...

work in a quiet space free from distractions.

revise with the TV, music or your phone on – commit to the moment!

keep revision sessions brief and intense (20-30 minutes).

overwork – your brain can only process so much information at one time.

work at a reasonable time.

work at the cost of a normal sleeping pattern. Your brain needs rest. Plan your time effectively.

find a way to test yourself on what you have learned so you know it's working.

assume note-taking alone is effective revision. It can be too passive to help you learn.

revise in good time.

cram as last-minute revision is stressful and ineffective.

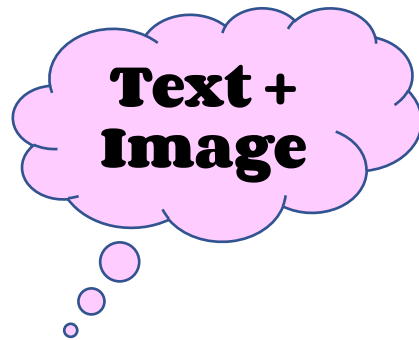
Revision Techniques

1. Flash Cards

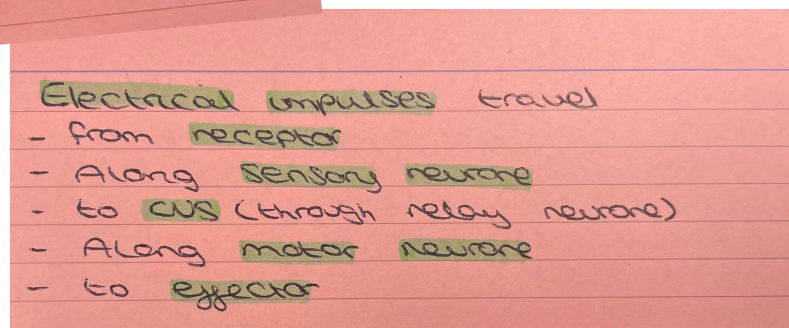
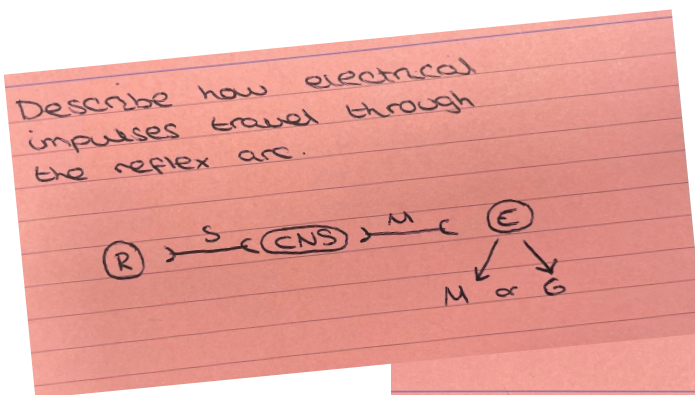
Great for fact-based subjects e.g. Science, Maths

These are an excellent way summarise information into a bank of concise questions that can be used for self-testing without overloading our working memory.

Method:



1. Question on one side
2. Add image prompt (**dual coding** to enhance memory)
3. Answer on the back – highlight key words



Revision Techniques

2. Cornell Notes

Great for text-heavy subjects e.g. English, History

This is a way to make note-taking active so your brain processes information

Method:

Use this template to create your notes:

1. Write down key information in **note form**

2. **Immediately recall** main ideas as **bullet-points / images** here

3. **Summarise** main points at the end

CORNELL METHOD NOTETAKING
IS SO EFFECTIVE OMG WHY WEREN'T WE TAUGHT THIS IN STUDY SKILLS
by lavidapoliglota.tumblr.com

~2 inches

2. THIS IS THE RECALL COLUMN
As soon as possible after lecture, review the notes column, take main ideas, key concepts, and important facts and write them in the recall column

1. THIS IS THE NOTES COLUMN
During lectures, note main ideas and concepts. Don't mindlessly copy - rephrase what you can to retain information

Skip one line between ideas,

several between topics

Avoid writing in complete sentences, use symbols and abbreviations, e.g.:
Pelayo, a descendant of the Visigoth aristocracy, founded the Kingdom of Asturias in 718.
Pelayo (dscdt/Visigoth arist.) fd. Asturias 718

