

Enfield County School for Girls

KS4 Revision Techniques



Help! How do I prepare for an assessment?

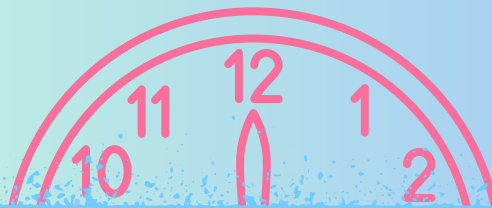

**KEEP
CALM
AND
MAKE A
PLAN**

- Know the exam boards for your subjects. You can find all of this information on our school website.
- Download the specifications. Print them out if you would prefer to work from paper than on a screen.
- Start by going through the specification for each subject using red/amber/green to highlight your confidence after each unit or topic.

You can create a simple tracker on Word or Excel to monitor your revision:

Topic	Confidence (RAG)	School	Notes
1 Algebra	Green	DONE	
2 Geometry	Orange	DONE	Always sketch diagrams!
3 Differentiation	Green	DONE	
4 Integration	Orange	IN PROGRESS	Ask about areas under curves
5 Vectors	Green	DONE	
6 Trig		NOT STARTED	
7 Exponentials		NOT STARTED	

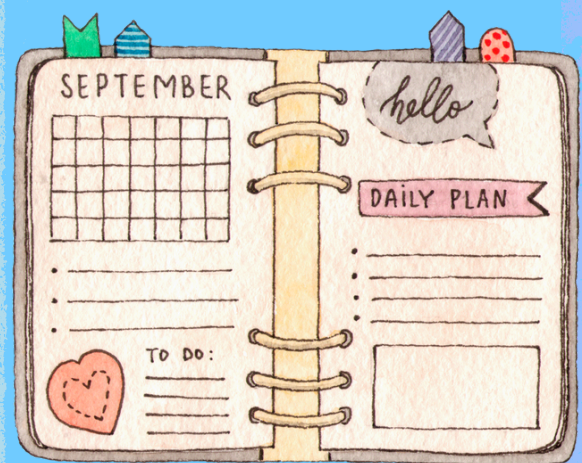
How long should I study?



- Little and often: 20-30 minute slots with a break in between is better than a long two hour session.
- Take an actual movement break between each 20 minute session – leave the room for a few minutes.
- Give yourself a reward for studying – allow yourself a treat or some social media time at the end of each complete session.

How do I study?

- Make notes on key points.
- Don't just write notes, write questions to yourself too! You will process the information actively, not just passively write the information.
- Use the questions the following day to test yourself as a "revision starter".



You can google advice on how to take notes. The University of Reading give great advice on their website that's worth a look:

<https://libguides.reading.ac.uk/reading/notemaking>

Put notes where you will see them!

Stick essay plans, mind maps, key facts or vocabulary around your study space at home or anywhere where you look regularly (on the fridge is perfect).

**You will subconsciously
absorb the information
without realising it!**



How do I make flash cards?

- Google the specification for your subject
- Make sure you choose the correct specification for your exam board
- This page is from AQA GCSE Science and is about homeostasis

4.5.1 Homeostasis

Content

Students should be able to explain that homeostasis is the regulation of the internal conditions of a cell or organism to maintain optimum conditions for function in response to internal and external changes.

Homeostasis maintains optimal conditions for enzyme action and all cell functions.

In the human body, these include control of:

- blood glucose concentration
- body temperature
- water levels.

These automatic control systems may involve nervous responses or chemical responses.

All control systems include:

- cells called receptors, which detect stimuli (changes in the environment)
- coordination centres (such as the brain, spinal cord and pancreas) that receive and process information from receptors
- effectors, muscles or glands, which bring about responses which restore optimum levels.

Key opportunities for skills development

How do I make flash cards?

