



# How to Revise - Your Guide to GCSE Success

Be the Best version of yourself

and

Show Excellence in your Exam Preparation



# Contents

This booklet will guide you through everything you need to make the most of your Easter revision. Work through it at your own pace, complete the planners, and use the techniques to build confidence before your GCSEs.

1 The Pathway for GCSE Success

2 Healthy Revision Tips

3 Easter Revision

4 What Successful Students do

5 Our Six Revision Strategies

6 Building your Revision Timetable

7 Example Revision Timetable

8 What works well for subjects

9 What Parents Can Do

10 Exam Week Mindset

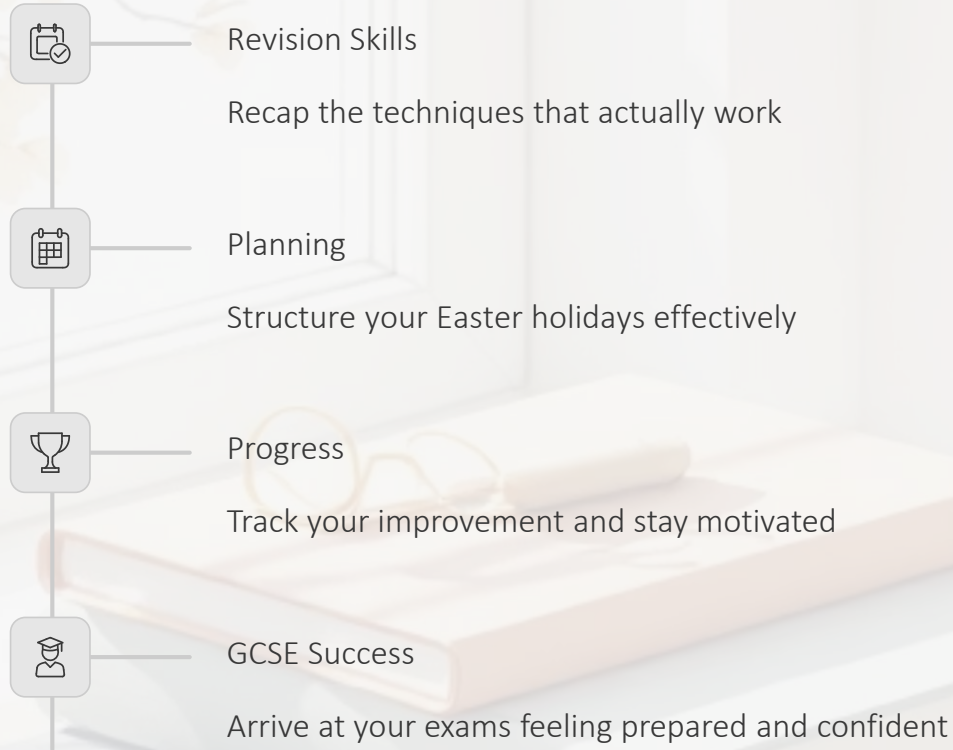
11 You've Got This



# Year 11 Easter Revision Guide

## The Pathway for GCSE Success

*Small consistent effort leads to big results.*





# Healthy Revision Habits

Your environment and habits significantly impact how effectively you learn. Creating the right conditions for revision isn't complicated – it's about removing distractions and supporting your brain with what it needs to function brilliantly.

## Quiet, Tidy Workspace

Clutter creates mental noise. A clear desk helps you focus fully on the task at hand. Find somewhere comfortable where you won't be constantly interrupted.

## Water and Healthy Snacks

Your brain needs fuel. Keep water nearby and choose snacks that provide steady energy – fruit, nuts, wholegrain crackers – rather than sugar crashes.

## Phone Out of Reach

Notifications destroy concentration. Put your phone in another room or use apps that block distracting sites during revision sessions. You'll be amazed at the difference.

## Regular Exercise and Sleep

Exercise boosts memory and reduces stress. Sleep is when your brain consolidates learning. Both are non-negotiable for effective revision – don't sacrifice them.

## Short, Focused Bursts

Quality beats quantity every time. Thirty minutes of focused work is far more effective than three hours of half-hearted cramming. Take proper breaks.

## Cluttered Desk

- Papers everywhere
- Phone within reach
- Distracting background noise
- Uncomfortable seating
- Poor lighting

## Tidy Desk


- Only current materials out
- Phone in another room
- Quiet, focused environment
- Supportive chair and posture
- Good natural or task lighting




# Why Easter Revision Matters


The Easter holidays are one of the most valuable opportunities you have to prepare for your GCSE exams. With exams beginning shortly after you return to school, this break gives you dedicated time to consolidate your knowledge, fill in gaps, and build real confidence across all your subjects.

