

9 May 2013 Last updated at 12:41



One in three students wears 'lucky exam underwear'

By Judith Burns

BBC News education reporter

One in three students admits to wearing "good luck underwear" to try to boost exam chances, a poll suggests.

As well as lucky pants, some also use lucky pens, wear lucky jewellery or take charms into exams, the survey for a stationery company reports.

Almost a quarter (23%) of the 15 to 23-year-olds polled say they only start revision the day before the exam.

Revision expert Patrick Wilson warned that charms and rituals were no substitute for proper revision.

Some 60% of 2,000 students questioned by OnePoll for penmakers Bic said they changed their diet before exams because they believe some foods can boost their brain power and memory.

More than half take up eating oily fish (53%) and 46% eat more fruit and vegetables.

'Quick flick' revision



Lucky charms and rituals are no substitute for well planned revision, students are warned

Related Stories

[Exam stress and how to beat it](#)

[Meet the 'tutor kings and queens'](#)

[Professor gives pupils study tips](#)

How to
revise...
What can you
do to help?

Miss Hunt



Exam Countdown (iOS, Free):

Exam Countdown enables students to schedule their exams. You can use the app to store all

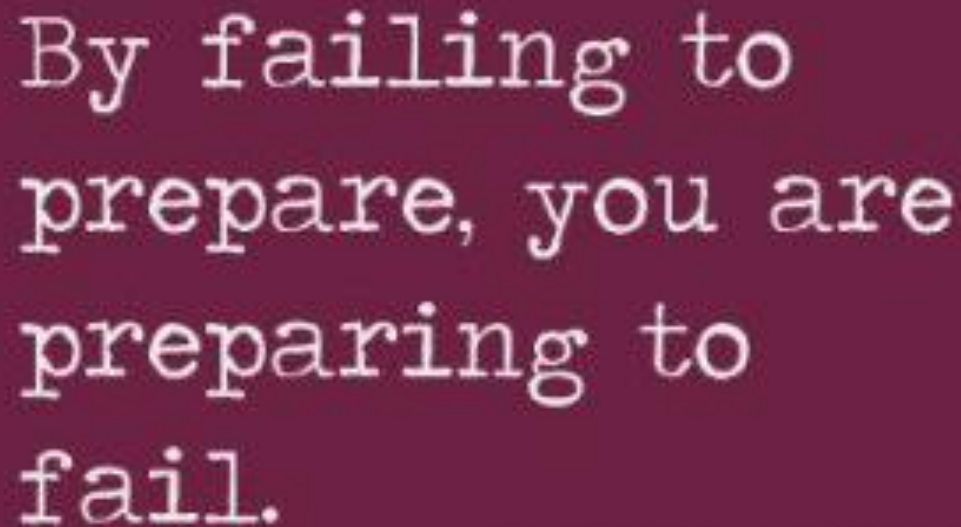
your key exam and test dates in one place and can even colour code them as well. Once you've done this, you'll get a countdown note beside each exam. A future update should have a notification function, but this is not currently available.





GET READY...

