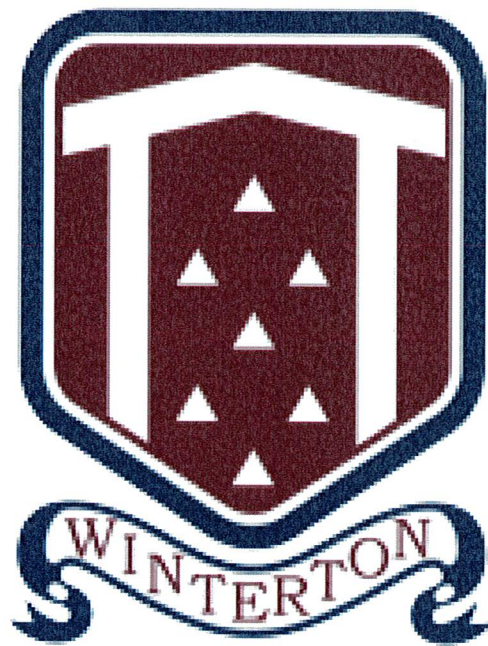


Year 10 Mock Exam

Study Buddy



Name _____

Contents Page

1. Mental Health and Wellbeing
2. Methods of Revision
3. Year 10 Mock Timetable
4. Subject Specific Information
5. Revision Timetable Example
6. Blank Timetables
7. 14 Top Tips
8. Templates

Mental Health and Wellbeing

5

Your Revision Environment

To be productive, it's important to know what environment you revise best in. For example, that gymnast in your class may find it easier to work in a completely different way to you...

Different Places Work Best for Different People

There's no one right place to revise. Based on how you work best, you'll find some places make you feel more productive than others:



Library

- ✓ Lots of books about subjects you're revising
- ✓ Access to the internet for research
- ✓ Fewer distractions than at home or with friends
- ✗ It may be busy and hard to get a desk
- ✗ It can involve time spent travelling

Bedroom At Home

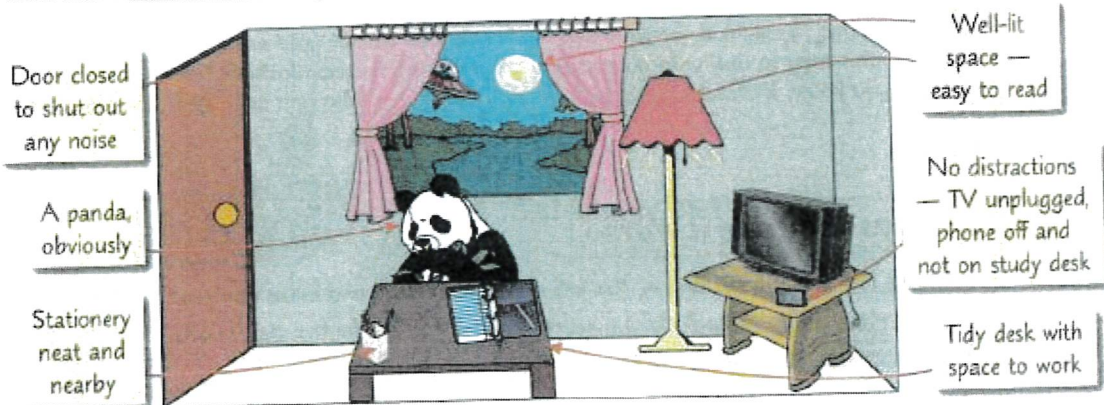
- ✓ You can set up your study space as you want
- ✓ You can shut yourself away for privacy
- ✓ It's easy to get healthy snacks and drinks
- ✗ You may get distracted by your family
- ✗ Television and games are easy to find

Friend's House

- ✓ You can discuss revision problems with your friend
- ✓ You and your friend can test each other
- ✗ You and your friend could distract each other
- ✗ You may become disheartened or stressed if your friend seems to know more than you

A Tidy Study Space is Important

You'll find it easier to revise if your study space is free of clutter. Here's one we made earlier:



My astronaut friend loves this page on study spaces...