Students who improve the most between their mock exams and their final GCSEs almost always have one thing in common: **they revise consistently during the Easter holidays**. The difference between a grade 4 and a grade 6 — or a grade 6 and a grade 8 — often comes down to what happens in these two to three weeks.

 **Good news:** You do not need to revise all day. **2–3 hours of focused revision per day** can make a huge difference to your results. Short, consistent sessions are far more effective than occasional long marathons.

 2 weeks

Length of the Easter break — your biggest revision window before exams

 2–3 hours daily

The recommended daily focused revision target — manageable and effective

 Consistent effort



Small daily progress adds up to major improvements by the time exams begin



# What Successful Students Do

Not all revision is equally effective. Many students spend hours going over notes or highlighting textbooks and feel like they are working hard, but these passive methods do very little to strengthen memory. Research consistently shows that **retrieval practice** (actively testing yourself) is one of the most powerful revision strategies available.

Look at the comparison below and ask yourself honestly: which column describes your current revision habits?

 Average Revision	 Successful Revision
Re-reading notes	Testing yourself on key content
Highlighting textbooks	Completing practice questions
Watching revision videos passively	Attempting past paper questions
Avoiding difficult topics	Targeting your weakest areas first
Long, unfocused sessions	Short, focused sessions with clear goals
Revising what you already know	Challenging yourself with new material

**Key principle:** Retrieval practice - the act of pulling information out of your memory, strengthens the neural pathways that connect you to that knowledge. Every time you test yourself, you make it easier to recall the same information under exam conditions.



# Our Core Revision Strategies

These six techniques are simple, powerful, and proven to work. We have been modelling them and practising them in tutor mornings and in revision sessions because they're backed by research and trusted by students worldwide.



## Flash Cards

Quick question-and-answer format for active recall. Write a question on one side, the answer on the other, then test yourself regularly. Perfect for vocabulary, dates, formulae, and key concepts.



## Blurting

Write down everything you know about a topic from memory, then check your notes to fill in the gaps. This reveals what you've truly learnt and highlights areas needing more attention.



## Mind Maps

Visual connections help you see the big picture. Start with a central idea and branch out with related concepts, using colours and drawings to make links memorable and meaningful.



## Past Papers

Practise exam technique and timing under realistic conditions. Past papers show you question styles, help you manage time, and build confidence. Review mark schemes to understand what examiners want.



## Cornell Notes

Structured note-taking divides your page into sections: notes, key points, and summary. This system helps you organise information clearly and makes reviewing much more efficient.



## Self Quizzing

Ideal for quotes, definitions, and facts. Read the material, cover it up, write what you remember, then check your accuracy. Repeat until it sticks. Simple but incredibly effective.



# Revision Techniques at a Glance

Use this summary table to remind yourself which technique to reach for in each situation. Mix and match throughout the week to keep your revision active and varied.

Technique	Best used for...	What you need
<b>Flashcards</b>	Key terms, definitions, dates, formulae	Index cards or a flashcard app (e.g. Anki, Quizlet)
<b>Blurting</b>	Testing what you know about a whole topic	A blank sheet of paper and a pen
<b>Cornell Notes</b>	Organising and summarising class notes	A lined notebook divided into three sections
<b>Self-Quizzing</b>	Checking recall of any topic	Practice questions, a friend, or a quiz app
<b>Mind Maps</b>	Linking concepts and seeing the bigger picture	Plain paper, coloured pens
<b>Past Papers</b>	Exam practice and timing under realistic conditions	Printed or downloaded past papers and mark schemes

# 6

Techniques to use

All backed by educational research

# 2–3

Hours per day

The recommended focused revision target

# 3

Memory stages

Encoding, storage, and retrieval



# Building Your Revision Timetable

My Revision Planner		Name:		
	Revision Block 1	Revision Block 2	Revision Block 3	Revision Block 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Top tips for your timetable:

- Start Small - Starting with 10 minute blocks of revision then building up to 30 minutes block
- Schedule harder topics for when you're most alert
- Alternate between different types of tasks
- Include buffer time for unexpected events
- Review and adjust weekly based on what's working

A well-structured revision timetable transforms good intentions into consistent habits. Plan your week with **30–45 minute focused sessions**, building in regular breaks, physical exercise, and proper downtime. Mixing subjects keeps revision fresh and prevents your brain from getting fatigued.

The key isn't cramming for hours – it's showing up regularly with focused attention. Even 30 minutes of quality revision beats three unfocused hours every time. Your timetable should feel challenging but achievable, not overwhelming.

