

# Planning a revision timetable

Plan for 25-30 mins at a time with a 5 minute break

Each box should include:

- Subject
- Topic
- Method

Give yourself days off and relax.

If plans change then adapt the timetable.

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## REVISION TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!

See link for a blank timetable

<https://www.gcsepod.com/wp-content/uploads/2019/10/Revision-timetable-1.jpg>

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It's natural and common for students to feel stressed and anxious. Here are some useful tips for dealing with this from GCSE Pod.

# DEALING WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



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## BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



## GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



## MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.



## OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.



## EXERCISE

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and keep them relaxed.



## EAT RIGHT

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!



## TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to relieve any stress and worrying they maybe experiencing.



## KEEP THINGS IN PERSPECTIVE

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!

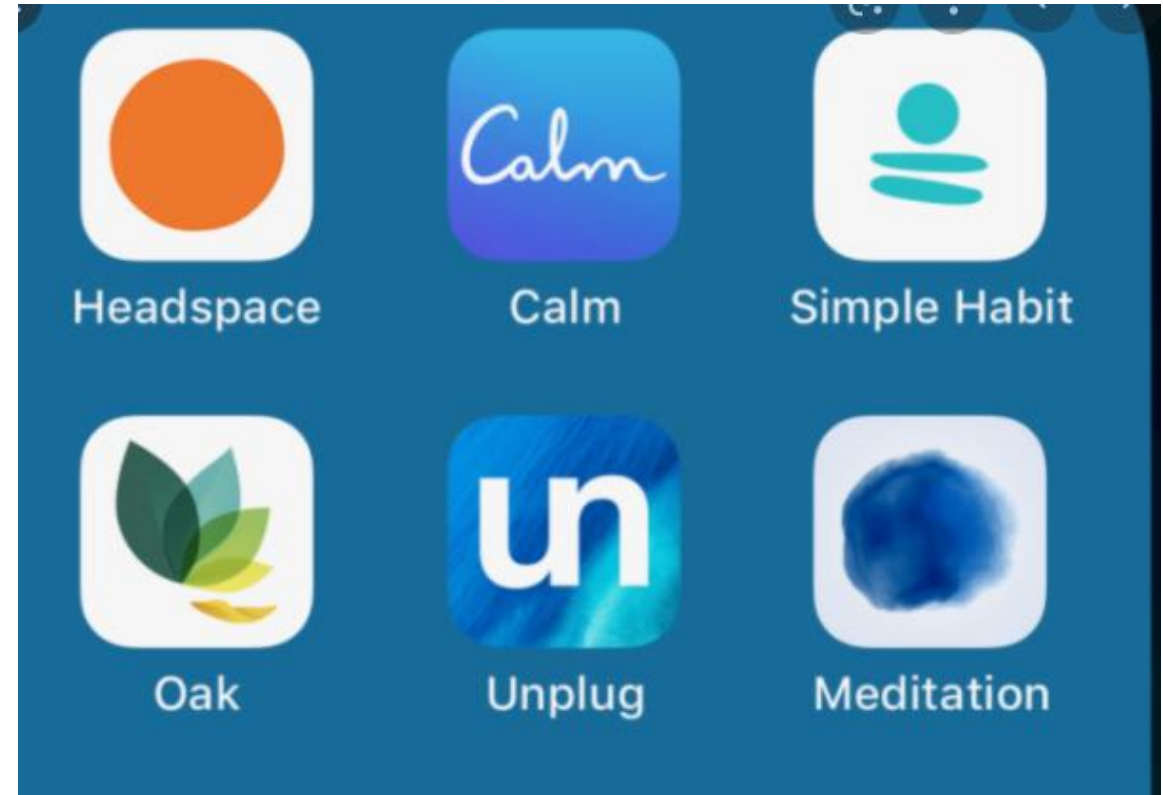
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Here are some useful apps that may help with relaxation.

It's important that students continue with their hobbies to an extent, e.g. football training, drama club or horse riding.



Another resource from ex-students on GCSE Pod

# TOP TIPS FROM YOUR FELLOW STUDENTS

We asked your fellow students what helps them to revise for their exams. Here's what they said.

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①

## PACE YOURSELF

Try not to revise everything at once. Give your mind time to take in what it is you are revising.

②

## SET GOALS

Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.

⑦

## TEST YOURSELF

By testing yourself with questions, you are making sure you fully understand what it is you are revising.

⑧

## NO DISTRACTIONS

Revise in a quiet place where there is nothing to distract you.

③

## ORGANISE WORKLOADS

Organise your time properly by creating a timetable of subjects to revise. Don't forget to include suitable breaks.

④

## USE SUMMARY PODS

For short bursts of revision, the Summary Pods are a great way to help you remember the key pieces of information.

⑨

## REWARD SYSTEM

Reward yourself after revision to keep you motivated.

⑩

## CREATE A HOMEWORK CORNER

Set up a comfortable place at home where you can relax and revise at the same time.

⑤

## NO LATE NIGHTS

Don't start revision late at night. Make sure you have a good sleep of between 7-9 hours every night, helping you to have a relaxed and well-rested mind and body.

⑥

## LISTEN TO MUSIC

Calming music can help you to de-stress or focus when you're stressed.

⑪

## DON'T LEAVE IT UNTIL THE LAST MINUTE

Leaving revision until the last minute will add unnecessary stress to your workload. Start sooner rather than later.

⑫

## USE COLOURS

Highlight key points which you need to stand out during revision.



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# HALF TERM REVISION MOTIVATION



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Half term is a great time to chill, but it also gives you a lot of opportunity to really drive home your revision.  
Make the most of your half term and get revising!



