

Ivybridge Community College

Revision Guide

2019/20

Includes:

Revision Techniques and Tips

Revision Resources

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The GCSE Mindset

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

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

It is vital that you have a vision for your pathway post Year 11, be it A-Levels, BTEC or an apprenticeship and that you are able to make the connection between what you do now and how that will support their aspirations in the future.

The VESPA model from GCSE Mindset is a programme which aims to help guide you to realise what you are capable of and ensure that you achieve. In order to achieve this, the programme follows a model called VESPA.

Vision: Is about helping you to establish a clear goal and making the connection between the work you are doing and the reason for doing it.

It is important to use effective goal setting strategies to help you to achieve this. Using a hierarchy of low, mid and high-level goals will help keep you motivated and on track. The top-level goal is the ultimate concern, the mid and low goals are a list which can be ticked off to support you in reaching that goal. You should review your goals throughout the year.

Effort: Without effort, achievement is impossible. Effort refers to how much hard work you do; The successful performance of most tasks depends on effort (Heckman and Kautz, 2012).

Systems: Systems is about two things. (1) A system to organise learning so that you can make sense of it all. (2) A system to organise your time so that you can complete key tasks in a timely fashion. The systems that you have developed and must continue to develop and practice include; effective notetaking, organising information and time management.

Practice: Practice is distinct from effort, it represents what you do with the time you put into your studies. Not the, 'how much' of study, but the 'how'. *Please refer to the Self Testing Tool Kit on Page 7 for more information.* For success, we feel that the following is essential;

1. A clearly defined stretch goal – Practice outside of your comfort zone.
2. Full concentration and effort.
3. Deliberate practice requires repetition of challenging tasks, reflection and refinement.

Attitude: There are four elements to attitude. Confidence, academic buoyancy, emotional control and growth mindset.

Confidence	You are bold when attempting new and challenging tasks.
Academic Buoyancy	You respond positively to critical feedback
Emotional Control	You can regulate their emotions, even in challenging situations.
Growth Mindset	You believe that intelligence can be developed with hard work .

Reference; The GCSE Mindset, S. Oakes and M. Griffin 2018.



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.



Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!



Maximise the learning potential of your child at home

The Self-testing Toolkit has been developed in conjunction with the Educational Endowment Fund, to help students learn key facts and concepts. The Ivybridge Community College Science Department applied to participate in a study using these techniques, to be able to provide our students with some tools to use for effective revision.

Studies in learning

Much of the most recent research on learning has been centred on the fact that the brain retains information longer if that learning is repeated frequently and if the recall of the information involves a mechanism for self-testing. That is, we need to encourage our students to revise things over and over again to embed it into their long term memory and to try very hard to recall the information through some kind of testing, rather than by reading the answer straight away. Many studies have shown that the revision techniques that many students turn to, that don't feel like hard work, such as rereading and highlighting, are ineffective. The self-testing techniques are simple, but because they require the students to test themselves, they strengthen those memories of important facts and concepts. This will lead to increased confidence in the lead-up to exams, which we hope will contribute towards their mental wellbeing.

The key factor for success is that the student does not only revise what they are studying at that time, but also what they have studied previously throughout the course.

Key points

To strengthen the memory, learning should:

- be repetitive
- involve self-testing



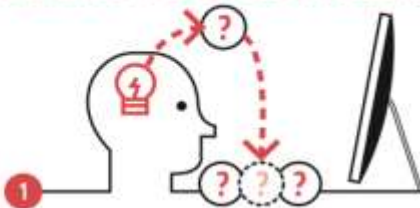
In this technique, the student reviews the work from their lesson and writes themselves some questions about what they learned. They write the answers on a separate page, the back of the page, or on the same page, with the paper folded to cover the answer. The technique is called 'cumulative' because the number of questions and answers builds up over time. The student develops a valuable self-testing resource to be used many times throughout the week, for a few minutes at a time, remembering to revise past material as much as current material.

What can you do to support your child?

Your child would benefit from you asking them the questions and then letting them know if their answers are correct. If they weren't correct the first time, tell them the correct answer and if they don't fully understand, help them find the content in their KITE booklet, or revision guide.

HOW SHOULD I DO CUMULATIVE QUIZZING?

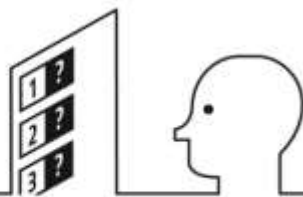
1 Study a topic and add a question or two to your quiz based on what you have learned.



