

# GAS GSCCE REVISIÓN GUÍDE 2015



Before you get started on your revision you need to know your learning style.

1. Read the statements on the left and tick the statement that is most true to you.
2. Once you have completed the questionnaire, add up each column and see which learning style you prefer.
3. Use the revision tools that are best suited to your learning style...be successful!

		visual	auditory	kinaesthetic/physical
1	When operating new equipment for the first time I prefer to...	read the instructions	listen to or ask for an explanation	have a go and learn by 'trial and error'
2	When seeking travel directions I...	look at a map	ask for spoken directions	follow my nose or maybe use a compass
3	To teach someone something I...	write instructions	explain verbally	demonstrate and let them have a go
4	I tend to say...	"I see what you mean"	"I hear what you are saying"	"I know how you feel"
5	I tend to say...	"show me"	"tell me"	"let me try"
6	I tend to say...	"watch how I do it"	"listen to me explain"	"you have a go"
7	I prefer these leisure activities	museums or galleries	music or conversation	physical activities or making things
8	When shopping generally I tend to...	look and decide	discuss with shop staff	try on, handle or test
9	Choosing a holiday I...	read the brochures	listen to recommendations	imagine the experience
10	learning a new skill	I watch what the teacher is doing	I talk through with the teacher exactly what I am supposed to do	I like to give it a try and work it out as I go along by doing it
11	Choosing from a restaurant menu...	I imagine what the food will look like	I talk through the options in my head	I imagine what the food will taste like
12	When listening to a band...	I sing along to the lyrics (in my head or out loud!)	I listen to the lyrics and the beats	I move in time with the music
13	When	focus on the	discuss the problem	move around a lot, fiddle

E. Gregory 2015

	concentrating I...	words or pictures in front of me		and possible solutions in my head		with pens and pencils and touch unrelated things	
14	I remember things best by...	writing notes or keeping printed details		saying them aloud or repeating words and key points in my head		doing and practising the activity, or imagining it being done	
15	My first memory is of...	looking at something		being spoken to		doing something	
16	When anxious, I...	visualise the worst-case scenarios		talk over in my head what worries me most		can't sit still, fiddle and move around constantly	
17	I feel especially connected to others because of...	how they look		what they say to me		how they make me feel	
18	When I revise for an exam, I...	Write lots of revision notes (using lots of colours!)		I talk over my notes, to myself or to other people		imagine making the movement or creating the formula	
19	When explaining something to someone, I tend to...	show them what I mean		explain to them in different ways until they understand		encourage them to try and talk them through the idea as they try	
20	My main interests are...	photography or watching films or people-watching		listening to music or listening to the radio or talking to friends		physical/sports activities or fine wines, fine foods or dancing	
21	Most of my free time is spent...	watching television		talking to friends		doing physical activity or making things	
22	I first notice how people...	look and dress		sound and speak		stand and move	
23	If I am very angry...	I keep replaying in my mind what it is that has upset me		I shout lots and tell people how I feel		I stomp about, slam doors and throw things	
24	I find it easiest to remember...	faces		names		things I have done	
25	I think I can tell someone is lying because...	they avoid looking at you		their voice changes		the vibes I get from them	
26	When I'm	I say "it's great		I say "it's great to		I give them a hug or a	

	meeting with an old friend...	to see you!"	hear your voice!"	handshake
	<b>totals</b>	<b>visual</b>	<b>auditory</b>	<b>kinaesthetic/physical</b>

**What each learning style means:**

- Visual learning style involves the use of seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart, etc.
- Auditory learning style involves the transfer of information through listening: to the spoken word, of self or others, of sounds and noises.
- Kinaesthetic learning involves physical experience - touching, feeling, holding, doing, and practical hands-on experiences.

**It is really important that you take your revision seriously and spend time to get the very best out of your brain.**

**We remember:**



**10% of what we read**



**20% of what we hear**



**30% of what we see**



**50% of what we see and hear**



**70% of what we discuss with others**



**80% of what we experience personally**



**90% of what we teach to someone else**

## HAVE RESPECT FOR YOUR REVISION...

**R**

### REASON

What purpose are you revising for?  
How can you motivate yourself?

