

NORTHGATE
High School

Year 11 Revision Advice

Wednesday, 21st January 2026

Tip 1: Get organised – produce a realistic weekly revision timetable

Plan ahead



- Start early to cut down on stress
- Make a revision timetable and commit to it

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Subject or Topic A Session 1: Test and reflect						
	Take a Break for 5 minutes ☕					
Subject or Topic A Session 2: Revise and Summarise						
	Take a Longer Break ☕ ☕					
Subject or Topic B Session 1: Test and reflect						
	Take a Break for 5 minutes ☕					
Subject or Topic B Session 2: Revise and Summarise						

Tip 2: Focus properly, take breaks and avoid distractions

Session 1

1. Choose a topic from your checklist



2. Set the timer for 25 minutes



3. Test yourself using the methods on page 3



4. Stop when the timer is up



5. Reflect – make a note of what you struggled with



Take a Break for 5 minutes



Session 2

1. Revisit what you struggled with from Session 1



2. Set the timer for 25 minutes



3. Summarise what you need to learn



4. Stop when the timer is up



5. Take a longer break



Students waste 20% of 'revision time' through distractions such as mobile phones or background noise

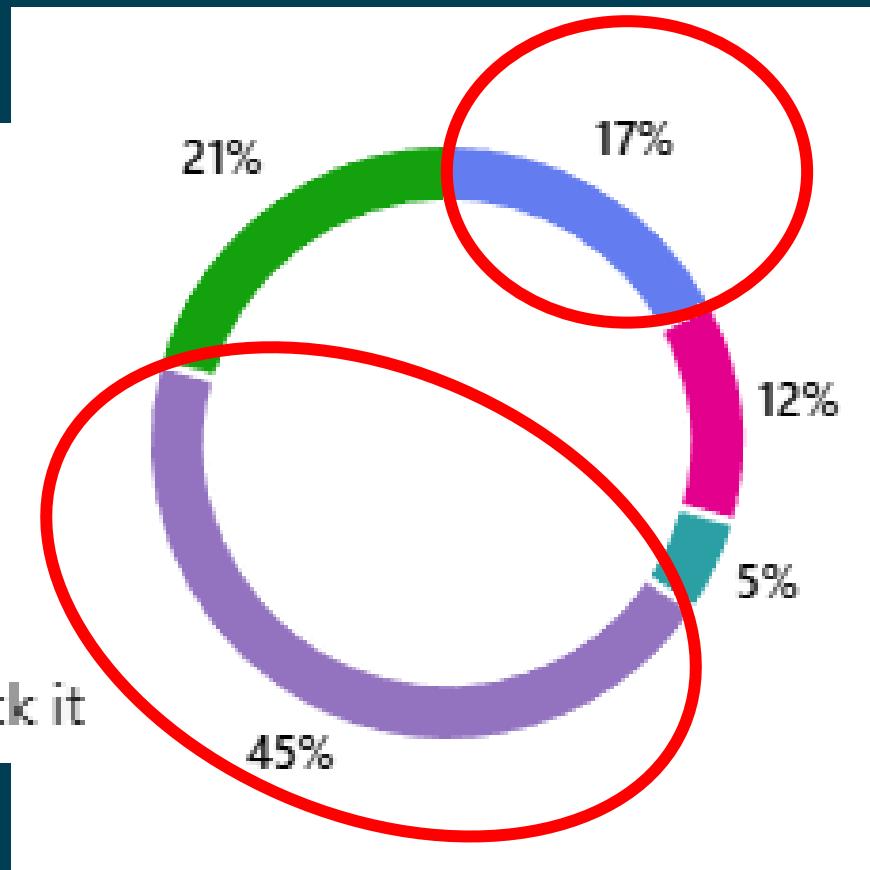
20%

of revision time is wasted

Before you start using this plan, you'll need to make sure you have all of the resources in place: Flashcards, mindmap or summary diagrams, exam questions.