3. THIS IS THE SUMMARY SECTION
GUESS WHY IT'S CALLED THAT
Summarise main points here at the end

Info taken from
<http://www.heritagehawks.org/faculty/dbrown/HistoryClass/TheCornellMethod.htm>

Revision Techniques

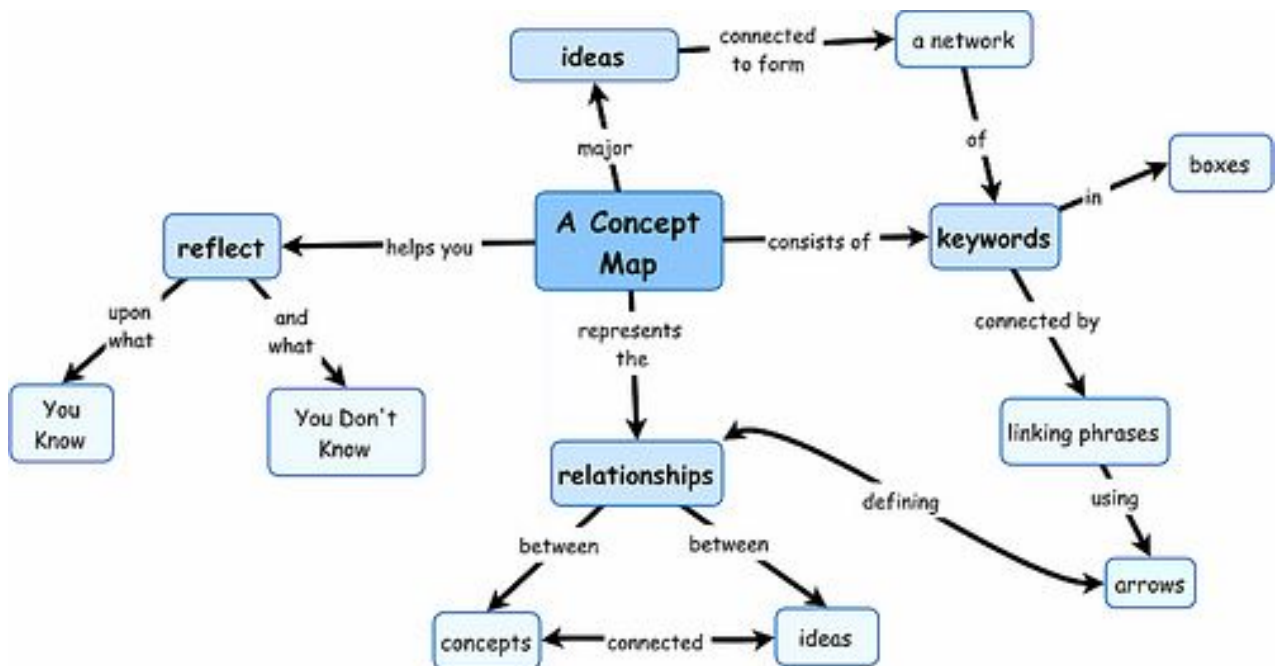
3. Concept Maps

Great for learning processes and building sentences

Concept maps are a great way of recalling information rapidly to build up and embed a concept. You can add dual coding elements to aid memory.

Method:

1. Make a **keyword list** for a topic.
2. **Connect keywords to a central concept** using **connecting phrases**.



Revision Techniques

4. Summary Flow Diagrams

Great for paragraph building to learn processes and explain concepts

A powerful summary technique that reduces overloading your short-term memory by reducing lengthy complex explanations down to a few prompt words.