Piles of books and folders make it hard to get to notes quickly — if you can, use a bookshelf to keep them tidy and accessible. Also avoid clutter and rubbish on your desk, as important things can get lost when everything is a jumble.

Making a Start

Coping with Stress

Exam periods can be stressful and it's normal to feel some nerves when you have an exam approaching. Luckily there are ways to cope so stress doesn't affect your revision or your health.

Exams are Stressful for *Everyone*

- 1) You won't be alone in feeling under pressure about exams — it's likely your classmates are also finding this time stressful.
- 2) A small amount of stress can be good for you — it can motivate you to do better or help you focus on overcoming a difficult situation.
- 3) However, too much stress can negatively impact your health. It's important to recognise the signs of stress so you can do something about them.

Signs of Stress include:

- A loss of appetite
- Sudden weight loss or gain
- Feeling anxious
- Difficulty concentrating
- Feeling emotional
- Struggling to sleep

There Are Ways to *Help With Stress...*

- 1) Go outside for exercise and fresh air — it will help you clear your head.
- 2) Set aside time to meet up with your friends where you're not revising.
- 3) Give yourself relaxation time — listen to music, watch TV or doze outside in the sun.
- 4) Keep up with your hobbies and doing activities you enjoy.
- 5) Eating and sleeping well can also help with reducing stress (see p.7).

11:45am-12:45pm	12:45pm-1:30pm
Lunch with Amir and Abed	Maths Algebra



Talk about how you're feeling

Talking to friends, family and teachers can really help you air out your anxieties and come up with a way to deal with your stress. If you don't feel comfortable talking to people you know, there are support services and helplines who you can talk to confidentially.

... And Ways to Make it *Worse*

- 1) Don't revise late into the evening — this will affect your sleep and make you tired.
- 2) Not taking adequate breaks will make your revision time less effective (see p.48).
- 3) Don't set unrealistic targets or you'll always disappoint yourself.



Bottling up your stress is no laughing matter — tell people how you feel...

Exams are important, but they're not worth affecting your health. Make sure you take time out from revision to do things you enjoy — not only will this make you happier, it'll also make revising easier.

Condensing Your Notes

Now you know how to get started, it's time to get cracking. The first step is to get your notes into order — you can't learn every word you've ever written so you need to condense them. Here we go...

Start With Your Notes

- 1) You'll need to start off with some **high-quality** notes, including:
 - A **COP Revision Guide** (the perfect revision companion, of course)
 - your **class notes**
 - **text books**
 - **revision sheets** from your teacher
- 2) **Read over** them and make sure you **understand** what you've read — simplifying a topic into **key points** won't help you if you don't understand your original notes.



Condense Them In Your Own Words

- 1) You'll want to **simplify** and **summarise** your notes into **key points** so they're easier to revise from.
- 2) Aim to get **each topic** onto a **single page**. Cut out the **waffle** and pick out what's **important**.
- 3) Try to **reorganise** the material in some way, e.g. by **grouping** it differently or **linking** topics together.
- 4) How you **present** your notes might depend on the subject. For example, you could make:



- 5) Condensing topics makes your revision **interactive** — it's better than just re-reading your notes again. Plus, you're more likely to remember your **own words** than something someone else has written*.

Test Yourself On What You've Covered

When you've simplified a topic, it's time to **test yourself**:

- 1) **Cover up** your notes and **write down** as much as you can remember.
- 2) **Compare** what you've written to your notes then **fill in any gaps** — use a **different colour** so you **know** which bits you missed.
- 3) **Keep doing this** until you remember everything on the topic.

