



Astrea Academy Trust
INSPIRING BEYOND MEASURE



**LONGSANDS
ACADEMY**
Astrea Academy Trust
INSPIRING BEYOND MEASURE

MID-YEAR ASSESSMENT PREPARATION AND REVISION

Mid-year assessment dates:

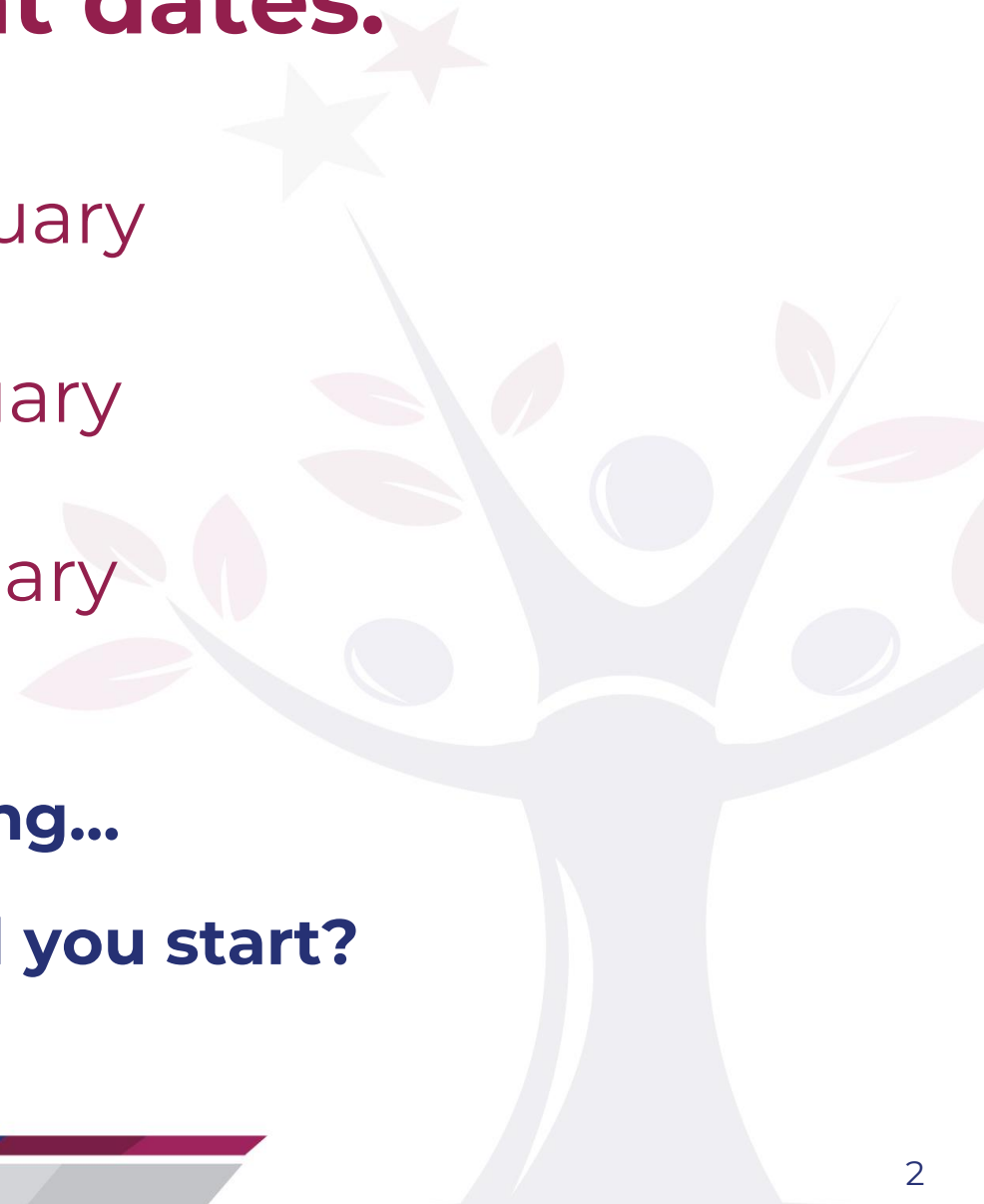
Year 7- 24th-28th January

Year 8- 17th-21st January

Year 9- 11th-17th January

It's time to get revising...

...but how and where should you start?



Planning your revision

Planning activities include making a revision schedule and organising your notes. They also include reading, highlighting, making notes and making revision cards.

Not that much learning occurs when you do these *planning* tasks. To learn something you have to *do* something with the information.

So aim to get organised this week so you can start doing meaningful revision- we'll tell you about a revision technique that really works to try next week.

Getting ready to revise:

*Creating the right
study space*

**What is good/bad
about the study space
in the photo?**



Your study space should...

- **Have natural light or be well lit**
- **Be free from distractions and noise**
- **Have all the equipment and information that you need**
- **Be comfortable**
- **Have a bottle of water**

Remember that Homework Club runs every day after school in the Library until 4pm.