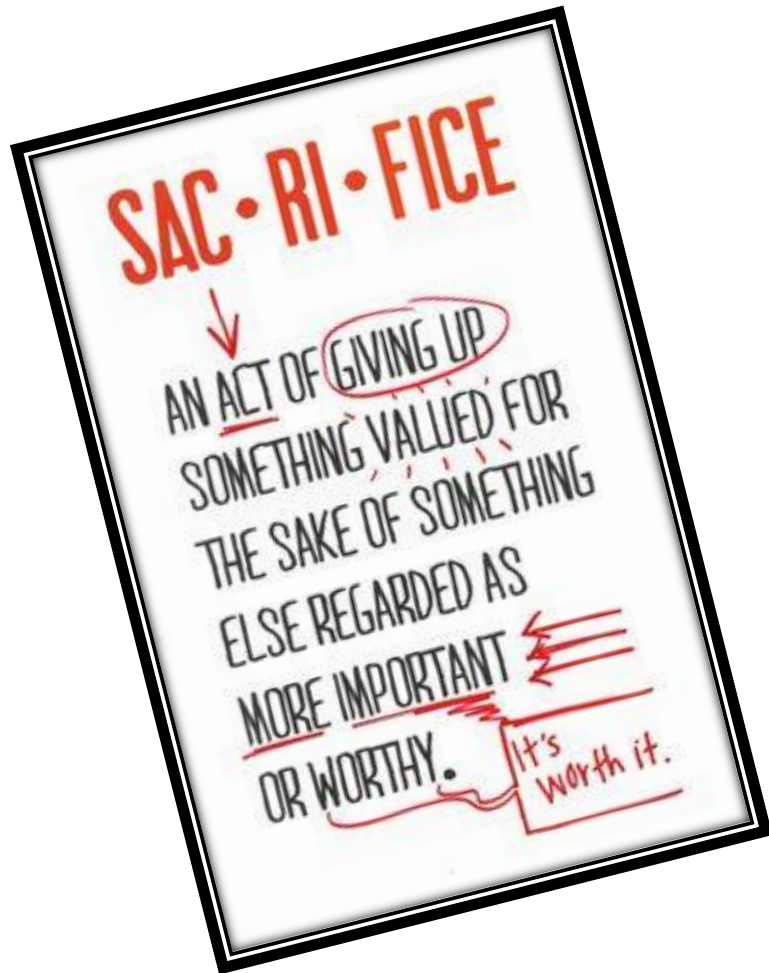
The next few months are really important –
they will determine your future



By failing to
prepare, you are
preparing to
fail.

- Benjamin Franklin

Start revising NOW
(if you haven't
already)



Be prepared to
make sacrifices!

Be positive

Don't be negative about what you think you can achieve.

Revising thoroughly and receiving the help and support of the people around you will make all the difference.

So, don't tell yourself you "can't do it anyway" – that's just opting out.



How can you make sure that you're prepared for your exams?

ATTEND!



IN LESSONS

AND

AT HOME



work hard now.

it'll pay off later.



chibird

BALANCE YOUR REVISION



Avoid the temptation to just focus on what you are good at or what you most enjoy.

Be honest with yourself and decide which subjects/topics are going to need the most time.



Devote extra time to these areas because you can bet that they will crop up in your exam!

FIND A SUITABLE REVISION ENVIRONMENT

What works best for you?
(Be honest with yourself!)



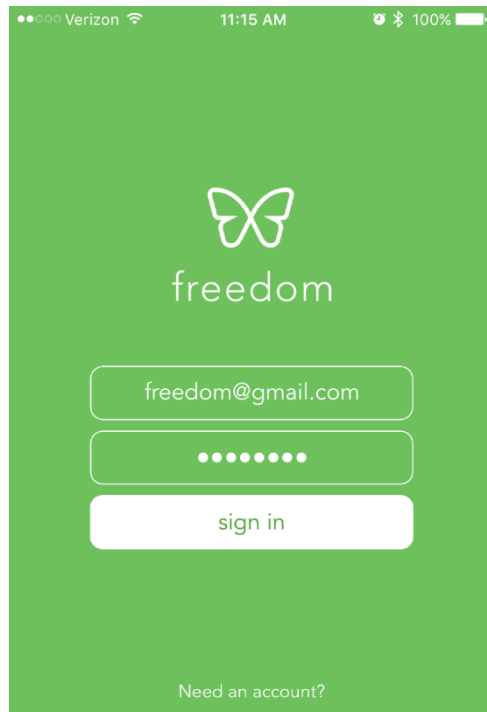
OR



Find your golden time - are you a morning person or do you work best in the afternoons/evenings?

IMPROVING PRODUCTIVITY

Internet restriction apps



LOOK AFTER YOURSELF

Exercise

Eat well

Sleep

HOW CAN I GET A GOOD NIGHT'S SLEEP?