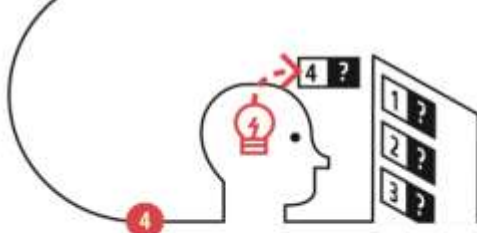
2 Write down the answer somewhere hidden e.g. on the back of the page.



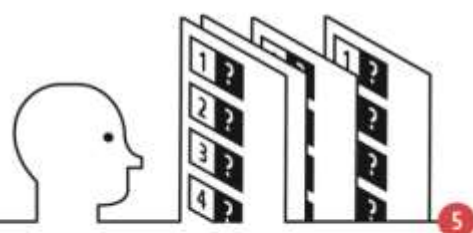
3 The next time you are about to study, take out your cumulative quiz and test yourself on all of the questions you have written previously.



4 Add a question each time you finish studying the next section of a topic.



5 Answer all of the questions that are building up each and every time, before you study fresh material. The list will get longer, but answering the questions will get easier.





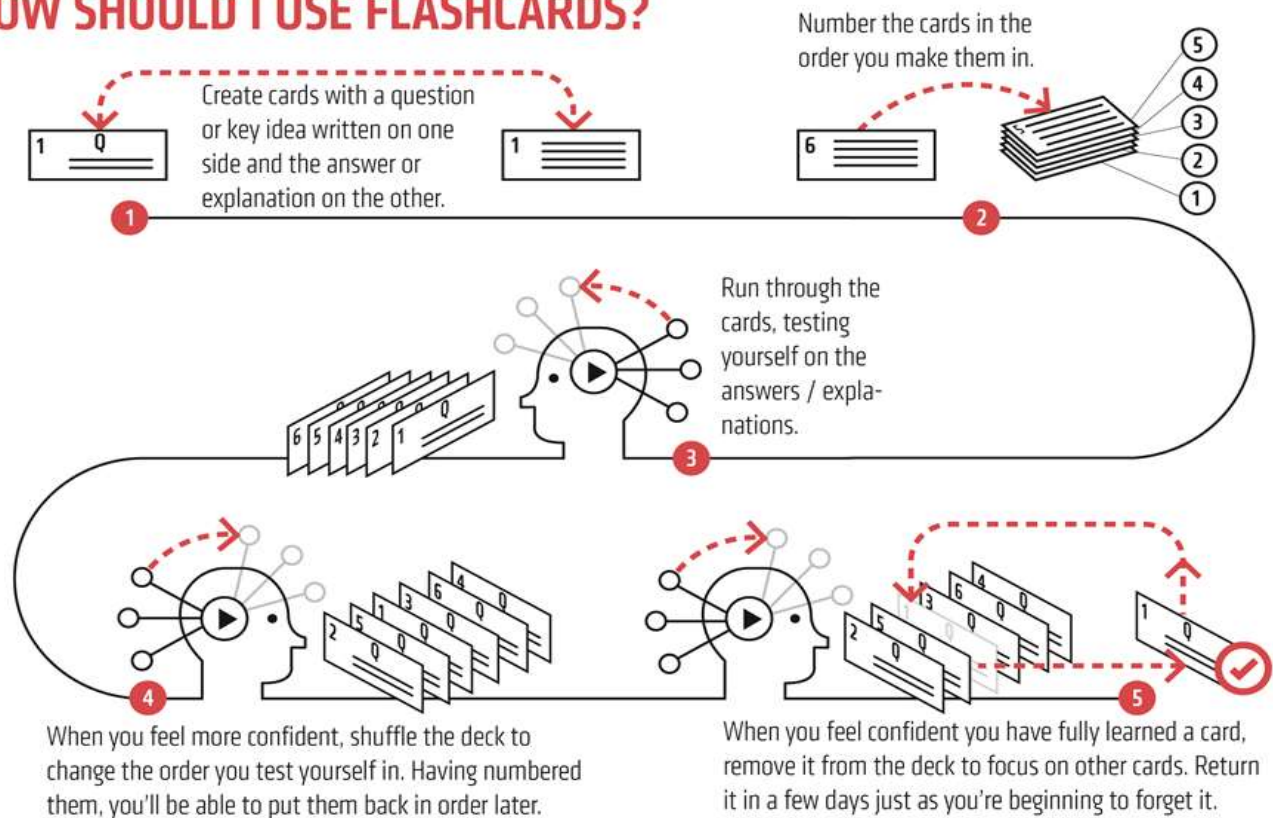
This technique involves writing a question or key idea on one side of the card and trying to remember the answer or explanation on the back. This will strengthen the students' memories of the things they are trying to learn. The student should make three to five flashcards after each lesson or small group of lessons.

There are variations to the technique; to extend their thinking further, the student could write the name of a key concept on one side and all of the key words that are linked to that topic on the other side, or bullet points they would need to include in a longer answer question. If the students find that there is a card to which they are fully confident in its answer, they could remove it from their pile for a few weeks and replace it later. It aids memory retention to shuffle the cards on a regular basis.

What can you do to support your child?

Please ask your child questions from their flashcards and let them know whether or not they got the answer correct. If not, let them know what the answer was and encourage them to read further, as with Cumulative Quizzing.

HOW SHOULD I USE FLASHCARDS?





1 PRE-TESTS / POST-TESTS 2 CUMULATIVE QUIZZING 3 FLASHCARDS 4 STRUCTURED NOTE-BOOKING 5 BLIND MIND MAPPING

The Self-Testing Toolkit

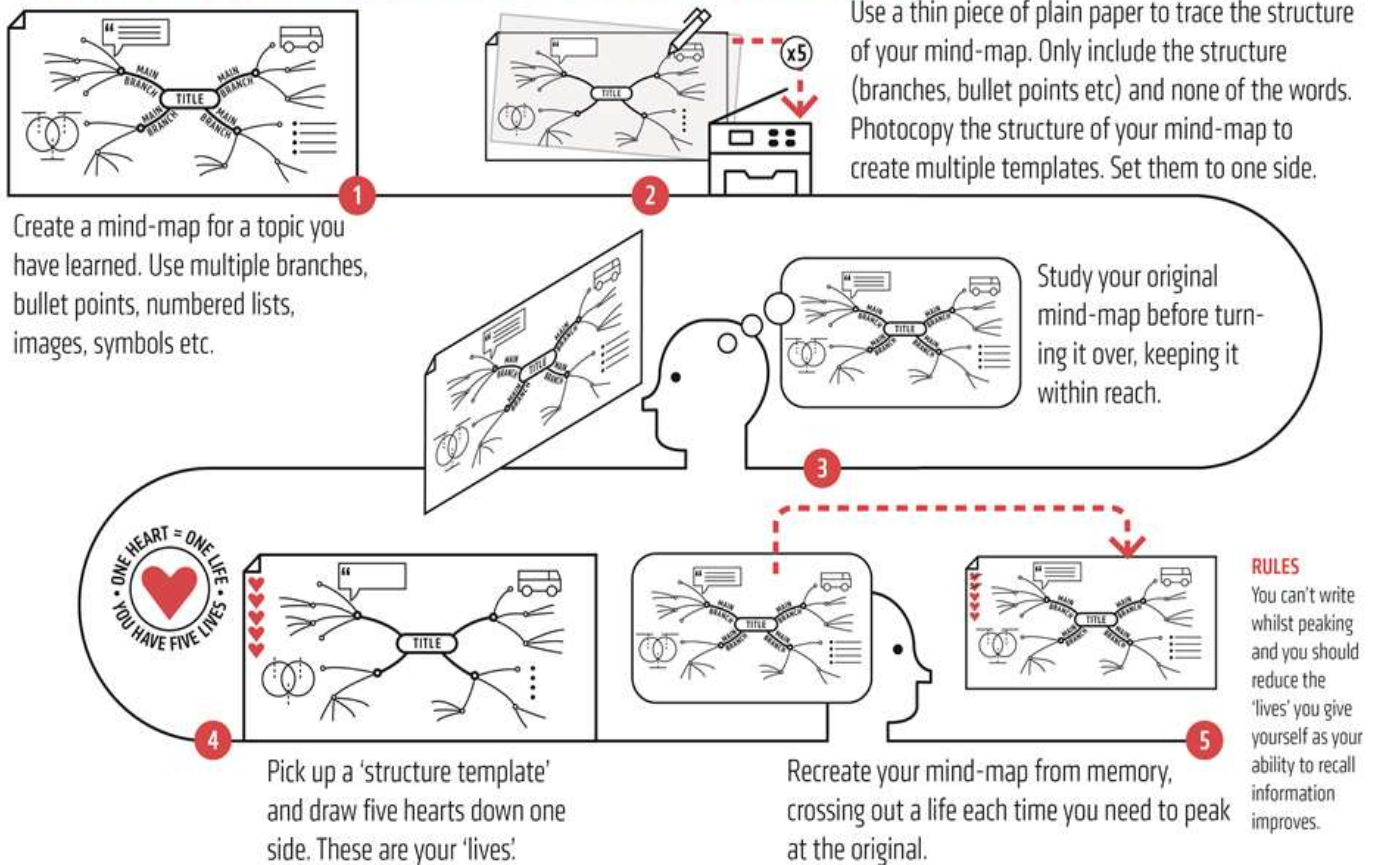
BLIND MIND MAPPING

This technique involves the students organising their thoughts into a mind map and when they have finished (which may take a few attempts as they reorder it to make more sense), tracing parts of it, folding up the original mind map and then trying to complete the second from memory.

What can you do to support your child?

Please ask to see the mind maps and ask your child to explain the links on them and use it to teach you the topic.

HOW SHOULD I USE BLIND MIND MAPPING?





Our expectations

We expect Self-testing to form a large part of the students' home learning. Sometimes, their teacher will set them an alternative home learning activity, which will be written in their planner. It is really important to understand that **there will never be no homework**. The Self-testing Toolkit needs to be embedded into your child's routine, so they know how to strengthen their learning at home. It is not intended only for revising for tests, but as regular, weekly practice.

Your child's teacher will check that they have been creating their self-testing resources. If they have not made any that fortnight, but have instead spent all of their allocated time using them instead, please write a note in their planner to tell the teacher.

What resources does your child have available to revise?

During the Autumn term, you will be able to buy revision guides on ParentPay, to help with the creation of the resources. Your child has also been provided with a KITE booklet.



Ivybridge Community College

Revision Resources

2019/20





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	Seneca Learning https://app.senecalearning.com/dashboard/join-class/z947j83qkd TPR Booklets – Independent learning checklists and sample questions V:\Business Studies\1 BKS\Year 11 Revision www.tutor2u.net www.bbc.co.uk/education/subjects/zpsvr82 www.businessstudiesonline.co.uk Other Useful revision Materials W:\2013\Business Stu\MSY\Revision 2017
Apps and Podcasts	Bizconsesh https://www.youtube.com/channel/UCE9uWsZ2C3NYzzKRlo_mntw Taking the Biz https://www.youtube.com/channel/UCIJ4pk3uzyWoeoBkGs0hxQ

Computer Science

Exam Board	OCR
Past Papers	https://www.ocr.org.uk/qualifications/gcse/computer-science-j276-from-2016/assessment/ Also available via teaching staff
Resource Support Websites	Student Workbooks saved on the VLE – answer versions to be released from January 2019 Multiple choice quizzes are at the top of each section on the VLE; students will need to log into the VLE then click this link: http://vle.ivybridge.devon.sch.uk/course/index.php?categoryid=13 BBC Bitesize: https://www.bbc.co.uk/bitesize/examspecs/zmtchbk https://revisecomputerscience.com/6-a-day/ Seneca Learning: https://app.senecalearning.com/classroom/course/a1ce4570-6e27-11e8-af4b-35cf52f905c2/section/65ac2e24-3b57-4598-b4dc-01e04eddee1b
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 OR A Christmas Carol Romeo and Juliet OR Macbeth An Inspector Calls

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



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	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	

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. BBC Bitesize
Apps and Podcasts	https://www.senecalearning.com/blog/geography-gcse-podcasts-by-seneca/

History

Exam Board	OCR B School History Project (SHP)
Past Papers	http://www.ocr.org.uk/qualifications/gcse-history-b-schools-history-project-j411-from-2016/assessment/
Resource Support Websites	https://www.bbc.co.uk/bitesize/topics/z2gvfrd https://www.bbc.co.uk/bitesize/topics/zchx2p3 https://www.bbc.co.uk/bitesize/guides/zw9qk7h/revision/1 Students have access to 'knowledge' revision booklets on each unit saved in handouts/myfiles and moodle. There are also power-points, glossaries and other revision material saved in these areas that students are encouraged to use in their revision.
Apps and Podcasts	There are a number of apps based around History revision including BBC Bitesize. Students just need to ensure they choose 'OCR B SHP' from the list of exam boards on these apps.