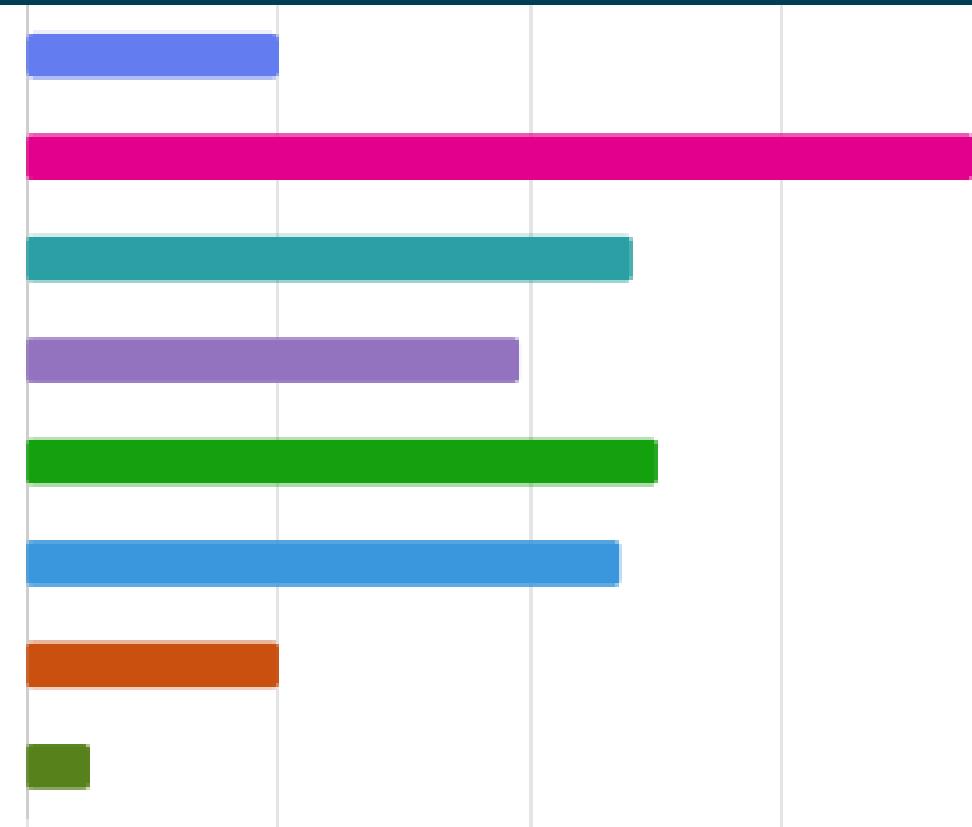
What are you doing with your phone whilst revising or completing homework?

- I constantly check my phone
- My phone is on silent
- My phone is switched off
- I check my phone occasionally
- I keep my phone on, but I don't check it