**There are blank Timetables in your Folder**



# Example Revision Timetable

My Revision Planner		Name:		
	Revision Block 1	Revision Block 2	Revision Block 3	Revision Block 4
<b>Monday</b>	History – Flashcards	Maths past paper – Non Calc	Geography – Mind Map	Chemistry – Blurting
<b>Tuesday</b>	English Language – Cornell Notes	Spanish – Read cover write check	RE – Mind Map	Biology – Past Paper questions
<b>Wednesday</b>	Physics – Flash Cards	Business – Blurting	Maths Past Paper - Calculator	History – Blurting
<b>Thursday</b>	PE – Flashcards	English Language – Mind Maps	Geography – Past Paper	RE – Blurting
<b>Friday</b>	Maths - Flashcards	Spanish – past paper	English Lit - Flashcards	History – read cover write check
<b>Saturday</b>	PE – Past paper	Chemistry – Read cover write check	English Language – Mind map	RE – Past paper
<b>Sunday</b>	Biology – Flashcards	Physics - Blurting	English Lit – Mind Map	Business – Past Paper

A revision timetable helps you stay organised and build consistent study habits. Instead of revising randomly, plan short, focused sessions across the week.

Use the example above as a guide when creating your own timetable.

Remember:

- 30 - 45 minute sessions work best
- Mix subjects to stay focused
- Use active revision techniques
- Prioritise weaker topics

You don't need to revise all day, 2 - 3 hours of focused revision per day is enough to make real progress.



# Which Methods Work Best for Each Subject?

Different subjects respond to different techniques. This guide helps you match your revision style to what you're studying, making your sessions more focused and productive.



Maths

**Best techniques:** Past papers and formula cards

**Try this:** "Name the rule" quizzes where you identify which method to use before solving



Science

**Best techniques:** Blurting and diagram recall

**Try this:** Recreate experiment diagrams from memory and label every component



English

**Best techniques:** Essay plans and quote cards

**Try this:** Plan a complete introduction in just five minutes to practise structure



Geography, history, and RE

**Best techniques:** Timelines and mind maps and Flashcards

**Try this:** Connect themes across topics to see how events and ideas link together



Languages

**Best techniques:** Flashcards and speaking drills

**Try this:** Use read–cover–write–check for verb conjugations and vocabulary



# Parents – How You Can Help

As parents and carers, you play a crucial role in your child's GCSE journey. Your support doesn't need to involve knowing all the subject content – it's about creating conditions where effective revision can happen and providing emotional encouragement when stress levels rise.

## Encourage Small, Regular Sessions Not Marathons

Help them establish a sustainable routine. Consistent 30-45 minute sessions across the week are infinitely more effective than weekend cramming marathons that lead to burnout.

## Praise Effort and Progress Over Results

Focus conversations on the work they're putting in and improvements they're making, rather than just grades. This builds resilience and a growth mindset.

## Provide a Calm Environment and Routine

Minimise household disruptions during planned revision time. A predictable routine helps reduce anxiety and makes studying feel more manageable.

## Check They Attend Revision Sessions and Take Breaks

Gently monitor that they're accessing school support and not overworking themselves. Balance is essential – exhausted students don't learn effectively.



## Exam Week Mindset

How you **think** about your exams matters just as much as how much you revise. Students who perform best under pressure aren't always those who revised the most — they're those who walk in feeling **calm, prepared, and confident**.

### Before the Exam

- Get a full night's sleep — it boosts memory recall
- Eat breakfast — your brain needs fuel
- Arrive early — rushing creates unnecessary stress
- Read through your revision summary notes calmly
- Avoid cramming on the morning — trust your preparation

### In the Exam

- Read every question carefully before answering
- Start with questions you feel confident about
- Check the marks available — they guide how much to write
- If you're stuck, move on and come back
- Leave 5 minutes to check your answers

### If You Feel Anxious

Take three slow, deep breaths. Remind yourself: *"I have prepared for this. I know more than I think I do."* Anxiety is normal — it shows you care.

### Positive Self-Talk

Replace *"I can't do this"* with *"I can try my best and that is enough."* The way you speak to yourself shapes how you perform.



# You Are Ready for This

Revision is not about being perfect. It is about showing up, doing a little every day, and trusting that consistent effort adds up. Every flashcard you complete, every past paper question you attempt, and every blurting session you finish is a step closer to the grade you are working towards.

**Remember:** The exams test what you know — and you know more than you think. Use this booklet, follow your planner, apply the techniques, and take care of yourself. That is everything you need to do.



Revise actively

Test yourself every session — never just re-read



Be consistent

Small daily effort beats last-minute cramming every time



Be kind to yourself

Rest, sleep, eat well — your brain needs looking after too



Back yourself

You have worked hard to get here. Trust your preparation and go for it.



*Good luck in your GCSE exams. Your teachers, family, and school are proud of the effort you have put in. Now go and show everyone what you can do.*