



**ARENA**  
ACADEMY

# REVISION PASSPORT

An Arena for  
**opportunity** and **excellence**

**NAME:**

**FORM:**

# Revision Tips

Speak up when you are feeling stressed. Always share your problem and get help from anyone. A friend, a parent/carer, your form tutor or teacher.



Create a revision timetable and share it with your family so they know what you should be revising and when.

Stay healthy. Eat plenty of fruit and vegetables. Drink plenty of water and make sure you exercise.

Revision Planner							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

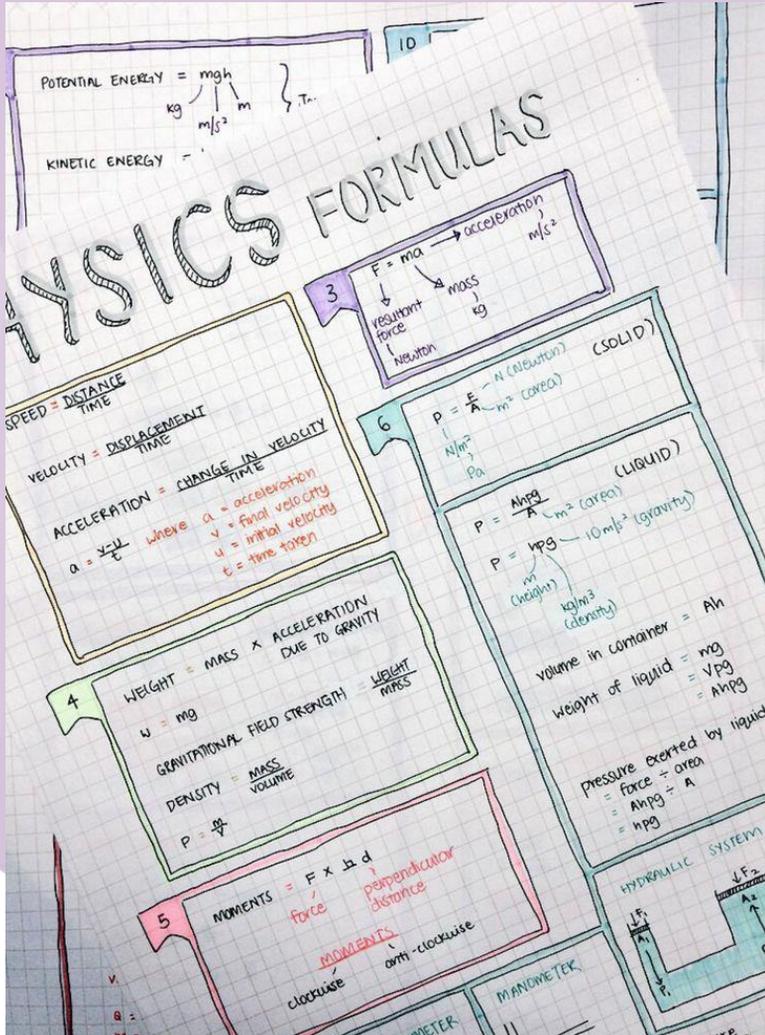
Do not revise in your bedroom. Research says that you want your brain to see the bedroom as a place to relax and sleep, not revise.



Get plenty of rest and make sure you plan in time to relax. For example, one weekday and one afternoon on the weekend.

Be prepared. Buy a lever arch file, sticky notes, coloured pens and lots of paper.

# Power Notes



How does it work?  
 Take an A4 page and split it into 6 sections. When you are looking through your work split it into main areas or topics. Condense your notes into clear, simple bullet points for each section. Finally, highlight or underline key words in a different coloured pen.

Why is it useful?  
 It will force you to think deeply about a topic and it will help each piece of information stand out.

Hints and tips...  
 Test yourself by glancing at keywords and seeing if you can remember the rest of the information.

Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method?      /5 (5 = very useful)

Comment: \_\_\_\_\_

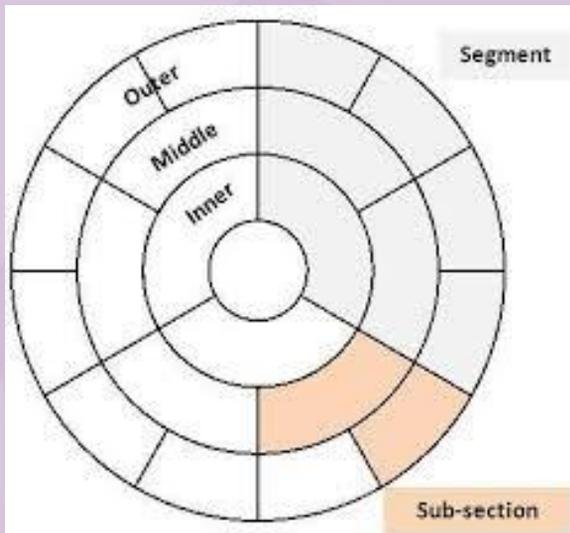
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# Mandala Technique



## How does it work?

It uses a 'tighter' format than a mind map which some people prefer. Write the title of your topic in the central circle, then draw another circle around it. Divide this into 3 or 4 main sub topics using different colours. Add another circle and divide the sub topics into details.

## Hints and tips...

Use as many circles as you need to go deeper into a topic.

## Why is it useful?

It provides a clear, visual overview of any topic.

## Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method?      /5 (5 = very useful)

Comment: \_\_\_\_\_

\_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Flash Cards



## Hints and tips...

Use it for formulas for maths or diagrams for science and geography.

## How does it work?

Buy a set of cards and create a set for each topic. Summarise one key concept onto each card, use highlighters or colours to underline key words and add pictures to help bring the ideas to life.