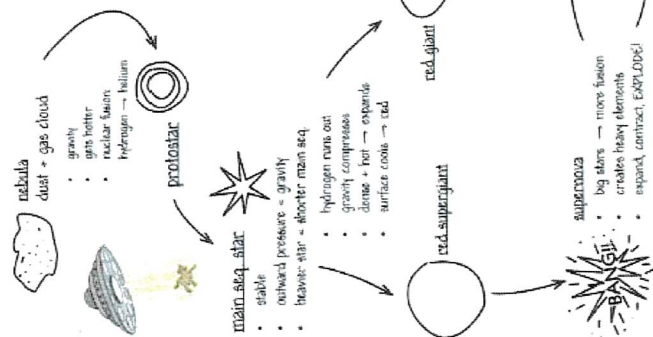
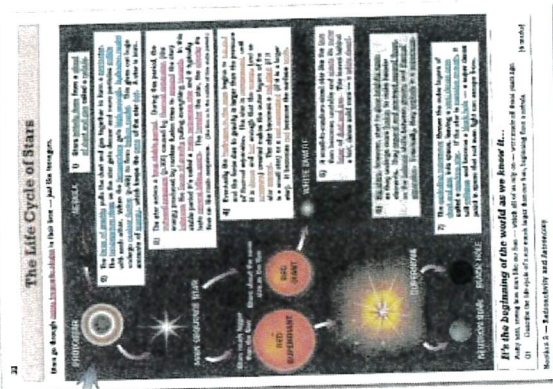
***apart from my words — you'll definitely remember my words...**

The key to condensing is to pick out the right points. If it helps, you might want to go through and highlight the important bits before you start writing. There's no 'right' way of doing it, just the way that works for you.

Condensing Your Notes

EXAMPLE:

Here is a page on The Life Cycle of Stars, from a COP GCSE Physics Revision Guide. Here is an example of how you could condense the info down into the key points:

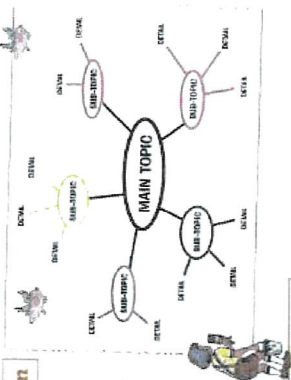


Drawing Mind Maps

If you say 'mind map' as fast as you can 40 times while looking at a topic, one will draw itself...

A Mind Map is a Type of Diagram

- 1) Mind maps are a **visual** way to **organise** information.
- 2) One mind map usually represents **one topic**.
- 3) The **name** of the topic goes in the **middle**, with **sub-topics** and further **detail** added around it.
- 4) Details are **short** and to the **point**.
- 5) **Boxes** or **bubbles** around some of the information can help it **stand out**.
- 6) A good mind map uses **colour** and **images**.



Mind Maps Are Great For Revising Topics

- 1) Organising material **visually** can make it **easier to recall** in an exam.
- 2) **Colour** and **images** can help topics and information to **stick** in your memory.
- 3) Mind maps can help you to identify the **key ideas** of a topic and find **links** between them, which can help you see the topic in different ways.

You Can Use Them Throughout Your Revision

Mind maps are really useful for **subjects** where there are **lots of links** between ideas (e.g. History or English) but less useful for learning a list of formulae or a vocab list.

At the start

Use your notes and other resources to draw a mind map of a topic — it's a great way of **revising** key information.

During revision

You could **pin** your completed mind maps **up** in your revision space so that you **see** them regularly.

To test yourself

Draw a mind map of a topic from memory, then refer to the original and **fill in any gaps** in a different colour — this shows you what you still need to revise.

