

**Exam Success Evening**

**Revision Timetables,  
Time Management &  
Coursework**

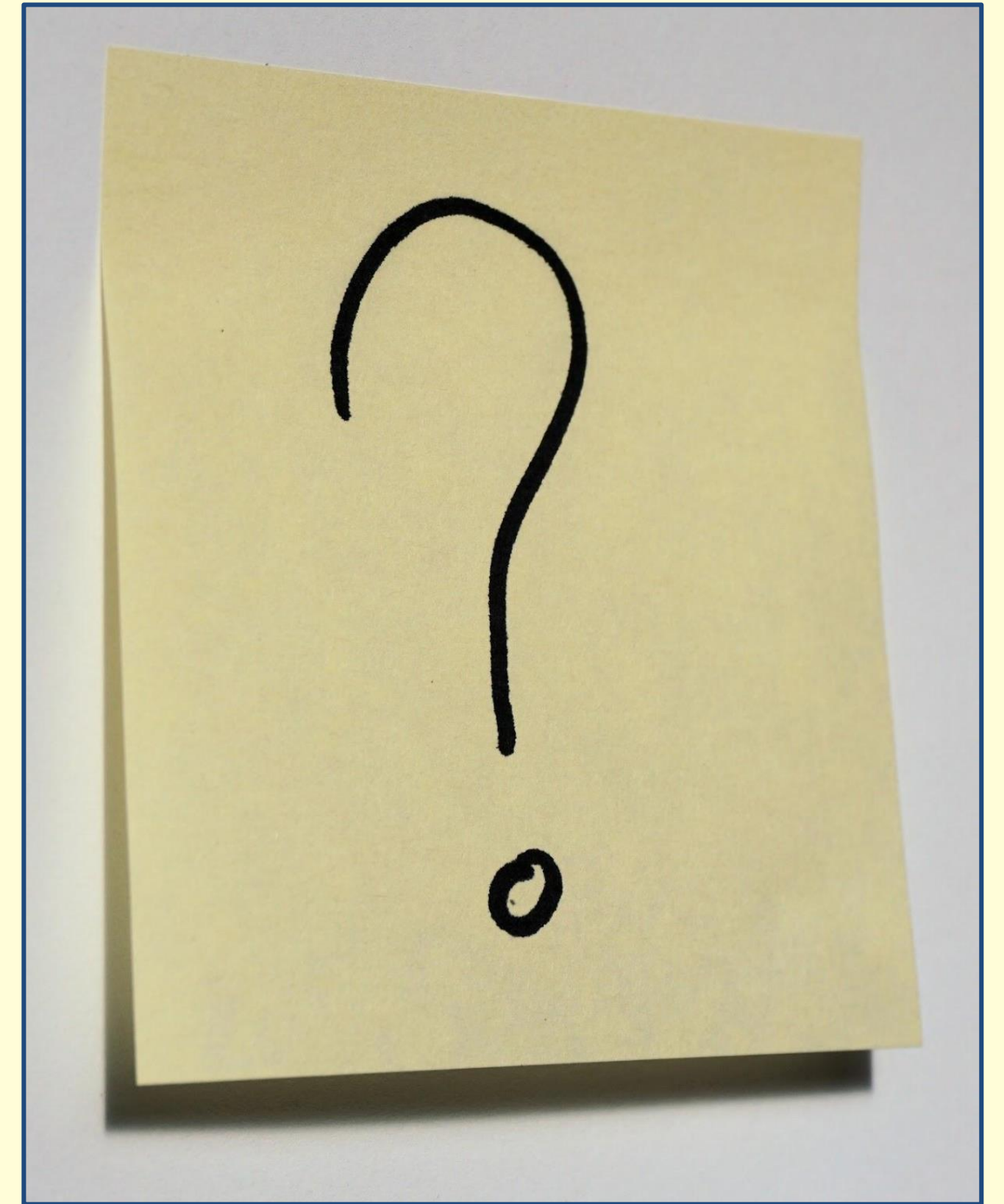
***Mr Cook & Mr Wood***

# Why is this important?

- Being organised is fundamental to improve success
- Revision Timetables give students control
- Time Management helps reduce stress and productivity

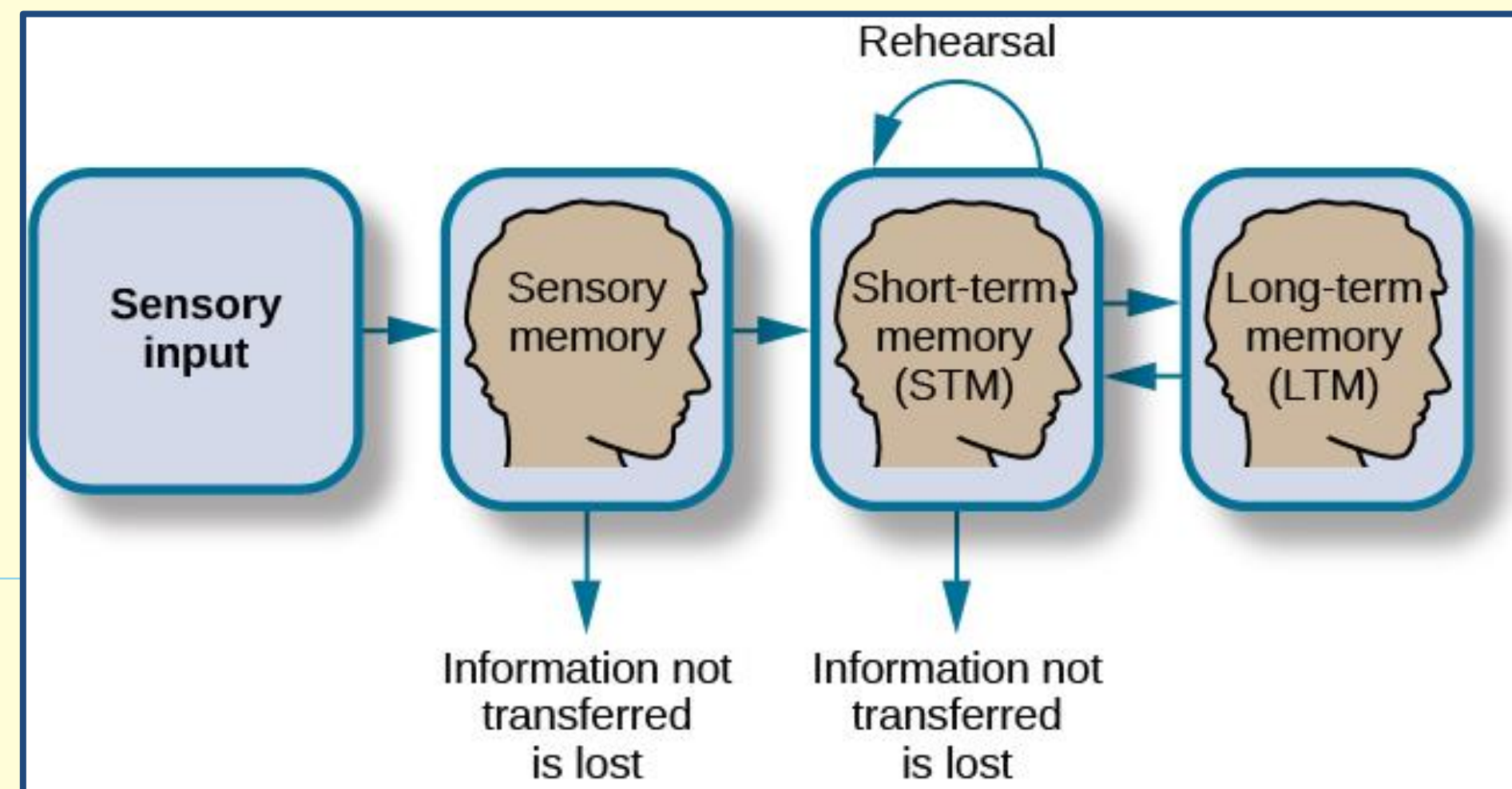
# Common Questions

- When should I start to revise?
- How do I stay organised with my revision?
- How do I keep focused?
- How much should I do?



# When should I start to revise?

- **Start early** to figure out your favourite and most successful techniques for revising, making you more prepared the closer exams get.
- **Mock exams** help you figure out how much work you need to do. Which subjects did you get the worst marks on? Start revising these areas! Knowing where your knowledge gaps are makes your revision less of a giant task. **(use your PLCs)**
- Think about your past exams and see what you can learn from them. Revise too early or too late? If there was a technique that helps you revise for an exam try and replicate it.





# How do I stay organised with my revision?

Make your revision timetable **week by week**.

## Work your coursework time into your revision time

Setting realistic goals and sticking to them is better than setting unreasonable goals that can overwhelm you.

**Give yourself just enough time to make your revision goals achievable.** You want to feel a little bit of time pressure, but not too much. Strike a balance.

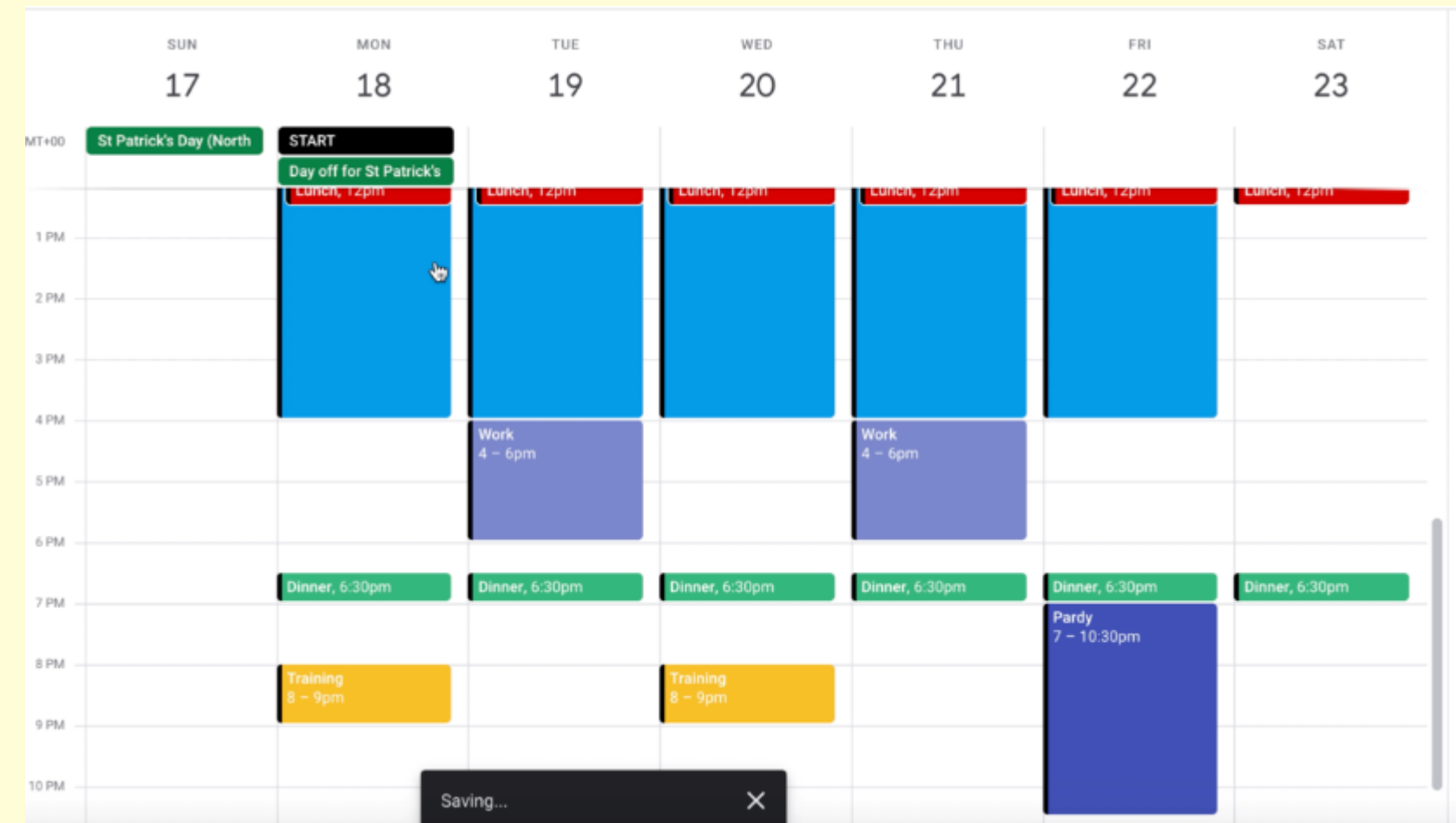
If you can't focus on your revision then mix up how you revise with some **new techniques** can help you stick to your timetable.

**It's important to take time away from revision to relax** and look after your **wellbeing**. Revising 24/7 isn't realistic so remember to factor breaks into your timetable. Whether that's just time to watch TV, go out with friends or exercise.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 - 15.00	Homework 10.00 - 12.00	General Revision 10.00 - 11.30
Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	General Revision 13.00 - 14.00	Homework 12.00 - 13.30
Chemistry 17.00 - 17.40	English 17.00 - 17.40	History 17.00 - 17.40	Maths 17.00 - 17.40	English 17.00 - 17.40	General Revision 17.00 - 18.00	General Revision 16.30 - 17.30
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

# Creating A Timetable

- Before creating a timetable go through each of your subjects and create “topics”/”themes” or “chunks” that you need to revise. These can often be identified from past papers or PLCs.
- Breaking down the subject is a good revision tool in itself and can also make your revision more focussed and manageable.
- For example..... Rather than blocking out 5.30-6pm for DRAMA, you might decided to revise “Contextual factors for An Inspector Calls”



- [Here is a Maths Example -](#)

	M	T	W	T	F	S
Week 1	<b>1</b> <i>Pythagoras</i> Review	<b>3</b> <i>Index Laws</i> Review	<b>5</b> <i>Sector area</i> Review	<b>2</b> <i>Sim. eqns</i> Worked examples	<b>4</b> <i>Surds</i> Worked examples	Flashcard review
	<b>2</b> <i>Sim. eqns</i> Review	<b>4</b> <i>Surds</i> Review	<b>1</b> <i>Pythagoras</i> Worked examples	<b>3</b> <i>Index Laws</i> Worked examples	<b>5</b> <i>Sector area</i> Worked examples	
Week 2	<b>1</b> <i>Pythagoras</i> Skills worksheet	<b>3</b> <i>Index Laws</i> Skills worksheet	<b>5</b> <i>Sector area</i> Skills worksheet	<b>2</b> <i>Sim eqns.</i> Applied questions	<b>4</b> <i>Surds</i> Applied questions	Flashcard review
	<b>2</b> <i>Sim. eqns</i> Skills worksheet	<b>4</b> <i>Surds</i> Skills worksheet	<b>1</b> <i>Pythagoras</i> Applied questions	<b>3</b> <i>Index Laws</i> Applied questions	<b>5</b> <i>Sector area</i> Applied questions	
Week 3	<b>1</b> <i>Pythagoras</i> Exam worksheet	<b>3</b> <i>Index Laws</i> Exam worksheet	<b>5</b> <i>Sector area</i> Exam worksheet	Past papers	Past papers	Flashcard review
	<b>2</b> <i>Sim. eqns</i> Exam worksheet	<b>4</b> <i>Surds</i> Exam worksheet	Past papers			

**Topics**

- 1** *Pythagoras*

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- 2** *Sim. eqns*

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- 3** *Index laws*

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- 4** *Surds*

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- 5** *Sector area*

**Key**

**Review:** read through class notes or revision guide page, watch an example video

**Worked examples:** take an example from class notes and work through step by step from memory

**Skills worksheet:** basic practice of 'non-wordy' questions

**Applied questions:** some other skills mixed in

**Exam worksheet:** exam questions on that specific topic

# How do I keep focused?

The best time to study for concentration is between 10 AM–2 PM and 4 PM–10 PM, when the brain is most alert and receptive to learning. **The least effective time to study is between 4 AM–7 AM.**

## Take breaks

You can try the **Pomodoro technique**, which involves setting a timer for 25 minutes of work, followed by a 5-minute break. Repeat this pattern, and after five Focus Time sessions, take a longer 30-minute break.

## Read something unrelated

During a break, read something fun that's unrelated to what you've been studying. This can help your brain switch from analytical to creative mode.

## Create a conducive study environment

Make sure your study space is comfortable, quiet, and well-lit.

## Challenge yourself

Try to keep challenging yourself slightly, but not so much that you get overwhelmed or bored.

**Procrastination!**

**Time limit and reward!**

- Phone
- Games
- Friends
- TV

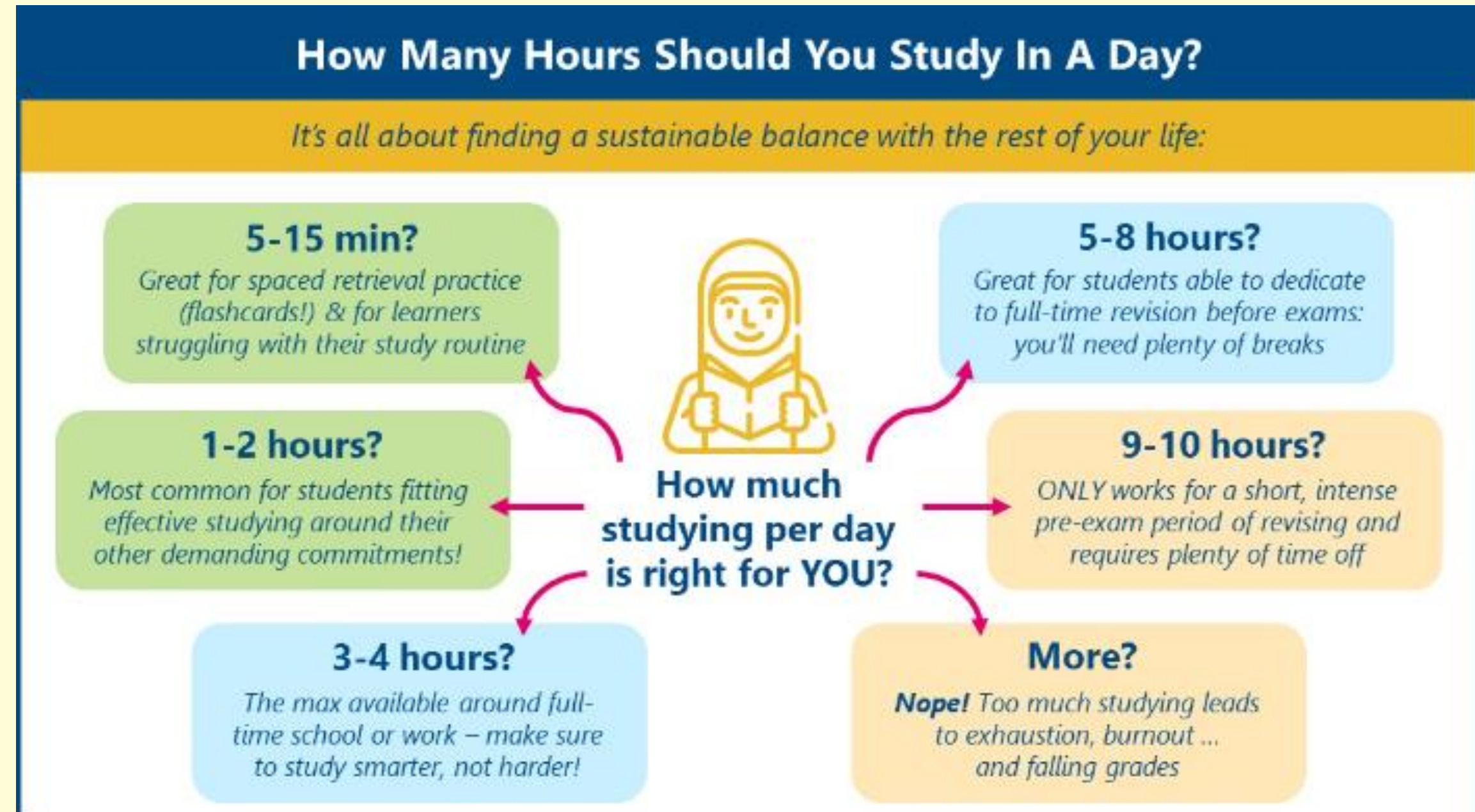


# How much should I do?

There is no miracle number for how many hours you should study for an exam, but there are some good guidelines out there.

According to The Student Room, students revise 15 to 20 hours per week for their exams, which might sound like a lot until you break it down. This equates to **three to five hours of revision per day** with weekends off!

*In most circumstances, it's not about how many hours you spend, but about the quality of what you get done in those hours.*

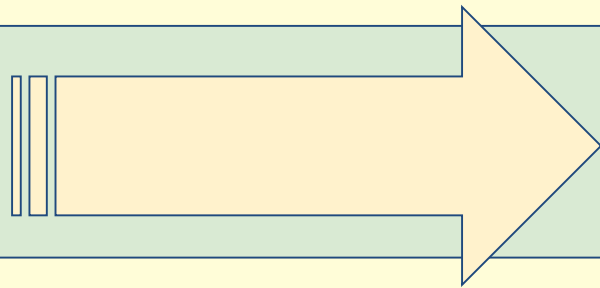


How are you / they going to  
implement this?

# Students - Top 5 Tips

- 1 - Start early
- 2 - Be prepared to alter week to week
- 3 - Communicate with all involved - teachers, parents, friends
- 4 - Set goals and give rewards
- 5 - Ensure the environment is conducive to learning

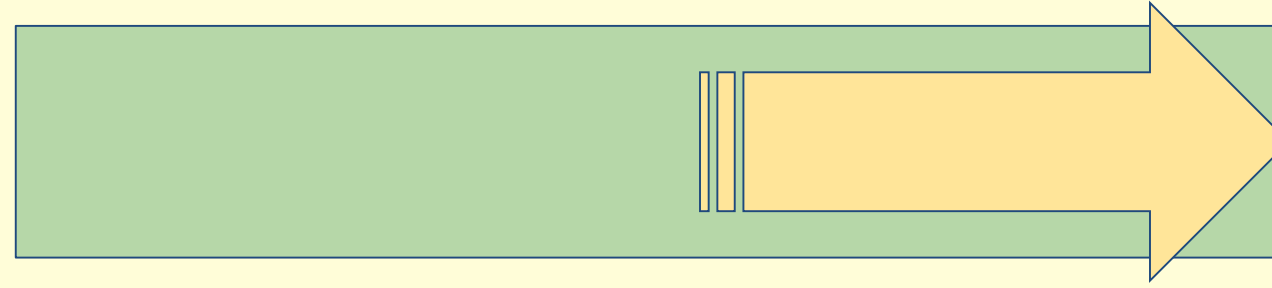
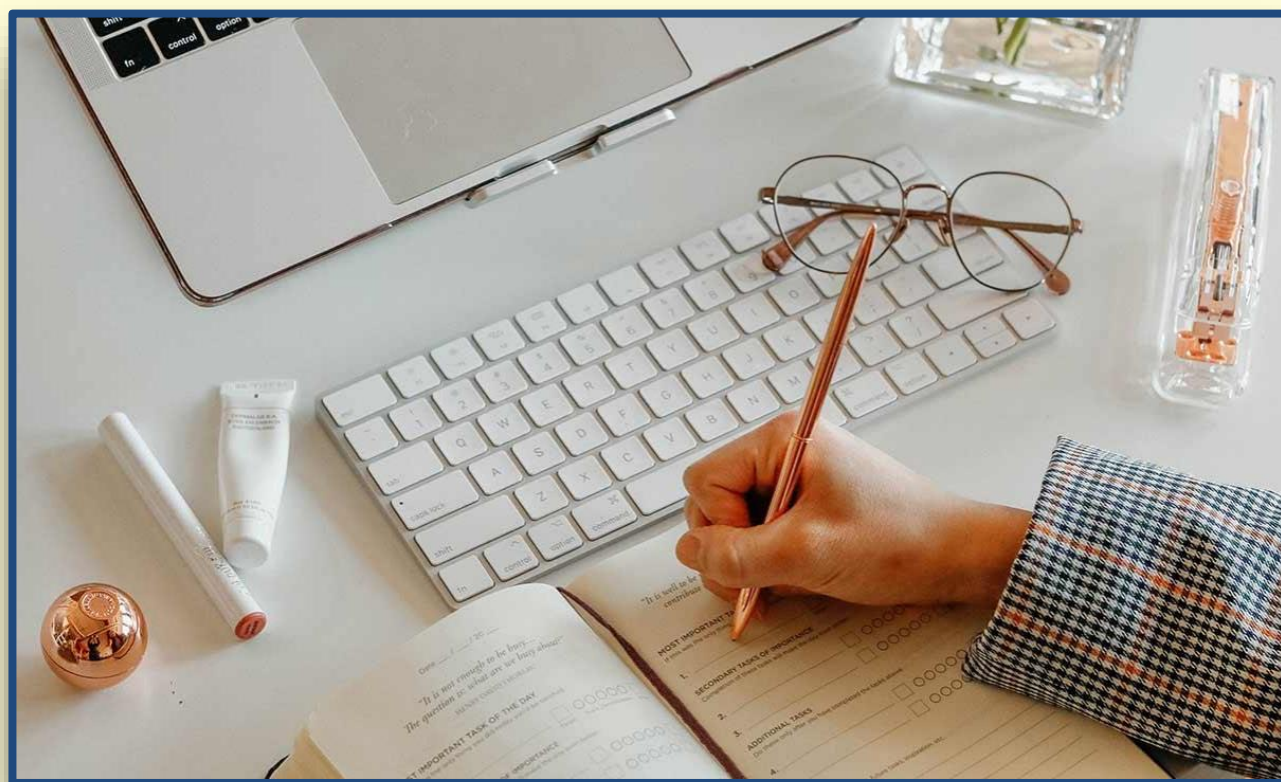




## 1. Create a Positive Environment

**Quiet Study Space:** Ensure your son/daughter has a quiet, comfortable place to study without distractions.

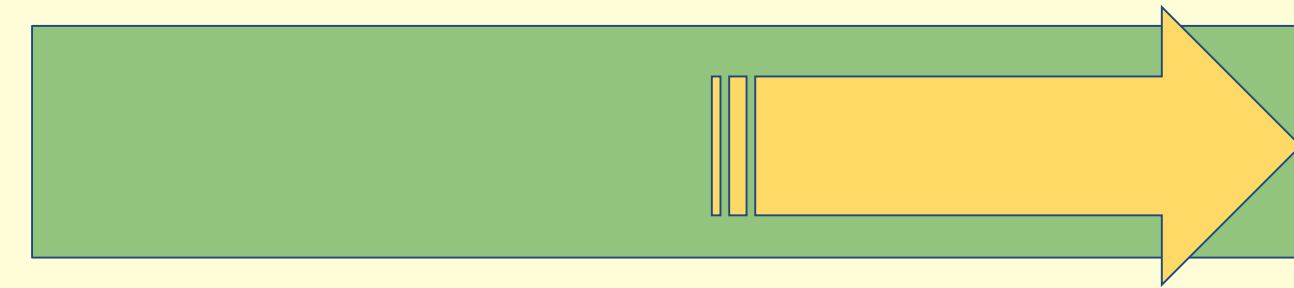
**Healthy Lifestyle:** Encourage regular exercise, healthy eating, and sufficient sleep.



## 2. Help with Planning

**Revision Timetable:** Assist your son/daughter in creating a realistic revision timetable that breaks down subjects into manageable chunks.

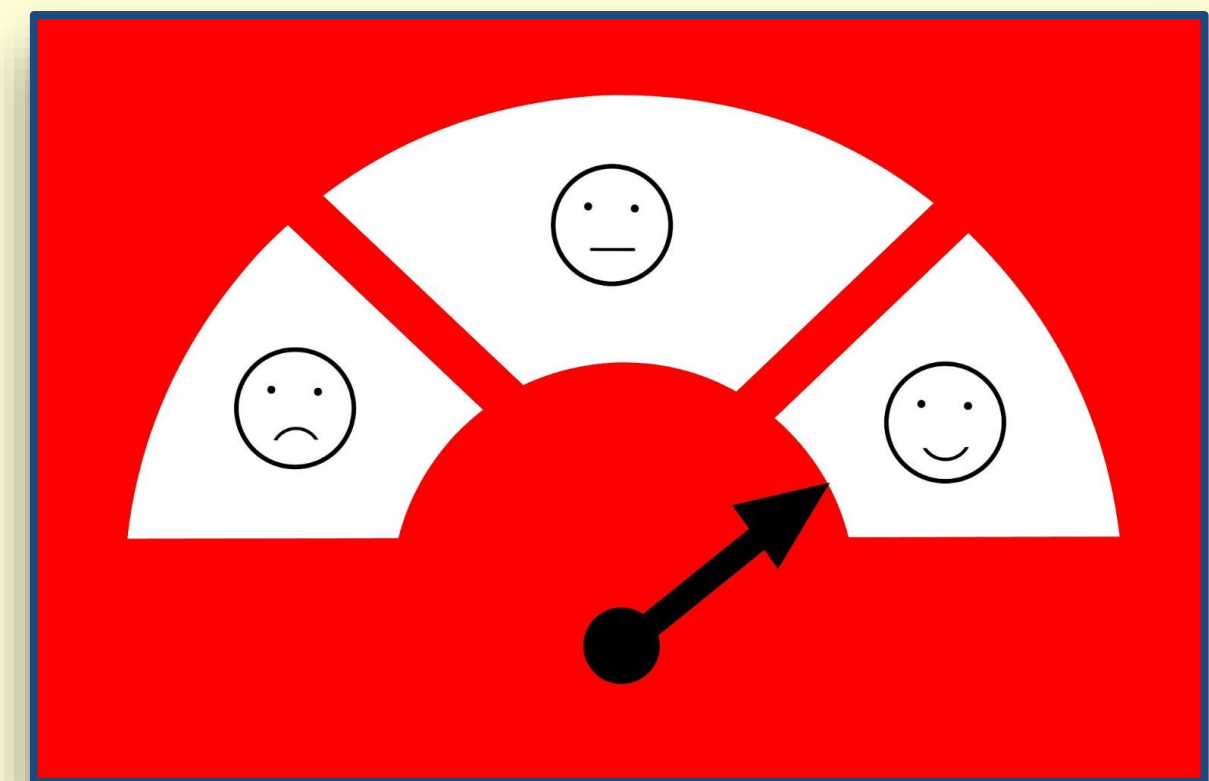
**Balanced Schedule:** Make sure they take regular breaks and balance study time with activities they enjoy.



## 3. Emotional Support

**Stay Positive:** Reassure them that you are proud of their efforts, regardless of the outcome.

**Manage Stress:** Be aware of signs of stress and anxiety. Encourage relaxation techniques and a good bedtime routine.



Supporting your son/daughter during their A-level revision can make a significant difference in their performance and well-being. Here are some tips to help you provide the best support:

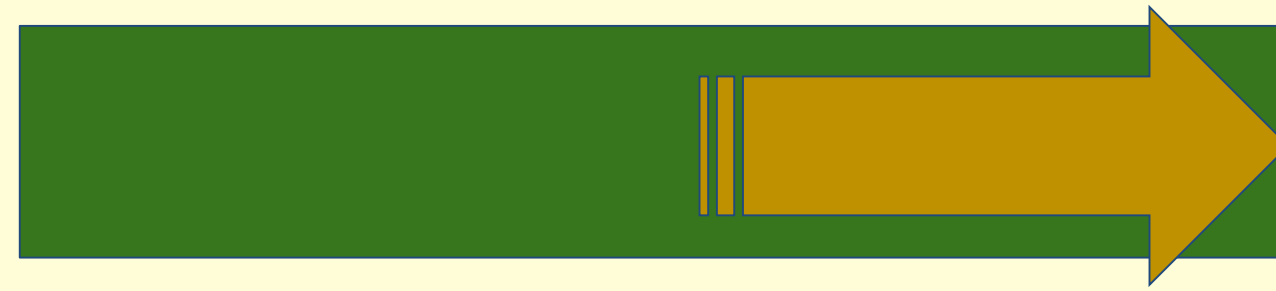




## 4. Be Involved

Show Interest: Take an interest in their subjects and ask about their progress.

Be Available: Be around to offer help and support, but avoid taking over their revision.



## 5. Practical Help

Quizzing: Offer to quiz them on their subjects to help reinforce their learning..

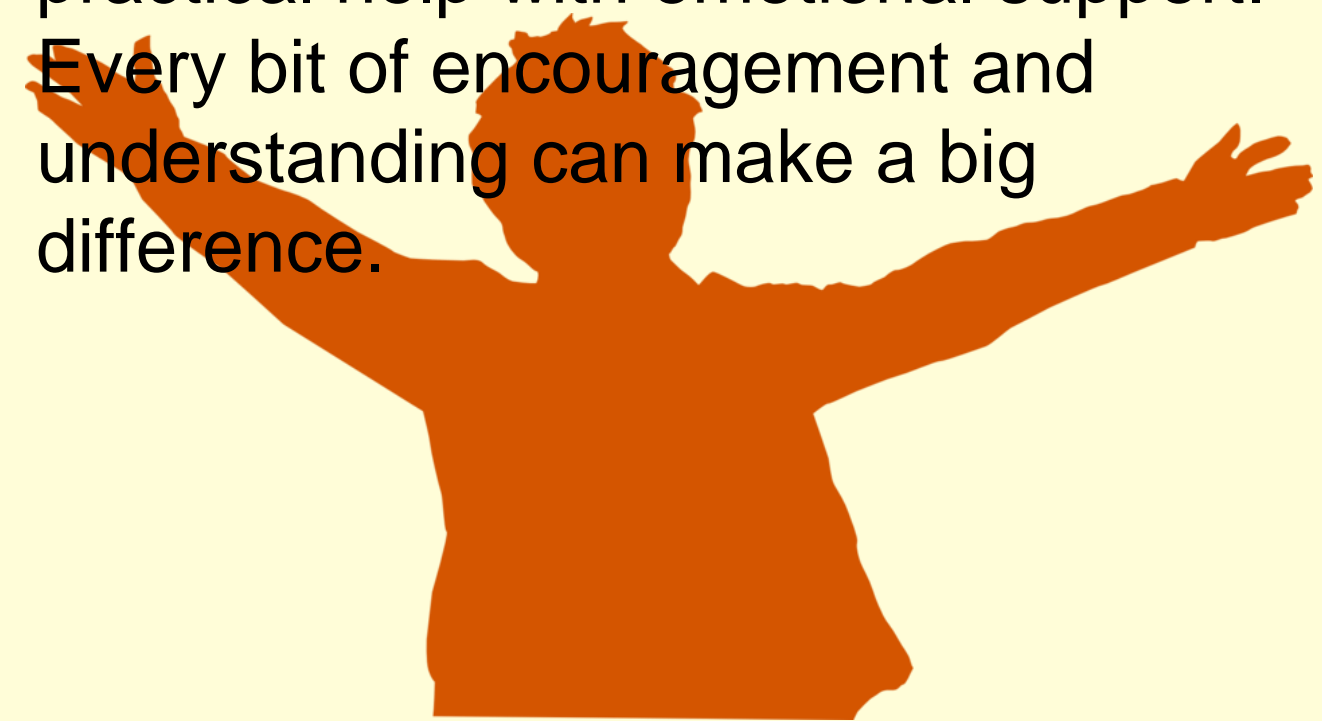
Healthy Snacks: Keep the kitchen stocked with healthy snacks and drinks to keep their energy levels up.



## 6. Prepare for Results Day

Stay Calm: Help them stay calm and manage their expectations for results day.

Plan a Treat: Plan a fun activity or treat to look forward to after exams are over. Supporting your son/daughter through their A-levels is about balancing practical help with emotional support. Every bit of encouragement and understanding can make a big difference.



Supporting your son/daughter during their A-level revision can make a significant difference in their performance and well-being. Here are some tips to help you provide the best support:

# Any Questions?