

SB TUTORING®

Support and Guidance Every Step of the Way



YOUR FREE EXAM REVISION GUIDE— LET'S GET STARTED!



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Welcome to

YOUR FREE GUIDE TO STARTING YOUR REVISION

THIS EXAM REVISION GUIDE CAN HELP YOU GET STARTED, GIVE USEFUL TIPS, AND HELP YOU FEEL LIKE YOU ARE IN CONTROL OF YOUR OWN LEARNING AND BOOSTING YOUR GRADES.

No one likes to be tested or have to sit exams; we would much rather be cosy at home watching TV, gaming or perhaps doing sports, hanging with friends, or just plain anything else than sitting an exam!

Getting yourself organised and starting revision early can help ease the pressure and make you feel more in control; but where on earth do you start?

- There are so many subjects to revise for, it's not surprising that it feels so overwhelming you may put off revision until the last minute.
- How long should I spend on each subject or revision session?
- How long do I take breaks for?
- What's the best way to revise to ensure the information stays in my brain and can be recalled when I need it?

This guide will help you answer these questions and more to ensure you get started on your revision !




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HOW TO REVISE /
REVISION TECHNIQUES

WHEN DO YOU NEED TO START?

As early as possible. If you are taking GCSE's or A levels, then ideally you would be revising as you work through your two-year course (revising for tests and mocks etc.), but if you've left it to just before the exams, no revision is wasted.

It's never too late. Read on...




Start

ARE YOU READY TO LEARN?

Sometimes we are more receptive to learning than other times.

Here are a few tips to help you be ready to learn.

- 
- ✓ **GET ALL YOU CAN FROM EACH LESSON**
It makes sense to ask if you don't understand; a teacher, friend, parent or tutor.
 - ✓ **ASK QUESTIONS**
Make sure you understand new concepts - if in doubt ask!
Never leave something you don't understand in the hope that you will magically learn it. See your teacher, go over your notes, watch a trusted YouTube video or ask a tutor if you have one.
 - ✓ **TEST YOUR IDEAS**
Discuss new ideas and concepts with a friend, parent or sibling. Try to test your own understanding by explaining the idea or concept to someone else. Why not teach your younger sibling (if you have one) and see if they can understand it.
 - ✓ **DO YOUR HOMEWORK**
Preferably the same evening or the next 2-3 days. Homework helps you to learn your class-work. Why not try a quiz to see what you know or don't know. That way you will have a clearer picture of where you need to focus your revision. (There's a list of resources later in this book).
 - ✓ **PRACTICE DOING QUESTIONS.**
This helps to ensure that you understand your work, gives you practice in doing research, and helps your memory. Past paper questions are excellent for when you have fully completed a topic. Make notes from the exam questions, so that you can gain knowledge of how an exam board like the answer to be laid out, or a key word they prefer.
 - ✓ **DEVELOP WAYS OF MEMORISING INFORMATION.**
Write notes, read out loud, learn acronyms or songs - this helps concentration. Keep doing this until you can remember all the information easily.



- ✗ **DON'T REVISE WHEN TIRED.**
Your brain will not be receptive to learning new information when it's tired. Rest, have a early night and revise the following day.
- ✗ **DON'T WORRY**
If you haven't figured out all the answers by the end of the day. Your brain is working on processing, storing, learning to long term memory. It also solves problems when you sleep, so don't skip the sleep or cram all night.



SB TUTORING PLANNING TIP!

Download your courses' specifications from the exam board website.

You can use it as a checklist, as you work through your revision to ensure you have covered everything.

GETTING STARTED ON YOUR PLAN

Planning your work means that you are more likely to revise all your work properly.

[THE BEST PLACE TO START IS WITH A PLANNING TIMETABLE; DON'T FORGET TO DOWNLOAD YOUR FREE SB TUTORING TEMPLATE FROM MY WEBSITE SBTUTORINGUK](#)

Download your free SB Tutoring revision planning templates from the [SB Tutoring](#) website. One can be used for a typical school week and the other for school holidays or study leave.

I recommend starting with planning for two weeks in advance. Any further in advance, and life inevitably throws a curve ball or unforeseen circumstance, and shorter may mean you don't remember to plan for the next week.

The following areas can get you started on your plan straight away and give you a good idea of how much time in your week you have for extra revision.



LET'S GET PLANNING & ORGANISED!

1

PLAN YOUR TIME

First let's find the times that you have available to revise. We all have other commitments, and sometimes these are non-negotiable such as family dinner on Sundays, a Sports club or music lessons.

Think about the times in the week which are non-school or non-academic related, but are important and a priority to you; these are your non-negotiables.