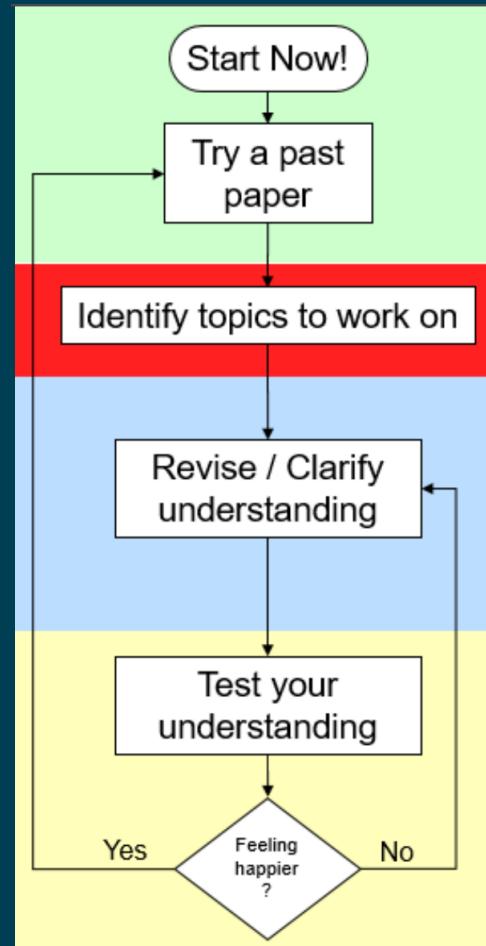
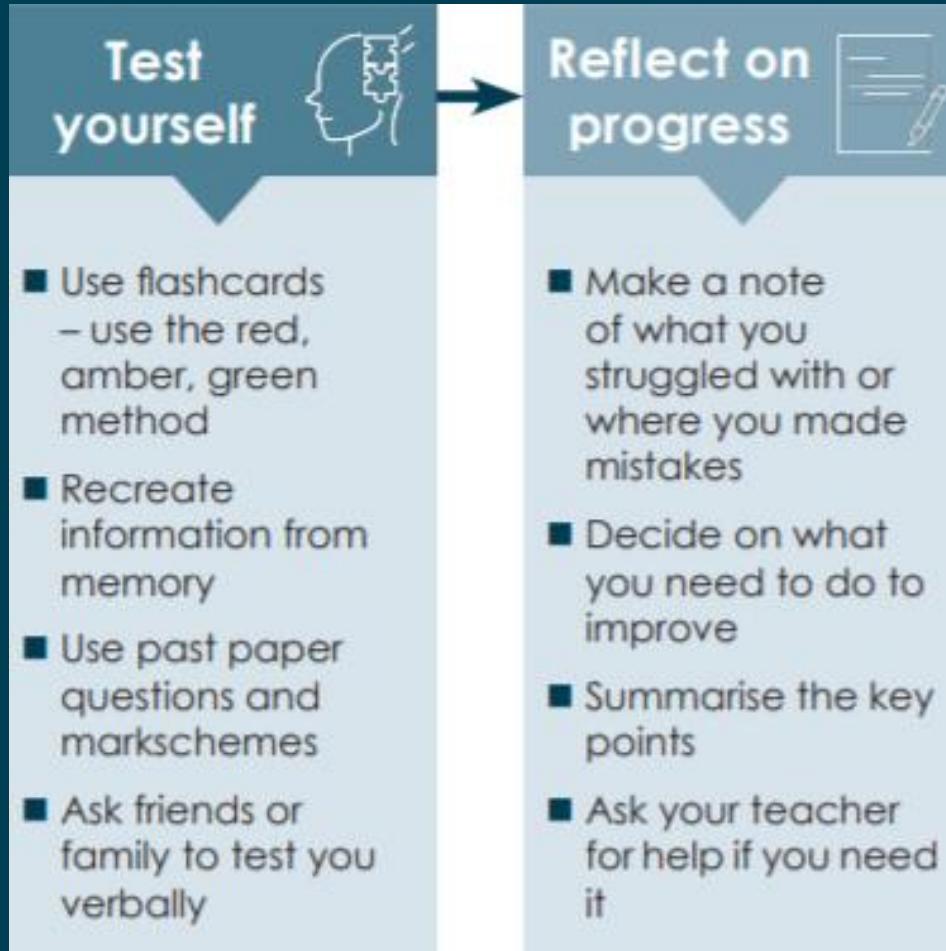


What do you find difficult about revising?

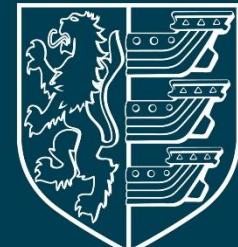
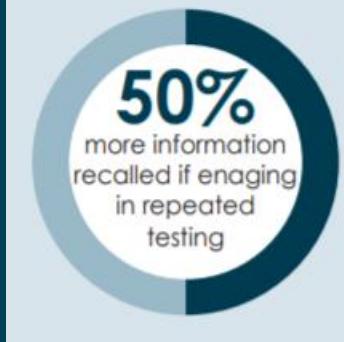
- I don't know how to revise
- I get distracted
- I haven't got the energy
- I get overwhelmed by tests and assessments, so revising makes me anxious
- I procrastinate (leave everything until the night before)
- I don't feel motivated
- I haven't got the time to revise
- I haven't got a suitable space to revise



Tip 3: Start with a test then focus on your weak areas



Students who engage in repeated testing recall 50% more



Tip 4: Use effective revision techniques

Test yourself



- Use flashcards – use the red, amber, green method
- Recreate information from memory
- Use past paper questions and markschemes
- Ask friends or family to test you verbally

Flash cards

Do not spend a long time making flashcards. If you do, make sure they only contain the really important things you need to remember. E.g. Definitions, quotes, formulae.