- Don't drink tea/coffee before bed.
- Relax before bed – have a hot bath, read a book, do some yoga, listen to music.
- Avoid using technology just before bedtime.
- Develop a regular night routine – go to bed the same time each night and get up the same time each day.
- If something is worrying you, try writing it down – deal with it the next day.
- Exercising in the day may help you to sleep better



TIPS FOR ON EXAM DAYS

Eat breakfast!

Skipping breakfast can lead to a 20-40% reduction in concentration, memory and alertness.



Choose something that releases energy slowly, such as porridge or cereal



Avoid foods that are high in sugar



Avoid caffeine, as it can increase your nervousness.

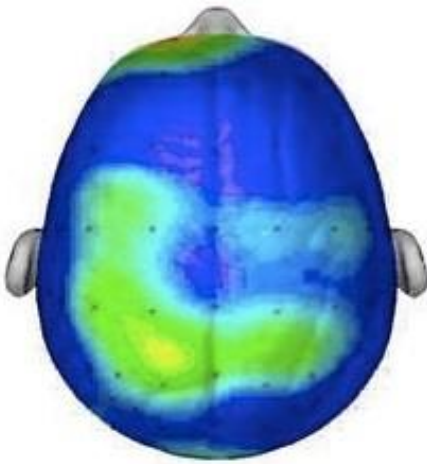


TIPS FOR ON EXAM DAYS

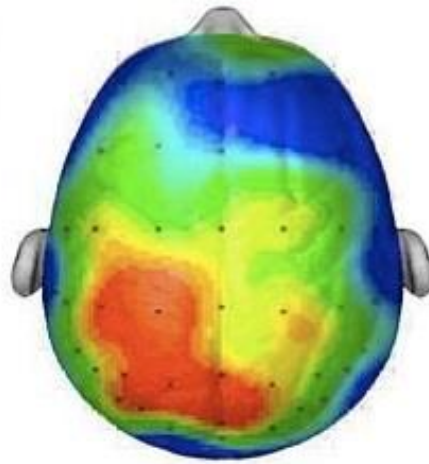
Walk or cycle to school



Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Be organised!



TIPS FOR ON EXAM DAYS

BBC

Sign in



News

Sport

Weather

iPlayer

TV

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Education

School Report

Global Education

**Drinking water improves exam grades,
research suggests**

Hydrate: before *and* during your exam



A LACK OF WATER

=

A LACK OF BRAIN POWER!

Life is
TOUGH
but so are
YOU

**“HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD”**

Go to revision sessions offered in school leading up to and during the exams.....

First set of GEOGRAPHY GCSE
revision sessions-

Feb to Easter holidays

Year 11 –Tuesday/Thursday after school (3.45-4.45). All in 7B5

Tuesday 23rd Feb	Coasts 1	Miss Niblett
Tuesday 1st March	Tourism 1	Mrs Lambert- Masters
Thursday 10th March	Coasts 2	Miss Hunt
Tuesday 15th March	Tourism 2	Mr Pearce
Tuesday 22nd March	Rivers 1	Mr Pearce

There may not be many now but they will increase closer to the exams and you will be informed

Check grades. Progress v target? Get talking to teachers.....