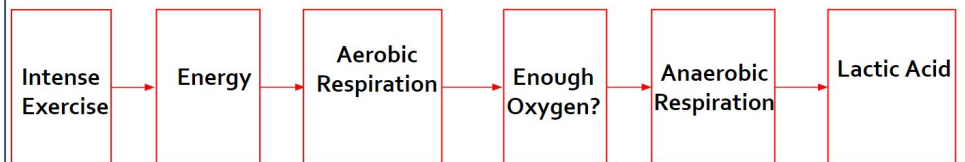
Method:

1. Pick out key words / ideas in a passage

2. Sequence them

3. Use the flow diagram to recall the original passage

- Explain how an intense period of exercise results in an oxygen debt (6 marks).
- When we exercise our muscles contract more frequently.
- This needs more energy from aerobic respiration.
- Respiration requires oxygen and glucose which are transported in the blood.
- Oxygen is used up.
- The body now obtains its energy through anaerobic respiration.
- This results in the production of lactic acid in the muscles.
- Lactic acid must be broken down by oxygen to produce carbon dioxide and water.
- As you are repaying your body with oxygen, the lactic acid produced is referred to as an oxygen debt.



Revision Techniques

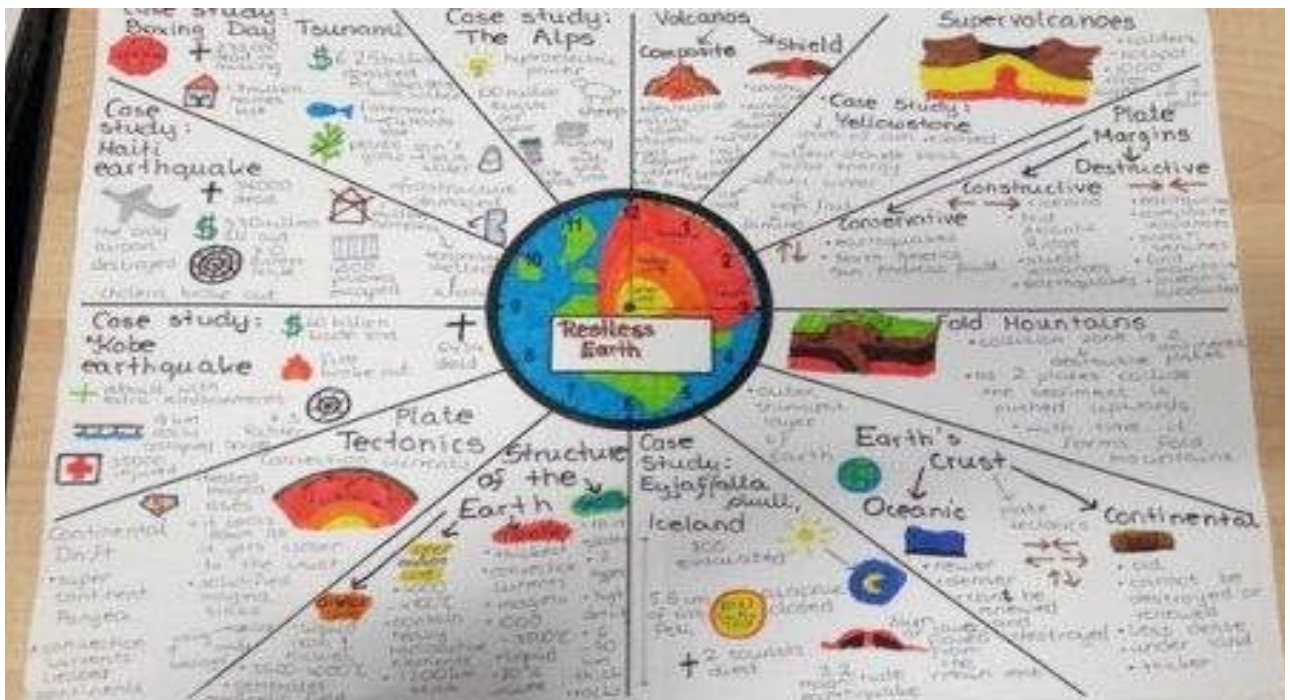
5. Revision Clocks

Great for sequencing events or breaking down topics

This is a useful techniques if you have to break down a complex topic into its constituent parts or an event into chronological order.

Method:

1. Divide a page in to 12 sections each with a title
2. Write key information into each section
3. Use dual coding
4. Turn over and recall information



Revision Techniques

6. Elaborative Rehearsal

Great for paragraph building to learn processes and explain concepts

An umbrella term for many techniques that **link unfamiliar information with what we already know**. This is the most efficient way to shuttle information to our long term memory and can be done in many ways.

