

**Southfields
Academy**

Year 10 Revision Advice for Parents and Students



Why encourage your child to revise?

1. It can reduce panic – gives them control and confidence.
2. It means exams reflect what they can do, not what they didn't bother to do.
3. It can help them to identify problem areas.

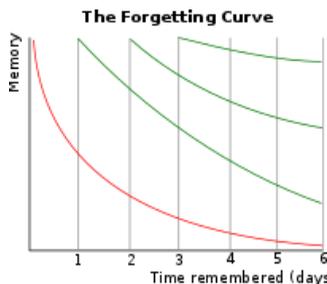
Where to start? When to do it?

- Help them work out how much time they have, being realistic.
- Get them to take into account their ideal time of day to work – work out when they will revise.
- Break it down into chunks to make it seem manageable:
Revising for GCSEs sounds like too much hard work;
Revising key French verb endings is do-able.
- Taking one day off is a good idea!

	Slot 1	Slot 2	Slot 3	Slot 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

ADVICE FOR STUDENTS

- Take breaks... Each revision slot should be approximately 30 minutes. Take a break of at least 10 minutes between each slot.
- Be flexible... If you want to take a Saturday or Sunday off, make sure you use the Friday slot.
- During holidays aim to revise up to 4 hours revision per day. Spend one hour on each subject, but break the hour down into two 30 minute sessions on different topics.
- Start by testing yourself... Use past papers, practise exam questions, test your ability to produce a Mind Map on a key topic from memory, or use flashcards.
- The 'Forgetting Curve' shows how memory deteriorates overtime unless the information you are trying to learn is repeated periodically. You can maximise your brain's memory power by revisiting the things you want to remember in a structured way. ('The Most Powerful Way to Remember What You Study' by Thomas Frank is an excellent Youtube video on the topic.) For example, with flashcards, you can move them between these three piles:
 - Red pile** – I don't know these well so I will test myself on these daily.
 - Amber pile** – I need to revise this briefly tomorrow.
 - Green pile** – I will test myself on this again next week.



- Remember to 'elaborate' – do not simply read through notes - summarise weak topics (you could use flashcards, flow charts, diagrams, Mind Maps), develop memory aids (you could use visuals, mnemonics, acronyms.)

Make sure they use their revision timetable (example left), to keep up with revision and encourage them to attend revision sessions outside school hours where offered.

Organising Your Revision

10 Tips (from other pupils)

1. Produce a revision timetable

Start revising early and have a revision plan in mind so that you feel in control of your work rather than seeing it as an impossible mountain towering over you.

2. Allow yourself repeated short breaks

After a certain length of time, you won't be able to take any more in. Try to revise sensibly. Organise revision slots into half hour chunks. Take a break after each half hour.

3. Have a revision-free day once a week.

5. Be focussed on revision

You've got to want to learn things properly. If you're just passing 30 minutes 'revising' with the real focus in mind of leaving revision as soon as possible to go out you simply will not concentrate properly. Have clear and specific goals for each revision period, for example: 'At the end of this session, I will be able to label a diagram of the heart and answer a question on how the heart works.'

4. Turn off the TV!

Some people like to have suitable music playing on a low volume in the background but the TV is too big a distraction!

6. Break information into small chunks

This makes it easier for your brain to take the information in. Condense your notes into short lists, revision cards, mind maps and tables.

8. Emotional and unusual

Images lodge more easily in the brain than dry facts. When revising things, associate them with bizarre images or words.

7. Don't waste time struggling

Note down anything you are finding hard or do not understand when you are revising and take it to your next lesson.

9. Be active not passive

The key to effective revision involves **DOING SOMETHING** with the information you are trying to learn and remember. This is **ESSENTIAL** to allow your brain to learn, make connections and remember.

10. Reviewing your notes

The key to successful revision is to keep reviewing your notes as many times as possible, checking your answers and correcting your mistakes.

Revision Techniques

Not all the ideas in this guide will be good for you. Pick the ones that you want to try and keep using the ones that you find work.

Here are some comments from pupils who did well in their exams last year about what worked for them:

“I used to meet up with friends a couple of times a week to revise together. This really helped because we could discuss things that we were not sure of. It also helped me understand things better when I had to teach my friends something they did not understand.”

“I highlighted all of the key points in my notes. I then spoke these key points into a microphone and made a podcast on my computer that I could listen to on my I Pod.”

“I needed to be in a quiet place on my own. I used to write a summary of my notes onto small cards. I used the revision cards to test myself.”

Tips for coping with exam stress

Talk about it

Think about the people you know who will listen to you and talk to them. Listeners can be friends, family, teachers or others.

Asking for help is not a sign of weakness. It is a sign of maturity and strength that you realise when you are having difficulties and to feel confident enough to share those difficulties with others.

Take time out to have fun

During the revision period make sure you give yourself some time to do the things you enjoy. Do the things that relax you and take your mind off your studies.

Think positively

Thinking you may fail drains away your confidence, makes you worry more and makes you less enthusiastic about working hard.

Do not tell yourself things like "I'm useless at this subject" or "I haven't got enough time to revise properly". Replace this unhelpful thinking with statements like "This subject is difficult but I have had difficult subjects before and understood them" or "I can get my revision done in time when I plan a proper revision timetable".

Relax your muscles

Start by tensing and then relaxing the muscles around the head, face, neck and shoulders. Then work down your body tensing and relaxing your arms, hands, chest, back, stomach, hips, legs and feet.

