



Revision Guide for Students and Parents/Carers

6th Form

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Exam Period Tips

Dealing with Stress

Everyone will get stressed throughout the exam period and it can make you feel lots of different things:

- Tired and/or deflated
- Angry or irritable
- Under pressure
- Confused
- Worried or anxious that you won't do well in exams

Help is at hand on how to cope with these tips and suggestions...



For more help on how to deal with stress, be sure to speak to your Tutor.

Looking after yourself

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Eating well

The benefits of a healthy and balanced diet go beyond physical positives. They can help you stay energised throughout the exam season.

Each morning at North East Futures UTC, breakfast will be served to ensure you are ready and raring for that day's exams.

Your performances throughout your A-levels could be damaged by sugary drinks and unhealthy snacks. Ditch energy drinks and anything else that is high in fat, sugar and caffeine.

For healthy alternatives, take note of The Eatwell Plate below...



For more information, check out the NHS website:

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

Sleeping Properly

8 hours is the recommended amount of sleep everyone should have each night.

Getting enough sleep will help you stay focused during revisions sessions and can boost your mental wellbeing.

In order to get enough sleep at night, focus on your habits now and make sure you don't look at a screen or mobile device for at least an hour before you plan on falling asleep.

Ensure your room is quiet and dark enough and at a comfortable temperature for you to sleep through the night.

Don't eat anything sugary or caffeinated in the hours before going to bed.



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Planning Time to Revise

Creating your Revision Timetable

Revision may start off as a horrible chore, but the more you do it, the more confident you'll become.

But before you dive into the books, it's important to take your time and plan when you are going to focus on each topic. It's crucial to create a revision timetable, as it's a simple but effective tool to have. As well as ensuring your revision is balanced between subjects and specific topics, you can also plan in well-deserved breaks and some time for yourself.



Please find an example of a Revision Timetable you can use on the next page.

For help with planning your Revision Timetable, please speak to your Tutor.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							

Things to consider

Check out our list on how you can make your revision timetable work best for you:

- When planning your revision timetable, a bit of downtime on your phone or Playstation may be good for you, but too much will do you no favours. As well as taking you away from your studies, too much time on social media or games can have detrimental effects on your sleep pattern and mental wellbeing – be tough on yourself regarding how much time you spend on electronic devices.
- Plan to study the toughest subjects as soon as possible. Not only will it bring up any areas of improvement for you to work on, it'll have more time to become embedded into your mind.
- Plan wisely, so you're not just revising one subject or topic, especially if they are the ones you are already most comfortable with.
- When planning time away from your resources, make sure you take it. Too much cramming will cause you to burn-out.
- Share your Revision Plan with friends and family, so everyone can support and encourage you...
- ...but, do not worry if your friends have organised themselves differently or would like to revise on their own. Everyone has an individual way of taking on and remembering information. Just do what is right for you!

Great Revision Techniques



Everyone revises in their own way, but it's good to try new and effective techniques. While reading or watching something on the topic may work for some, we wanted to share some other fresh and innovative methods that'll help you keep key information in mind on the run-up to your exams...

Mind Maps



Take information from revision guides, exercise books, worksheets and YouTube.

Link related information to each other, making associations stronger in your mind.

Make it as detailed and colourful as possible – don't skim the surface of your understanding.

Design it for someone who knows nothing about the topic, so you know you'll be getting key information.

Condensing your knowledge



Take notes from YouTube videos, exercise books, worksheets and revision guides.

Highlight the key pieces of information.

Rewrite it in bullet-points, making it easy to digest and remember.

Carry them with you and read them on the bus, in between lessons or when you'd usually be on your phone.

Revising with Friends



Pick a place that's calm and quiet and where you'll get lots of work done.

Take it in turns to quiz each other on specific topics and take the nerves out of exams.

Try and teach your friend something that they need to develop.

Look-cover-write-check!



Choose something you have trouble remembering.

Study the relevant information before covering it with your hand.

Write down as much as you can remember.

Check to see if the information is correct.

Handy Revision Resources

As well as your teachers and exercise books, you have a whole host of great resources to revise from, right at your fingertips.

Have a look at these ones and work them into your Revision timetable...



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Past Papers

Go onto the AQA website (www.aqa.co.uk) and find past papers to help strengthen any areas of development.

Subject	Past exam paper links
Biology	https://tinyurl.com/4jukm2a8
Chemistry	https://tinyurl.com/yrbk7xd
Physics	https://tinyurl.com/bdfxw3j3
Psychology	https://tinyurl.com/ykw4r9cv
Computer Science	https://tinyurl.com/3ufc3629
Cambridge IT	https://tinyurl.com/yc86tyst

YouTube

Think of how improvements can be made in specific subjects and find YouTube videos and Exam Walkthroughs to help develop your understanding.

Revision Guides

Revision Guides are available for purchasing online (Amazon, CGP) – just ask your subject teacher for their advice on the best one to purchase.

Should there be any affordability issues with purchasing revision books please contact us: office@nefuturesutc.co.uk

Curriculum Links

All of our subject curriculums can be found on our website and will help to ensure you know what topics have been taught. **Follow this link:** <https://www.nefuturesutc.co.uk/key-stage-5>

Recommended Revision Book Links – A Level and Level 3 Courses

Book Title	ISBN	Suggested Link to Purchase
My Revision Notes: AQA A level Computer Science	1398325481	https://tinyurl.com/2chjcjx9
AQA AS/A-level Computer Science Workbook 1	1510437010	https://tinyurl.com/554ustza
AQA AS/A-level Computer Science Workbook 2	1510437029	https://tinyurl.com/yckzhbpb
My Revision Notes: Cambridge Technicals Level 3 IT	1510442316	https://tinyurl.com/2p94arum
New A-Level Maths AQA Complete Revision & Practice with Online Edition & Video Solutions (CGP A-Level Maths)	1782948090	https://tinyurl.com/493rksvn
AQA A Level Chemistry Revision Guide: With all you need to know for your 2022 assessments (AQA A Level Sciences 2014)	0198351844	https://tinyurl.com/mrytpxt3
AQA A Level Biology Revision Guide: With all you need to know for your 2022 assessments (AQA A Level Sciences 2014)	0198351798	https://tinyurl.com/3ved7n24
AQA A Level Physics Revision Guide: With all you need to know for your 2022 assessments (AQA A Level Sciences 2014)	0198351895	https://tinyurl.com/2p8pp2uu
AQA Psychology for A level Year 1 and AS revision: Ebook.	9781398379121	https://tinyurl.com/3un62kjz
Medical science knowledge organisers (for coursework).	Free	https://tinyurl.com/3ny2t625

Equipment List

Students will be required to bring the following to their exams:

A black pen (not gel pens)

A pencil

A rubber

A ruler

A scientific calculator

A protractor