Class of 2026

Study Skills Session

Mocks – 19th June to 1st July

Results Day – 23rd July 2025

Aspire not to have more but to be more

St.Thomas More
CATHOLIC VOLUNTARY ACADEMY

“The only difference between people who reach their goals and people who don’t, between successful and unsuccessful people is one thing: taking action. Do it now. A year from now you will thank you for getting started”

“The secret to getting started is simply that. Get started. Just do it. Usually, by starting you build enough momentum to keep going. Simply concentrate on taking the first step . Start by taking one small step. And then another. And another. These small steps will build up to results quite quickly.”

Hop on one foot if the answer is yes
Step side to side if the answer is no

You have started revising?

You are revising at least three times a week?

You are completing homework when it is set?

You have made a revision timetable?

You are having conversations at home about exams?

You are attending all lessons on time and behaving within them?

You listen to what Mrs Doherty has to say?

You are eating well?

You are exercising and socialising with pals?

Where do I start?

HOW TO PREPARE FOR YOUR GCSE EXAMINATIONS	√
See how you might learn best by using lots of different techniques.	
Use school resources and websites to gather revision information, along with a range of text books. Ask your teacher if you have any problems.	
Organise your files and resources.	
Put a revision timetable up on a wall and use it.	
Make sure you stay healthy - eat healthy meals and snacks.	
Ensure you take regular exercise and plenty of sleep.	
Go to revision classes offered by your teachers and ask if you need extra support.	
Make sure you have a quiet, well-lit, dedicated study area at a table or desk. Switch off mobile, radio, TV etc. Ask people not to disturb you until your revision period has finished.	
Have all your books/revision notes and resources ready for revising.	
Suggested timings: 20 minutes revising 5 minutes testing 5 minutes resting Make sure you take regular breaks and get some fresh air.	
Include every subject in your revision planning.	
Make a list of all the topics to revise for each subject.	
Highlight those parts of your work you are not sure of, and give them more time.	
Ensure that there is enough time to go through each topic several times.	
Leave some time during the final week of revision to cover the most difficult topics again.	
Divide each topic into manageable parts.	

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Movement Revision

Active Revision – is the key!!!!

Superficial strategy	Deeper processing 'Better' strategy
Read p7	Look at page 7 and find the most important piece of information. Tell someone what you think, and why
Watch a 5 minute video clip	Watch a 5 minute video clip and then discuss the main points with someone, or summarise the information on 1 side of A4 paper
Watch a video and at the end describe what you have seen	Watch a video and at the end describe what you have seen as if you are talking to someone who has lost their sight (greater detail)
Copying down key words for topics	Copy down key words and link with small pictures (visualisation)
Answer old questions on topics	Create your own new questions and then produce model answers for them
Answer questions in relation to text/video	Create a new list of questions in relation to a text/video
Do 10 calculations	Find 20 calculations do the 10 hardest ones for your ability
Read a paragraph	Read a paragraph and reduce to one single sentence/word
Read a story	Read and identify key character, event or turning point
Read an article	Read it and imagine you have been asked to edit so as not to lose the meaning, what would you cut out and why?
Summarise this page	Summarise this page in no more than 150 words
Reduce paragraphs down to 10 key words	Reduce paragraphs down to 10 key words Now reduce this down to 5 key words, now reduce this to 1 key word
Change information into a flow diagram	Change info into multiple forms: Describe visual info Flow diagram Cartoon strip Play, mime Jingle Poem Visualise text
Explain how something works	Use other materials to model or act out how something works
Explain a concept	Create an analogy. It's a bit like….
Prepare and deliver a presentation on something	Prepare and deliver a 40 second presentation on something
Summarise a topic by doing mind maps	Summarise a topic by doing a mind map on A4 paper (if you were allowed to take just this sheet into the exam what would you write?)
Explain a concept e.g. An Earthquake	Explain what causes an earthquake? You may not use the words: tectonic plates, pressure, fault line, energy etc.

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Being active and doing engaging activities will make revision more appealing!

Doing the same thing, over and over will not work!!

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Revision Timetable

You need to start by organising your time!

When will you work, revise, have a rest and socialise!

You also need to hold yourself accountable and do what you say you are going to do!

Day of the week	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

No one is successful revising all time!

There is a limit to how much you take in at one time!

Share your timetable with someone at home!

They will support you with making sure you do it!

Well-being is important – you must rest and look after yourself!

Using the template within your book – make your own timetable!

Revision the basics…"CRAVE"

Creativity – the more creative the strategy used the better and it will be more enjoyable.