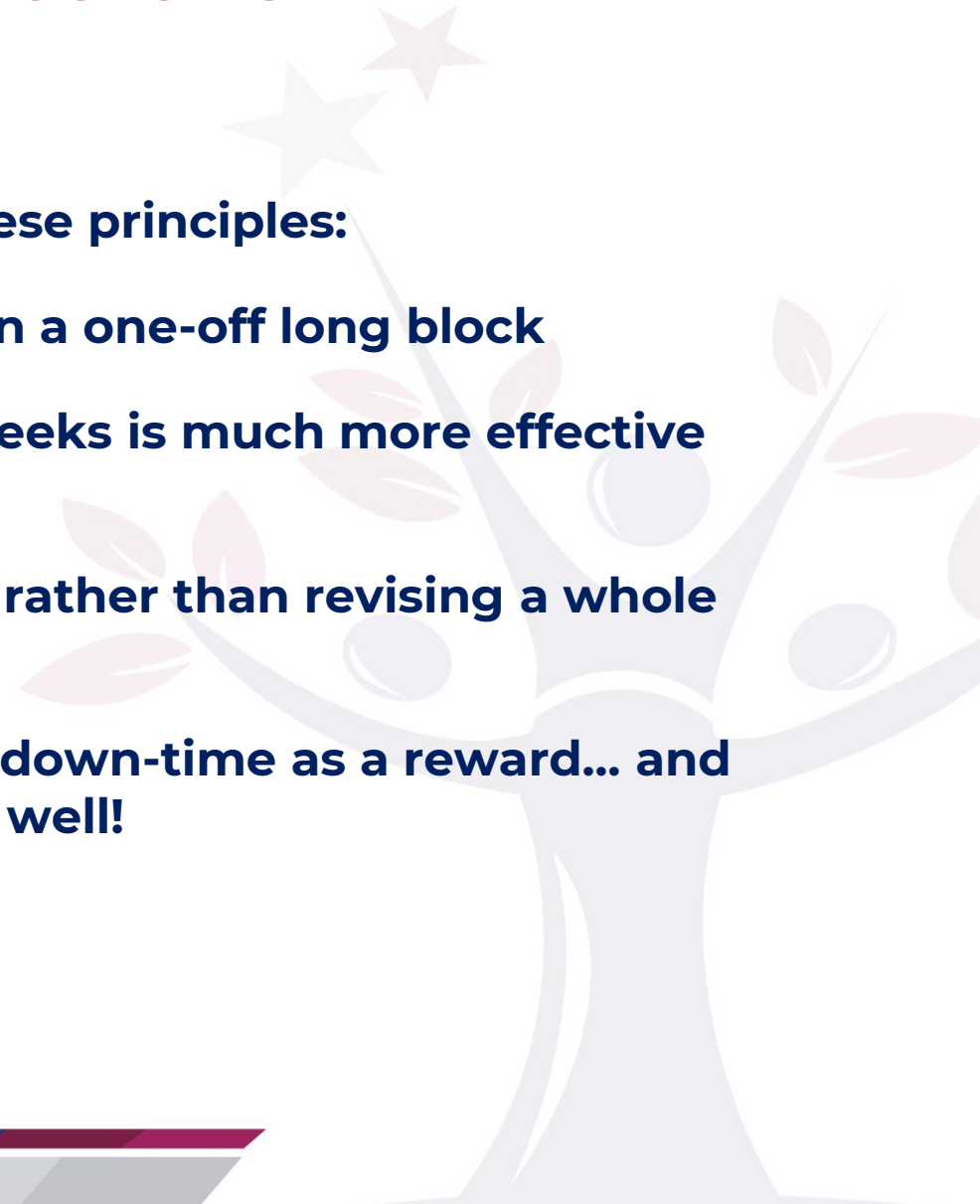
All students are welcome to complete homework or revise!



Creating a revision timetable

When creating your revision timetable, try to follow these principles:

- **Regular, short spells of revision are much better than a one-off long block**
- **Start now! Spreading out your revision over many weeks is much more effective and far less stressful than last minute cramming**
- **Try to mix up subjects and topics and re-visit them , rather than revising a whole topic once and then forgetting about it**
- **Ensure you have regular breaks and schedule some down-time as a reward... and make sure you are getting enough sleep and eating well!**



Top tips for revision



- **Start early to increase your confidence and reduce anxiety**
- **Create a revision timetable**
- **Little and often is best (maximum 30 minute blocks)**
- **Reward yourself at the end of a revision session**
- **Find the techniques that work- we'll help you with this next week**

The schedule is as follows:

Date	Year 9	Year 8	Year 7
2 nd Dec	Timetables/Study Space		
9 th Dec	Mindmaps and flashcards	Mindmaps and flashcards	Mindmaps
16 th Dec	Spaced repetition and self-quizzing	Spaced repetition	Flashcards
6 th Jan	Coping with exam stress	Self-quizzing	Spaced repetition
13 th Jan	MYAs	Coping with exam stress	Self-quizzing
20 th Jan		MYA's	Coping with exam stress
27 th Jan			MYAs