Year 10 Interim Report

22/05/2015

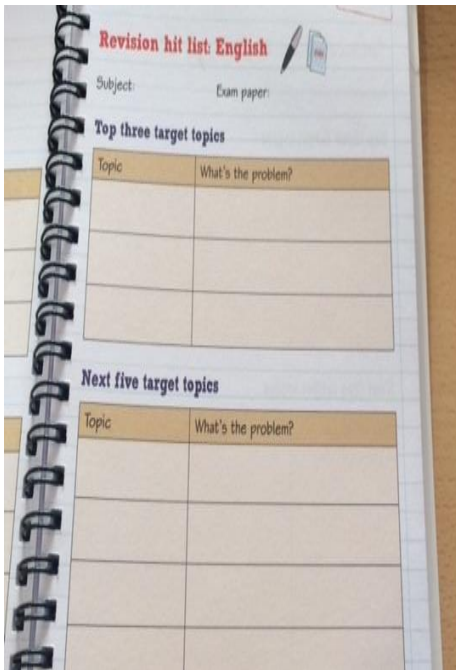
Revised: 5 Unauthorised: 0 Lates: 1

Subject	GCSE Target	Interim 1		Interim 2			Interim 3		
		Effort	Concern	Effort	Progress	Concern	Effort	Progress	Concern
English Mrs E. Derrick	A	1*		1*	A		1*	A*	
Mathematics Mr M. Dean	A	1*		1*	A*		1*	A	
Science Core Miss D. Patel	B	1		1*	A		1	A	
Food Mrs G. Cozens	A	1		1	B		1*	B	
French Mr F. Seguin	A	1*		1*	A		1*	A	
History Mr M. Stoker	A	1*		1*	A		1	A*	
PE (Core) Miss E. Langford		1*		1*	Beyond Exptd Lv		1*	Beyond Exptd Lv	
PE (GCSE) Miss E. Langford	A	1*		1*	A		1*	A	
Spanish Mrs J. Hockenhuill	A	1*		1*	A*		1*	A*	

- Make sure that you know what your target grades are and, most importantly, *what to do to achieve them*.
- Check this against your work. Identify with their teacher what you need to focus on to improve and increase your chances of improving.
- Make sure any Controlled assessment has been completed to the VERY highest standard and no more can be done....
- Mentoring will help

Get organised and find stuff....

Do you have all class notes? Question booklets? Revision guides? Previous notes? You have done/will have 2 years of work and 2 sets of mock exams.... Use this! Don't just rely on GCSE bitesize!



Be honest about what needs tackling first....
Often students feel overwhelmed by how much there is to do so this may form a good starting point....

Exam papers and Mark Schemes....

If you don't get provided them by teachers... go and get them yourself and make your children use them!

Completing practise questions in timed conditions... and then self marking is BRILLIANT preparation....

Plus the mark schemes can also be used to add detail to notes on topics from class...



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Find past papers and mark schemes

Find past papers and mark schemes for your exams, and specimen papers for new courses.

Find

Subject

Qualification

Specification

Series

Can't find your papers?

- Some question papers are not available online and older question papers and mark schemes are removed from our public website and Secure Key Materials (SKM) after three years because of [copyright restrictions](#) (except for Math and Science).
- Not sure which exams you're taking? Ask your school or college.
- Following consultations with a cross section of teachers across subjects, we will now make all papers and mark

7. Get Revising!

18 May 2013 Last updated at 02:34

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Revision techniques - the good, the OK and the useless

By Deborah Cohen
Health Check, BBC World Service



It's the time of year where students are poring over their books, trying to ensure they are prepared for their exams.

Revision charts, highlighter pens and sticky notes around the room are some of the methods people use to ensure information stays in their mind.

But now psychologists in the US warn many favourite revision techniques will not lead to exam success.

Universities, schools and colleges offer students a variety of ways to help them remember the content of their courses and get good grades.

These include re-reading notes, summarising them and highlighting the important points.

Health Check

How can a driving licence improve health?

The battle for control of the cigarette packet

'Coolest car in London' saves lives

Is bushmeat behind Ebola outbreak?

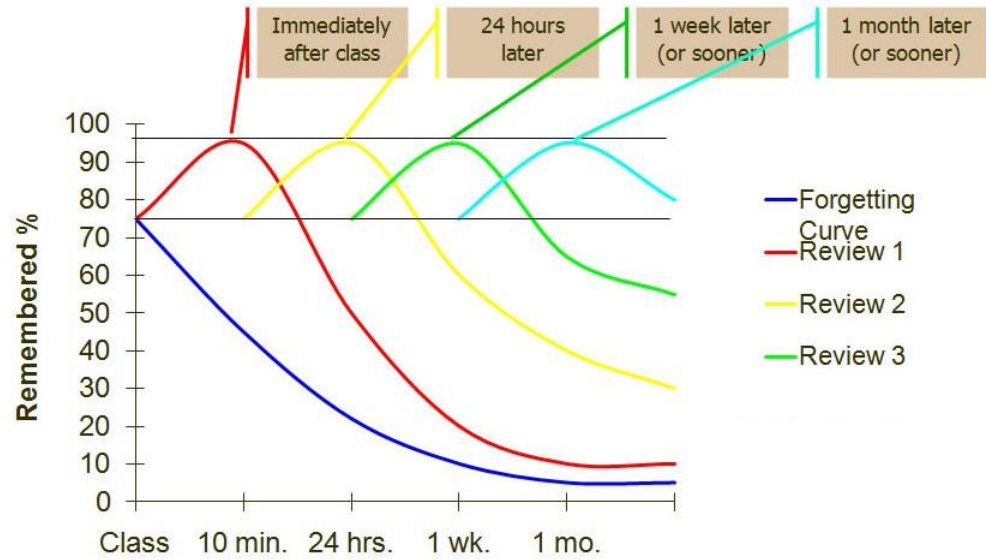
How effective are different strategies?

- **Summarising** - writing summaries of texts - **LOW**
- **Highlighting/underlining** - **LOW**
- **Keyword mnemonics** - choosing a word to associate with information - **LOW**
- **Imagery** - forming mental pictures while reading or listening - **LOW**
- **Re-reading** – **LOW**

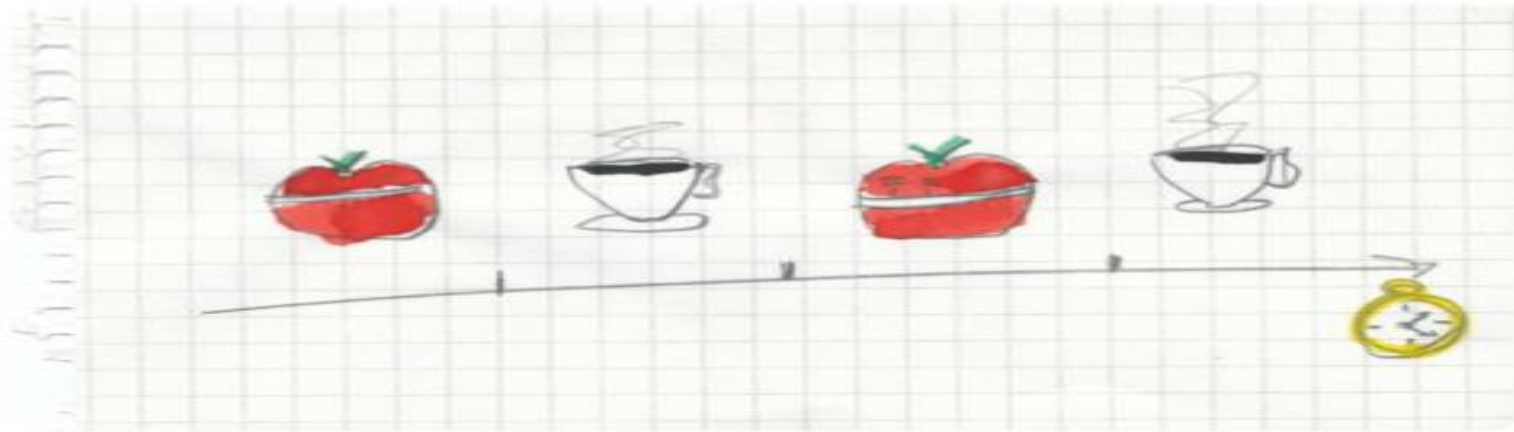
- **Elaborative interrogation** - being able to explain a point or fact - **MODERATE**
- **Self-explanation** - how a problem was solved – **MODERATE**
- **Interleaved practice** - switching between different kinds of problems - **MODERATE**