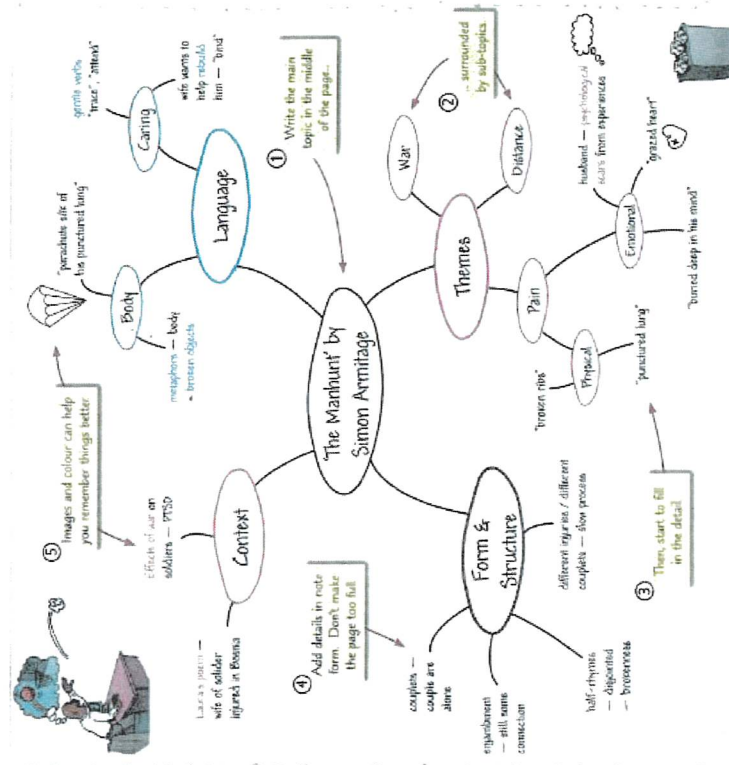
They told me to mind my own business...

...so I minded my business, my history, my maths, my geography. Making and using mind maps will make your revision really effective (and "deep breath" enjoyable...) so grab your compass and go exploring.

Drawing Mind Maps

EXAMPLE:

Here is an example of a mind map for the poem 'The Manhunt' by Simon Armitage. It isn't complete, but it gives you an idea of where to start.



Making Flow Charts

Flow charts are the next big thing. The talk of the town. Everyone's mad about them, haven't you heard? Don't just take my word for it though, read on and see for yourself... (gotcha, they're all my words too.)

Flow Charts Take Topics Step By Step

- 1) Flow charts are a type of diagram that show a process from beginning to end.
- 2) They organise information clearly — you can use both words and pictures to show what happens when.
- 3) It's tempting to spend ages making your flow charts look perfect but as long as they're clear and easy to use, they don't need to be fancy.

Start at the Start

- 1) It might sound obvious, but order is really important in flow charts.
- 2) Write the first step in the process at the top of the page and work downwards.
- 3) Flow charts highlight the main stages in a process, but if it helps, you can add key points about the different steps to test your memory — keep them short and concise though.

They're Useful for Lots of Subjects

Flow charts show how different stages or events are linked together, so they're useful for subjects that include sequences or processes.

Here are a few examples of when you might use them:

- Business Studies — to show the different stages within a supply chain.
- History — a timeline of the events that led to the Great Depression.
- Chemistry — to set out the steps of a practical experiment.
- Geography — to present the different stages of erosion.
- Biology — to show how food passes through the digestive system.

Um, I think you missed a step...



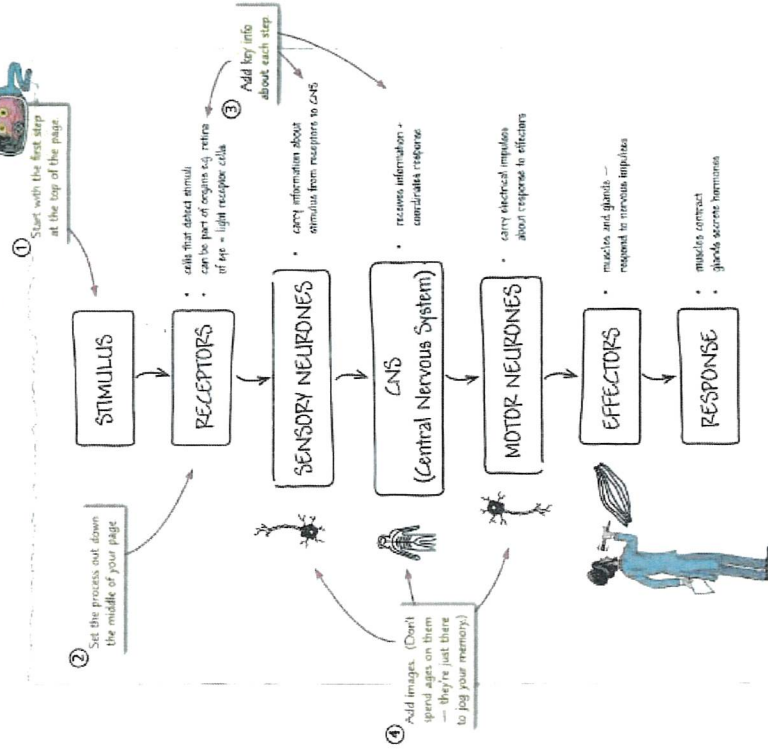
Don't stress about it — just go with the flow...