Methods:

Sing It



Set some of your work to some familiar music. You can also rhyme the words or create a rap.

Mnemonic It

Use the first letter of key words to create a sentence.

EG - Naughty
Elephants
Squirt
Water



Story It

Create a weird and multi sensory story using the key points.



Record It

Use your mobile to record yourself explaining the key points – even play it as you fall asleep!



Post It

Write key words on to post it and stick them around your room.



Journey It

Remember lists of information by creating events and images at certain points on a journey.



Creating your Home Study Timetable

Developing a **routine** early on is critically important in ensuring content is learned in good time. A **study timetable** is the easiest way to do this and also allows students to enjoy their free time knowing they have done their work for the day.

An effective revision timetable should be based on the **pomodoro technique** as it supports our brain's capacity to focus on work.

THE POMODORO TECHNIQUE



1
Decide on the Task That You Need to Do



2
Set the Timer to 25 Minutes



3
Work on the Task Until the Timer Rings



4
Take a Short 5 Minute Break



5
After 4 Cycles Take a 15-30 Minute Break

Learning is most effective when revision sessions are **short** and **intense** followed by a **short active break** e.g *use the break to move around away from your revision space.* This will **prevent** your brain becoming **fatigued** and **unfocused**.

Your timetable should be built around this idea.

Creating Your Revision Timetable

This timetable assumes a student has **eight exam-based GCSE mocks**. The timetable is **interleaved** in that students will **revisit topics regularly** to support **spaced rehearsal**.

The **time slots can change** to fit home routines and but the duration of each session should not be shortened or overly lengthened. **Subject distribution** can also change according to need.

Aim for a **minimum of two sessions & maximum of four sessions** a day

Your Revision Timetable

EXAMPLE

Week 1	30 Minute Revision Session			
	1 (5:00)	2 (6:00)	3 (7:30)	4 (8:30)
Monday	English	MFL	Food	Art
Tuesday	Science	History	Maths	PE
Wednesday	English	Drama	MFL	Art
Thursday	Science	History	Maths	Food
Friday	English	Maths		
Weekend	1 (10:00)	2 (10:45)	3 (4:00)	4 (6:00)
Saturday	Science	English		PE
Sunday	Science	MFL	Maths	Art

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Your Revision Timetable

EXAMPLE

Week 2	30 Minute Revision Session			
	1 (5:00)	2 (6:00)	3 (7:30)	4 (8:30)
Monday	English	MFL	Food	Art
Tuesday	Science	History	Maths	PE
Wednesday	English	Drama	MFL	Art
Thursday	Science	MFL	Maths	
Friday	English	History		
Weekend	1 (10:00)	2 (10:45)	3 (4:00)	4 (6:00)
Saturday	Science	English		
Sunday	Science	MFL	Maths	Art

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Your Revision Timetable

Choose up to **four 30 minute slots each day.**

Fill in the **time** each session will occur next to the slot number.

Add subjects in the blank spaces.

Week 1	30 Minute Revision Session			
	1 (_____)	2 (_____)	3 (_____)	4 (_____)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend	1 (_____)	2 (_____)	3 (_____)	4 (_____)
Saturday				
Sunday				

Your Revision Timetable

Choose up to **four 30 minute slots each day**.

Fill in the **time** each session will occur next to the slot number.

Add subjects in the blank spaces.

Week 2	30 Minute Revision Session			
	1 (_____)	2 (_____)	3 (_____)	4 (_____)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend	1 (_____)	2 (_____)	3 (_____)	4 (_____)
Saturday				
Sunday				

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

ENGLISH

1. For **GCSE English Language**, use the **Blatch English Department [Revision Website](#)**. Memorise **timings, marks** available and the **skills assessed** for each **question**. Watch the **video walkthroughs** for each question and use these to help you complete **practice papers**.
2. For **GCSE English Literature**, use the **Blatch English Department [Revision Website](#)** to find past papers, marked scripts, video tutorials and **practice questions**. Create **mind maps** for the key themes related to each text and make **flashcards** to help you memorise key quotations. **Make sure you self-test regularly**.
3. For both **Literature** and **Language**, use the **knowledge organiser/process sheets** to create **flashcards, mind maps** or to plan/complete **practice questions**.
4. Use your **English exercise books, hot tasks** and **assessments** and **mock exams**. Use the targets you have been given to focus your revision.
5. Use the **Mr Bruff YouTube tutorials** to make **revision cards** or **mind maps** for areas of the curriculum you find more challenging.

