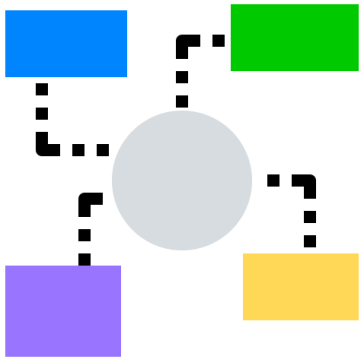
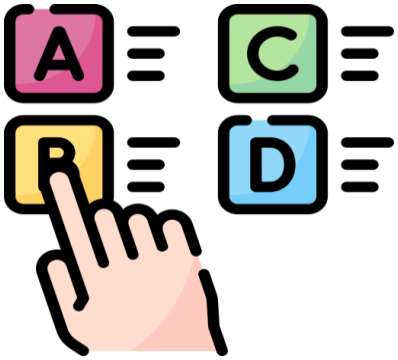
Aston
ACADEMY

Revision Routines

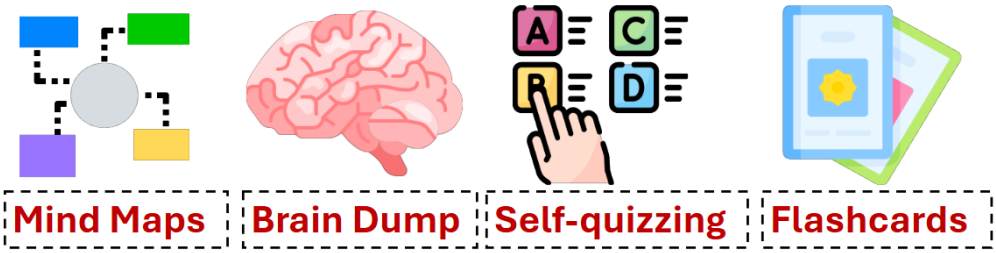




Small Steps. Big Wins!

What are the Core 4?

As Year 10 students at Aston Academy, you are at a pivotal point in your journey towards your GCSEs. To support your learning and revision, it is important to use effective strategies that not only improve recall but also build confidence and independence as you prepare for exams.
One of the most effective ways to do this is through the Core 4 revision strategies: flashcards, self-quizzing, mind maps, and brain dumps. Embedded within Team 27 sessions, these research-informed techniques are designed to strengthen memory, deepen understanding, and help students retain knowledge more effectively over time.



- **Managing the Amount of Content:** GCSEs cover a lot of material, and these strategies help you break down and manage that content. They're active techniques that allow you to engage with what you're learning, rather than just passively reading or listening.
- **Building Strong Revision Habits:** Year 10 is the perfect time to start practicing these techniques. Building effective study habits now will make your revision in Year 11 much easier and less stressful. If you're already using strategies like flashcards and self-quizzing now, you'll be well-prepared when it's time for serious exam preparation.
- **Improving Your Exam Performance:** These strategies mimic the exam conditions, helping you get comfortable with recalling information under time pressure. Practicing self-quizzing and doing brain dumps can boost your confidence and make you feel more prepared for exam day.
- **Tracking Your Progress:** These methods help you see how much you've learned. Mind maps and brain dumps, for example, are great ways to visualize your progress and track how your understanding improves over time.
- **Maximizing Your Revision Time:** Time is precious, and you want to make the most of every revision session. These strategies are all about active learning—engaging with the material in a way that makes it stick, rather than just passively reviewing notes. This will make your revision more efficient and effective.

Small Steps. Big Wins!

When should I revise?

What is a revision timetable?
A revision timetable is an action plan outlining how you will approach your studies in preparation for your exams.

Why should I create a revision timetable?
Planning and setting goals is the most efficient way to work and prepare for your exams.
When done properly, a revision timetable ensures you make efficient use of the time you have available, studying the most appropriate topics at the right time.
It's very easy to lose focus and track of your studies without a clear plan in place.

Final tips for your revision timetable

- ❑ Try a draft version of your timetable for a week, tweak any problems for the future weeks then stick to your revision plan.
- ❑ Be sure to mix up your day. Don't study the same subject and topic back-to-back all day long.
- ❑ Don't work until exhaustion, make sure you take the planned breaks and reward time.
- ❑ Be realistic with your time and goals.
- ❑ Make sure you include periods of exercise, it will help to increase productivity and reduce stress and tiredness.
- ❑ Make use of short periods of wasted free time, e.g. what simple revision task could you be doing during that car journey?
- ❑ Revise each day. Some revision every day is more effective than a single full day of study.
- ❑ Don't throw old timetables away, use them to keep track of your progress.