## Why is it useful?

It's easier looking through a set of cards than going through pages of notes so you are creating something that will help you as you get nearer to the exams.

## Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method?      /5 (5 = very useful)

Comment: \_\_\_\_\_

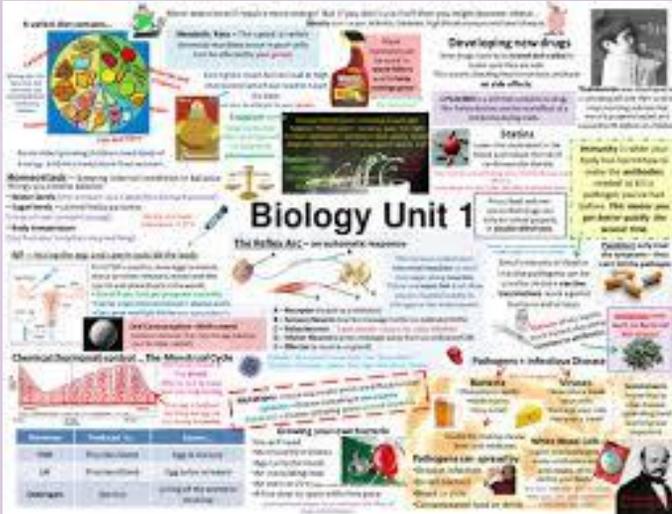
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Date: \_\_\_\_\_

# Draw It: Posters, Diagrams, Cartoons...



How does it work?

Take a topic and turn your notes into a poster or an annotated diagram with lots of illustrations and colour. Or create a cartoon strip to describe historical events or an experiment in science.

Why is it useful?

Our brains often remember pictures and colours better than just words.

Hints and tips...

Display your posters and diagrams in parts of your home or bedroom where you will see them everyday.

Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method? /5 (5 = very useful)

Comment: \_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Make It: Models and Displays



## Hints and tips...

Display your model so that you see it everyday.

## How does it work?

Make a model to demonstrate what you are learning and add labels to explain the different parts.

## Why is it useful?

A lot of people find revising easier when they are making something. Keeping it fun and active will help you retain it.

## Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method? \_\_\_\_\_ /5 (5 = very useful)

Comment: \_\_\_\_\_

\_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Record Yourself



## How does it work?

Talking through a topic and recording it can really help, especially when you continually play it back to yourself. Use your mobile to help! Or, turn your revision into a short interview or news bulletin to help bring the topic to life.

## Why is it useful?

The idea of recording it and playing it back over and over again will help you retain the information.

## Hints and tips...

Use the recording when you are feeling tired but still want to revise.

## Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method?      /5 (5 = very useful)

Comment: \_\_\_\_\_

\_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Make up a Song or Rap



How does it work?

Find a song that you like but change the lyrics so the song is all about one of your subjects.

Why is it useful?

The rhythm and tune helps you to remember what comes next in the lyrics.

Hints and tips...

Record yourself singing the song and play it back to yourself at night.

Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method?      /5 (5 = very useful)

Comment: \_\_\_\_\_

\_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Story Method

Scene:	Scene:	Scene:

## How does it work?

Start by listing the keywords of a topic. This time, take each word in turn and build it into a story. Try and create a really good plot and make it creative!

## Why is it useful?

Telling stories have been part of society for centuries and we are much more likely to remember a story rather than a list of facts.

## Hints and tips...

Combine this with your power notes!

## Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method?      /5 (5 = very useful)

Comment: \_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# The Quiz

*TheQuiz*

**Answer Sheet**



Team Name: \_\_\_\_\_

1	21
2	22
3	23
4	24
5	25
6	26
7	27
8	28
9	29
10	30
11	31
12	32
13	33
14	34
15	35
16	36
17	37
18	38
19	39
20	40

Total Quiz Points: \_\_\_\_\_

+ Picture Round Points: \_\_\_\_\_

Total Score: \_\_\_\_\_

## How does it work?

Make a folder of plain sheets of paper and whenever you are revising a topic, take a plain piece of paper and add some quiz questions. Remember to write down the answers on the back. Once you've finished the topic, complete the quiz and go back over any wrong answers.

## Why is it useful?

Use other people to quiz you on each topics. This will work best by asking them to do lots of different subject quizzes every few days to keep you on your toes.

## Hints and tips...

Find a 'study buddy' and swap copies of your quiz sheets.

## Self Assessment

I used this technique to help me revise \_\_\_\_\_

How useful was this method? \_\_\_\_\_ /5 (5 = very useful)

Comment: \_\_\_\_\_

Seen by \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

# Question Cards

Give some examples of choices people may be given in a care setting.	What is a child being smacked by a nursery teacher an example of?
Describe how care workers could challenge discriminatory behaviour to support peoples rights.	Explain the impact of the Equality Act on service providers.
Describe the key features of the Equality Act 2010.	Why are emergency procedures important in protecting individuals in a care setting?
Explain how providing information about complaints procedures helps to support individuals to maintain their rights.	Describe how care workers can promote peoples rights and beliefs in a hospital.

How does it work?  
Similar to the quiz, but put the questions on one side of the card and the answer on the back. Or, write a key word on one side and the definition on the back.

Hints and tips...  
They offer a great way of testing yourself.

Self Assessment  
I used this technique to help me revise \_\_\_\_\_  
How useful was this method?      /5 (5 = very useful)  
Comment: \_\_\_\_\_  
\_\_\_\_\_

Seen by \_\_\_\_\_  
Signature \_\_\_\_\_  
Date: \_\_\_\_\_

