



South  
Nottinghamshire  
Academy

# Year 11

# Revision Booklet

**The ultimate guide on revision  
strategies that work!**



**Time + Effort = Success**

**Maximise your progress!**

# Revision Strategies that work!

## GCSE Pod [www.gcsepod.com](http://www.gcsepod.com)

GCSE Pod is an online platform that has short videos for all areas of the specifications within most GCSE subjects. These videos are linked to multiple choice check and challenge questions.

GCSE Pod is perfect for short 10 minute bursts of revision

In conjunction with other revision methods this is an excellent way to memorise content. All year 11s have access to this platform on their phones or other devices, they have been shown how to use it in school.

### Convenient & Effective

Download to any device so you can watch them online or offline, wherever you go. It's like you're carrying an entire world of knowledge & revision in your pocket. An expert reads and explains everything clearly and precisely with all the right facts, quotes, keywords and annotated diagrams on screen.

You won't need to use GCSEPod for long before you feel the impact. Consistent use in just 10 minute chunks is proven to support achievement right up to grade 9.

### It will help you get organised

Create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning.

Use the My Playlist feature to create your own revision playlists or access your favourite playlist to go over topic areas you find difficult.

Download exam-specific playlists, with everything you need to know for the exam all neatly organised for you so you can easily manage revision.

## Mock and final exam playlists

Our mock exam checklists have links to playlists covering all the content that may be in the exams. It is highly effective to watch these short videos and take check and challenge questions to secure knowledge.

These playlists will be updated before the final exams to contain all the specification content.

## Supporting your child

This platform is designed to be accessed using a phone or other device, if you are unsure if a phone is being used correctly you can review student use using the platform itself

Resources on our website. Follow this QR code to access the revision hub section of our website.



For additional support, there are guides available on the GCSE Pod website to guide you in understanding the platform and its benefits.

[www.gcsepod.com/parents](http://www.gcsepod.com/parents)

[www.gcsepod.com/podup-presents-parent-webinars/](http://www.gcsepod.com/podup-presents-parent-webinars/)

# Cornell notes

Use the left column to write questions that you can use to quiz yourself on when revising.

Sometimes you may reach the end of a piece of paper, before you're actually finished taking your notes. Even if the notes aren't complete, don't forgo the summary. Write the summary based on the existing points on the page.

Cornell notes are written to be easy to review. So, make sure to review them!

<b>CUES</b>  WRITTEN SOON AFTER CLASS  ANTICIPATED EXAM QUESTIONS  MAIN IDEAS OR PEOPLE  VOCABULARY WORDS  USED FOR REVIEW & STUDY	NAME, DATE, TOPIC, CLASS  <b>NOTES</b>  TAKEN DURING CLASS  • MAIN POINTS • BULLET POINTS • DIAGRAMS / CHARTS • ABBREVIATE • PARAPHRASE • OUTLINES • LEAVE SPACE BETWEEN TOPICS
	CORNELL NOTE-TAKING METHOD  SUMMARY  WRITTEN AFTER CLASS. BRIEF SUMMARY HIGHLIGHTING THE MAIN POINTS IN THE NOTES ON THIS PAGE. USED TO FIND INFO LATER.

2 1/2"      6"

Name: Mrs. Simpson  
Date: April 10, 2018

Skill or standard for focus / Objective: Standard 4. I can identify coordinate and cumulative adjectives

adjectives are words that describe nouns.  
coordinate adjectives are adjectives that describe the same noun that we must separate with a comma.

You sold me a mushy, sticky apple!  
You sold me a mushy green apple!

- IF adjectives ARE coordinate, they get a comma.
- IF adjectives ARE NOT coordinate, they DO NOT get a comma.

How do we know if adjectives are coordinate?

- ① Try the "and test." Put the word "and" between the words. If it makes sense, then they are coordinate.
- ② Try reversing the order of the adjectives. If it still makes sense, then these are coordinate adjectives!

When in doubt consult DOSASCOMP!  
If adjectives belong to the same category, then they ARE coordinate adjectives. If they belong to different categories, then they are NOT coordinate adjectives.

Coordinate = comma  
not coordinate = no comma

Summary - coordinate adjectives are adjectives that describe the same noun and belong in the same category of adjectives (DOSASCOMP). We use a comma to separate coordinate adjectives

Find more info at Khan Academy!

**QUESTIONS**      **NOTES**

How do the respiratory and cardiovascular system work together?  
Do white blood cells fight against cancer?  
If one system had stopped working for a short period of time, would it make a big impact?

**CARDIOVASCULAR**  
A. heart, blood vessels, & blood  
B. Transportation system for the body; transports substances such as O<sub>2</sub>, CO<sub>2</sub>, and nutrients.