**E**

### EFFORT

Sadly, even with the most effective strategies will still need  
you to work hard!  
Sorry!

**S**

### STRATEGIES

Do you have all your resources?  
Have you chosen strategies that suit your learning style?

**P**

### PLANS

Have you created a revision timetable?  
Have you worked out what you should revise and when?  
**BE FOCUSED!**

**E**

### ENVIRONMENT

Are you working somewhere that is allowing you to revise?  
Are there any distractions?  
Are there people around that could support you?

**C**

### CARROT

We all need rewards for hard work; what's yours?  
Make sure you give yourself breaks throughout your revision.  
Plan your revision with breaks and rewards so that you are  
more motivated.

**T**

### TEST

The best way to get it right is to practise past papers.  
Make sure you know how to access the websites or gain copies.  
Practise under timed conditions.  
Get your teacher to mark and provide feedback.

## Revision techniques for Visual Learners

### 1. Mind Maps

Usually we just write notes as sentences on a page. We might break our notes into paragraphs or bullet points but sometimes a mind map would be better. A mind map is circular. It shows the connections between a central topic and the ideas that you put around it.

Mind maps work visually. They stimulate your brain, helping you to:

1. Think of more ideas.
2. Recall information for easily.

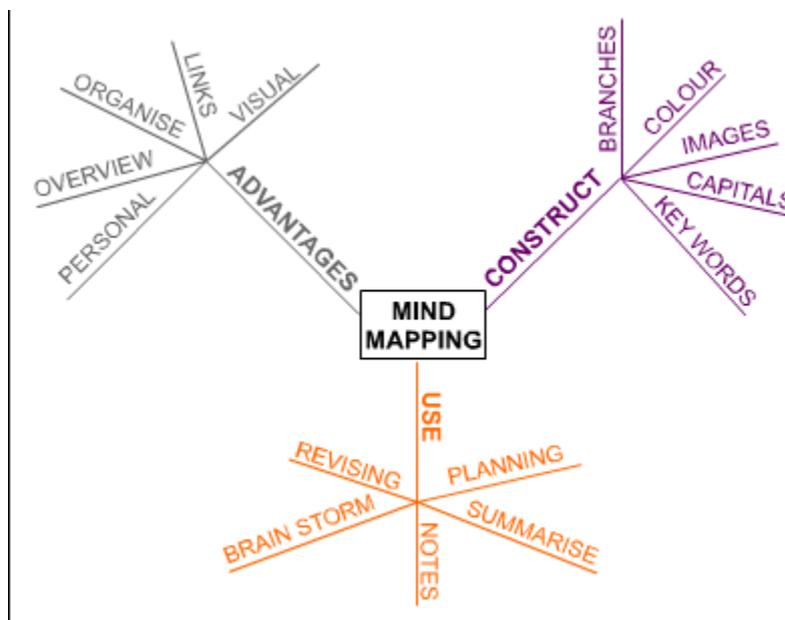
Advantages to mind maps:

- ✓ Visual signs and key words are easier to remember than linear notes.
- ✓ Revision will be made easier with all the key points illustrated.
- ✓ You can arrange notes in a way that your brain recognises.
- ✓ Clearly shows links and associations.
- ✓ Organised and creative.
- ✓ Compact, and can summarise pages of information.
- ✓ You can review the information at a glance, helping you remember it. Quick and easy to do. No unnecessary words.

How to create the most effective mind maps:

3 simple rules: one word per branch, lots of colour and relevant but personal pictures.

- a. Put your key topic in the middle. E.g. Cuba
- b. Think about how you can organise everything you know about the topic. These groupings will be your main branches and need to be a different colour to separate it further and connect to your brain easier. E.g. Revolution, Bag of Pigs, Missiles, USSR etc.
- c. Now think of the key details. Off each main branch add the details you need. Remember, you can only write one word per branch.



## Revision techniques for Visual Learners

### 2. Index Cards

Index cards are great for putting a summary of information on.

