

TIME FOR REVISION

A REVISION BOOKLET FOR
STUDENTS OF KNOLE ACADEMY



KNOLE
ACADEMY

INTRODUCTION

At Knole Academy, we believe in every student's potential to achieve their very best. This booklet has been created to support you on your journey to success, giving you practical tools and guidance for effective revision, building positive study habits, and creating an environment where you can truly thrive.

Whether you're preparing for exams or just wanting to improve your learning, revision is key to unlocking your full potential. Inside, you'll find advice on different revision methods so you can find what works best for you, tips for setting up an ideal study space, and ideas for building habits that will keep you focused and motivated. Remember, learning is a journey—progress may not always feel immediate, but every step you take brings you closer to achieving your goals. We're excited for you to take on this challenge and hope this guide becomes a valuable resource to inspire confidence, resilience, and a love for learning.

Together, let's aim high and make every year a success.

INTRODUCTION VIDEO ON YOUTUBE:



<https://youtu.be/ym23pnYoOPg>

COMMON REVISION MISTAKES

Don't fall into these common traps. **Just one of these things can have an impact.**

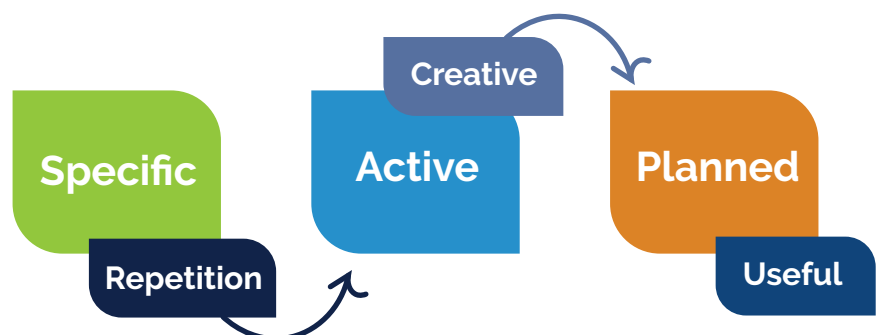
- Procrastinating
- Not planning
- Starting too late
- Passive methods like just reading
- Ineffective highlighting
- Not practicing or testing
- Cramming
- Picking a bad environment
- Being distracted by tech
- Multitasking
- Focusing only on topics you already feel confident about
- Not taking breaks
- Skipping hard stuff
- Not sleeping enough
- Not eating well
- Not exercising
- Not doing past papers
- Not learning exam skills
- Just memorising facts.

THE BEST WAYS TO REVISE

The point of revision to improve the likelihood of moving information to the long-term memory, making it easier to remember in exams. To do this you need to prepare well and practice to get better.

Good revision is:

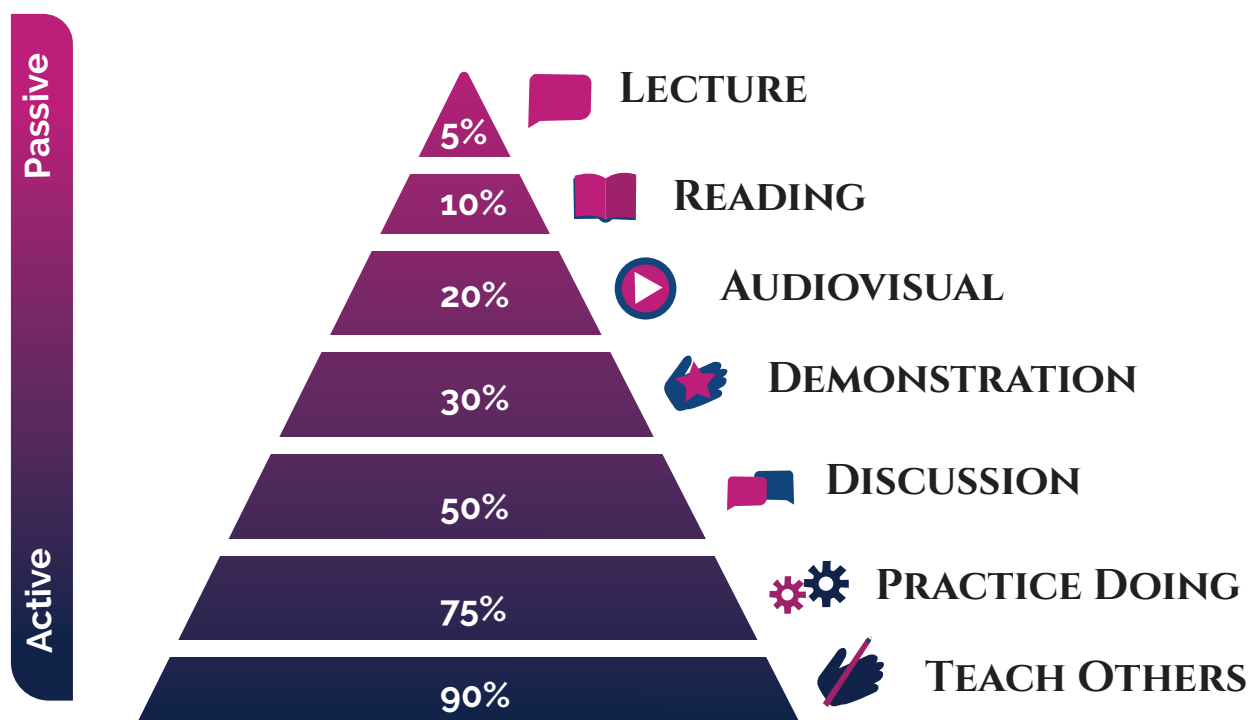
- Specific
- Repetitive
- Active
- Planned
- Creative
- Useful