**DIGESTIVE**  
A. Esophagus, stomach, small intestine, & large intestine  
B. Breaks down food into smaller molecules. Absorbs these nutrients into body.

**organs**  
An organ is a structure that consists of two or more types of tissues that work together.

**REFLECTION**  
Throughout this note-taking process, I have learned to recall functions for 2 systems.

## Stomach

What is the anatomy of the stomach?  
Stomach= muscular sac with thick walls  
The stomach continues the processes of mechanical and chemical digestion.  
What are sphincters and what is their function in the digestive system?  
Thick rings of muscle that act as gatekeepers to regulate food movement  
What two sphincters are located in the stomach?  
• Cardiac sphincter= separates esophagus from stomach  
• Pyloric sphincter= separates stomach from small intestine

How does mechanical digestion occur in the stomach?  
The stomach has a slippery outer layer of serosa, followed by 3 layers of muscle:  
• Longitudinal muscularis  
• Circular muscularis  
• oblique muscularis  
These muscles help to churn food and propel it towards the small intestine. The churning process is known as maceration.  
What are rugae? "wrinkles" in the mucosa that can stretch when full

How does chemical digestion occur in the stomach?  
The mucosa layer of the stomach contains several specialized gastric gland cells  
• Mucus cells- secrete mucus to protect stomach lining  
• Chief cells- secrete pepsinogen (inactive enzyme)  
• Parietal cells- secrete HCl to kill microbes in food & convert pepsinogen into pepsin, which breaks down food proteins.  
The soupy mixture formed from the squeezing of the stomach and the addition of these gastric juices is known as chyme.

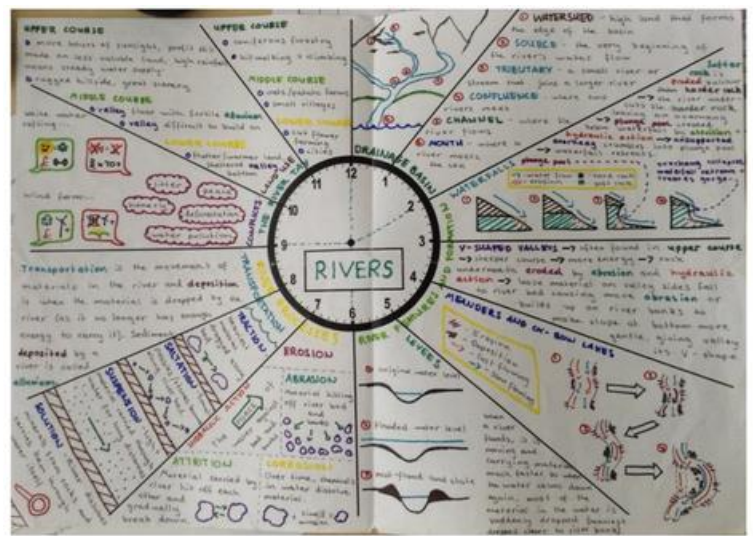
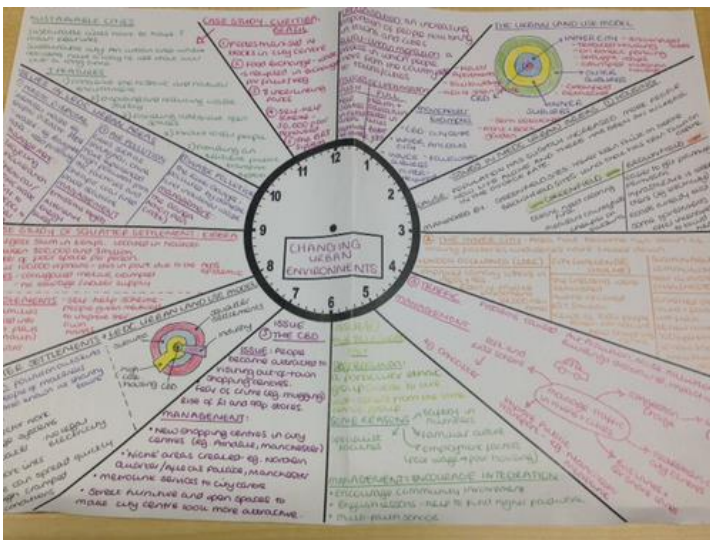
Summary: The stomach is made of 3 muscular layers and an outer layer of serosa. During maceration, the stomach churns the food and gastric gland cells add chemicals and enzymes leading to the formation of chyme.