To make the most of this technique you must:

1. Write as little as possible.
2. Include key points, dates, people etc.
3. Break exam questions up into point, link phrase and development. This way you have less to remember and you are keeping to the exam boards mark scheme.
4. On one side write the topic and on the other write the key information. This way you can test yourself or get someone else to test you.
5. Add colour to your notes to allow your brain to make connections. For example, you could have your points written in blue, the link phrases in red and the development in green.

## Revision techniques for Visual Learners

### 3. Learning Posters

You may find that, rather than reducing notes to small summary cards, you prefer to produce large posters detailing key points on particular topics.

Use flip- chart paper or stick several pieces of A4 together.

Use pattern, colour, diagrams and drawings in your posters and display them in parts of your home where you might have an opportunity to gaze at them for a few minutes now and then and absorb the information.

If you have a strong visual memory then lively posters really help the remembering process.

You may even want to exclude the words and just draw pictures to summarise the key features of topics. For example, if you were revising the Cuban Missile Crisis and the causes of the Bay of Pigs you could draw sugar, revolution hand, a pig and a bay window. This would use more senses and therefore more of your brain and therefore you would remember more in the exam because you would visualise these pictures.

## Revision techniques for Auditory Learners



### 1. Listening to music:

You might find it helpful to play soothing music as you revise. Experts suggest that some types of music (particularly that with a tempo of 58-60 beats per minute) can help to generate relaxed-but-alert Beta brain-waves - which can help you to learn more effectively. However, music at a faster tempo or music with a strong lyric can have a distracting effect. Therefore, rap, house and heavy metal will hinder rather than help!

### 2. Listening to the sound of your own voice:

Record key points on tape: You have to use a lot of your brain to do this and therefore you will remember more!

1. Plan what you want to say. Write down the key points.
2. Record them on to a Dictaphone, iPod or similar and podcasts.
3. Listen to the notes over and over again, especially just before you go to sleep.

*\*You could even be adventurous and make the recording more exciting!\**

### 3. Rhymes:

You could use the above method to turn your notes into a rhyme, rap or song.

*\*Remember the rhythm remember the facts\**

### 4. Short revision programs:

Audio revision programs such as BBC Bitesize have lots of different clips you can watch. They also have revision notes to accompany these videos and quizzes to see what you have learnt. To get the best from BBC Bitesize do all three. Again, more senses are being used, therefore more is staying in your brain!

### 5. Designate a Manager:

Ask someone to test you, listen to you etc.

This could be a parent, best friend, boyfriend/girlfriend or even a group of you studying.

Make it more interesting by being competitive and allowing rewards. Use quiz sheets that are online or that your teacher has provided. Even better, make your own...

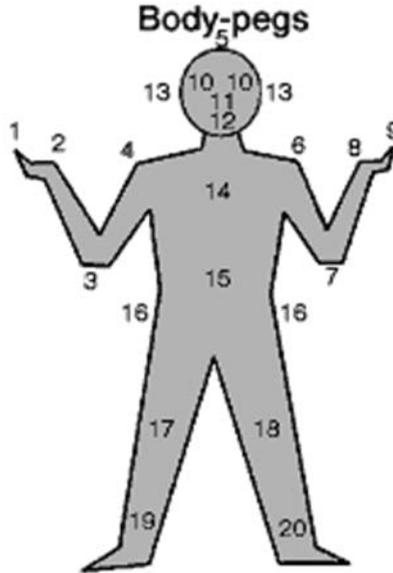
**Revision techniques for Kinaesthetic Learners**

**1. Body Pegs**

In order to use this system, you must learn the 20 "body-pegs" shown on the diagram.

This may take about 10 minutes but will prove to be really useful.

You will notice that points numbered 1 to 9. Start at the fingers of one hand; go up the arm, over the head and down to the fingers of the other hand. Points 10 to 20 start at the eyes and move down the body to the feet. You should practice until you are able to point to all 20 "body-pegs" without hesitation.



- 1 = Fingers of right hand
- 2 = Palm of right hand
- 3 = Right elbow
- 4 = Right shoulder
- 5 = Head
- 6 = Left shoulder
- 7 = Left elbow
- 8 = Palm of left hand
- 9 = Fingers of left hand
- 10= Eyes
- 11= Nose
- 12= Mouth
- 13= Ears
- 14= Chest
- 15= Tummy
- 16= Behind
- 17= Right knee
- 18= Left knee
- 19= Right foot
- 20= Left foot

**HOW TO USE THE SYSTEM**

The principle of the system is that you "attach" one key-word to each body-peg in turn (preferably with a memorable action). When you need to recall your list of key-words, your body (and the actions you have associated with each key-word) acts as a memory-aid.

