

How do I get organised? – Tips for your child



Set up the perfect study space

Before you start make sure you have everything you need. Make sure the space you use is well lit, not too hot or cold and is quiet enough for you to work



Plan ahead and make a plan

Look at your exam timetable and create a revision plan based on it. It'll help keep your revision organised.



Start with the biggest or most difficult

It might be easier to start with the smallest and easiest bits but by tackling the biggest, most challenging topics first you'll feel more confident in the long run.



Use the best methods for you

There are lots of different ways you can revise. Some are listed on this page. Try a range of strategies to find out which revision techniques work best for you but don't be afraid to use a new one if you're struggling to absorb a topic. Do whatever works best for you.



Take regular breaks

It's important to ensure you take regular breaks, you need to rest your brain to process the information you're learning.



Exercise

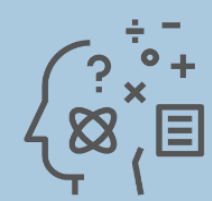
A healthy body = a healthy mind. Try to do at least 20 minutes of physical activity a day to help improve focus and stay relaxed.



Eat healthily

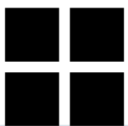
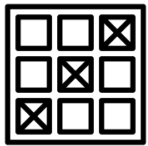
Make sure to eat three healthy meals a day and limit your caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts so be sure to stock up!



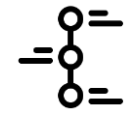
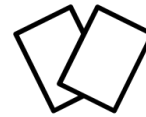
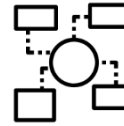


Revision Strategies

Here are some examples of revision strategies that your child can use to revise.



Retrieval Clock	Split your sheet into 12 sections. Write the topic in the centre of the clock. In each of the sections of the clock write down an aspect of the topic. You have five minutes to write down everything you recall about that aspect of the topic. Then move onto the next section and repeat until the clock is full.
Retrieval relay race	Fold a sheet of paper into four. In the middle of the page write down the topic you are revising. In the first box write down everything you know about the topic. Then pass your sheet onto another student. They fill in the second box with what they know, but aren't allowed to repeat the information. Pass on and repeat with two further pupils.
Quiz, Quiz, Trade	Produce a set of flash cards with a question(s) on the front and answer(s) on the back. Then quiz each other using the questions and then trade cards, going to work with someone else.
Walk about bingo	Produce a sheet with a list of questions on a subject. Walk around the room getting answers from others. You can only ask each pupil one question and have to record the name of the person who answered the question. The first person to have all questions answered wins the bingo. Then use your notes and knowledge organisers to check the answers are correct.
Give me five	Create a table with a list of topics down the side. Then complete the table by stating 5 of each of the aspects in the table.
Four in four	A simple grid with 4 aspects of a topic in each square. You have four minutes to retrieve knowledge on each of the four topics. This could then be discussed with a partner and you can add anything that you did not get. The number of topic areas or time frame could be extended if you wanted to go into more depth.



Note Taking	Notes help to improve your understanding of a topic in your own words. Keep your notes brief and don't forget to highlight key words, quotes and dates.
Mind Mapping	Summarise what you've learnt by creating an idea-map. Start by putting the name of the topic in the centre of a piece of paper. Add branches (like a tree) and add additional key words to each branch which are associated with the main topic. Keep adding more detail as the branches become smaller and use images and colours as well as words to help the information stand out.
Flash Cards	Summarise a topic on a flash card or post-it, on one side of the card, write the topic's name. This will help you when you come to test your knowledge. On the flip side, write down all the key words, symbols, dates, quotes and places that you've learnt. When you test yourself, simply look at the topic's name and see if you can remember everything on the other side of the card without looking.
Infographics	Use key words, pictures and definitions to design an infographic on a topic or whole subject. Put the infographic up in your room and spend regular time looking at it.
Practice Exam Questions	Practising exam questions and past papers helps to perfect your exam techniques whilst checking your knowledge and highlighting any gaps you may have.
Timelines	Design a timeline for those subjects where chronology is important like History and English Literature. Timelines are invaluable for making sense of a series of events or stories.
Question Yourself	Try to improve your knowledge by asking yourself questions such as; Why? When? How? Where? What? Who?