



EXAM SUPPORT

Mock Exams November 2025

Introduction

Year 11 is a very important year. Exams, college applications and decisions about the future all come around quicker than you might expect. Mock exam marks will be used by teachers to make predictions about final grades. Colleges and 6th forms will want to know them.

The purpose of this booklet is to provide you with essential information about how to prepare for your mock exams. To achieve well in your GCSEs you need to make the most of the mock experience

The key messages are:

1. Get organised! If you can't do it on your own, get help. Balance your subjects.
2. Start early – there is lots to do, the earlier you start, the more manageable it is, cramming your revision is stressful and not as effective.
3. Make use of all the things the school provides – we only recommend things that make a big difference!

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- ❖ *How do I organise my revision?*
- ❖ *Where can I get resources to revise for my subjects?*
- ❖ *How do I revise?*
- ❖ *Two different templates for making a revision plan*



Where can I get resources to revise for my subjects?

The following pages contain the key revision information from every subject. Find your subjects and take note of them!



Subject: English Language

Number of mock exams in November and length:

One paper: Eduqas English Language exam – 1hr 45mins
Component 1 (only) – reading fiction and writing a story

Students will complete both sections:

Section A – Reading (40 marks)

This section will test through structured questions the reading of an unseen extract from one 20th century literary prose text (about 60-100 lines).

Section B – Writing (40 marks)

This section will test creative prose writing through one 40-mark task. Candidates will be offered a choice of four titles giving opportunities for writing to describe and narrate, and imaginative and creative use of language. This response should be a narrative (story) / recount.

Recommended resources to use to revise and where they can be found:

- Practice papers and mark schemes will be given to students and made available on Google Classroom.
- Completing practice papers is the single best way to prepare.
- The Y11 English Language Google Classroom (ead55so) has a walk-through of a mock paper, other mock papers, examples of stories and links to help you work on your technical accuracy.
- The WJEC Eduqas GCSE English Language: Revision workbook (ISBN: 978-0198359210) can be purchased on Amazon.

Subject: Maths

Number of mock exams in November and length:

2 papers, 1 hour 30 mins each (Paper 1 is non-calculator, Paper 2 is calculator allowed)

Topics that may come up in the mock:

All modules from year 10 and 11 so far!

A revision checklist will be given to all students in class and posted in the Google Revision Classrooms (see details at the bottom).

Recommended resources to use to revise and where they can be found:

- Past papers will be given out to be used in class and at home.
- An extra set of past papers will be available on Google Revision Classrooms.
- Maths revision guides, workbooks and revision cards are available from the Finance Office.
- The following websites are also great for revision:
 - Mathswatch <https://vle.mathswatch.co.uk/vle/>
 - Corbettmaths videos www.corbettmaths.com
 - Corbettmaths 5-a-day <https://corbettmaths.com/5-a-day/gcse/>
 - BBC bitesize <https://www.bbc.co.uk/bitesize/examspecs/z9p3mnb>
 - Mathsgeenie <https://www.mathsgeenie.co.uk/gcse.html>

Please join the relevant Google Revision Classroom:

Higher: jkgeyqip

Foundation: ab5bluc4

We will run twilight revision sessions, details of which will be sent out nearer the time.

Subject: Double Science

Number mock exams in November and length:

Three exams, each 1 hour and 15 minutes

Topics that may come up in the mock:

Trilogy biology paper - one paper - 1 hour 15 mins [Biology paper 1 topics]

Trilogy chemistry paper - one paper - 1 hour 15 mins [Chemistry paper 1 topics]

Trilogy physics paper - one paper - 1 hour 15 mins [Physics paper 1 topics]

Recommended resources to use to revise and where they can be found:

Revision guide - The contents section in the front of the book lists the topics by paper.

Google classroom – A variety of revision materials for different learning styles. The login details will be released via the student bulletin and Parent Mail.

You will need to make sure that you are familiar with the **required practicals** for paper 1, as these **will be a key focus**.

