

Ivybridge Community College

Revision Guide

2018/19

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Introduction

This guide is designed to support the students, parents, carers in this important year.

Fixed vs. Growth Mind-set

Fixed Mind-set

Intelligence is static:

People have a given level of intelligence, and it can't be changed. Success and therefore a positive self-image are achieved by performing well and looking smart.

Desire to look smart and a tendency to:
Avoid challenges
Give up easily
See effort as worthless

Growth Mind-set

Intelligence can be developed:

People can develop their intelligence. The brain is like a muscle that can be exercised and strengthened. Success and therefore a positive self-image are achieved by learning and growth through effort.

Desire to learn and a tendency to:
Embrace challenges
Persist in the face of setbacks
See effort as the path to mastery

A fixed mind-set can often be most evident when students are seen not wanting to make an effort, as failure can be justified by the lack of effort, i.e. I did not achieve because I did not try. This is one of the biggest hurdles that students of all ability face. At ICC we endeavour to encourage a Growth Mind-set, but very often it is the language that we use which can have the greatest impact.

Instead of....	Try thinking/saying....
I'm not good at this.	What am I missing?
I'm great at this.	I'm on the right track.
I give up.	I'll use some of the strategies we've learned.
This is too hard.	This may take time and effort.
I can't make this any better.	I can always improve, so I'll keep on trying.
I made a mistake.	Mistakes make me learn better.

A positive approach towards the final exams can be the most powerful tool we have and this is definitely something that can be easily supported at home.



Motivation and Goal Setting

'If you have a vision or a dream, you have a purpose'.

'If you have a purpose, your energy has a specific focus.'

It is vital that students have an idea about their pathway post Year 11, be it A-Levels, BTEC or an apprenticeship. Now is the time to find out what qualifications and exam results are required to open the doors.

A goal is an idea of the future or desired result that a person envisions, plans and commits to achieve. They can be both short term and long term, with shorter term objectives often being the stepping stones towards the long term goal.

Goals must be:

- **Realistic** - Some of the goals will be easy; others will be harder.
- **Flexible** - Goals are not set in stone. We should be prepared to change and modify our goals along the way.
- **Measurable** - Always put a timescale on our goals and work to a deadline, otherwise tomorrow may never come.

What is your goal for this year at ICC?

Career Planner

All students should register with Career Planner, if they have not done so already. This is a fantastic website which gives Students and Parents information on the next steps in your career. Parents are also able to register and use the advice available to support your child in making future decisions. Please use the information below to register.

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Parent guide to using *Careers Planner*

Go to www.careersplanner.com and register for free as a parent using the College's exam centre number, 54315. On the home page, click on **guide for parents** to bring up the options below.

Your child will be using *Careers Planner* in College to support them in planning for their post-Year 11 options.

How can I help my son/daughter with Career Decisions?

How can I help my son/daughter choose 'Winter Options' at 11?

How can I help my son/daughter apply for University?

How can I help my son/daughter explore the Gap Year option?

How can I help my son/daughter apply for an Apprenticeship?

How can I help my son/daughter apply for a Job?

Careers Planner



Sleep

Information has changed over the years, but it is generally agreed that teenage students should be sleeping for approximately 8.5 – 9.5 hours per night.

Blue Light

Televisions and more recently iPods, tablets, kindles and mobile phones are often the last thing we look at before turning the lights off and going to sleep. All of these devices bathe us in 'Blue Light'. Blue wavelengths—which are beneficial during daylight hours because they boost attention, reaction times, and mood—seem to disrupt normal sleep schedules.

Devices such as Apple products now have night shift settings which enable you to change the backlight to a warmer colour later in the day.

These devices can also disrupt a night's sleep with message alerts – it is best that phones etc. are put into a silent mode or better still not in the bedroom at all.

Stress Management

Stress is a very natural and important part of life. We all need stress but not too much or for too long. Stress helps keep us alert, motivates us to face challenges, and drives us to solve problems.

However, distress, on the other hand, results when our bodies over-react to events, leading to a “fight or flight” reaction. If we think something is scary or worrisome, our bodies react accordingly.