# Revision clocks

A key topic/subject can be assigned for the revision time, with different aspects of that topic being assigned to each chunk on the clock.

Make notes in each chunk of the clock. Revise each slot for 5 minutes, turn the clock over and recite back certain sections of the clock to embed into long term memory.

By condensing your notes into these segments, you will process down to the most vital information to remember. Short bursts of 5 minutes are manageable to help you feel like you are being productive; the hour will fly by!



## Enhancing your revision

Some simple ideas for making your revision more active by using information in other ways to help encourage deep processing! Deep processing helps your brain embed the concepts to long term memory.

Superficial strategy	Deeper processing 'Better' strategy
Read p7	Look at page 7 and find the most important piece of information. Tell someone what you think, and why
Watch a 5-minute video clip	Watch a 5-minute video clip and then discuss the main points with someone, or summarise the information on 1 side of A4 paper
Copying down key words for topics	Copy down key words and link with small pictures (visualisation)
Answer questions in relation to text/video	Create a new list of questions in relation to a text/video
Do 10 calculations	Find 20 calculations do the 10 hardest ones for your ability
Read a paragraph	Read a paragraph and reduce to one single sentence/word
Read a story	Read and identify key character, event or turning point
Read an article	Read it and imagine you have been asked to edit so as not to lose the meaning, what would you cut out and why?
Summarise this page	Summarise this page in no more than 150 words
Reduce paragraphs down to 10 key words	Reduce paragraphs down to 10 key words Now reduce this down to 5 key words, now reduce this to 1 key word
Change information into a flow diagram	Change info into multiple forms: Describe visual info Flow diagram Cartoon strip Play, mime Jingle Poem Visualise text
Explain a concept	Create an analogy. It's a bit like....
Prepare and deliver a presentation on something	Prepare and deliver a 40 second presentation on a specific topic
Summarise a topic by doing mind maps	Summarise a topic by doing a mind map on A4 paper (if you were allowed to take just this sheet into the exam what would you write?)

# Practicing things over and over gets the best out of your memory

**Meet your memory...**

**Attention**

This focuses your senses on each piece of information for a few seconds and passes it to your short term memory.

**Long Term Memory**

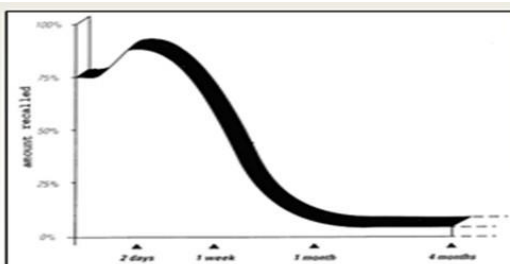
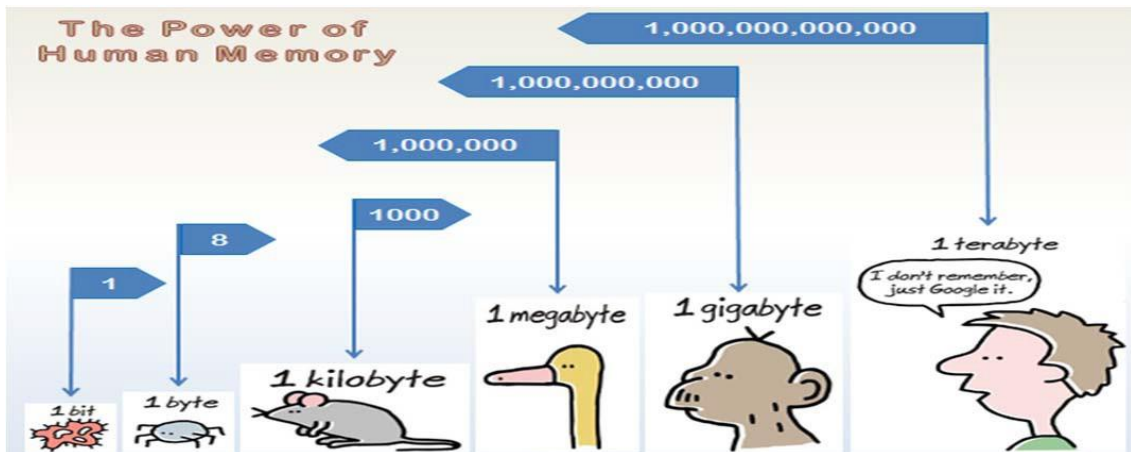
This is your storage system which holds millions of pieces of data.

You have several long term memories – including a visual memory for what you see, a verbal memory for what you hear and a motor memory for what you do.