- **Practice testing** - Self-testing to check knowledge - especially using flash cards - **HIGH**
- **Distributed practice** - spreading out study over time - **HIGH**

and



The Pomodoro technique... Great for organising and time management.... Created by Francesco Cirillo



Decide on say 4 topics

- Recite French vocab for 20 mins...
- Complete ten questions on fractions – 20 mins
- Complete Geography PPQ – 20 mins
- Practise music assessment piece – 20 mins

Set a timer... have 5 mins break between each task.. Move on.... After 4 rounds take a longer break before starting again....

The lift test...

Prepare a 5 minute presentation on a topic ready to present at a meeting.... But when you get to your meeting they tell you they are in a rush....

You have 45 seconds to explain a principle to someone in the lift.... Before it reaches the ground floor... Can you summarise it fast!



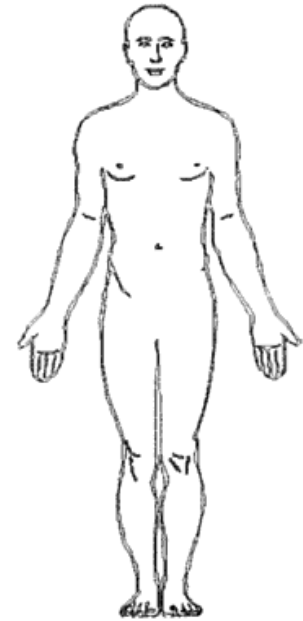
Bodily revision – this uses visualisation to aid memory

Take 10 facts about a case study.... E.g. Boxing day Tsunami...

26/12/2004, 230,00 people died, 10 countries affected, Thailand's GDP reduced by £500 million.... 8 million homeless, 15,000 orphans..... give them a minute to learn them and then ask them to recite.... They will struggle....

So, next time visualise each fact in a different place....

- 230,000 on your head,
- 10 countries affected...one on each finger.....
- 15,000 orphans in your heart,
- GDP on your stomach....
- Date around your throat



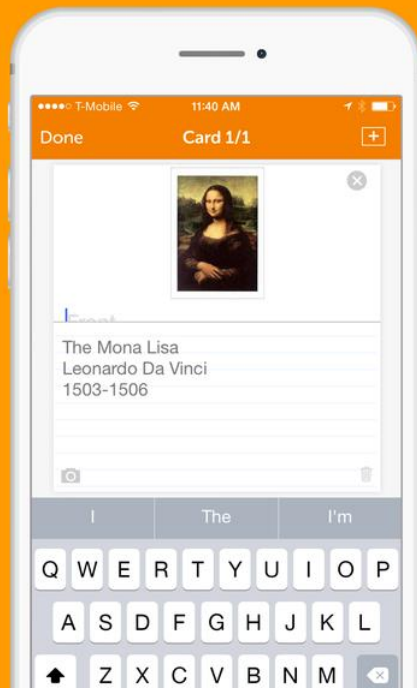


Flashcards+ (iOS, Free / Android, Free):

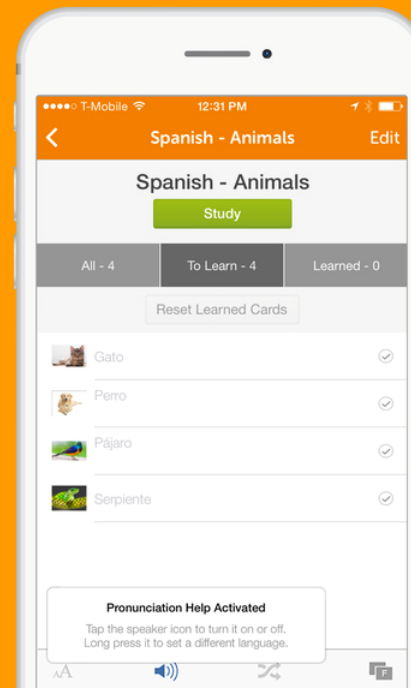
Memorize like a pro with Flashcards+ by Chegg, the fast, fun, free flashcard maker

designed to help students learn things more quickly and ace their exams. This is the ultimate online flashcard & notecard tool for students and is rated as the number 1 flashcard app on iTunes.