Top Tips on Stress Management

1. Get organised and have a realistic schedule of daily activities, including time for work, sleep, relationships and recreation.
2. Exercise releases endorphins which counteract negative feelings and anxiety.
3. Eat breakfast as this reduces the production of cortisol, a stress related hormone.
4. Keep sugar levels stable by avoiding sugary snacks. Blueberries, walnuts, pumpkins seeds and almonds can provide energy without drastically increasing sugar levels.
5. Avoid caffeine as it can replicate the physiological effects of stress.
6. Stay hydrated as this also reduces the production of cortisol.
7. Practice mindfulness techniques such as breathing exercises.
8. Talk to friends. Talking and meeting with friends and sharing feelings and thoughts can be helpful in reducing stress.
9. Make sure you are in a calm, positive mood before studying.



Revision Techniques

Post It Notes



Post it notes have lots of different uses. From as simple as sticking key terms around the house to using them for sequences and timelines, essay planning, and marking sections in your revision guides/exercise books.

A mind map is a simple diagram you make which links and groups concepts together through natural associations. This helps generate more ideas, find deeper meaning in your subject, and also prompt you to fill in more or find what you're missing.

Mindmaps



Past Papers



Attempting exam questions is a key part of revision. Learning how to structure longer answers is an essential skill and can be honed with practice. Having the mark scheme for questions can also help you understand how to lay out answers.

Record yourself reciting key dates, quotes or equations and listen to them as you do other things. You won't feel like you're revising but you will be amazed at how much you retain.

Record and Listen



Mnemonics

H
E
L
P

elp
everyone
earn
roperly

Mnemonics are memory devices that help learners recall larger pieces of information, especially in the form of lists like characteristics, steps, stages, parts, phases, etc. the 1st letter of each word in a list of items is used to make a name or word.

Write a question on one side of the card and the answer on the other. Great for learning definitions and facts.

Flash Cards



Discuss with a Friend



Testing each other with a friend is a quick and simple way to check knowledge. You can use flashcards or a revision guide to help with this.



And finally, there's no such thing as 'No Homework'.....

.....that burning question – *how much and how often should students revise?* The key is going to be routine and regularity of revision – covering a topic once or twice will not allow for true understanding of the content in time for the exams.

We would suggest that revision is done every night, but the secret is the **quality** not the length of time. Just **20 minutes** per night would be a good place to start. There are, of course, going to be times when a heavy night of homework or coursework takes precedence, but time should still be made for revision if possible.

Nearer the time the length of revision should be of a similar amount of time - no longer than **30 minutes** - before changing method, topic, subject, etc. and after a brief break of some physical activity.

So to summarise....

1. Find a **quiet place** to revise – your bedroom, school, local library and refuse to be interrupted or distracted.
2. Make sure you don't just revise the subjects and topics you like. Work on the **weak ones** as well.
3. You will **need help** at some stage; ask parents, teachers, or even friends.
4. **Eat properly** and get lots of **sleep**.
5. **Believe in yourself** and be positive.



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Revision Resources

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Business Studies

Exam Board	Pearson Edexcel
Past Papers	http://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html GCSE > Business > Business (2009) (Current) > June 2015
Resource Support Websites	www.tutor2u.net www.bbc.co.uk/education/subjects/zpsvr82 www.businessstudiesonline.co.uk W:\2013\Business Stu\MSY\Revision 2017
Apps and Podcasts	

Computer Science

Exam Board	OCR
Past Papers	https://www.ocr.org.uk/qualifications/gcse/computer-science-j276-from-2016/assessment/
Resource Support Websites	Student Workbooks saved on the VLE – answer versions to be released from January 2019 https://www.bbc.com/bitesize/subjects/z34k7ty
Apps and Podcasts	

Dance

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/subjects/dance/gcse/dance-8236/assessment-resources
Resource Support Websites	www.aqa.org.uk/subjects/dance An interactive resource by Arts Pool. This is a leading Dance education resource provider. Mark Up is an online revision tool that is designed to guide students in answering examination-style questions correctly and thus access the higher marks. Letters will be sent out to all students in the new year.
Apps and Podcasts	https://itunes.apple.com/us/app/the-dance-app