MATHS

1. Start early using a “little and often” approach. **Corbett Maths ‘[5-a-day](#)’** is excellent for this providing **questions on a range of topics**.
2. **Practise!** Much of a GCSE maths paper is quite **predictable** so **regular practise** will prepare you very well. **[MathsGenie](#)** has an excellent collection of past papers with **answers** and **video solutions**.
3. **Analyse** your **mock exams** and **practise papers** to work out **strengths & weaknesses**. Allow this to guide your **future revision**, **[MathsGenie’s](#)** revision page enables you to find sets of exam questions on individual topics.
4. Practise under exam conditions; **timing yourself, completing the whole paper** before seeking help and showing full **working out**. Can you get someone else to mark it?
5. Take advantage of **Year 11 revision sessions held every Tuesday after school in Room 5**.

Top 5 Subject-Specific Revision Tips

This is what effective revision should like in these subjects

SCIENCE

1. Learn core **knowledge** by making **flashcards** using the **mastery section** of the **GCSE Science Revision Pack**. Allow time for **self-testing**.
2. Use **summary flow diagrams** and **dual coding** to master **6 mark questions**.
3. Learn '**maths in science**' **skills** by completing the range of '**science skills**' **homework tasks** posted on **Google Classroom**.
4. Practise **exam questions OFTEN** using the **GCSE Science Revision Pack** as the application of knowledge can take many forms.
5. If you **do not understand** a topic, watch the excellent **YouTube videos** linked to the '**learn & apply**' section of the **GCSE Science Revision Pack**. **Make notes** as guided in the video.

MFL

1. Learn your general topic based **vocabulary** using the online learning tool '**Quizlet**' either on the app on your phone or online using your chromebook. Use the **links to the revision sets** from the **revision list**.
2. Learn the vocabulary for spontaneous speaking and writing from the **5 Ws** in the **past, present and future** using the **5 Ws Quizlet sets** to practice as often as possible.
3. Use your **yellow sheet flashcards** to learn your answers to the **general conversation questions** in the speaking exam. Test yourself regularly.
4. Complete **past paper and practice paper questions** on the topics that you are revising using the BBC Bitesize website and the revision workbook in order to practice your **exam technique**
5. Learn the **complex phrases** from your **complex language sheet** (in your booklet and on Quizlet) to use in your writing and speaking exams.

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

ART & TEXTILES

1. **Research** artists, crafts people and designers **thoroughly** using the **GCSE Art and Textiles analysis and research questions** provided by the class teacher. Include a **range (5+)** of **key words** in your writing.
2. **Plan** your time carefully. You will be required to **complete 2 hours** of Art/ Textiles coursework **each week**. Art/ Textiles coursework is worth **60%** of your overall grade, it should not be rushed or left incomplete.
3. Demonstrate **versatility** by using **four or more different media** in your sketchbooks as you produce **experiments**.
4. **Practise drawing** from **observation** as often as you can **at home**. Good quality drawings in both Art and Textiles will really help to **boost your grade**.
5. Make **independent** trips and visits to Art and Textile **exhibitions** as often as possible. **Record** any trips and visits you make in your **sketchbooks**.

COMPUTING

1. Use **flashcards** to practise **recall of knowledge**. Cards should contain questions and answers, diagrams and **key programming commands**.
2. Create **mind maps** of topics, then **review revision guides**. Add or remove content if missing or unnecessary.
3. Use programming sites to **practise programming principles** e.g. **WS3 schools**.
4. Use revision guides and videos to make notes and condense them.
5. Practise **exam questions** with **mark schemes**

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

DESIGN

1. Use **Collins book AQA Design and Technology 9-1**. ISBN: 978-0-00-853501-8. Make sure you **read** through each topic then use the questions in the book to **test understanding**.
2. Use **Technologystudent.com/ Youtube** to see **manufacturing processes & GCSEPOD** and **BBC bitesize** to help you with revision.
3. Make sure you understand **material properties, manufacturing processes** and **sustainability/lifecycle** issues with the materials
4. **Practise drawing techniques-** 1pt / 2pt / isometric / exploded / orthographic / oblique drawing
5. Learn **keywords** of **processes, tools** and **material properties**.