STUDIES

Studies into memory suggest distributed retrieval practice will boost long term memory. There are certain methods that are more effective than others and can improve overall learning. The learning pyramid shows more active methods of revision improve retention.

LEARNING PYRAMID



With that in mind this guide contains the best 4 methods to do with friends or by yourself to improve your ability to recall information.



REVISION METHODS

4 METHODS THAT WORK.

Break down your revision into small chunks,

- palatable
- retrieval
- active
- measurable

USE TO...

- make flashcards
- group learning
- make questions
- check blurts

CHUNKING

Blurt all you know in one place then assess what you are missing.

- diagrams
- creative
- active
- retrieval

USE TO...

- check knowledge
- increase confidence
- find gaps

BLURTING

VERBALLY

Use your flashcards or chunks to create questions that you use to verbally test yourself or others

- retrieval
- sociable
- teaching

USE TO...

- deepen learning
- improve confidence
- find gaps

PRACTICE

Practice papers or questions in exam conditions. These can be found on the exam board websites.

- skill development
- measurable
- retrieval
- confidence building

USE TO...

- know what grade you are
- know your gaps
- spot key themes

TIME FOR CHUNKING

Learn by breaking things down into smaller chunks.
Use the QR code for a video walk through:



<https://youtu.be/oa4NyJXd8Yo>

TIME:	15 Minutes per page
WHAT YOU NEED:	Notebook and a revision guide or resource material for the subject
WHY IS IT GOOD?:	Chunking enables you to split large portions of information into much smaller more palatable bits that are much easier to remember
RESEARCH Ticks:	• Retrieval practice • Active • Method for lots of different subjects • Involves reduction and prioritisation skills
HOW?:	You will use your revision guide and actively break topics down into smaller chunks that are easier to remember.
STEPS:	1. Split each subject into topics and start with your weakest. 2. Read your revision guide slowly using a ruler or finger to guide you like you did in primary school. 3. You will write down only the key pieces of information on this page up to a maximum of 9 sentences. This should take you around 7 minutes. 4. For the next two minutes you're going to read those first three sentences and you're going to memorise them. 5. Turn over the page and write them out from memory. 6. Check your recall and mark yourself a mark out of 3. 7. Do this for the next three sentence's and then the final three. 8. Rewrite all 9 sentences into one single paragraph, this is your chunk. 9. Turn the page in your revision guide repeat to start a chunk collection.

WHAT'S NEXT?

- Collect your chunks and begin writing flashcards of questions and answers.
- Re read chunks and use them to help you write and practice long answer exam questions.

TIME FOR BLURTING

See what you already know and identify what you don't.
Use the QR code for a video walk through:



https://youtu.be/kgTI_gToLWo

TIME:	15 Minutes per topic
WHAT YOU NEED:	Paper and a revision guide or source material such as a knowledge organiser.
WHY IS IT GOOD?:	Blurting or Knowledge dumping gives you the opportunity to see what your knowledge on a topic is with no prompts. It has the benefit of allowing links between topics and themes, as well as creating a visual memory trigger.
RESEARCH Ticks:	• Retrieval practice • Active • Method for lots of different subjects • Visual • Linking topics
HOW?:	You will use your brain and then add to that knowledge by using a revision resource to add and link ideas.
STEPS:	1. Take a blank piece of paper and write the topic title. 2. Blurt or brain dump everything you know on this topic onto the page, in simple words, notes and diagrams. 3. When you cannot write anymore on this topic use your revision material and see what you missed 4. Add in extra information and links

WHAT'S NEXT?

- Use your blurts to create mind maps or begin writing flashcards of questions and answers to information in your blurt.
- Use this method to annotate pictures or poems and plan essays for longer question subjects.