First of all, you need to identify your list of key-words. This will usually contain from 5 to 15 main points to remember. If it contains more than 20, there is no need to worry: you could group a few of them together at a single body-peg - or you can use all 20 body-pegs then start again at number 1.

**EXAMPLE:**

Let us suppose that the following list of 20 items are your key-words.

You could make the following associations

	<b>BODY-PEG</b>	<b>ITEM</b>	<b>ASSOCIATION</b>
1	Right fingers	Sandwich	Snap your right hand fingers at an imaginary waiter and call for a sandwich.
2	Palm right hand	Apple	Hold an imaginary apple in the palm of your right hand and take a huge bite.
3	Right elbow	Watering can	Water the garden - using exaggerated elbow movements.
4	Right shoulder	Owl	Instead of a parrot - you have an owl (!) perched on your shoulder!
5	Head	Football	Head a football - and score a goal!

6	Left Shoulder	Towel	Wipe yourself with a towel and then throw it onto your shoulder.
7	Left elbow	Mobile 'phone	Hold a mobile 'phone to your left ear - and stick your elbow out in an exaggerated way.
8	Palm left hand	Door handle	Take hold of a huge, rusty, metal door handle in the palm of your hand and turn it slowly with a creaking noise.
9	Left fingers	Car-keys	Hold car-keys between finger and thumb - turn them to start the car.
10	Eyes	The Sun	Squint your eyes against the glare of the sun.
11	Nose	Pen	Stick an imaginary (!) pen through the septum (middle part) of your nose.
12	Mouth	Sausage	Put a sausage into your mouth - sideways!
13	Ears	Safety pin	Pretend to pierce your ear with a safety pin.
14	Chest	Drawing pin	Pretend to stick a drawing pin into your chest.
15	Tummy	The Earth	Push your belly forward so that it is as huge as the Earth.
16	Behind	Carrier bag	It could be an ASDA carrier bag - and their advertising campaign is to tap your back pocket twice.
17	Right knee	Glass of wine	Balance a glass of wine on your knee as you stand on one leg.
18	Left knee	Bottle	Balance a bottle on the other knee.
19	Right foot	Hedgehog	Oops! You just trod on a hedgehog!
20	Left foot	Cat	A lucky black cat rubs up against your leg, purring loudly.

Revision techniques for Kinaesthetic Learners

2. Post it!

Stick these at strategic points around your room. For example: by the light switch - left hand side of shelf - right hand side of shelf - left-hand cupboard door - right-hand cupboard door - next to picture, etc.

Now, walk around the room, pausing in front of each sticky-note in turn and reading the key-word.

If you do this a few times, you will find it easy to recall what is on each of the sticky-notes without actually walking around the room.

You can use the system more than once to help you remember different lists of key-words. To make sure you do not get the lists confused, use different coloured sticky-notes - or different coloured pens - or a large coloured blob on the corner - or a small cartoon - etc.



## Revision techniques for Kinaesthetic Learners

### 3. Using the computer

*Use computers and the internet while studying.*

*Actively touching the keyboard can help keep the mind active and kinaesthetic learners find this better than staring at textbooks or notes - especially as this type of learner tends to have less neat handwriting and can struggle with spelling. Typing up notes will make them easier to read, as well as keeping you active.*

*Visit <http://www.schoolhistory.co.uk/revision/>. There are lots of different games you can play that are based on the history topics we study. They also provide a spider-diagram for most of the topics you study.*

*Visit <http://www.bbc.co.uk/schools/gcsebitesize/history/mwh/ir2/>. There are lots of different activities you can complete. Videos, games, quizzes etc. It is a great website for any kinaesthetic learner because it is in small, manageable and focused chunks.*



# And Finally... And Finally...

**Don't stress!**



**EAT**

**SLEEP**



**and Relax!**