DRAMA

1. **Learn your lines!** Do this **independently** and then get someone to **test you**.
2. Learn your **blocking**. (*The movement that has been set in rehearsal at a given cue point in the script. It generally includes entrances, exits, or any movement around the set or stage space*).
3. **Learn the examples** you're using from '**A Monster Calls**'. Look at the **images** we've provided in your **google classroom**.
4. Read through **Blood Brothers** and select which **scenes** you'll use in the exam depending on if it's about **Micky, Eddie, Mrs Johnston or Mrs Lyons**
5. Go over the **material** on the **20 mark question** on **google classroom**

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

FOOD

1. Practice writing answers for the **free response questions (over 4 marks)**. **Highlight key words**, write a **brief plan** or use a **mind map** to help shape your answer.
2. Make **flashcards, mind maps or posters** of each **food commodity** so you can revisit/re-read material on a regular basis. Use your books and the **Eduqas GCSE Food preparation and Nutrition book** to gather the information.
3. Look for Specimen Assessment Material (SAM) on the **Eduqas exam board website** <https://www.eduqas.co.uk/>. There you will also find **past papers** and **past examiners reports**.
4. After a family meal **discuss the making process**. What has gone well? Can you name all of the ingredients? Does it fit the **Eatwell Guide**?
<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
5. **Watch** the seven [BBC Teach revision videos](#) on YouTube. Make notes and use the information to make some **flash cards** on each topic that is covered.

GEOGRAPHY

1. Practise writing **exam-style questions** against the **clock (1 mark a minute)**. Use the **questions** on **Google Classroom** to practise **6, 8 and 12 mark questions**.
2. Use the **Case Study Summaries** on **Google Classroom** as well as your own **notes** to revise **case-specific detail** ensuring you have **3-5 key bits of data** for each case study.
3. Use **BUGS/BILP** to write a **brief plan** in **1 minute** - think about what **case studies/content** you would need to include in your answer.
4. Use **Quizlet** sets and the glossaries linked on google classroom to test your **key terminology**. **Test yourself** to check your understanding of these terms.
5. Use the **revision checklists** on **google classroom** to do a **RAG system**. -The **red** and **amber** content should be what you **revise first!**

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

HISTORY

1. Make sure you know what **question types** are going to appear on each of your exams and how to answer them.
2. **Make list of 10-15 key people** associated with **each topic**. Write a **sentence** or **talk to someone** to explain what was **important** about them.
3. If you need a break from writing...for each of the history of medicine and Anglo-Saxon & Norman England units there are a series of **EXCELLENT BBC Teach films** (search for BBC Teach 'topic' on YouTube) which give simple **summaries** of each unit.
4. **Make a list of 10-15 key events** for each unit. Again, try to write a sentence or explain why the event is significant. **Revisit this list regularly**
5. **Reread some of the practice questions** in your folders. **Try rewriting them** (or parts of them) in **timed conditions**.

LATIN

1. Use **Quizlet** to learn vocab. **Do 10 minutes every day**. Make a note of words that you are not remembering THEN make flashcards of these.
2. Make **flashcards** of vocab you are still not remembering (via Quizlet/ the paper vocab lists). Latin on one side; English on the other.
3. Make sure that you have a good knowledge of all the Roman Britain topics. Learn **key terminology & facts** for each topic - use the **revision sheets & Quizlet** sets to help with this.
4. Ensure all your **notes are complete** for the **Literature texts & sources**. Use the **revision sheets & Quizlet** sets to test & consolidate your knowledge of Magic & Superstition.
5. **Apply your knowledge** by doing **practice questions/ papers**.

