

Caledonia High School



CHS Vision & Values

Our Vision

Caledonia High School aims to create a community where everyone feels included, respected, safe and nurtured. Together, we strive to provide consistently high quality learning and teaching that develops confident and ambitious learners.

The whole school community supports our young people to achieve their full potential and to prepare them for life beyond school.

Ambitious

We are determined to achieve success, setting high expectations for ourselves and taking responsibility for our learning.



Respectful

We are respectful to ourselves, each other and our community. We respect differences and everyone's contributions are valued.



Kind

We are caring, showing empathy and compassion through our words and actions. This helps to create an inclusive, supportive and nurturing environment.



Study & Revision Guide

“Achieving starts with believing”

Everyone feels nervous about taking exams. Here are some tips to help you make the most of your revision time and keep those nerves under control!

1. Study Skills

Where to study

Creating good conditions to study in can help you make the most of the time you spend revising. Here are some suggestions:

- Find a quiet place to study and make sure you are sitting comfortably
- Make sure your desk is well lit
- Keep background noise to a minimum
- Avoid studying in an area where there will be distractions (like television)
- Have everything you need to do your revision to hand before you start

How to study

There is no 'right way' to revise, as long as the method you choose enables you to gain a solid grasp of key facts and consolidate your knowledge. Some pupils are happy to read their classroom notes from the start to finish, others prefer to simplify the information as much as possible, turning everything into skeleton notes or diagrams. In practice, most pupils find that mixing techniques suits the varied nature of the subjects being revised, and provides essential variety when studying. Turn your notes into revisions tools:

- **Write ideas** and facts on to cards to **use as 'prompts'**
- Create memory aids such as **diagrams or mind maps**
- **Write key facts/notes out** and display these around the house where you will see them
- **Record yourself** reading notes to listen to
- Study with a friend and **test each other's knowledge**, but remember you are meeting to **revise** rather than to chat!
- Work through **past paper questions** – **use a watch to time them** so that you can practise timing your answers
- **Choose study and revision guides sensibly.** It's not hard to find help with revision – as well as established published revision guides, there are hundreds of websites offering help and advice. Save valuable time and get recommendations from your teachers

Remember **course notes** are also a valuable source of extra help.

Keep yourself more alert by **changing revision methods during a session.** For instance, try switching from note taking to memorising; from reading to asking someone to text you.

Attend any revision classes that your teacher may be running at school and get their advice on revision methods.

Look after yourself – sometimes revision can become a competition – who stayed up latest, who worked longest, who's working the most, but the more tired you are the less efficiently you'll work. You need to rest as well as study, eat well, drinks lots of water and make sure you pace yourself!

"Don't count the days, make the days count" Muhammed Ali – Boxer

2. Study timetable

The top tip for successful revision is to make a study timetable; otherwise it is easy to waste your precious revision time. We recommend that you start your revision at least eight weeks before your exams begin. It is helpful to look at your exam dates and work backwards.

- Draw up a **revision plan** for each week
- Fill in any **regular commitments** you have first and the dates of your exams
- Use revision checklists for each subject as a starting point. Look at what you need to **know and try to identify any gaps in your knowledge**. (A good way of doing this is to look at the results of the prelims, past papers and tests you have worked through)
- **Divide your time** for each subject into topics based on the units in the revision checklist or syllabus, and make sure you allow enough time for each one
- Plan your time carefully, assigning more time to subjects and topics you find difficult
- **Revise often; try and do some every day**
- **Plan time off**, including time for activities which can be done out in the fresh air. Take a 5 or 10 minute break every hour and go for a short walk or make a drink
- You may find it helpful to **change from one subject to another** at 'break' time, for example doing one or two sessions of Maths and then changing to Geography, or alternating a favourite subject with a more difficult one. It helps to build in some variety
- **Write up your plan and display it somewhere visible**
- **Adjust your timetable if necessary** and try to focus on your weakest topics and subjects
- Don't panic; think about what you can achieve, not what you can't. Positive thinking is important!

3. Last-minute revision tips (this doesn't mean leave it till the last minute!!)

Although time may be short, you can still make a difference to your grade. Try and prioritise; do what you can.

- Use your revision tools (prompts, diagrams etc.) to check final facts
- Keep calm and consolidate your existing knowledge
- Don't stay up late all night revision; being over tired will not help you to do your best

4. Dealing with exam nerves

The more prepared you feel, the easier it will be to conquer your fears:

- Think positive
- Allow yourself some fun-time each day to relax
- Eat sensibly – your brain cells need energy to function well. Make sure you drink plenty of water to avoid becoming dehydrated. Dehydration makes you tired and reduces concentration

"The difference between the impossible and the possible lies in determination"
Tommy Lasorda – Baseball player

Example of Study Plan Template to support routines and planning of revision.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
4.15 – 5.15pm					
5.30 – 6.30pm					
6.45 – 7.45pm					
8.00 – 8.45pm					
9.00 – 9.45pm					

Day/Time	9.00 – 10.00am	10.00 – 11.00am	11.00 – 12.00pm	1.00 – 2.00pm	2.00 – 3.00pm
Saturday					
Sunday					

Some support Websites

<https://e-sgoil.com/>

<https://scholar.hw.ac.uk/>

<https://www.bbc.co.uk/bitesize/secondary>

<https://letsachieve.co.uk/>

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

Remember, you can access Study Support on our school website.

***“It seems to me that our greatest limitations are the ones we impose on ourselves.
I want to encourage others to throw out these misconceptions
and to be all they can be.***

Remember, nothing is impossible!”
Jamie Andrew – Inspirational Speaker and Mountaineer