Block these from your calendar. If you have to travel to and from your activity then block this time out too.

2

BLOCK NON-REGULAR COMMITMENTS

Block any other non-regular commitments you have for that week, perhaps a medical or dental appointment; your sibling has an activity you are attending or it's a friend's birthday.

3

FIND TIME TO REVISE

Now you should be able to see some gaps of time where you can revise (and also have a rest!).



SB TUTORING STUDY TIPS

- **Find a quiet place** where you can work undisturbed. Let people know you are revising and would like some quiet time
- **Include every subject in your revision**, not just the ones you like or are good at.
- **Get into the habit of revising at set times.** Different people learn best at different times. Find out which is the best time for you. Are you a morning, afternoon or evening person? Most teenagers have a shifted circadian rhythm, where they work best in the afternoon and evening.
- **Arrange to have regular breaks** Can you use this time to treat yourself to something you really enjoy?
- If you do like music, **only listen to music without lyrics.** Music with lyrics can interfere with what you are trying to read, write or speak.
- **Start past papers as early as possible.** Initially do past papers in your revision time.



SB TUTORING STUDY TIPS

Looking for specific study tips?

How long should I be studying for?

How can I break up my subjects?

How can I get full marks in calculations and equations (in maths and sciences)?

Relaxation techniques for stress during exam periods and mocks

[Buy your copy of my ultimate revision guide here!](#)

PREPARING YOUR REVISION AREA

An organised workspace can help you to feel prepared to study, so time to clear your desk!



FIND YOURSELF:



- a tidy, undisturbed place to work
- a comfortable chair
- a table which gives you enough room for your books etc
- a bright table lamp
- all the books you need - school notes, revision guides etc
- pens, pencils, ruler, eraser, scrap paper, notebooks, scientific calculator, compass and protractor.

**You've
got this!**

IMPROVING YOUR EXAM TECHNIQUE

If you're in year 11, 13 or have mocks coming up, past paper practice is essential. It is one of the quickest ways to boost your grades. The following tips will help you to improve your exam technique (especially in Math's and Sciences).

DO PAST PAPERS

As above try out past papers during revision time. If you can do this in exam conditions (timer is on, quiet environment, no distractions like your phone, no textbooks or notes) this will help you to see what you know and what needs more work.

MARK YOUR PAPER

Mark your paper using the mark scheme or if you have a tutor, ask them to mark this for you, but be aware most tutors will charge their time for this.

WRITE YOUR ANSWERS IN A LOGICAL ORDER

If you have a QWC question (Quality of written content), one mark is usually allocated for spelling, punctuation and grammar (i.e. writing whole sentences, not bullet points) and the rest of the marks are for content.

Try to write your answers in a logical order and in sentences.

If time is running out, aim for the content marks using bullet point or condensed answers (better to get 2 marks for content than just one for Spag). However, this is only for when you have seconds left, always aim for QWC marks as well as content!

ONCE THE EXAMINATIONS ARE OVER

LET YOUR HAIR DOWN AND PARTY – YOU DESERVE IT!
THIS WILL BE ONE OF THE LONGEST SUMMER HOLIDAYS
OF YOUR LIFE, SO TAKE TIME TO FULLY RELAX.

The important thing now is not to worry - there is little point in worrying about something you cannot change. It is not the end of the world - there are always other opportunities.

The worst that can happen, if you don't get the grades you hoped for, is that you may have to re-sit some subjects or amend your plans. Typically you are able to start the next part of further education and then re-sit in Autumn; check with your college.



If you are an A level student, go to the UCAS website or the university/universities you had offers for, and give them a call (each university will have a clearing hotline for the first week / two weeks after exam grades are released). You will be able to see if the university can still offer you a place with the grades you have, or an alternative such as a slightly different course or a foundation year. You may even want to try a different university or have a gap year and reapply. There are plenty of options open for you.

Remember, you are not defined by your exam grades; you are so much more than that!



SB TUTORING FINAL THOUGHTS

WHATEVER THE OUTCOME, GOOD, BAD OR UGLY, THERE IS ALWAYS A WAY TO REACH YOUR GOAL. IT MAYBE SLOWER THAN EXPECTED OR A DIFFERENT ROUTE, BUT WITH DETERMINATION YOU WILL GET THERE.

GOOD

LUCK!



Looking for more?

Don't forget to sign up to my email list at sbtutoringuk.com to find out my latest news and services

Why not purchase my full eBook

'SB Tutoring's guide to thriving in your exams'

Complete with a weekly planner, practical relaxation techniques to beat stress, and specific exam and revision techniques for maths and sciences, it's a must for any teen in years 7-13.

www.sbtutoringuk.com

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