4.5.1 Homeostasis

Content

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- coordination centres (such as the brain and pancreas) that receive information from receptors
- effectors, which respond to the information from the coordination centres

BIOLOGY

4.5.1 HOMEOSTASIS

- WHAT IS HOMEOSTASIS?
- WHAT DOES HOMEOSTASIS MAINTAIN?
- WHAT DOES IT CONTROL IN THE HUMAN BODY?
- WHAT DO AUTOMATIC CONTROL SYSTEMS INVOLVE?
- WHAT DO ALL CONTROL SYSTEMS INCLUDE?

How do I make flash cards?

4.5.1 Homeostasis

Content

Key opportunities for skills development

Students should be able to explain that homeostasis is the regulation of the internal conditions of a cell or organism to optimum conditions for function in response to changes.

BIOLOGY

4.5.1 HOMEOSTASIS

- a) WHAT IS HOMEOSTASIS?
- b) WHAT DOES HOMEOSTASIS MAINTAIN?
- c) WHAT DOES IT CONTROL IN THE HUMAN BODY?
- d) WHAT AUTOMATIC CONTROL SYSTEMS
- e) WHAT SYSTEMS INCLUDE?

4.5.1 HOMEOSTASIS

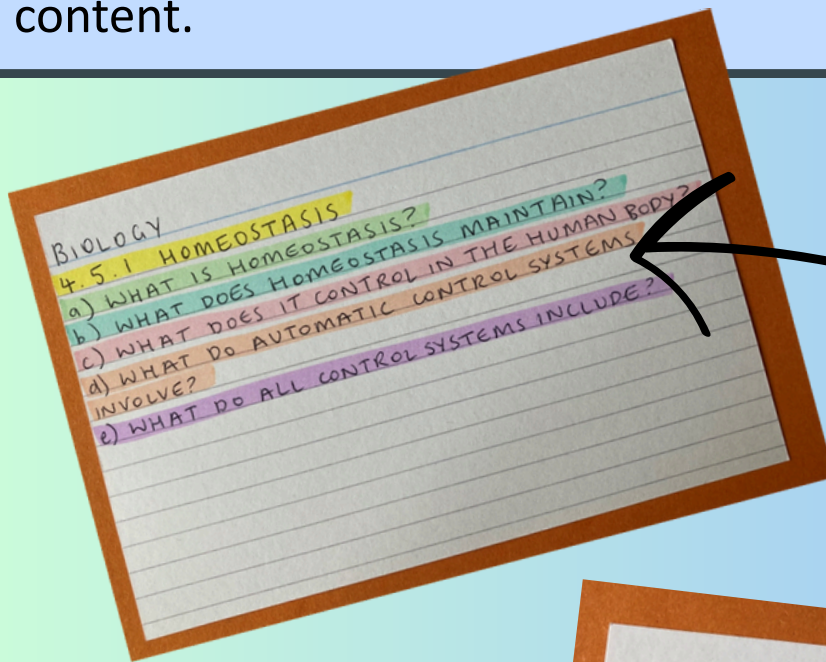
- a) REGULATION OF INTERNAL CONDITIONS OF A CELL / ORGANISM TO MAINTAIN OPTIMUM CONDITIONS FOR FUNCTION IN RESPONSE TO INTERNAL + EXTERNAL CHANGES
- b) OPTIMAL CONDITIONS FOR ENZYME ACTION + ALL CELL FUNCTION
- c) BLOOD GLUCOSE CONC / BODY TEMP / WATER LEVELS
- d) NERVOUS RESPONSES OR CHEMICAL RESPONSES
- e) RECEPTORS (DETECTS STIMULI) | COORDINATION CENTRES (BRAIN, SPINAL CORD, PANCREAS) (RECEIVES + PROCESSES INFO FROM RECEPTORS) | EFFECTORS (MUSCLES OR GLANDS) (BRING ABOUT RESPONSES WHICH RESTORE OPTIMUM LEVELS)

How do I make flash cards?

o The reverse side of the card is taken word for word from the specification.

o Your aim now is to memorise the information and test yourself.