Small Steps. Big Wins!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16:00					
!6:30					
17:00					
17:30					
18:00					
18:30					
19:00					
19:30					
20:00					
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Time	Saturday	Sunday
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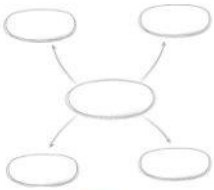
You are not expected to fill all this- choose the times and days that work for you.

Mind Maps

1

Identify Knowledge

Identify the subject knowledge/content you wish to cover



2

Identify sub topics

Place the main topic in the middle of the page and identify sub topics that will branch off

3

Branch off

Branch off your sub topics with further detail

4

Use images and colour

You can add images and colour to help information stick in your memory

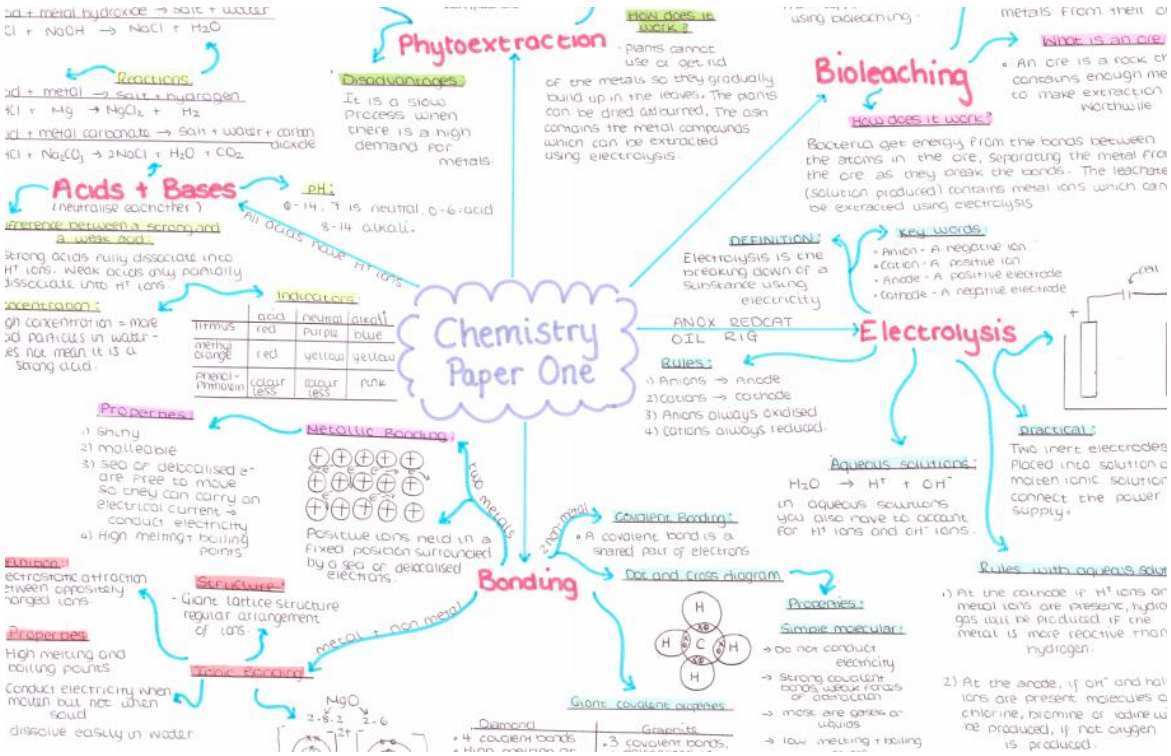
5

Put it somewhere visible

Place the completed mind maps somewhere where you can see them frequently

Try to recreate it from memory

Avoid using too much information on your Mind Map. If you overcrowd the page, you will find it harder to visualise the information when trying to recall it.



Small Steps. Big Wins!

Brain Dumps

1

Identify Knowledge

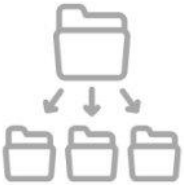
Identify the subject knowledge/content you wish to cover

2

Write it down

Take a blank peice of paper/whiteboard and write everything you can remember about the topic with no prompts

Give yourself a timelimit (eg 10 mins)



3

Organise information

Once complete and you can not remember anymore use different colours to highlight and underline words in groups