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

MEDIA

1. Use the Media Studies '**Ultimate Revision Guide**', which has links to all the available **revision resources** in **different formats** to suit all learners. This is on **Google Classroom**.
2. Revise the **terminology sheets** on **print texts, audio-visual texts, institution and narrative**. These are available on **Google Classroom**.
3. Revise the **Key Media Theories**, that are collected on one sheet on **Google Classroom**.
4. Use the **Mrs Fisher GCSE Media Studies videos** on **YouTube**. There are also links on the **Ultimate Revision Guide**.
5. **Practise analysing media products** that you have not seen before: *e.g. film posters, print adverts, newspaper front pages, magazine covers*.

MUSIC

1. Use [Music First](#) and **Focus on Sound** to revise Areas of Study for the listening exam. (Login page linked on Google Classroom). Have a go at the **lessons** and **short tests** for the areas you know need work.
2. Listen to the **different instrument families** on **Focus on Sound** to improve musical instrument identification. You can also use this [link](#) with more instrument clips to help.
3. **Create and use flashcards** to learn and revise the [Elements of Music](#). **MAD TSHIRTT** will help!
4. Listen to **Classic FM** for 10 mins a day and write about the music you hear. What musical devices can you hear? What instruments are playing?
5. Use **YouTube** to familiarise yourself with music from around the world so you are able to identify the different instruments used.

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

PE

1. List and learn **key words** and **definitions** for each topic. **Look, cover, check method.**
2. Create 'topic on a page' revision mind map for each topic. Look at them **little and often.**
3. Use **GCSEPOD** to **recap** and/or **check knowledge** of a topic. If still stuck message your teacher in google classroom.
4. **Practise paragraph structure** for answer long answer questions. Remember **PEAL - POINT, EXPLAIN, APPLY & LINK TO QUESTION.**
5. **Practice exam questions** on google classroom or on BBC Bitesize and SENECA to practice your **exam technique** and **check understanding.** **Mark answers** and **read examiners report** for questions. **Rewrite answers.**

PHOTOGRAPHY

1. **Research** photographers, artists, crafts people and designers **thoroughly** using the **GCSE Art and Photography analysis and research questions** provided by the class teacher. Include a **range (5+)** of **key words** in your writing.
2. **Plan** your time carefully. You will be required to **complete 2 hours** of photography coursework **each week.** Photography coursework is worth **60%** of your overall grade, it should **not be rushed or left incomplete.**
3. **Learn the top 10 rules of composition** and **practise** using **them by** taking your **own photographs** outside of school.
4. Demonstrate **versatility** in your digital portfolio by **experimenting** with a **range (4+)** of **different materials and techniques.**
5. Make **independent** trips and visits to Art and Photography **exhibitions** as often as possible. **Record** any trips and visits you make in your **digital portfolio.**

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

RE

1. Use **flashcards** to write out teachings/quotes from **sacred texts** on one side. On the other add 2-3 bullet points explaining what they mean/how they can be used.
2. Use **past papers** to **plan answers** to the 5 mark and 12 mark questions. Include arguments FOR / AGAINST, bullet points to support the arguments and **specific religious teachings**.
3. Create a **concept map** for the thematic units to **summarise topics** and **make links** between them.
4. Review your notes to **make a list** of all the **key terms** and **vocab**. **Test** yourself about the meaning of these terms.
5. Practise **exam questions** in timed conditions. Get your teacher to read your work after and give you feedback.

SOCIOLOGY

1. **Make a list** of key terms and phrases
2. **Write definitions** for each key term - revisit them regularly
3. Look at the **named studies** for each topic - make sure you know the main points of each study
4. Use **current affairs** and **examples** in your answers
5. **Practise paragraph structure** to make a point, give comments and link to a **real life example**

Top 5 Subject Specific Revision Tips

This is what effective revision should like in these subjects

Reducing Exam Stress

1. Take **frequent breaks**. You should revise for 25-45 minutes and have a 10-15 minute break.
2. Eat **slow release foods** such as bread, rice, pasta, fruit and veg and make sure that you **drink lots of water**
3. **Keep active** and get **outdoors** , this is a great way to destress.
4. Schedule **downtime** into your revision timetable , such as TV or having a bath.
5. Learn a **calming down technique** for when you are in the exam such as box breathing or hand massaging.



- **Student Exam Stress mindfulness sessions**
Will also be offered to our year 11s

Mr. Greville will be organising these