Additional revision materials are available for purchase via the finance office. A letter will be sent home advising you of the materials we have available, the resources will be sold at cost price which is significantly cheaper than on the 'high street'.

Lunchtime revision sessions – We will focus on the four key topic areas for the exam, starting **Monday 06 October** through to **Friday 07 November**. Details of the topics to be covered will be published shortly. Students will need to **sign up in advance** for each session using the same method as for parents evening and we plan to **log attendance** for the parents benefit.

Subject: Separate Sciences (students who chose science as an option)

Number of mock exams in November and length:

3 exams, each 1 hours and 45 minutes

Topics that may come up in the mock:

Chemistry - 1 hour 45 mins [Chemistry paper 1 topics]

Biology - 1 hour 45 mins [Biology paper 1 topics]

Physics - 1 hour 45 mins [Physics paper 1 topics]

Recommended resources to use to revise and where they can be found:

Revision guide - The contents section in the front of the book lists the topics by paper.

Google classroom – A variety of revision materials for different learning styles. The login details will be released via the student bulletin and Parent Mail.

You will need to make sure that you are familiar with the **required practicals** for paper 1, as these **will be a key focus**.

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Subject: Art / Art, Craft and Design

Mock Exams in November:

Duration: 10 hours (spread over two days)

Resources Provided by School:

- Artist Research Help Sheet
- Annotation Help Sheet
- Yellow Learning Ladders (located at the front of sketchbooks)

Useful Websites:

- <https://www.pinterest.com>
- <http://www.bbc.co.uk/schools/gcsebitesize/art>

Additional Resources:

- Ask your teacher to show you example sketchbooks
- Use YouTube to explore successful GCSE and A-level artwork and watch tutorials

Top 5 Tips for Preparing for the Art Exam:

1. Attend afterschool sessions for help with sketchbook work (available Wednesday and Thursdays from 3–4.15pm).
2. Stay on top of all deadlines listed on your learning ladder and act on all of the feedback given.
3. Be bold and creative with your final piece—avoid playing it safe. Practice with timing to ensure you can finish within the exam period.
4. Ensure every page in your sketchbook reflects deeper meaning.
5. Ensure all drawings include confident tone and all small details
6. Make sure everything is annotated

Important Reminder:

Your sketchbook must be fully completed by the time of the 10-hour exam.

Subject: Drama

Number of mock exams in November and length:

One exam 1 hour

Recommended resources to use to revise and where they can be found:

The Google Classroom pages are continually updated with information and examples. A copy of the filmed version of “An Inspector Calls” is available on Google Classroom.

Useful websites:

GCSE

Bitesize <https://www.bbc.co.uk/bitesize/examspecs/zkvm2sg>

National Theatre

Learning <https://www.nationaltheatre.org.uk/learning>

Resources:

‘Revise Edexcel GCSE (9-1) Drama’ (Available from Amazon or Finance office)

‘An Inspector Calls’ set text

Subject: Business GCSE

Number of mock exams in November and length:

2 exams:

Business 1 – 80 marks, 90 minute exam - Multiple choice, short and long answer written questions.

Business 2 – 60 minute paper testing operations and finance topics we have covered only. Multiple choice, short and long answer written questions/calculations.

Topics which may come up in the mock:

Business 1 - Business activity, Marketing and People

Business 2 – Operations, Finance (revenue, cost, profit,, break-even)

Recommended resources to use to revise and where they can be found:

Class workbook and assessment feedback

In-house revision guides

Revision sheets/flash cards – which have been completed in class

Revision book – Published by Hodder Education GCSE Business (9-1)

Useful websites:

BBC Bitesize

Tutor2u website

Two teachers website – revision videos

Revision page - google classroom

Subject: Enterprise and Marketing

Number of mock exams in November and length:

1 exam:

RO67 – Enterprise and Marketing Concepts - 60 minute exam, 50 marks – Multiple choice, short and long answer written questions.