You may decide that creating flash cards is not for you, and there are lots of other ways to learn and memorise content.

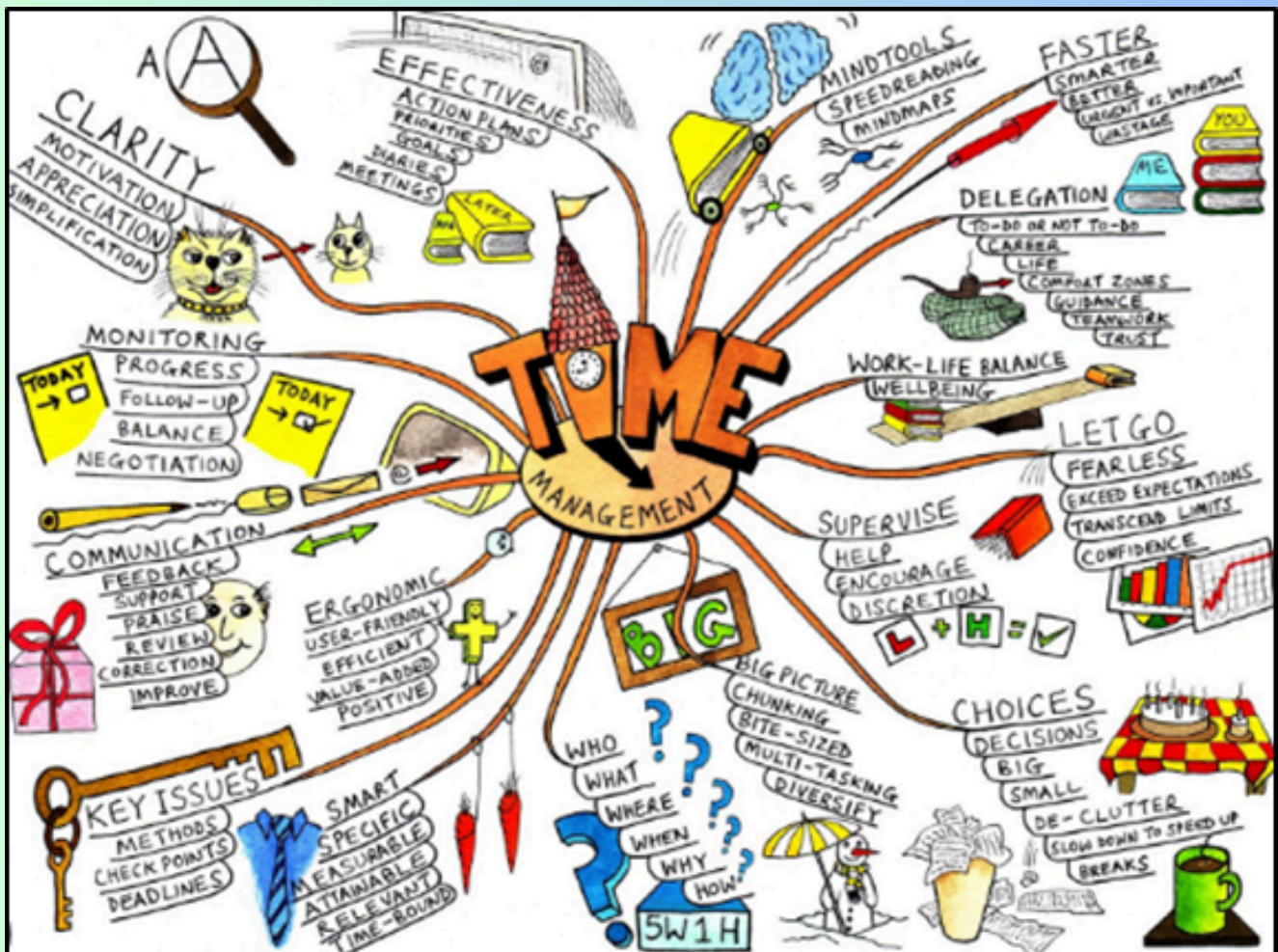


Front



Back

Use mind maps or spider diagrams



- Your map subject goes in the middle of the page.
- Add key ideas and draw lines connecting them to your main heading.
- Use key words or images for each piece of information.
- Link new content to your current map.
- Change the style, size or colour of items to represent important content.
- Use colours to represent themes or relationships.