They are only useful for memorisation if you use them regularly to test your knowledge.

THE RED BOX

THE AMBER BOX

THE GREEN BOX

Red Amber Green Technique

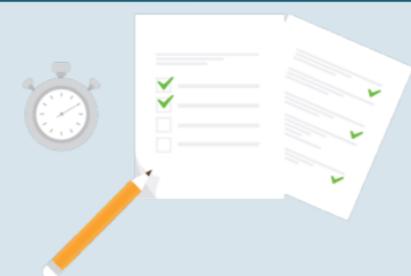
Blank Page Retrieval

- Put away your class materials and write or sketch everything you know about a topic. Mind mapping is a very good way to do this.
- Then, check your class materials for accuracy and important points you missed.
- Write in the information you missed using a different colour pen.



Past paper Questions

- Use a section from a relevant past paper, or relevant practice questions that could come up in the assessment.
- When you have finished make sure you use a mark scheme or an assessment checklist to identify gaps in your knowledge.
- Aim to recreate the conditions that you'll sit the assessment in e.g. you might ask someone at home to time you.

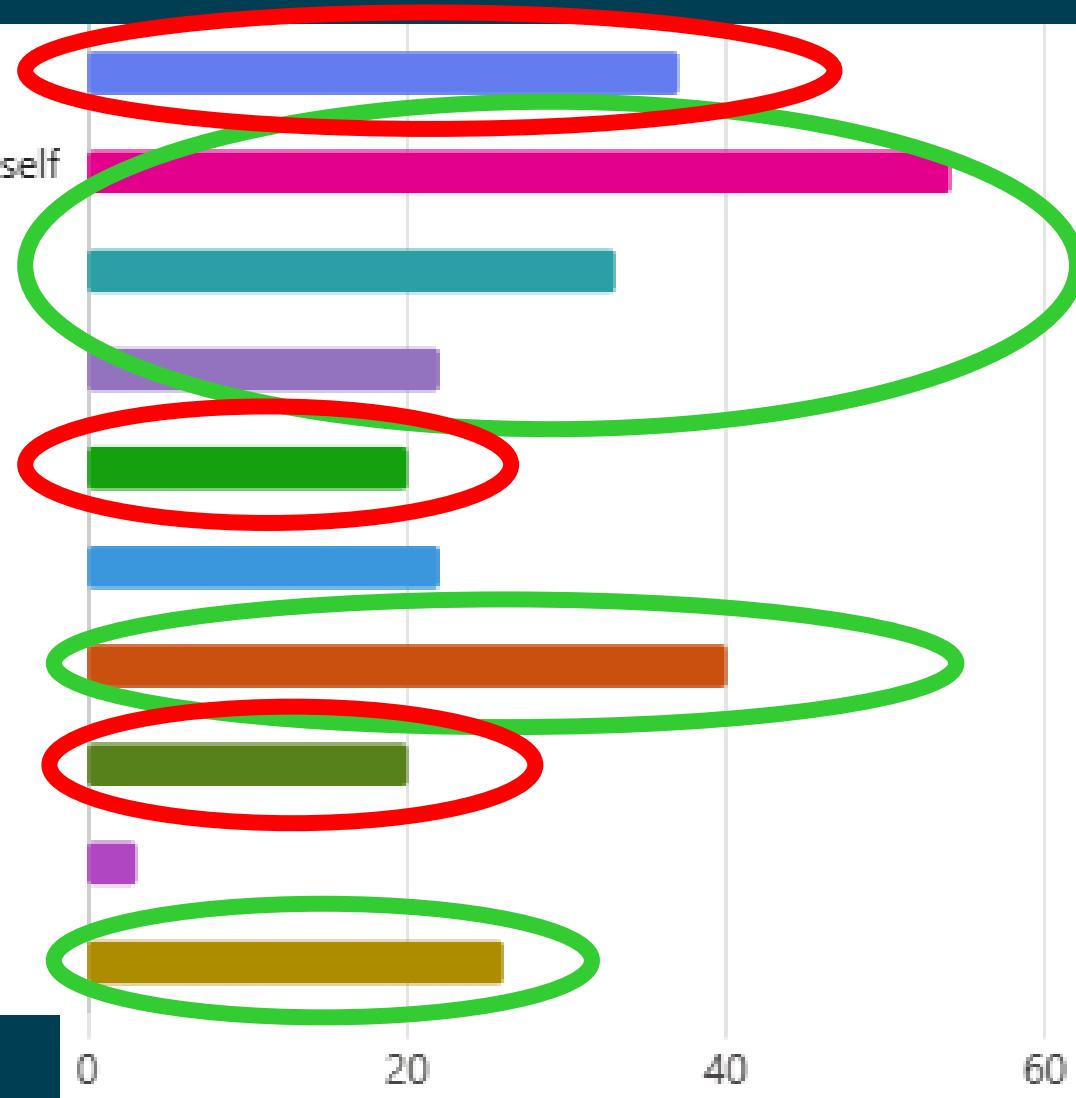


Quizlet



What is your **favourite** way to revise?

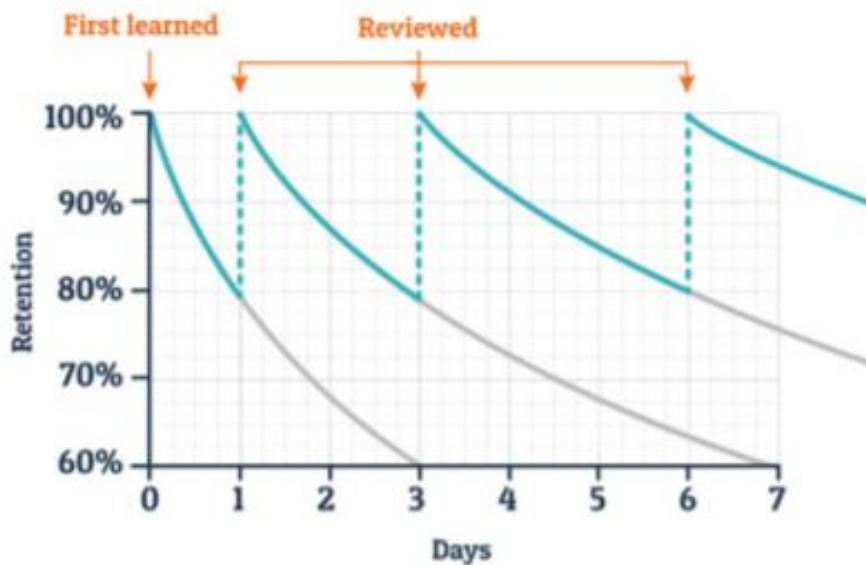
- Re-reading your notes or reading a textbook
- Making flashcards and then testing yourself on them
- Making mind maps
- Blank page retrieval
- Highlighting key information
- Watching a video or screencast
- Completing past paper questions or **practice questions**
- Making notes
- Listening to a podcast
- Using a quizzing app



Tip 5: Revisit previous learning

We start to forget information over time unless that information is actively reviewed time and time again. If students take time to revisit key information then the effects of forgetting are decreased. Ideally, important information should be revisited 24 hours after first learning. This will reduce the rate of memory loss. It should then be revisited again regularly.