Repetition – a topic needs to be covered multiple times before you remember it!

Activity – try and make the activity active if possible. Work with friends and family.

Visual – use visual aids (pictures etc.) and link to key words/concepts.

Environment – use of a quiet and organised place – without the use of a smart phone!

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Pomodoro Technique (Time Management).

- Pomodoro is an effective time management technique that helps you to be productive.
- You select a topic area/subject that you wish to revise.
- You set a timer for 25 minutes, and during this time complete work on your subject area.
- Once the timer has gone off, you take a 5-minute break (make sure you move around! – get a drink, snack etc.).
- You repeat this four times and then undertake a 15- 30-minute break before repeating the process again.

Revision Methods – For Recapping Knowledge!

Scanning and Skimming:

- These techniques can be used to find information quickly and to prioritise information when reading text.
- You will not always have the time to read everything in detail during your revision.
- Scanning is used to find a specific word, phrase or piece of information.
- Skimming is used to find out what the text is about – 'to get the gist'

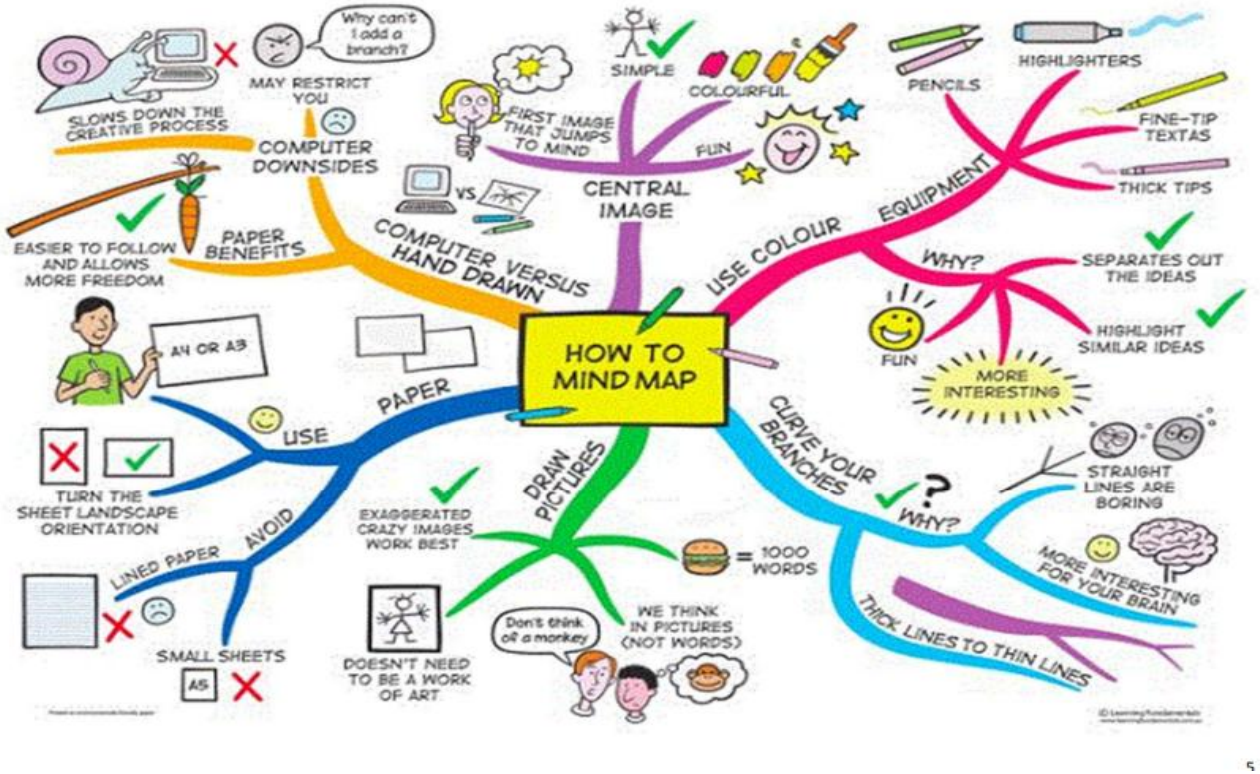
Scanning and Skimming:
How to Scan:

- Try to decide beforehand what information you want to find out.
- Don’t try to read every word. Instead let your eyes move quickly across the page until you find what you’re looking for.
- Use clues on the page, such as headings and titles, to help you.
- Look out for words highlighted in bold or underlined.
- With longer books, use the chapter list or index system

Scanning and Skimming:
How to skim:

- Read the title, subtitles and subheadings to find out what the text is about.
- Look at the illustrations to give you more information about the topic.
- Read the first and last sentence of each paragraph.
- Don’t read every word or every sentence.
- Let your eyes skim over the text and look out for key words!