Topics which may come up in the mock:

Topic area 1 – Characteristics, risk and reward for enterprise

Topic area 2 – Market research to target a specific customer

Topic area 3 – What makes a product financially viable

You could also be tested on the parts of Topic areas 4 and 5, but only the topics we have already covered.

Use your detailed checklist to see in detail what we have covered to prepare for your mock.

Recommended resources to use to revise and where they can be found:

Class work book and assessment feedback.

Knowledge organisers created in class

Revision sheets and mock preparation questions – completed in class.

Revision book – given to students (Enterprise and Marketing exam practice workbook - J837, Hodder Education)

Useful websites:

BBC Bitesize

Tutor2u website

Two teachers website – revision videos

Google classroom – notes

Subject: Design & Technology Product Design

Exam board : Eduqas

Number of exams in the subject and length:

One exam which is 2 Hours long.

Topics that may come up in the mock:

D&T and our world – *CAD/CAM, Manufacturing, Sustainability, New and Emerging Technologies*

Electronics – *Inputs/Process/Outputs, Circuits, Microprocessors*

Mechanisms – *Principles of mechanical devices, CAMS, Pulleys, Levers, Gears*

Smart Materials – *Modern Materials, Smart Fibres*

Materials – *Papers & Boards, Natural & Manufactured Timber, Ferrous & Non-Ferrous Metals, Thermoforming & Thermosetting Plastics, Natural & Synthetic Fibres*

Recommended resources to use to revise and where they can be found:

Students have their DT booklets which have all of their theory work in from year 10, along with end of your test papers which can be used to revise from.

All of year 10 lesson PowerPoints are on Google classroom.

Weekly Seneca homework's are set.

Revision guide able to be purchased from finance, Hodder: WJEC Eduqas GCSE 9-1 Design Technology

Student' will be given a clue sheet to revise from

Useful websites which can be used for revision:

<https://www.bbc.co.uk/bitesize/examspecs/z4nfwty> - Eduqas

Subject: Food Preparation and Nutrition

Number of exams in the subject and length:

One exam 1 hour and 45 minutes

Topics that may come up in the mock:

Food, nutrition and health, Food science, Food safety

Food choice, Food provenance

Recommended resources to use to revise and where they can be found:

Illuminate Publishing AQA FP&N Revision Guide (to be returned after final exam)

Mock and Past papers from AQA website

<http://www.illuminate.digital/aqafood/>

Login- SSOHAM 3 Password- STUDENT3

<https://www.bbc.co.uk/bitesize/subjects/zdn9jhw>

https://www.youtube.com/playlist?list=PLcvEcrsF_9zInjxnoPbjRXHScwzEKTuGr

https://www.youtube.com/playlist?list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1

Subject: Geography

Number of mock exams in November and length:

Two exams – both will be 1 hour 5 minutes long

Topics that may come up in the mock:

Paper 1: Physical geography – natural hazards (UK extreme weather, climate change, tropical storms, earthquakes, volcanoes), rivers and coasts

Paper 2: Human geography - development including Pakistan case study; UK economy; urban including Nairobi and London case studies.

Recommended resources to use to revise and where they can be found:

Your own exercise books. AQA 9-1 revision guides (e.g. CGP, Collins) may help with general content but there are school specific examples and case studies which will not be in published resources.

The specification is here and gives you a useful overview of what you should know for each section, as well as checklists provided by school
<https://www.aqa.org.uk/subjects/geography/gcse/geography-8035/specification-at-a-glance>

Tips for revision:

Test yourself on key words on each topic.

Review your **examples** - identifying positives and negatives, e.g. of TNCs in Pakistan, Morpeth's flood defence scheme, ways to reduce the N/S divide, opportunities and challenges in Nairobi and urban change in London.

Make sure you can explain the sequence of factors and processes that create landforms (e.g. spits, meanders).

Use the AQA GCSE Geography website to practice past paper questions so you are familiar with the command words.

