



## **Year 10 Study Skills**

**June 2025**

**Name:.....**

**Form:.....**

**“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 yourself for getting started”**

### My Subjects:

<b>Subject:</b>	<b>What does it entail? Number of exams? What do I need to know?</b>	<b>Subject:</b>	<b>What does it entail? Number of exams? What do I need to know?</b>
<b>Religious Studies</b>		<b>Option 1</b>	
<b>English Language</b>		<b>Option 2</b>	
<b>English Literature</b>		<b>Option 3</b>	
<b>Maths</b>			
<b>Science</b>			

## How to help yourself check list:

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.	

Above is an example of a check list that you can undertake with an adult at home.

The check list is a good starting point to use when starting to revise.

## Active Revision:

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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Revision is more successful if you are making it active!

Involve other people – work with a friend, a parent, a sibling etc!

### Revision Timetable:

It is crucial that you have a plan around when and how you will revise.

Having a set timetable allows you to use your time well, know what you are doing and fit in work, rest, social activities and keeps it all balanced!

#### Key tips:

- You need to revise for all subjects!
- You need to ensure you are taking a break!
- You need to have some time off revision!
- Small sessions are better than longer sessions!

### Your timetable:

Create your own timetable that you can follow for the mock exams.

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

## **Revisions – 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!

This both in terms of knowledge and practice exam papers.

#### **Activity:**

Try and make the activity active if possible. Work with friends and family.

#### **Visual:**

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!

## **Time Management – “Pomodoro Technique”**

- 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.

### **Some important points!!!!**

#### **Do's:**

- Set a timer!
- Only repeat 4 times and then take a break!
- Have a quiet and calm place to work! (bedroom, kitchen table, parents' office!)
- Be prepared and have revision material ready!

#### **Do nots!**

- Be unprepared!
- Try to revise for long durations of time!
- Be a slave to your phone!
- Ignore the breaks and not take them!
- Not look after yourself!

# Revision Techniques – Getting the knowledge I need!

## Scanning and Skimming:

### What is it?

Helps you to find information and prioritise key point.

**Scanning** – used to find key words, phrases and information.

**Skimming** – used to get the gist from the text.

### How to do it?

- 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.

## Quizzes and Challenges:

When undertaking questioning imagine that you are teaching an alien and someone who doesn't have a clue on the topic!

Hot seating - spend one minute talking about the topic!

Master Mind – quick fire questions on a topic for a minute

**Information Tables:**

Creating a table on the topic area – within this you need to create a ranking system to show similarities and differences.

This can also mean that you rank the importance of the subject/topic to allow you to find links and fits etc.

**Trail Runs:**

**Past Papers:**

Completing past papers in subject areas.

**Exam Questions:**

Make your own exam questions and answer them.

Use previous questions and the mark scheme to help ensure you are answering them in depth and correctly.

**Knowledge Organisers:**

Using a knowledge organiser to answer questions – helping you to organise and process answers.

**Exam Scripts:**

Creating scripts to help direct how you answer questions.

Planning how you will answer questions.

**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.

It will require you to process information and apply it in a clear way for others to grasp the same concept.

**Knowledge Grids:**

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

***Remember – you cannot just learn knowledge for the exams!***

***You need to ensure you are practicing questions and learning the exam technique!!!***

# Tips for Adults at home when supporting you revise!

- Students will have a mock or real examination timetable.
- Ensure that they know which mock/real examination they have on each day. Is it in the morning or the afternoon?
- Check that they know what equipment they should have for each mock/real examination.

## 1. ANY ISSUES DURING THE EXAMINATIONS

- ILLNESS - Contact the school and make an appointment with your GP.
- PASTORAL ISSUES - Contact the House team for support.
- SUBJECT CONCERNS – Speak to the member of staff and refer to the guidance given.

## 2. HOW CAN I HELP MY CHILD?

- Ask if they need help on regular occasions. Gentle reminders work best.
- Stay calm. Teenagers taking exams can get tunnel vision, so rows can be common place at a stressful time. Anger can be a cover for fear.
- You can't make them study, but you can emphasise why they need to study.
- Try to diffuse negative thoughts. Try to be realistic.
- Ensure your son/daughter gets fresh air and is eating regular healthy meals and snacks and sleeps well.

## 3. SUGGESTED REVISION TIMINGS

- Suggest they put aside a set period of time to revise and try to stick to this.
- Suggested timings:
  - 20 MINUTES REVISING
  - 5 MINUTES TESTING
  - 5 MINUTES RESTING (repeat)
- When they return, see what they can remember from the first 20 minutes and revisit the ideas they cannot remember and move on.
- Suggest little tests to do in 2 minutes, or try mocks for an hour.

## 4. HOW TO HELP YOUR CHILD DEAL WITH COMMON EXAMINATION ISSUES

*"There is so much to learn"*

- Have a revision calendar.
- Divide the day into three sessions (morning, afternoon and evening).
- Write on the exams and key dates.
- Focus on subject topics.
- Have variety in subjects and activities.

*"I can't concentrate"*

- Concentration levels do vary for each individual.
- Begin working for short periods.
- Introduce the ideas of rewards and goals.

*"This is so boring....."*

- Revision is not always fun.
- Get actively involved with the materials.
- Use a range of techniques.
- Have variety and goals.

*"I like studying in bed"*

- Have a quiet place without distractions.
- Insist on no TV, radio, iPod, mobile 'phone, or computer games and no 'phone calls when revising.
- Ensure a quiet and tidy place at a table or desk.
- Ensure the room is well lit. Natural light is better than artificial light.
- Quiet music in the background.

*"I can't remember anything"*

- This is a panic cry.
- Try to recall information after a revision session.
- Use strategies such as charts to jog memories, post-it notes of key terms.

*"I don't understand"*

- Contact the subject teacher.
- Use a range of resources including textbook, revision guides and notes.
- Examination Boards have guidance.

## 5. TIPS FROM PARENTS

"As a parent, it is never good to get caught up in arguing about revision, however frustrated you may get. Try to remain calm and be open to negotiation when it comes to free time/rewards".

"Don't try to make your child sit at a table for hours revising. It doesn't work. Encourage short timed sessions of revision".

"Encourage them to talk to you about what they have been doing. It is good for them to know that you are interested".

"Help them to stay calm. It is always about them trying to do their best, and come away knowing that they have tried their hardest".

"If you find yourself getting stressed out, step back. Ask for support from a family member. Share the worry".

"Plan a 'guilt-free' me time. This will reward revision. Let them enjoy playing on the computer game, watching TV etc."

"Organisation! Organisation! Organisation!"

"Make sure they have a dedicated study area. Try to organise work by subjects. Stick the revision timetable up somewhere".

"Keep in touch with them. Encourage them every day.....don't nag!"