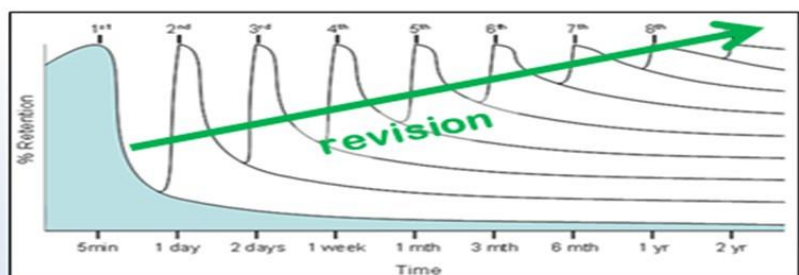
**Working Memory**

This can hold about 7 items at a time. It sifts, rejects and selects information to go into the long term memory.

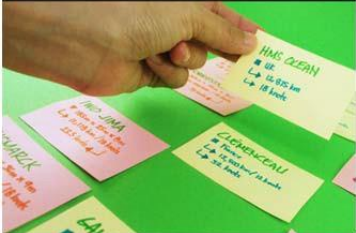

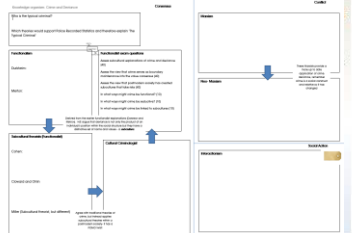
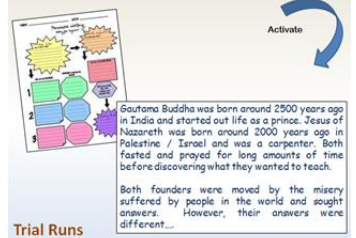

*'Associative Memory' is your brain's ability to link bits of information from different places together.*



'Practise makes perfect...'



Other ways of practicing and revising work

Strategy	How/why it works	What does it look like?
<p><b>Flash Cards:</b> Small cards with key words and reduced information, often including pictures which can be used to test yourself.</p>	<p>Helps with repetition and recall of information which can help lay down long term memory.</p>	
<p><b>Quizzes and challenges:</b> Hot seat questioning, master mind specialist subject questions, 1 min talk about a topic including as much information as possible, explain a concept to an alien who has never seen it before etc.</p>	<p>Using information in different ways to solve questions or challenges. Re-using information in unfamiliar way which will help increase understanding.</p>	
<p><b>Creating knowledge organisers/grids:</b> Writing down all your knowledge on a specific topic without looking at any notes/materials and then going back to find the information.</p>	<p>Increases your retention of facts and knowledge around certain topics and answer questions related to that topic to further see gaps in knowledge</p>	
<p><b>Trial Runs:</b> Using information and having a go at answering questions or producing a piece of work. This includes practising previous exam questions or preparing/scripting answers to possible exam questions.</p>	<p>Using knowledge to answer questions requires you to process and re-organise the information improving understanding. Scripting helps organise your responses in exam situations and can save time planning within the exam giving you more time to answer the question.</p>	
<p><b>Teaching others:</b> Using the information you have gathered on a subject/topic and teaching this to someone else so that you can explain the concept/subject that you have learned.</p>	<p>Research has shown that this is the best way to increase your understanding of a subject. You will need to process information and apply it in a clear way for others to grasp the same concept. This will improve understanding and lay down long term memory.</p>	

### Planning your time – Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

Create your own timetable. Remember to plan breaks, drink lots of water and eat healthy snacks if require



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## STUDENT CHECKLISTS FOR REVISION PLANNING

HOW TO PREPARE FOR YOUR GCSE EXAMINATIONS	√
See how you might learn best by using lots of different techniques.	
Use school resources and websites to gather revision information, along with a range of text books. Ask your teacher if you have any problems.	
Organise your files and resources.	
Put a revision timetable up on a wall and use it.	
Make sure you stay healthy - eat healthy meals and snacks.	
Ensure you take regular exercise and plenty of sleep.	
Go to revision classes offered by your teachers and ask if you need extra support.	
Make sure you have a quiet, well-lit, dedicated study area at a table or desk. Switch off mobile, radio, TV etc. Ask people not to disturb you until your revision period has finished.	
Have all your books/revision notes and resources ready for revising.	
Suggested timings: 20 minutes revising 5 minutes testing 5 minutes resting Make sure you take regular breaks and get some fresh air.	
Include every subject in your revision planning.	
Make a list of all the topics to revise for each subject.	
Highlight those parts of your work you are not sure of, and give them more time.	
Ensure that there is enough time to go through each topic several times.	
Leave some time during the final week of revision to cover the most difficult topics again.	
Divide each topic into manageable parts.	