Eat well.

Eating well reduces the overall stress on the body and can also make you feel good about yourself. Try eating a variety of foods.

Sleep!

Memories are consolidated while we sleep, meaning it's vital for students to get 8-10 hours to aid revision.

Use breathing techniques

Here is a step-by-step approach to helping you relax: Sit comfortably and close your eyes, breathe in slowly through your nose to the count of ten, hold this breath while you count to ten again, now let out your breath while you count to ten once more. Repeat this three times.

You can use this technique at any time you feel nervous, such as on examination days.

Use mental imagery

Mental imagery is a bit like a day dream and can help you relax your mind.

Start by getting yourself comfortable. Close your eyes and start to breathe deeply, concentrating all the time on your breathing.

Hints for an Ideal Revision Area

Providing some of these will go a long way to helping your child...



DO NOT DISTURB!

Free from interruptions

Maybe calm music to help concentration

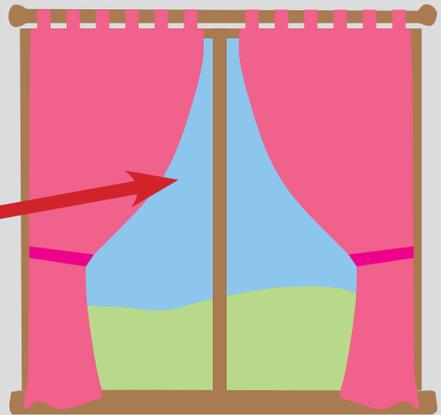
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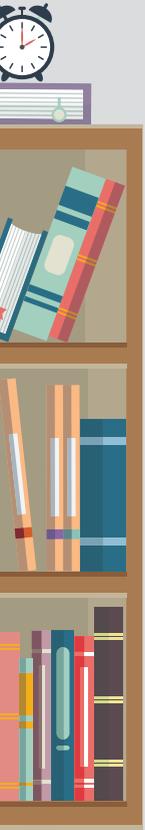
Comfortable temperature

Quiet zone

Good light and air circulation



A place for organising books etc.



Good lighting



Dictionaries, pens, pencils etc.



Wide table



Upright, comfortable chair



What can parents do to help?

10 Tips (from other parents)

1. Work with your child to put together a realistic revision timetable. Marathon revision sessions are not effective. Little and often is usually best.

2. Support your child in sticking to the revision plan and keeping to the start and finishing times they have agreed.

3. Be flexible – if they want to go out to a party on a revision night, agree when they will make up the time.

4. Keep it positive – tick off revision tasks that have been completed.

5. Show an interest in how the revision is going, talk through any difficulties and be prepared to help them reschedule their planning as necessary.

6. Encourage your child to attend extra revision sessions after school or the Homework and Revision Centre.

7. Talk to your child about what their subjects are about, what they to do in them, what they feel confident/less confident about. Talking to you about their learning will help them to think about their learning needs. Encourage your child to talk through their learning needs with the teacher.

8. Make sure that their social life/job is not interfering with their studying. They need rest and sleep to make sure that their brains are active and open to learning.

9. The exam period can be very stressful for pupils (and parents). Encourage your child to keep a positive perspective – soon they will be on the other side of the 'exam mountain'.

10. After an exam, ask how it went but don't insist on a long postmortem. Try and adopt an attitude of 'tomorrow is another day', if things have gone badly.

What causes problems for pupils?

- Criticism
- Low confidence
- Frustration – feeling that they are not getting anywhere
- Lack of praise
- Too much pressure to do well

Revision techniques

- Create your own **flash cards** with information on one side and questions on the other so you can test yourself. Only one topic or key word per card.
- Use a **summary circle** or **mind map** – select a key topic – try and produce a mind map of the topic from memory. Then check how well you've done using your revision notes, or revision guide. Add in what you have missed in a different colour. Leave a gap of a week, then try and improve on your first effort. Each time you try this, aim to reduce the amount of material you miss out.
- Draw **diagrams** for revision.
- Make up **mnemonics**.
- Experiment with '**Mind Pegs**'.
A mind peg is information that you already know, on which you can connect new knowledge (that you need to know for the exam). E.g:
 - Route to school (Key information can be linked to key points on the route to school. Students visualise the ideas as they pass each location.)
 - Layout of your house (Imagine the key information on a route through a familiar place like your house. Imagine yourself passing through that space.)
- **Display** key words or processes around your room.
- Create a **podcast**.
- **Test** yourself and friends.
- Be the teacher – **teach someone else** something you're revising.
- Use revision **websites** but make sure that they are recommended by your teacher – the website **must** match the specification you are studying.

And finally...

- Do not be influenced by friends who talk about how little work they are doing. Your results don't matter to them, but they will be crucial for you.
 - Make the most of lessons
 - Talk to your teachers if you are struggling
- This booklet provides you with the advice you need to do well. It is up to **YOU** to follow this advice and use the techniques we have provided.
- The most successful pupils are the ones with the ability to organise their own work and revision without a teacher or parent constantly telling them what to do.

Good luck!

Please find contact email addresses for key people involved in your child's GCSE studies below, do not hesitate to get in touch with us if you have any concerns or questions.

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Important Dates:

In Class assessments	3 rd November 2025
Parents' Evening	4 th December 2025
Mock exams series 1	2 nd - 12 th February 2026
Mock exams series 2	22 nd June - 3 rd July 2026

TOP TIPS FROM THIS EVENING: