



GSCE Revision Sessions



Year 11 Mid-Week Revision sessions

Sessions are held every Wednesday afternoon from 2:30pm to 3:30pm
All GCSE teaching staff are available for revision guidance
Transport home is available.



Year 11 Weekly Revision Sessions

Sessions are held on agreed Saturday mornings from 10am to 12 noon
Transport to and from school is provided



Dates of revision sessions

19/03/2022

Miss Walsh, Ms Cooling, Miss Tokat

26/03/2022

Miss Walsh, Mrs Watson, Mr Legender



Staff are always available for any help or support you may need revising for your exams

We want to help you to do your best to achieve your goals

If you wish to attend a revision session please let your Tutor team know.



Bischopton PRU Pupil Revision Guide



Instant Revision tips

To prepare yourself, organise your subjects by making a list of what your subjects are, what exam board they are and any additional information you need to know or feel is important, such as your predicted grade and what you need to work on to achieve it.

Try to identify gaps in your knowledge in each subject. If you ask for advice from your teacher about this, they will help you. Assign more time to topics you have difficulty with or where your knowledge is weak.

To revise find a quiet place to revise (where noise and any disruption is kept to a minimum.) Or if you feel you work better with music or background noise, find somewhere suitable.

Don't overload on information or feel you need to take in everything all at once as this may lead to burn out. Pace yourself and use a revision timetable and include regular breaks, this will help you get into the habit of revising regularly.

Gentle exercise.

When we get anxious, adrenaline rushes through our bodies to prepare us to either run away or fight the feared object / situation. This causes the physical effects of anxiety such as feeling shaky or light headed. By undertaking regular activities such as walking, going to the gym, running or swimming you can burn off the adrenaline which will reduce the physical symptoms of anxiety.

Remember that you are not alone.

It can seem scary at first to talk about anxiety, as you might feel like nobody else is feeling this way or would understand. This often makes the anxiety worse. If you think you might be experiencing anxiety, talking about it with someone you trust can be the next step. Talking about how you are feeling can reduce the pressure of anxiety and stress.

Diet.

Paying attention to your diet can help you to improve your mood and help reduce mood swings.

A productive environment.

Create a suitable study ambience at home and make sure your study room is well lit and well ventilated.

Get enough sleep.

Meditate or practise some simple breathing exercises for 15 to 30 minutes before you go to sleep and you can help to improve your sleep cycle. For more advice on how to get a better night's sleep take a look at our

Picture your success.

By picturing how you would like things to go, can help you feel more positive. For example, try to imagine yourself turning up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

Instant Revision tips

Make sure you get enough sleep as this can help you to stay alert, rather than revising late into the night making you tired and unable to process information.

When revising use highlighters/colours/stickers to identify key facts and information that you need to know.

Break subjects down into manageable chunks and plan study time for each one.

Revise using past papers and ask staff to mark them.

Ask staff for advice and support. Staff are more than willing to help you, you just need to ask.

Tips to keep your health in tip top condition for your GCSE's

A healthy diet will provide you with enough strength to successfully deal with stressful situations. Having your breakfast, lunch and dinner at the right times will also help your body to fit into a routine.

Foods to help alleviate stress before an exam

Milk: Milk is one of the major sources of calcium. Calcium is a natural stabilizer for the nervous system. Research has proved that when people are under certain pressure, the amount of calcium which is discharged through the urine will increase.

Banana: Bananas can help the brain produce serotonin. Serotonin can make the mood become stable and happy. Bananas also contain a large amount of potassium, which can keep blood pressure at a normal level. Magnesium contained in banana also has the effect of relieving psychological pressure and easing emotional tension.

Citrus fruits: Eating more foods rich in vitamin C also has the effect of relieving psychological pressure. The main source of vitamin C is fresh fruits and vegetables, including citrus fruits and tomato, which are the best source of vitamin C.

Water:

Water aids digestion and helps regulate and maintain body temperature. Keeping the body well-hydrated should be a health priority and daily habit whether exams are round the corner or not. When we are stressed, we tend to overlook our water consumption and neglect our health as a result.

Whole-wheat bread:

Whole-wheat bread contains a variety of amino acids and organic acids, which not only can relieve psychological pressure, but also can ease emotional tension. What's more, it is also rich in vitamin B, which has the effects of maintaining the health of nervous system, eliminating anxiety, and promoting sleep.

Oranges: Studies suggest that when a child is under too much pressure his/her vitamin C levels tend to dip, thus making him/her more vulnerable to illnesses. So, incorporate oranges in their diet. Other than Vitamin C, oranges are a great source of folic acid which is great for physical growth as well.

Foods to avoid

Try to keep away from stimulants like caffeine (coffee and tea) and sugar. If consumed a lot, they can make you feel drowsy and tired. Try and stay away from Monster, Redbull or Relentless.

Avoid junk food. Junk food containing bad carbs and bad fats rate high on the glycemic index scale. This means that they lead to energy 'crashes' if consumed all the time.