You might prefer to draw cartoons to summarise and memorise a sequence of events.

How can my friends help?



Instead of writing a timed essay, get together with your classmates and have a debate or discussion on a key topic.

This will help you to think and express yourself clearly under pressure.



With one or two classmates, do some joint essay planning or mind mapping – each of you adds a new strand to the mind map or spider diagram in turn.



Where do I study?

Find the right study environment for you – if your bedroom is too distracting, then use the kitchen table.

If these aren't suitable for you, you can come in to school early or stay after school to use S18, or you can even go to your local library.



How can my friends help?

Turn revision into a game!



Write some question cards on a topic, get an old board game and adapt it.

Answer a question for each roll of the dice.

Answer correctly, roll again, answer incorrectly and you'll do whatever penalty the game involves.

Each player needs to prepare a set of questions on part of the topic used for the game, so you will share the workload.

You will need to prepare ANSWERS as well as QUESTIONS!



Who can you talk to?

Please remember that if you are struggling with your revision, we are here to help you! The people that you can talk to are:

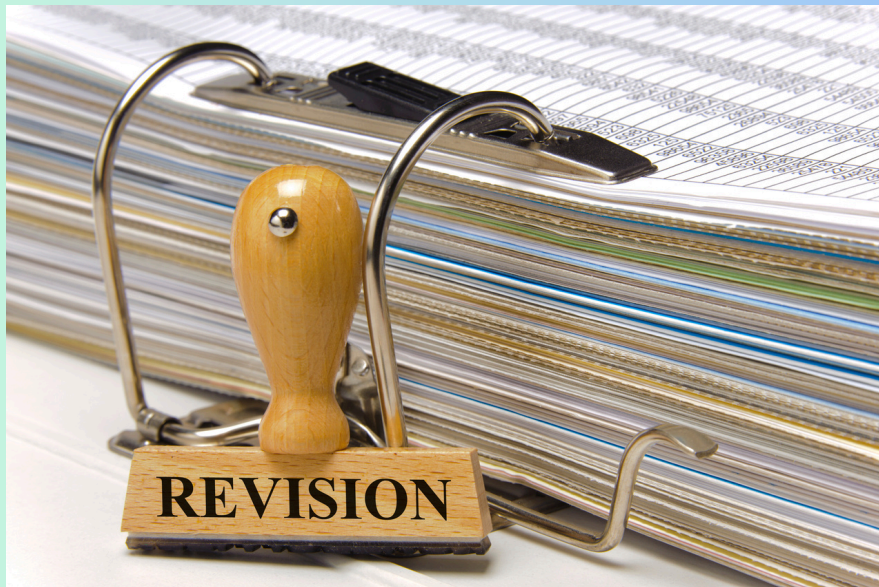
Please remember that if you are struggling with your revision, we are here to help you! The people that you can talk to are:

- Your subject teachers, or another teacher in the departments
- Ms Smith, Ms Foster, Ms O'Brien, Ms Scott
- Your Progress and Achievement Leader or your Form Tutor
- Ms McGinley or any of the Teaching Assistant team

It is easy to feel overwhelmed about organising your study. Please don't suffer in silence, come and chat to us if you need any help.

After-school support

Homework club runs every day from 3.20 - 4.15 in S18.



You are more than welcome to come along for TA support with homework or revision.