Subject: History

Number of exams in the subject and length:

Two exams

Paper 1 - Crime and Punishment in Britain, c1000 – present and Whitechapel, c1870 – c.1900 - **1 hour 20 minutes**

Paper 2 - Life in Germany 1919 – 1933 – **1 hour 40 minutes**

Topics that may come up in the mock:

Paper 1: Crime & Punishment c.1000 - present:

Anything from the course could be in the exam – Laws, policing, crime, punishments over time, key features of Whitechapel.

The key focus will be causation (why things happened) and change and continuity (how far things changed or stayed the same).

Paper 2: Life in Germany: You won't have finished the course by the time of the mock so only revise the topics covered in class. Focus on explaining how and why things happened.

Recommended resources to use to revise and where they can be found:

All key revision can be done from work completed in class in exercise books.

Your teachers will also have set up some Seneca revision for you to work through.

There are some commercial revision guides available to buy. The 'Revise Edexcel GCSE (9-1) History' series produce revision guides, revision cards and workbooks. These are readily available from retailers such as Amazon.co.uk. Just ensure you search for the courses listed above as there are many different topic options.

Tips for revision:

Ensure you don't just learn facts in isolation. Try and link content to the theme. For example; to explain the causes of something or why something changed or stayed the same.

Subject: BTEC Health and Social Care

Number of mock exams in November and length:

1 exam – 1 hour

Component 3 – Health and Wellbeing

Topics which may come up in the mock:

A1 - Factors affecting Health and Wellbeing

B1/B2 - Physiological and lifestyle indicators

C3 - Barriers and Obstacles to health and wellbeing

Recommended resources to use to revise and where they can be found:

Class workbook and homework feedback – based on past paper questions

In-house revision guides

Revision sheets and knowledge organisers

Useful websites:

BBC Bitesize

Tutor2u website

Revision page - google classroom

Subject: BTEC Digital Information Technology

Number of exams in the subject and length:

1 written paper – 90 minutes

Effective Digital Working Practices

This component focuses on how modern technologies are used in today's digital world, highlighting their role in helping organisations work efficiently. Students will explore how digital tools are used to communicate, exchange information, and manage work-related tasks, alongside understanding the impact these technologies have on business operations.

Key areas include:

- Cyber security
- Legal and ethical issues
- Digital communication
- Remote working and cloud technologies
- Data protection and GDPR
- Planning tools
- Data flow diagrams (DFDs) or flowcharts

Recommended resources to use to revise and where they can be found:

Knowledge organisers posted on Google Classroom with activities to do.

Edexcel revision guide and workbook already given to students

KnowItAll Ninja – lots of learning and activities to complete

Scan the QR code below to go to a YouTube playlist covering all the exam theory



Subject: Computer Science

Number of exams in the subject and length:

Paper 1 – 90 minutes

Paper 2 – 120 minutes

Paper 1: Principles of Computer Science

Introduces students to the central processing unit (CPU), computer memory and storage, data representation, wired and wireless networks, network topologies, system security and system software. It also looks at ethical, legal, cultural and environmental concerns associated with computer science.

Paper 2: Application of Computational Thinking

Students apply knowledge and understanding of computational thinking: algorithms, programming techniques, producing robust programs and computational logic. This is a practical paper using Python on the PC.

Recommended resources to use to revise and where they can be found:

<https://student.craigndave.org/gcse-videos>

<https://www.bbc.co.uk/education/subjects/z34k7ty>

Isaac Computer Science

Educake

Digital textbook posed on Google Classroom with activities to do.

Edexcel revision guide and workbook already given to students

Scan the QR codes below to go to a YouTube playlist covering all the exam theory for paper 1 and paper 2

Paper 1



Paper 2



Subject: Film Studies

Number of exams in the subject and length:

One exam: 1 hour and 30 minutes

Content that will feature in the mock:

FILM STUDIES – Component 1: Key Developments in US Film

Dracula (Browning, USA, 1931)

The Lost Boys (Schumacher, USA, 1987)

Key developments in film and film technology

Ladybird (Gerwig, USA, 2017)

Recommended resources to use to revise and where they can be found:

All revision materials/supporting resources, web links, exam board mark schemes/model exam papers, and a wealth of Power Point presentations, videos and pdfs are located on Year 11 Film Studies Google Classroom.