This cateorises information

4

Check understanding

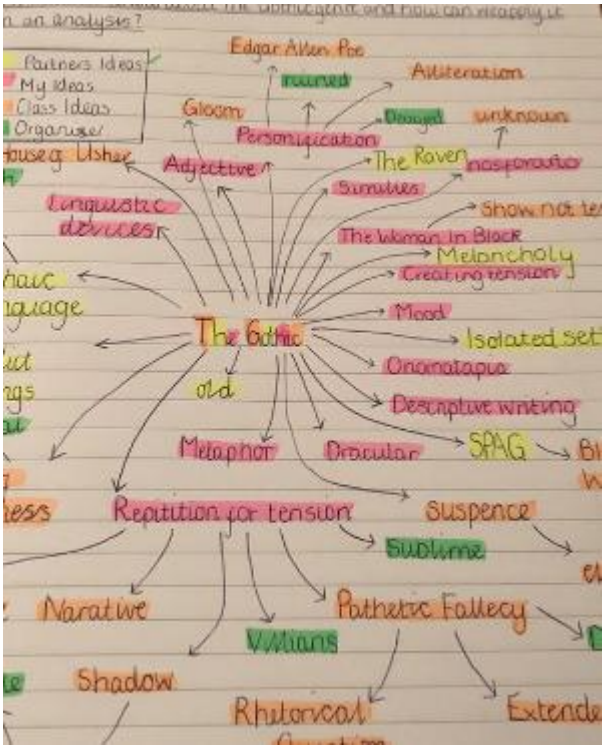
Compare your brain dump to your source and check your understanding

5

Next Steps

Keep your brain dump safe and revisit it

Ensure you do not just focus on the subjects or topic areas you already know lots about. It could be worthwhile RAG rating your topics and focusing on the Red areas first.



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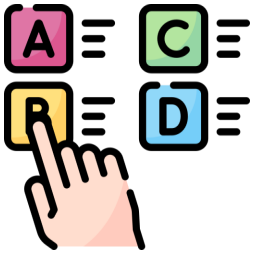


Self Quizzing

1

Identify Knowledge

Identify the subject knowledge/content you wish to cover

2

Review & Create

Spend around 5 - 10 minutes reviewing content (knowledge organisers, class notes, text book)

Create questions based on this topic or use pre prepared questions

3

Cover & Answer

Cover up the information and answer the questions from memory

Answer every question and in as much depth as you can

4

Check Understanding

Go back to the content and self mark your answers

Correct any you got wrong

5

Next Time

Revisit the areas where there were gaps in knowledge and quiz again on these next time

When answering quiz questions:

Do:

- ✓ ...answer every question, even if you are unsure.
- ✓ ...write the answers to the questions from memory.
- ✓ ...answer the questions in as much depth as you can.
- ✓ ...mark and correct your answers after you have finished.
- ✓ ...improve your knowledge of incorrect answers after you have marked your answers.
- ✓ ...keep a record of your scores.

Don't:

- X ...skip questions because you find them difficult or you are unsure about the answer.
- X ...answer the questions using textbooks or knowledge organisers.
- X ...write single word answers so you can answer the question as quickly as possible.
- X ...assume that your answers are correct.
- X ...throw the quiz away as soon as you have finished it.

Small Steps. Big Wins!

Flashcards

1 Identify Knowledge

Identify the subject knowledge/content you wish to cover

2 Colour Coding

Use different coloured flash cards for different topics

This will help with organisation NOT recall

3 Designing

Create 1 question per flashcard, making it less likely that you will miss key points

Considering using pictures/symbols or an app such as Quizlet

4 Checking understanding

Write your answers down, then check. Or say them out loud. This really clearly shows gaps in your knowledge

Do not copy and re read

Shuffle the cards each time you use them

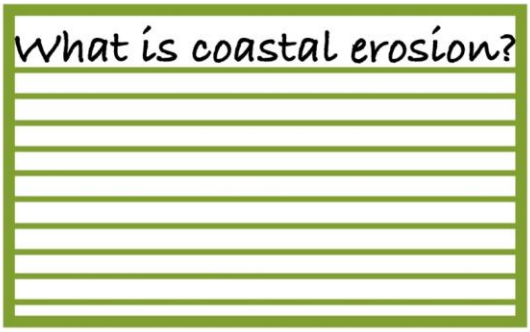
5 Next Steps

Consider how you have performed in recalling the core knowledge

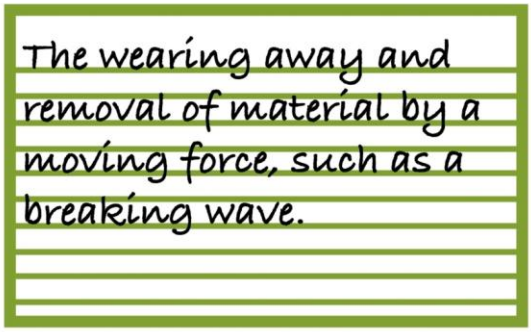
Once you are secure then make sure you move to practice applying that knowledge in exam questions

One of the key things is to know when they are effective. Flashcards work best when you have two pieces of information to learn, for example, a word and a definition. They are great for learning vocabulary in French, key terms in any topic, equations in maths and science and quotations in English.

Write a question



Write the answer on the back



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