Design Technology

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/subjects/design-and-technology/gcse/design-and-technology-8552/assessment-resources
Resource Support Websites	https://www.bbc.com/bitesize/subjects/zvg4d2p www.technologystudent.com eBook – Design & Technology TECBook (eBook) by Educational Umbrella. (M J Ross)
Apps and Podcasts	



Drama

Exam Board	Eduqas
Past Papers	http://www.eduqas.co.uk/qualifications/drama-and-theatre/gcse/WJEC-Eduqas-GCSE-Drama-SAMs.pdf?language_id=1 Available through the Eduqas GCSE Drama web pages.
Resource Support Websites	Resource Support: http://www.eduqas.co.uk/qualifications/drama-and-theatre/gcse/WJEC-Eduqas-GCSE-Drama Recommended Course Text Book: WJEC/Eduqas GCSE Drama, by Garry Nichols. ISBN: 978-1-908682-88-8
Apps and Podcasts	Apps and Podcasts or additional: Use the guide sheets and resources provided by your teacher. Go to the theatre as much as you can. Use the internet to research more about production companies, practitioners, plays, playwrights, styles of theatre/drama.

English Language

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources
Resource Support Websites	www.bbc.co.uk/education/subjects/zr9d7ty www.educationquizzes.com/gcse/english www.englishbiz.co.uk www.sparknotes.com www.youtube.com - Mr. Bruff videos
Apps and Podcasts	Any app that revises your writing skills (spelling, punctuation, grammar, vocabulary etc.) is useful.

English Literature

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources
Resource Support Websites	www.bbc.co.uk/education/subjects/zckw2hv www.educationquizzes.com/gcse/english www.englishbiz.co.uk http://www.bbc.co.uk/schools/gcsebitesize/english_literature/ https://revisionworld.com/a2-level-level-revision/english-literature-gcse-level http://www.oxnotes.com/gcse-english-literature.html www.sparknotes.com www.youtube.com - Mr. Bruff videos
Apps and Podcasts	Search for Apps on your Literature set texts; Dr Jekyll and Mr Hyde, Romeo and Juliet, An Inspector Calls

Food Preparation and Nutrition

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources
Resource Support Websites	https://www.bbc.com/bitesize/subjects/z48jmp3 V:\Food and nutrition\AQA Food Preparation and Nutrition BBC Two Gastro lab – Science behind clips on i-player: https://www.bbc.co.uk/programmes/p02gdbyr
Apps and Podcasts	https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources

Please note: All books can be sourced online using the ISBN number



Geography

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/geography/gcse/geography-8035/assessment-resources
Resource Support Websites	http://web.aqa.org.uk Geography area on Moodle.
Apps and Podcasts	

History

Exam Board	OCR
Past Papers	http://www.ocr.org.uk/qualifications/gcse-history-a-explaining-the-modern-world-j410-from-2016/assessment/ http://www.ocr.org.uk/qualifications/gcse-history-b-schools-history-project-j411-from-2016/assessment/
Resource Support Websites	www.bbc.co.uk/education/subjects/zj26n39 http://www.bbc.co.uk/schools/gcsebitesize/history/shp/americanwest/ www.bbc.co.uk/schools/gcsebitesize/history/mwh/germany There are three revision booklets containing all the 'knowledge' relevant to each unit in Moodle under the heading 'workbooks.' There are also PowerPoints and other resources that you can access
Apps and Podcasts	

Languages - French

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources
Resource Support Websites	www.wordreference.com to use instead of Google translate www.languagesonline.org.uk www.memrise.com Both free to register with and can access AQA vocabulary lists. Type AQA French or Spanish GCSE in the search button and you will access lots of interactive activities to practise and remember these words www.quizlet.com www.linguascope.com <i>username: ivybridge password: mfl1234</i>
Apps and Podcasts	Duolingo Puppet pals (to create and practise conversations) Explain everything Wordreference (a dictionary) Popplet iMovie (for creating videos) tellagami (for creating characters)



Languages - German

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources
Resource Support Websites	<p>www.wordreference.com to use instead of Google translate</p> <p>www.languagesonline.org.uk</p> <p>www.linguascope.com <i>username: ivybridge password: mfl1234</i></p>
Apps and Podcasts	<p>Duolingo Puppet pals (to create and practise conversations)</p> <p>Explain everything</p> <p>Wordreference (a dictionary)</p> <p>Popplet iMovie (for creating videos) tellagami (for creating characters)</p>