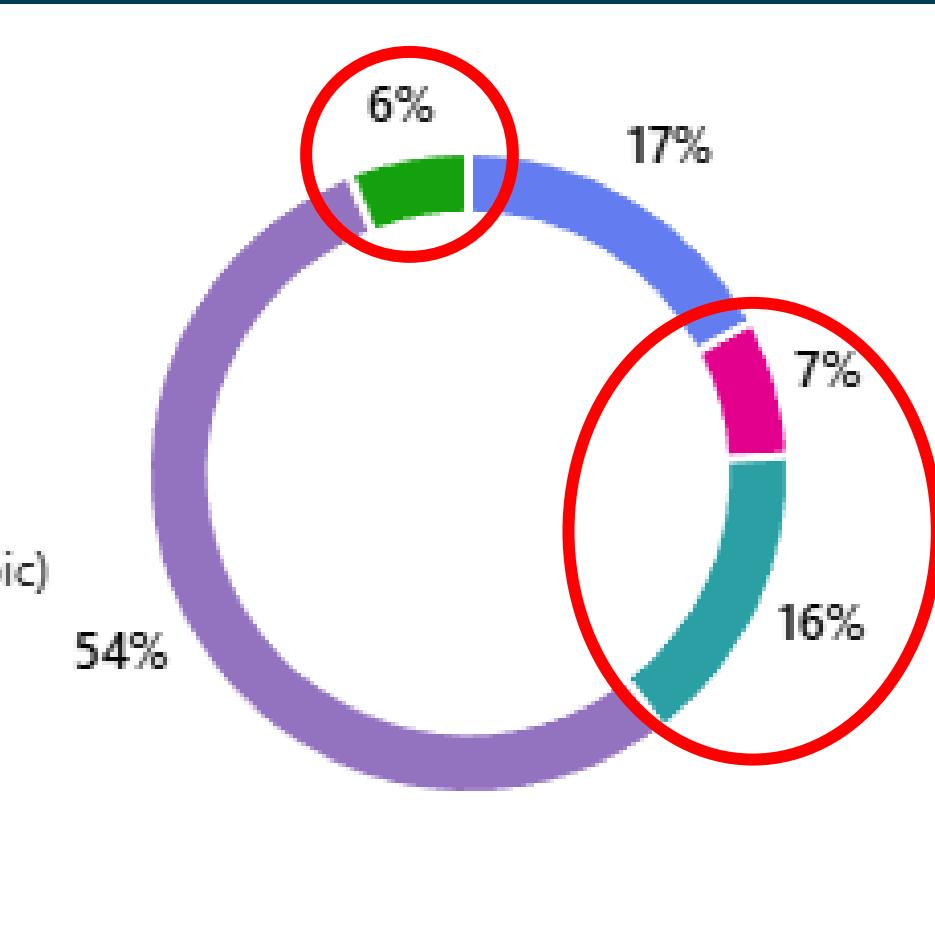
Typical Forgetting Curve for Newly Learned Information



WARNING: If we do not revisit information, it is likely to disappear from our memory. Cramming for revision does not work. It overloads our memory and leads to limited understanding.

Which of the following best describes when you revise for tests or exams?

- I revise on multiple days/weeks
- I revise on a single day
- I revise the night before
- It varies (it depends on the subject or topic)
- I don't revise



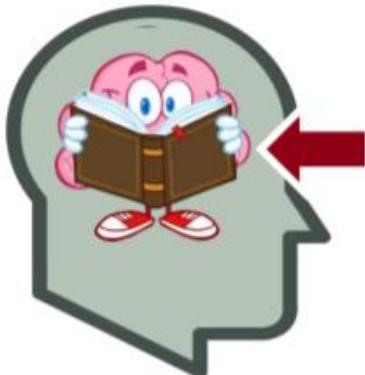
To sum up ...

As with most things in life, there are ways to make life easy for yourself when studying for exams

The long way

- Feels like less effort when you're studying
- Works eventually, but very slow process – a lot of unnecessary study time

Pushing information INTO memory

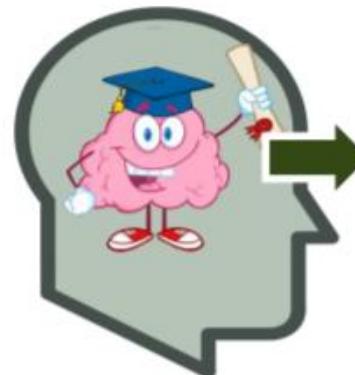


- Reading
- Making notes
- Highlighting / underlining

The smart way

- Feels like more effort when you're studying
- BUT gets you better results, much faster

Recall practice: testing yourself



- Flashcards
- Doing test / exam questions without notes
- Summarising topic from memory on blank sheet

Year 11 Study Centre

- **Mon - Thurs**
- M38
- **3:15 - 4:30**
- Running until all exams are finished
- Refreshments
- PCs, laptops, iPads and printer
- Use of multiple rooms, including quiet space
- Text books, stationery and other resources
- Plus point for attending
- Maths support as required