Flow charts are a great way to mix your revision up and keep it engaging. Using the same techniques all the time is boring (stare + boring, come on... keep up) and it's much harder to make information stick in your mind.

Making Flow Charts

EXAMPLE:

This is an example of a flow chart you could make for Biology, showing how the Central Nervous System responds to stimuli. It doesn't show everything about the whole topic but it shows you how to get started.

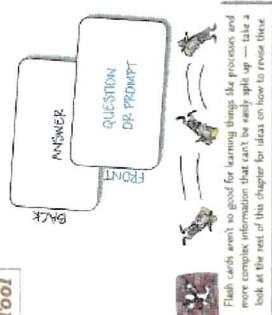


Using Flash Cards

Flash cards are one of the simplest, but most effective, revision tools. You might not be able to play solitaire or snap with them, but with a little patience, they'll help you bridge any gaps and get you to numero uno.

Flash Cards Are a Great Revision Tool

- Flash cards are **small cards** with a **question or prompt on one side**, and the **answer or information on the other side**.
- They're a **great way to test yourself** and **find gaps** in your knowledge.
- Flash cards are useful for learning things like:
 - **important dates** in history
 - **language vocabulary**
 - **key words and definitions**
 - **formulas**
 - **labelled diagrams**



- There are lots of flash cards available online but it's a good idea to **make your own**. Working through your notes and picking out information is part of the **process of revision**.

Another great way to use flash cards is by filling one side with **example questions** about a topic, and the other side with the **answers**. This can be useful **after you've revised** a topic and want to **test yourself** on it. (I hear **COR** do a pretty awesome range of **Science question cards**...)

Use Them to Test Yourself

Here are a few **top tips** on how to use your flash cards **effectively**:

Say your answers out loud — this forces you to **assume the questions properly**.

Test yourself until you get them all correct — make a pile of any cards you get wrong and go over them until you know them all.

Make sure you test yourself both ways — e.g. you need to know vocab translations from English to French and French to English.

Ask someone else to test you — it removes the temptation to check the other side yourself before answering.

Using Flash Cards

Flash Cards are Easy to Make

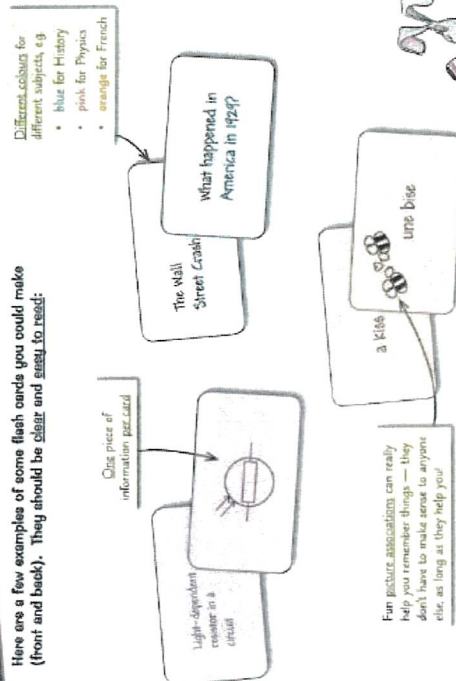
Anyone can make good flash cards (with not a magic trick in sight...) — here's how:

- Write a **question or prompt on one side** of the card.
- Add **colour** and any **quick pictures** that might help you recall the information.
- Complete the other side with the **answer or piece of information**.
- Keep your flash cards **simple** and stick to **one piece of information per card**.
- And voilà! You have made a flash card appear and there's a rabbit somewhere out of a job...



EXAMPLE:

Here are a few examples of some flash cards you could make (front and back). They should be **clear and easy to read**:



Flash cards — lighting the way to revision success...