TIME FOR FLASHCARDS

Test yourself or a friend.

Use the QR code for a video walk through:



<https://youtu.be/Woxqdv-qqUI>

TIME: 5 minutes per topic to make – 5-minute practice every use.

WHAT YOU NEED: A Stack of premade or homemade flashcards with questions for each subject.

WHY IS IT GOOD?: Flash cards with key questions are a game changer. They can be used alone to check understanding and for retrieval practice or they can be used in peer assessment or teaching. Verbal interaction is useful for some people to really understand key ideas.

RESEARCH Ticks:

- Repetitive retrieval practice
- Active
- Verbal interactions
- Teaching opportunities to embed learning

HOW?: You will use your brain and then add to that knowledge by using a revision resource to add and link ideas.

STEPS:

1. Take a blank piece of paper and write the topic title.
2. Blurt or brain dump everything you know on this topic onto the page, in simple words, notes and diagrams.
3. When you cannot write anymore on this topic use your revision material and see what you missed
4. Add in extra information and links

WHAT'S NEXT?

- Use your blurts to create mind maps or begin writing flashcards of questions and answers to information in your blurt.
- Use this method to annotate pictures or poems and plan essays for longer question subjects.

TIME FOR PRACTICE

Test yourself or a friend.

Use the QR code for a video walk through:



<https://youtu.be/VGgfuqq-Zwo>

TIME:

Varies – from 20 minutes to 2 hours.

WHAT YOU NEED:

You practice exam papers in the same conditions as you will do the exam - printed exam papers are needed.

WHY IS IT GOOD?:

By practicing the exam papers, you become used to the demands, skills and context of the papers. People who really know the structure of the papers and how to answer questions are very successful. You may wish to look at some higher-grade responses to past papers to really see what skills are needed to get higher grades.

RESEARCH TICKS:

- Retrieval practice
- Active
- Reduction around exam anxiety
- Improve exam stamina.
- You will know how many marks to achieve you target grade.

HOW?:

You need to get a stack of the pens you will used in the exams, working in a quiet place, in your uniform and work on practice papers.

STEPS:

1. Download exam papers from your exam board. Note how long you get for the exam and how many marks, this way you know how many marks you will achieve every minute. (i.e. science 70 marks in 75 minutes = each mark is 1 minute).
2. Decide how you sit your paper –you could separate into smaller parts of the paper to fit in different forms of revision.
3. Time yourself - if question one is worth 20 marks you have 20 minutes depending upon mark: length ratio.
4. Answer the questions.
5. Optional step: in a different colour add notes from a revision source.
6. In another colour use the mark scheme to mark your work.
7. Use the grade boundaries to work out what grade you achieved.
8. Note down every result you get and any gaps to focus your revision.

WHAT'S NEXT?

- Use your results and gaps to help build a picture of what you need to revise next. More practice!

PREPARING TO REVISE

THE BASIC PRINCIPLES OF REVISION

PREPARE

Prepare materials and resources

PRACTICE

Do the revision, complete the recall

PERFORM

Use the methods & evaluate effectiveness

PLANNING YOUR TIME

Planning revision allows you to become accountable and forces you to sort yourself out, especially if you have a busy life and you have lots of subjects.

To make an effective timetable you need a clear overview of your subjects and know which exams are when. It helps to list all your subjects. This way you know which topics are the priority. I have shown an example of how this can be done here and made a template at the back of this booklet.

SUBJECT	TOPICS	EXAMS	DATES	PRIORITY	CURRENT GRADE	TARGET GRADE
Science - Biology	• Cells • Transport • Organisation – animals & plants • Bioenergetics • Infection & response • Hormones • Ecology	2 x 1hr 15mins	4 th May 23 rd May	Yes - 2nd Bioenergetics & Hormones	5	8

The dates for exams will be on the specification websites now.

GAPS IN KNOWLEDGE

You can gather information on your gaps from your pupil progress reports, ask your teacher. They look like this:

7-7		91	4-3	
Unit	Biology 1	Chemistry 1	Physics 1	Biology
Grade	6	6	5	
Topic summary				
1 - Development of Scientific Thinking				%
2 - Experimental skills and strategies				
3 - Analysis and Evaluation				
4 - Scientific vocabulary, quantities, units, symbols and nomenclature				
Working Scientifically / %				
1 - Cell Biology				82
2 - Organisation				
3 - Infection and response				63
4 - Bioenergetics				67
5 - Homeostasis and response				
6 - Inheritance, variation and evolution				
7 - Ecology				
Biology / %				
1 - Atomic structure and the periodic table				72
2 - Bonding, structure, and the properties of matter				100

REVISION TIMETABLE

Now you know your priorities you can start planning your revision time. You need to either get yourself a revision planning app OR print out weekly calendars I will put a template on the back page.