ICT

Exam Board	OCR
Past Papers	https://www.ocr.org.uk/qualifications/cambridge-nationals/creative-imedia-level-1-2-award-certificate-j807-j817/assessment/
Resource Support Websites	https://quizlet.com/44129565/learn
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	<p>www.iccmfrevision.co.uk</p> <p>All the sites below can be accessed through the ICC MFL website above.</p> <p>www.wordreference.com to use instead of Google translate</p> <p>www.languagesonline.org.uk</p> <p>www.memrise.com</p> <p>www.quizlet.com</p> <p>www.linguascope.com</p> <p>www.senecalearning.com</p> <p>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>
Apps and Podcasts	The above websites can be downloaded to be used in their app. form

Languages - German

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources
Resource Support Websites	<p>www.iccmfrevision.co.uk</p> <p>All the sites below can be accessed through the ICC MFL website above.</p> <p>www.wordreference.com to use instead of Google translate</p> <p>www.languagesonline.org.uk</p> <p>www.linguascope.com</p> <p>www.senecalearning.com</p>
Apps and Podcasts	The above websites can be downloaded to be used in their app. form

Languages - Spanish

Exam Board	AQA
Past Papers	http://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources
Resource Support Websites	<p>www.iccmfrevision.co.uk</p> <p>All the sites below can be accessed through the ICC MFL website above.</p> <p>www.wordreference.com to use instead of Google translate</p> <p>www.languagesonline.org.uk</p> <p>www.memrise.com</p> <p>www.quizlet.com</p> <p>www.linguascope.com</p> <p>www.senecalearning.com</p> <p>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>
Apps and Podcasts	The above websites can be downloaded to be used in their app. form



Mathematics

Exam Board	Pearson Edexcel
Past Papers	www.mathsgenie.co.uk https://mathsmadeeasy.co.uk/gcse-maths-revision/edexcel-past-papers/
Resource Support Websites	www.mymaths.co.uk [username: ivybridge, password: triangle] www.mathswatchvle.com [username: 15+first initial+surname@ivybridge (e.g. 15hpotter@ivybridge), password: number] www.corbettmaths.com www.mathsgenie.co.uk
Apps and Podcasts	MathsWatch (login details as above)

Media Studies

Exam Board	EDUQAS
Past Papers	https://www.eduqas.co.uk/qualifications/qualification-resources.html?subject=MediaStudies&level=GCSE (SAMPLE ASSESSMENT MATERIAL)
Resource Support Websites	https://www.eduqas.co.uk/qualifications/media-studies/gcse/ (Click on digital resources). Plus, coming after Christmas, the whole course and resources will be available via Goodge classroom. https://www.youtube.com/channel/UCGXfqzVEZr0XaZLWG3_HniA USEFUL GUIDE
Apps and Podcasts	https://www.bbc.co.uk/programmes/b00dv9hq The BBC Media show.

Music

Exam Board	OCR
Past Papers	Examples are available in Handouts. Please speak to your teacher.
Resource Support Websites	Rhinegold OCR GCSE Music Study Guide – available at Amazon https://www.amazon.co.uk/OCR-GCSE-Music-Study-Guide/dp/1785581597 https://www.musictheory.net/exercises https://ivybridge.musicfirst.co.uk/app/ Aural training in practice, ABRSM Grades 1-5 OCR GCSE Music (9-1 Spec) Virtual Textbook https://www.youtube.com/watch?v=p6xJGxboCW8&list=PLyNdGKxoYqifliha9-a7FIEFQ8s7QGNvp
Apps and Podcasts	Use the guide sheets in your Music Booklets and resources provided by your teacher. Go to the concerts and gigs as much as you can. Watch live performances, such as BBC Proms on the YouTube and TV to experience listening to music in a variety of styles and genres. Listen to BBC Radio 3 to learn about the composers, genres and a range of music repertoire. Use the internet to research more about orchestral families, world and Rock & Pop instruments covered in Areas of Study 2, 3, 4 and 5.



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 Seneca Learning https://app.senecalearning.com/dashboard/join-class/z947j83qkd
Apps and Podcasts	iSchool GCSE P.E iMuscle DK Human Body Virtual Heart Speed Muscles Learn Muscles

Religious Studies

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_UkApWTrYTx0CB0Lj https://youtu.be/Y9gYnkpaRgA https://www.youtube.com/watch?v=ILc5YLuL35w https://www.youtube.com/watch?v=5Z2tl8m47zU
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 https://www.bbc.co.uk/bitesize/examspecs/z8r997h http://www.scibermonkey.org/ www.docbrown.info/gcscscience.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 https://www.bbc.co.uk/bitesize/examspecs/zpgcbk7 www.darvill.clara.net www.scibermonkey.org/ www.docbrown.info/gcse/science.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
Apps and Podcasts	