Flash cards are so useful because they're pocket-sized — you can take them anywhere and test yourself on the go, really making the most of any time away from your desk without having to lug all your books around.

Method of Revision 5

Using Past Papers

AQA – <https://www.aqa.org.uk/find-past-papers-and-mark-schemes>

Edexcel – <https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html>

WJEC - <https://www.wjec.co.uk/home/past-papers/>

Revision Timetable Examples

Example 1

Revision

* = revise if possible
= = no revision/break

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	=
5:00-5:30	english	chemistry	media	maths	english	maths*	=
5:30-6:00	=	=	maths	english	media	=	=
6:00-6:30	english	english	=	=	=	=	=
6:30-7:00	maths	english	=	=	chemistry	=	=
7:00-7:30	=	=	english	chemistry	=	*	biology
7:30-8:00	=	=	physics	chemistry	=	*	media
8:00-8:30	maths	biology	=	=	chemistry	english	=
8:30-9:00	maths	maths	maths	biology	physics	english	=
9:00-9:30	=	=	=	=	=	=	=
9:30-10:00	biology	maths	biology	biology	phys*	=	=
10:00-10:30	media	physics	biology	media	phys*	=	=

Example 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 9.00 - 15.00	School 9.00 - 15.00	School 9.00 - 15.00	School 9.00 - 15.00	School 9.00 - 15.00	Homework 10.00 - 12.00	General Revision 10.00 - 11.30
Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	General Revision 13.00 - 14.00	Homework 12.00 - 13.30
Chemistry 17.00 - 17.40	English 17.00 - 17.40	History 17.00 - 17.40	Maths 17.00 - 17.40	English 17.00 - 17.40	General Revision 17.00 - 18.00	General Revision 16.30 - 17.30
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Maths 18.40 - 19.20	French 18.40 - 19.20	Biology 18.40 - 19.20	Physics 18.40 - 19.20	Geography 18.40 - 19.20		

14 Top Tips

1. Start revising early

i.e. months, not days before the exam. Make a timetable (see samples) to plan your revision and stick to it.

2. Don't spend ages making your notes look pretty

This is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art. Limit yourself to 2 or 3 colours so you don't get carried away colouring things in.

3. Take short breaks

Not every 10 minutes! During these breaks it is a great idea to try to exercise once a day if you can. Go for a run, a swim or a game with your mates – you will feel better for it.

4. Use revision guides

5. In study leave, start revising early

i.e. 9am — that way you'll get your day's work done much quicker and will have time to relax in the evening.

6. Stick revision notes all around your house

So in the exam you think — "aha, quadratic equations, they were on the fridge..."

7. Get yourself drinks and snacks

So you don't make excuses to stop every 10 minutes...

8. Sit at a proper desk

Don't try to revise in bed — you'll be in the land of pink igloos and elephants before you can say "Captain Birdseye".

9. Don't put it off

"Procrastination" is the long word for it. And it means rearranging stuff on your desk, getting a sudden urge after 16 years to tidy your room, playing the guitar, thinking about the weekend, writing love poems about that girl/boy you fancy, painting your toenails, etc, etc, etc,... Sit down at your desk and GET ON WITH IT.

10. Don't just read your notes

You have to WRITE STUFF DOWN TOO!

11. Don't turn yourself into a revision zombie

If you stop doing anything else but revision you'll turn into a zombie. It's really important that you keep time to do things you enjoy... like cinema, shopping, sports, frisbee, rock-climbing, making model planes, nose-picking, whatever tickles your ferret... When you're doing these try to relax and totally forget about revision.

12. Do lots of practice exam papers

This is especially important as you get close to the exams — CGP has plenty available (another blatant advert).

13. Read the exam timetable properly

Double-check so you don't miss an exam and have plenty of time to prepare for it.

14. Find the right environment to revise

NOT in front of the TV. NOT listening to the radio. Music can sometimes be OK, but you need to find the right kind. It's got to be something that's just there in the background that you're not thinking about at all. Music without singing is better as you won't be tempted to dance around your bedroom like a big fool.