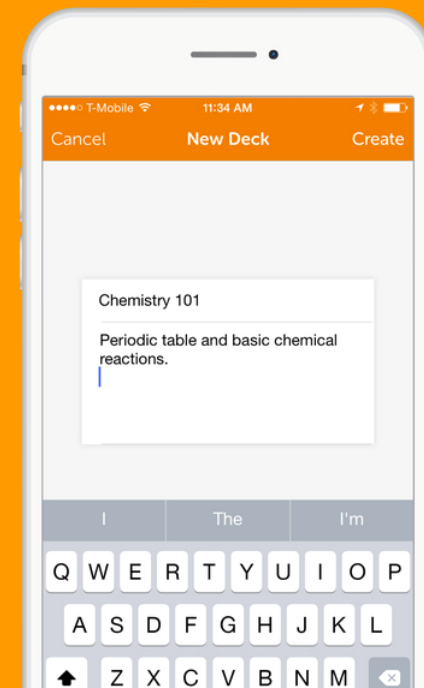
Add images to your flashcards to help with memorization



Learn languages with audio pronunciation support



Create a custom deck for a tough class or upcoming test



Really good websites, Apps and resources...

www.getrevising.co.uk

Popplet – app for spider diagrams

Revise better – organised by subject area

Grafio – App for infographics

Audioboo – App for creating and storing audio files

Trading cards - for making top trumps

Everynote – synchronise revision notes between devices

Studyblue and Quizlet– create and share electronic flashcards

Memrise – learning vocab

Twitter – loads of revision resources

Gojimo – free content on subjects and quizzes

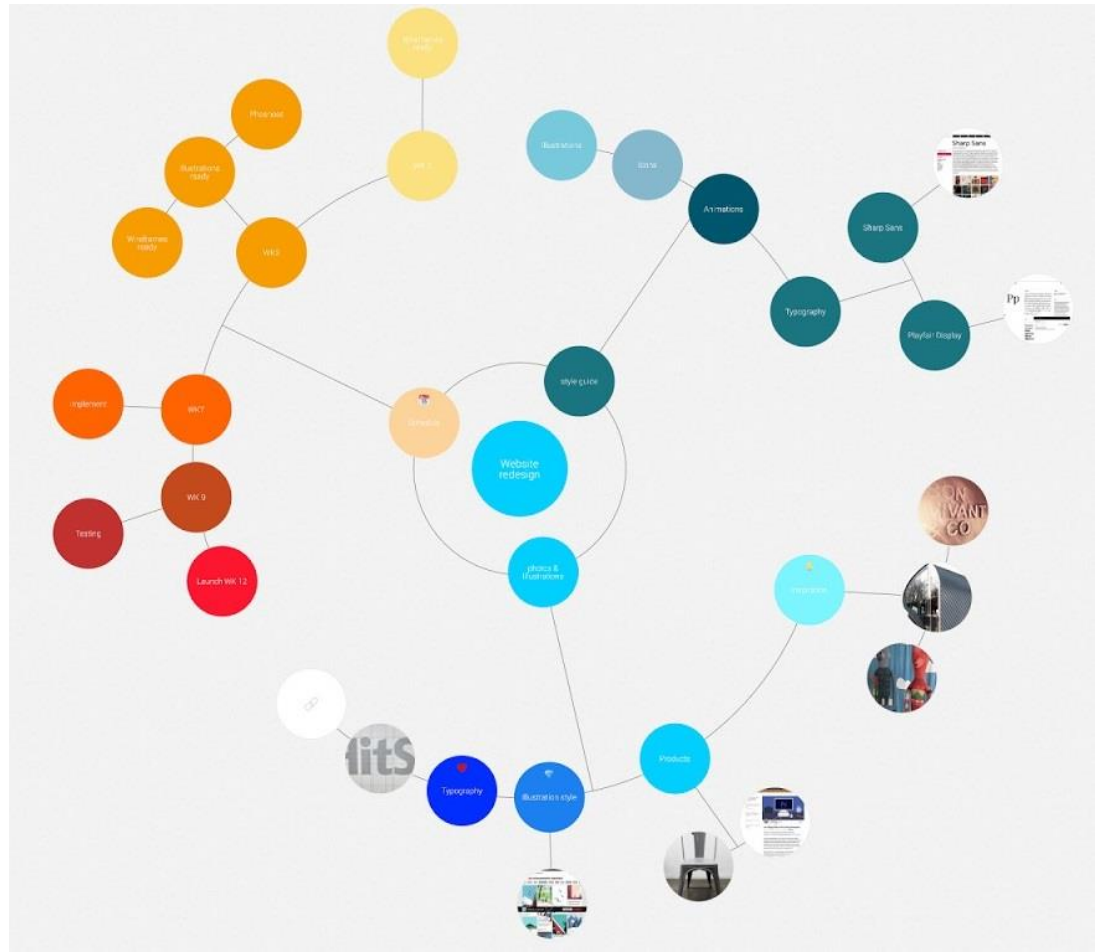