Mind Mapping:



1. Choose a topic:
Select the main topic you want to revise and write it in the centre of the page.

2. Branch out:
Create branches from the central topic for main subtopics or themes.

3. Add details:
Further branch out from the main subtopics to include key information, keywords, and visual elements like images or diagrams.

4. Use colours and visuals:
Incorporate different colours to highlight key points and create visual connections between ideas.

5. Keep it concise:
Use short phrases or keywords instead of long sentences. Focus on conveying the essential information.

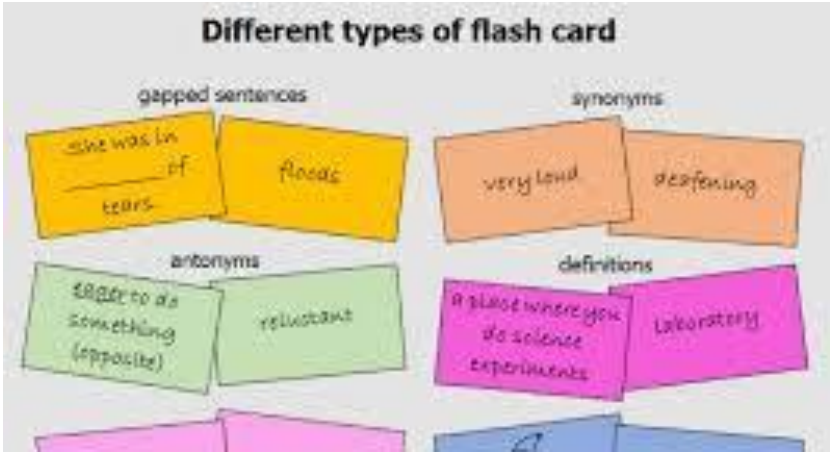
6. Test your recall:
After completing your mind map, try to reproduce it from memory to assess how well you've grasped the material.

7. Repeat and revise:

Flash Cards:

- A flash card contains key words and reduced information, often including pictures which your child can use to test themselves.

- This helps with repetition and recall of information which can help lay down in the long term memory.



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Quizzes and Challenges:

- Hot seat questioning, master mind specialist subject questions, 1 minute talk about a topic including as much information as possible, explain a concept to an alien who has never seen it before etc.
- This helps as it uses information in different ways to solve questions or challenges.
- Re-using information in an unfamiliar way will help increase understanding.

Information Tables:

- Development of tables of information that looks at differences and similarities for different topics etc. Rank order of importance etc.

- This helps as it makes you categorise information and think about where it fits into a concept or subject.

- This helps to improve the understanding of complex issues through deep thinking.

Trail Runs:

- Using information and having a go at answering questions or producing a piece of work.
- This includes practicing previous exam questions or preparing/scripting answers to possible exam questions.
- Using knowledge to answer questions requires you to process and re-organise information improving understanding.
- Scripting helps organise your responses wtihin exam situations and can save time planning within the exam giving you more time to answer the question.

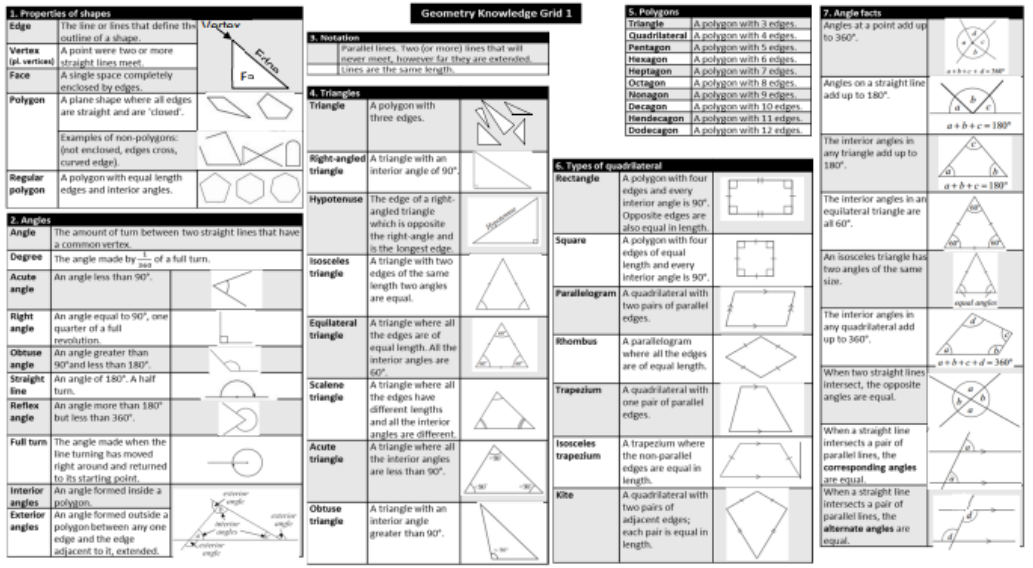
Teaching Others:

- Using information, you have gathered on a subject/topic and teaching this to someone else so that you can explain the concept/subject that you have learned.
- Research shows that this is the best way to increase your understanding of a subject.
- It will require you to process information and apply it in a clear way for others to grasp the same concept.
- This will improve understanding and lay down long term memory.

Knowledge Grids:

- Creating grids with all key words and information for a topic is a way of organising and revising.

- An example of one for Geometry:



Geometry Knowledge Grid 1

1. Properties of shapes

Edge	The line or lines that define the outline of a shape.
Vertex (pl. vertices)	A point where two or more straight lines meet.
Face	A single space completely enclosed by edges.
Polygon	A plane shape where all edges are straight and are 'closed'.
	Examples of non-polygons: (not enclosed, edges cross, curved edge).
Regular polygon	A polygon with equal length edges and interior angles.

2. Angles

Angle	The amount of turn between two straight lines that have a common vertex.
Degree	The angle made by $\frac{1}{360}$ of a full turn.
Acute angle	An angle less than 90°.
Right angle	An angle equal to 90°, one quarter of a full revolution.
Obtuse angle	An angle greater than 90°and less than 180°.
Straight line	An angle of 180°. A half turn.
Reflex angle	An angle more than 180° but less than 360°.
Full turn	The angle made when the line turning has moved right around and returned to its starting point.
Interior angles	An angle formed inside a polygon.
Exterior angles	An angle formed outside a polygon between any one edge and the edge adjacent to it, extended.

3. Notation

	Parallel lines. Two (or more) lines that will never meet, however far they are extended. Lines are the same length.

4. Triangles

Triangle	A polygon with three edges.
Right-angled triangle	A triangle with an interior angle of 90°.
Hypotenuse	The edge of a right-angled triangle which is opposite the right-angle and is the longest edge.
Isosceles triangle	A triangle with two edges of the same length two angles are equal.
Equilateral triangle	A triangle where all the edges are of equal length. All the interior angles are 60°.
Scalene triangle	A triangle where all the edges have different lengths and all the interior angles are different.
Acute triangle	A triangle where all the interior angles are less than 90°.
Obtuse triangle	A triangle with an interior angle greater than 90°.

5. Polygons

Triangle	A polygon with 3 edges.
Quadrilateral	A polygon with 4 edges.
Pentagon	A polygon with 5 edges.
Hexagon	A polygon with 6 edges.
Heptagon	A polygon with 7 edges.
Octagon	A polygon with 8 edges.
Nonagon	A polygon with 9 edges.
Decagon	A polygon with 10 edges.
Hendecagon	A polygon with 11 edges.
Dodecagon	A polygon with 12 edges.

6. Types of quadrilateral

Rectangle	A polygon with four edges and every interior angle is 90°. Opposite edges are also equal in length.
Square	A polygon with four edges of equal length and every interior angle is 90°.
Parallelogram	A quadrilateral with two pairs of parallel edges.
Rhombus	A parallelogram where all the edges are of equal length.
Trapezium	A quadrilateral with one pair of parallel edges.
Isosceles trapezium	A trapezium where the non-parallel edges are equal in length.
Kite	A quadrilateral with two pairs of adjacent edges; each pair is equal in length.

7. Angle facts

Angles at a point add up to 360°.
Angles on a straight line add up to 180°.
The interior angles in any triangle add up to 180°.
The interior angles in an equilateral triangle are all 60°.
An isosceles triangle has two angles of the same size.
The interior angles in any quadrilateral add up to 360°.
When two straight lines intersect, the opposite angles are equal.
When a straight line intersects a pair of parallel lines, the **corresponding angles** are equal.
When a straight line intersects a pair of parallel lines, the **alternate angles** are equal.

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What is your job this afternoon?

Create a revision timetable – factoring in the above.

Completing the requirements for your subject's page.

Discussing and deciding which revision techniques you will be using.

For those who haven’t – starting to revise!!!!