REVISE

✔ Don't leave it until the last minute

A day might seem like a long time, but it really isn't! Get used to revising early. There are 24 hours in a day – we're sure you can fit in at least two hours study per week! It might sound daunting, but it's way better than cramming everything you need to learn in on the last Sunday before school.

✔ Don't procrastinate

It's really easy to waste away the week by doing nothing at all! Make sure you get on with your studies. Thinking about doing revision is so much worse than actually doing it, and you'll feel good when it's over. Why not set yourself goals and targets? Reward yourself when you achieve them.



RELAX

✔ Don't get distracted

It can be really easy to get distracted revising at home. The dog's barking, the TV's on, your games console is just within reach. Try to reduce distractions by finding a quiet corner, where you're less likely to be disturbed? Or why not try the library – get stuck in without interruption!

✔ Take your time

Believe it or not, if you revise early and often, you don't have to cram everything into the space of a few hours. This means you have all the time you need to prepare. Make detailed mind maps and revision notes. Half-term is a great time to plan your revision, find out what you're struggling on, and plug any gaps in your knowledge.



REPEAT

✔ Have a party

OK, it isn't the kind of party you're thinking of. Why not bring a bunch of your friends over for a revision party? Spend a few hours revising and then celebrate with a movie and something nice to eat. Pizza, anyone?

✔ Make every bit count

You can sit for hours at a desk with a textbook and pencil, and not learn a thing. You really have to plan, prepare, and dedicate yourself to your revision. Use your time wisely and really focus during your revision time. It won't feel like fun, we know, but all this hard work will be worth it in the end!



# What can I do as a parent?

## SUPPORTING YOUR CHILD THROUGH THEIR GCSES

GCSE examinations can be a worrying prospect for your child and they will be under a great deal of pressure with deadlines and examination preparation. Here's how you can help.



### POSITIVE START TO THE DAY

The beginning of the school day can be a rush for everyone. Here are some tips for a routine in the morning and evening to help the day start smoothly and with minimum stress.

#### The night before

Encourage your child to pack their school bag and lay out their uniform before going to bed each evening.

#### Breakfast

Try to make sure your child eats breakfast. This provides essential energy and will help him or her perform better at school.

### ENSURE YOU ARE KEPT INFORMED

Signing up to the schools Facebook, Twitter, text and email communications can ensure you have a better understanding of what's actually going on in school and what teachers are communicating to both students and parents.

### PROVIDING ALL-ROUND SUPPORT

The best way to support your child during this stressful time is to make home life as calm and pleasant as possible. Try not to nag or make too many demands. Arguments are counter productive and will only add unnecessary stress. Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise to help clear the mind.

### HOMWORK

Homework can often feel like a chore, and there are a million things your child would rather be doing! However, in years 10 and 11 your child should aim to do from 90 to 150 minutes of homework per day. Though this work is done independently, your interest and input is still important and helps your child to do well. Ask your child if there's anything you can do to help with homework. If your child has several assignments due in on the same day, suggest they space the work out rather than leave it all until the night before.

- ✓ Set up the perfect study space
- ✓ No homework right before bed
- ✓ Choose the best time to work
- ✓ Start with the most difficult
- ✓ Plan ahead



### REVISION

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

- ✓ Work out a revision timetable for each subject
- ✓ Break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work well
- ✓ Condense notes onto postcards to act as revision prompts
- ✓ Buy new stationery, highlighters and pens to make revision more interesting
- ✓ Go through school notes with your child or listen while they revise a topic

### THE DAY OF THE EXAM

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. Make sure he or she eats a good breakfast on the morning of the exam and get them there with plenty of time. Reassure them that although you want them to do well no matter what happens you are very proud of them.

*"I can genuinely say that my daughter could not have managed without GCSEPod. I only wish that I'd known about GCSEPod when her GCSEs began, as I know that if she'd used it to reinforce her learning after each topic area, the impact would have been even greater."*

Lisa Chappell, Parent

### HOW CAN GCSEPOD HELP?

We understand how important it is for you to support your child during their GCSEs, so we've created a page full of useful advice, guidance and resources, especially for you!

- ✓ GCSEPod makes it easy to understand the subject knowledge your child is learning.
- ✓ Log into your child's account to monitor homework and any areas in which they may be struggling.
- ✓ Monitor your child's progress for every subject.
- ✓ Our support team is on-hand to answer your questions even during school hols!
- ✓ The parents page on our website is packed full of useful resources to help and support both you and your child.

[www.gcsepod.com/parents](http://www.gcsepod.com/parents)



1

**Define revision.**

Try to define the difference between "They've been revising" and "They've spent valuable time revising". The latter is going to feature lots of concentration and the need for breaks.

2

**Agree to the role of devices.**

The internet can be very valuable during revision and there are many great online resources out there but ensure that your child is genuinely concentrating and learning without the incessant ping of notifications. Consider "distraction-free zones".

3

**Listen a lot and talk a little.**

The best gift you can give your child is your time and your ear. Try to listen more than advise. Remember that when someone is stressed they don't always need a solution, they often just need to share it. Support them and listen to them. Oh, and give hugs. All teenagers love a hug, right?

4

**Set a bedtime.**

Something your child will thank you for is agreeing on a routine bedtime that all of you stick to. Talk to your child, negotiate a sensible time and stick to it. Ensure that when they go to bed, their devices are off. Genuinely off!

5

**Become a coach.**

One of the skills of a great coach is asking great questions. Try these:

1. Can you convince me that X is true?
2. Give me two examples/ applications of X?
3. Explain to me how X happens (this helps with processes).



Please see <https://www.gcsepod.com/student-resources/> for more resources and support including subject specific guides.

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