iMindmap and bubbl.uk - mindmaps

[The TES](#)Paper and online articles on memory



Mindly (iOS, Free / Android, Free):

Mindly is an app that helps encourage structured and joined up thinking and organise your thoughts by creating beautiful mind maps to aid revision in any subject.

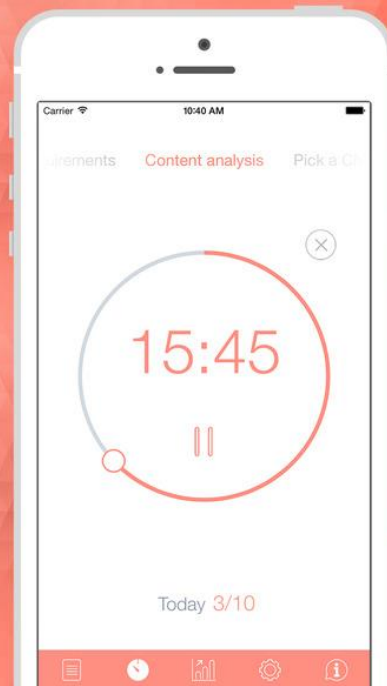




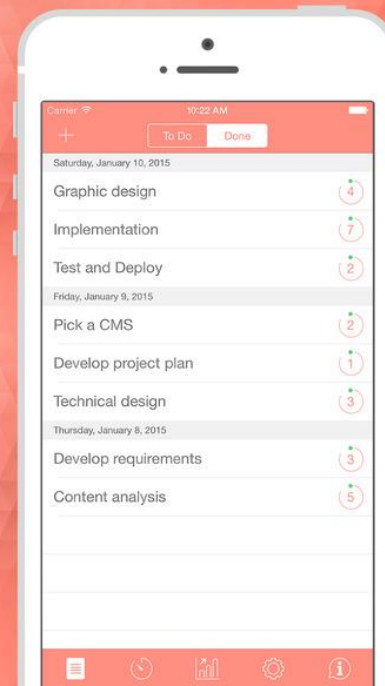
Get Focused (iOS, Free):

The Be Focused lets you get things done by breaking up individual tasks among discrete intervals, separated by short breaks. It's a surprisingly effective way to retain motivation and focus. Create tasks, configure breaks and track your progress throughout the day, week or custom period.

Stay Focused



Manage Tasks



Track Progress