This is important to keep yourself accountable and be realistic about what you can do. You need to block out when you have regular appointments and consider when you get in from school and prioritise sleep and time for no tech.

Be realistic about how long you have and the time you can focus for, 2-3 hours a night is a really good aim.

Plan about a week in advance to ensure you are accommodating plans changing and different topics.

Ideally you will plan your topics with a few days gap increasing over time. i.e Biology topic on Monday and revisit Tuesday and Thursday. This is called interleaving.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Lunch	History revision	H8 – Chemistry – equilibrium with Sam		Coursework catch up.		09:00		Running – Podcast revision
16:30		Afterschool Maths				09:30		
17:00	History – Henry – flash Cards		English – Poetry unseen practice.	Biology Paper 1 Practice Paper	History WW1 flashcards	10:00		Horse riding
17:30	Dinner	Dinner	Dinner		Coursework for DT	10:30		
18:00	Biology paper 1 Cells – chunking	History – Henry – Practice	Psychology – memory Practice	Dinner		11:00	Psychology – Flashcards	
18:30	Maths – Percentages – practice	Biology paper 1 Cells and transport – Blurting	History – WW1 themes blurting	Dance	Dinner	11:30		
19:00	English – Macbeth Themes chunking	Macbeth - Practice	Biology Paper 1 – Photosynthesis/respiration – Blurting		Movie night	12:00		
19:30	Psychology – Memory – Blurting		Dog walk – Podcast revision – Photosynthesis			12:30	Lunch	
20:00			Biology Paper 1 flashcards with Oscar and Oliver	Maths – live TikTok Paper		13:00		
20:30			Other group revisions			13:30	Football	
21:00	Tech Turn off					14:00		
21:30	Bed					14:30		
						15:00		
						15:30		Maths paper for TIKTOK live
						16:00	Chemistry – Atoms – flashcards	
						16:30	English – Poetry comparison practice	Coursework research DT
						17:00		
						17:30		
						18:00		
						18:30	Sarah's Party	
						19:00		
						19:30		
						20:00		

ENVIRONMENT

Creating the right environment to revise is crucial to your success.

QUIET LOCATION

The exam hall is quiet, try to replicate that

ROUTINE

Routine is good and productive for you brain

LIGHTING & TEMPERATURE

Keep it light and ambient

COMFORTABLE

- uniform is a good idea to get used to this level of comfort
- chair for good posture

ORGANISED SUPPLIES

Ensure you have pens, pencils, calculator and revision resources.

NO DISTRACTIONS

- Put your phone away
- Music does not help

RECORDING AND REWARDING

It is worth recording what revision you have done and celebrating any progress you make; this means that intrinsic motivation is strong.

You may get a kick out of recording the effort you put in, why not try tracking your efforts in a motivating habit tracker? Or perhaps logging all your revision time and rewarding your efforts?

TEST RESULTS

[illegible]

REVISION RECORD

[illegible]

REWARD CENTRE

When we work hard we should have rewards, this motivates us.
So let us plan!

If I.....

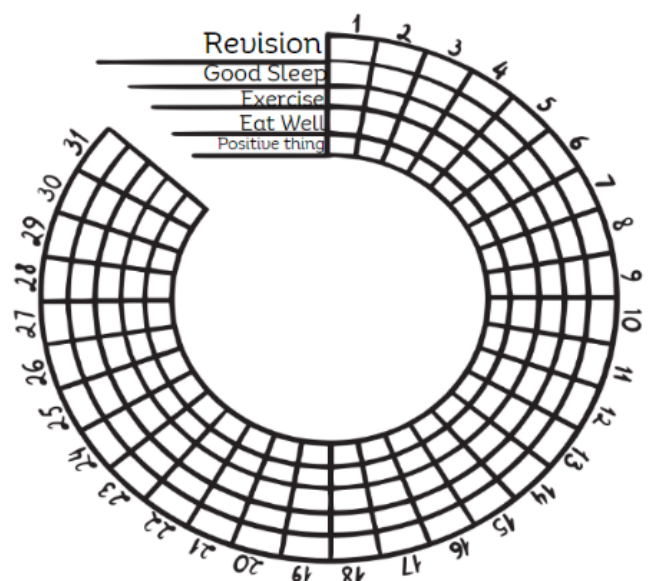
The Reward will be...

Date:

If I.....

The Reward will be...

Date:



PLANNER:

[illegible]

REVISION RECORD:

WHAT HAVE YOU BEEN DOING?

[illegible]

WEEKLY REVISION PLANNER:

[illegible]