Languages - Spanish

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources
Resource Support Websites	<p>www.wordreference.com to use instead of Google translate</p> <p>www.languagesonline.org.uk</p> <p>www.memrise.com Both free to register with and can access AQA vocabulary lists. Type AQA French or Spanish GCSE in the search button and you will access lots of interactive activities to practise and remember these words</p> <p>www.quizlet.com</p> <p>www.linguascope.com <i>username: ivybridge password: mfl1234</i></p>
Apps and Podcasts	<p>Duolingo Puppet pals (to create and practise conversations)</p> <p>Explain everything</p> <p>Wordreference (a dictionary)</p> <p>Popplet iMovie (for creating videos) tellagami (for creating characters)</p>

Mathematics

Exam Board	Pearson Edexcel
Past Papers	<p>www.mathsgenie.co.uk</p> <p>https://mathsmadeeasy.co.uk/gcse-maths-revision/edexcel-past-papers/</p>
Resource Support Websites	<p>www.mymaths.co.uk [username: ivybridge, password: triangle]</p> <p>www.mathswatchvle.com [username: 14+first initial+surname@ivybridge (e.g. 14hpotter@ivybridge), password: number]</p> <p>www.corbettmaths.com</p> <p>www.mathsgenie.co.uk</p>
Apps and Podcasts	MathsWatch (login details as above)



Music

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/music/gcse/music-8271/assessment-resources
Resource Support Websites	http://www.musictechteacher.com/music_quizzes/music_quizzes.htm https://renrec.co.uk/aqa-music/ https://www.musictheory.net/ www.bbc.co.uk/education/subjects/zpf3cdm
Apps and Podcasts	Teoria EarMaster Music Theory Helper Music Theory Questions

Physical Education

Exam Board	AQA
Past Papers	www.aqa.org.uk/subjects/physical education/gcse/physical-education-b-4055/past-papers-and-mark-schemes .
Resource Support Websites	www.bbc.co.uk/education/subjects/znyb4wx
Apps and Podcasts	iSchool GCSE P.E iMuscle DK Human Body Virtual Heart Speed Muscles Learn Muscles

Religious Education

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/exams-administration/exams-guidance/find-past-papers-and-mark-schemes Only use Hinduism / Christianity and themes
Resource Support Websites	www.bbc.co.uk/education/subjects/zb48q6f Again make sure you only use Hinduism and Christianity https://youtu.be/a0O03hFwBnE https://youtu.be/2olsmFEu9go?list=PL1nHFoeHw4iSm48g_UkApWTrYT0CB0Lj https://youtu.be/Y9gYnkpaRgA https://www.youtube.com/watch?v=iLc5YLuL35w https://www.youtube.com/watch?v=5Z2tI8m47zU
Apps and Podcasts	



Science - **Combined**

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources
Resource Support Websites	www.iccsciencerevision.co.uk www.bbc.co.uk/education/subjects/zrkw2hv www.darvill.clara.net www.gcsescience.com/index.html http://www.scibermonkey.org/ www.s-cool.co.uk/ www.docbrown.info/gcsescience.htm
Apps and Podcasts	BBC Bitesize Science revision app Gojimo app Temple app

Science - **Separate**

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources https://www.aqa.org.uk/subjects/science/gcse/physics-8463/assessment-resources
Resource Support Websites	www.iccsciencerevision.co.uk www.bbc.co.uk/education/subjects/zrkw2hv www.darvill.clara.net www.gcsescience.com/gcse-physics-revision.htm www.gcsescience.com/index.html www.scibermonkey.org/ www.s-cool.co.uk/ www.docbrown.info/gcsescience.htm
Apps and Podcasts	BBC Bitesize Science revision app Gojimo app Temple app

Sociology

Exam Board	AQA
Past Papers	https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/assessment-resources
Resource Support Websites	www.podology.org V:\Sociology\GCSE www.youtube.com www.docbrown.info/gcsescience.htm
Apps and Podcasts	

