



Malone Integrated College

Winter Examination Window

8 – 12 Dec 2025

***A guide to helping achieve effective
revision and examination success***

Where? – Choosing where we carrying out our revision is vitally important. There needs to be **quietness** to enable us to fully focus and concentrate. Ensure you select an area that is **free from noise and distractions**. You also need to have enough room to lay out your notes and equipment. Finally, lighting is also very important – you don't want to be straining your eyes to see.



time effectively. It is essential that you speak to your class teacher and get a list of topics that will appear on the examination. In senior school this may be the specification and you should highlight the topics that will be assessed. Finally, it is important that you understand what items will be needed to assist your revision in terms of equipment (pens, paper, pencils, ruler, calculator etc)

Revision Equipment Checklist

Stationery		I've got it
• Pencils		<input type="checkbox"/>
• Pens (incl. black for actual exam)		<input type="checkbox"/>
• Rubber		<input type="checkbox"/>
• Highlighters		<input type="checkbox"/>
• Coloured pens		<input type="checkbox"/>
 Materials:		
• Lined A4 pads		<input type="checkbox"/>
• Blank A4 pads		<input type="checkbox"/>
• A3 paper		<input type="checkbox"/>
• Folders (one for each subject)		<input type="checkbox"/>
• Set of folder dividers		<input type="checkbox"/>
• Flash cards		<input type="checkbox"/>
• Post-it notes		<input type="checkbox"/>
 Specialist equipment:		
• Compass		<input type="checkbox"/>
• Protractor		<input type="checkbox"/>
• Calculator		<input type="checkbox"/>
• Set square		<input type="checkbox"/>
• Coloured pencils		<input type="checkbox"/>
_____		<input type="checkbox"/>
_____		<input type="checkbox"/>
_____		<input type="checkbox"/>

When? - It is essential that you start to think ahead to your examinations and leave plenty of time for revision. Too often we try and cram material into our brains in a short space of time and therefore we do not get it into our long term memory. In order to get things into our long term memory we need to revisit material on a regular basis - and this takes time!

It is very wise to make out a revision timetable, this will help to ensure you are organised, prepared and using time wisely. Another important aspect is to consider what time of the day we should start our revision.

[illegible]

During the normal school week you should try and do **two revision slots**. Each revision slot should be made up of 45 minutes reading material, making notes, mind maps, spider diagrams, and mnemonics. This should then be followed up with a 20 -30 minute test.

It is **important to note that simply reading through notes is not an effective method of revision**- we need to **ACTIVELY** use the material, summarising notes, drawing diagrams, or even labelling.

Finally, sleep is another **VERY** important aspect of preparation for examinations. Most of us require 8 hours sleep to enable our minds and bodies to be properly rested. Ensure you organise your revision time appropriately to enable adequate amounts of sleep.

How do I revise? - this is the burning question for many students and we are all different and therefore we will study in different ways which best suit our learning style.

However, there are many fundamental things that enable us **HOW** to revise effectively:

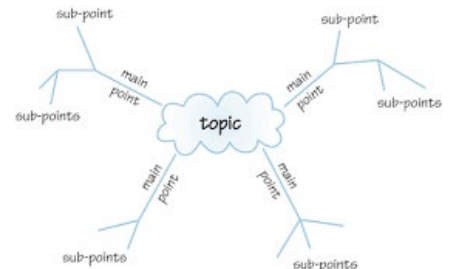
- ✓ Plan. If you fail to plan, you ultimately plan to fail. It is very important to sit down and make out a revision plan that leads you right through your examination period.
- ✓ Identify those topics which you are weaker at and concentrate more of your time on these areas.
- ✓ Look at your examination timetable and start to prioritise what subjects you should begin with.
- ✓ Draw up a list of all the subjects that you need to revise, the topics to be covered, and the length of time you feel you need to spend on each.
- ✓ Draw up check lists using the revision topics given to you by your teacher and this will help to motivate you as you begin to see the progress you have made.



- ✓ Try to make sure you do some revision EVERY day. We appreciate students have commitments outside of school, and therefore this is flexible, but try not to have any days whereby you don't do any form of revision..... a short quiz can be very effective to help keep material fresh in your mind.
- ✓ Be sure to build in some rest time - there is nothing wrong with taking a break to go for a short walk in between study sessions,
- ✓ Get a folder and some subject dividers. Put the title of your each of your subjects on each of the tabs. You should then keep all your revision material organised in the one place. This can be lifted and taken with you in the car, or if you are going to stay at grandparents etc.
- ✓ Be sure to drink plenty of water and try to eat sensible food.

Revision techniques

1. Revisit, revisit, revisit - the more we revisit things and space the length of time out in between each time we revisit it, this will help to move the material from our short term memory into our long term memory.
2. Draw diagrams without the labels and then try and fill in the labels later from memory.
3. Look, Cover, Write, Check - a very good approach to learning spellings, equations, listing facts, or completing diagrams.
4. Flash Cards - these short summary notes can be carried with you and used as reference checks while you journey in the car or on the bus, all helping to keep material in your memory.
5. Highlighting key facts or words within your class notes can help key information to stand out when you are scanning your notes.
6. Try and write questions that you think you may be asked.
7. Make good use of past examination papers - especially students at senior end of the school!



HOW CAN PARENTS ASSIST THEIR CHILDREN WITH REVISION?

As parents we all want the very best for our child(ren) and we have often heard parents say "If I could do it for them I would!". However, it is very important that you understand that you do play a very important role in shaping your child's revision and ultimately their success within examinations.

It is too easy to assume that because our child is in their bedroom surrounded by books that you have done all you can to get them to revise. However, there is so much more that we as parents can do to provide support - which in itself is hugely effective in contributing to your child's success at school. Whilst it may require you to sacrifice some of your time, to show genuine interest in your child's revision and examination schedule, they will respond positively to your interest and become more engaged.



Below are some of the fundamentals that we as parents should put into practice to help our child(ren).

- 1) Help them plan their revision time - we advise revising in short slots of time - no longer than 90 minutes without a break.
- 2) Be available to help during the revision period - even if it's only moral support. Sometimes a child may have difficulty with a word or phrase that could block their revision progress and through taking the time to explain its meaning it will enable them to make better progress.
- 3) Provide a suitable place within the home to enable effective revision i.e. plenty of space for materials, text books, notes and sufficient desk space, all of which should be away from noise and distractions.
- 4) Openly talk about the forthcoming examinations so that all members of the family are aware of what is happening and why your child may not be available at certain times. Ensure

that other family members respect the personal space of the student.

- 5) Break revision periods up, with short regular breaks, that allow time for exercise or rehydration. Encourage your child to take a short walk or do something completely different during a 10 minute break.
- 6) Be prepared to ask questions, write out short questions or quiz materials, help check their learning, review notes etc. without too much pressure.
- 7) Be prepared to leave the TV or turn it off!
- 8) Other distractions should be removed for a time or 'rationed'. We are of course talking about the 'Playstation', 'Xbox', mobile phone etc. These should really be used as rewards.
- 9) Maintain good routines of breakfast, healthy meals and plenty of sleep. It's vital that students go to bed at a sensible time.
- 10) Find time to listen to your child's problems as this will help to stop them from stressing.

Celebrate!

Celebrate the end of the examination period with something special and be sure to praise your child for any successful results. Remember that all



pupils are different and some may find examination much more exhausting than others. We want to be sure to recognise the efforts of ALL our children!