Subject: Media Studies

Number of mock exams in November and length:

On Exam: 1 hour and 30 minutes.

Content that will feature in the mock:

MEDIA STUDIES – Component 2: Understanding Media Forms and Products

TV Crime Drama

Luther, Series 1, Episode 1 (BBC, 2010)

The Sweeney, Series 1, Episode 1 (1975)

Music Video and Online, Social and Participatory Media

Superheroes (Stormzy, 2019)

[Write Like A Winner | Write Your Best Work With Grammarly \(youtube.com\)](#)

[Home - STORMZY - THE WEEKEND - OUT NOW](#)

The Man (Taylor Swift, 2019)

[Taylor Swift - The Man \(Official Video\) \(youtube.com\)](#)

[Home - Taylor Swift](#)

Rio (Duran Duran, (1982)

<https://www.youtube.com/watch?v=nTizYn3-QN0>

Recommended resources to use to revise and where they can be found:

All revision materials/supporting resources, web links, exam board mark schemes/model exam papers, and a wealth of Power Point presentations, videos and pdfs are located on Year 11 Media Studies Google Classroom.

Subject: MFL (French and German)

Number of mock exams in November and length:

	Foundation	Higher
Listening	35 mins	45 mins
Reading	45 mins	1 hour
Speaking	12 mins prep + 7-9 mins exam	12mins prep + 10-12 mins exam
Writing	1 hour	1 hour 15 mins

Topics that may come up in the mock:

- **Theme 1:** *People & Lifestyle: Identity & relationships with others; Healthy living and Lifestyle; Education and work*
- **Theme 2:** *Popular culture: Free time activities; Customs, festivals & celebrations, Celebrity culture*
- **Theme 3:** *Communication and the world around us: Travel & tourism + places of interest; Media & technology; The environment & where people live*

Recommended resources to use to revise and where they can be found:

Vocab learning – LanguageNut.com, Memrise.com, Linguascope Intermediate
Grammar – Languagesonline.org.uk, your exercise book
Listening & Reading – BBC Bitesize, Revision guides, vocab book
Speaking – questions/answers prepared in your portfolio – this is crucial for both the speaking endorsement & written exams
Writing – assessment portfolio, speaking portfolio
LanguageNut – revision of all the above
Revision guides – available to order– useful for all skills
Talk to your teacher if you would like additional practice materials.

Subject: Music

Number of exams in the subject and length:

One listening examination – Approx. 60 minutes long

Topics that may come up in the mock:

Israeli/Palestinian Music, Baroque and Classical Concerto, Bhangra Music, Film Music, Rock 'n' Roll Music, Solo Artists from 1990s to Present Day, Melodic Dictation (missing notes from a score), Italian terms found on a score. There will be a 9-mark long-answer question and a comparison question. Both carry SPaG marks. There will also be 2 score-based questions.

Recommended resources to use to revise and where they can be found:

The OCR GCSE Music website:

<https://www.ocr.org.uk/qualifications/gcse/music-j536-from-2016/>

<https://www.musicgcse.co.uk>

Rhinegold OCR GCSE Music Revision Guide (available to buy from the Finance Office)

YouTube - OCR GCSE Music Virtual Textbook (there are some excellent tutorial videos covering all areas of study complete with useful videos and audio)

YouTube - OCR GCSE Music AoS1, 2, 3, 4 and 5 (searching for these on YouTube will provide you with numerous helpful videos and tutorials)

Subject: Physical Education

Number of mock exams in November and length:

One written exam paper of 1 hour duration

Topics that may come up in the mock:

Paper 1 - Factors Affecting Physical Performance – Applied anatomy and physiology; Physical training

Recommended resources to use to revise and where they can be found:

OCR GCSE PE Revision Guides:

https://www.amazon.co.uk/GCSE-Physical-Education-Revision-Guide/dp/1789083206/ref=sr_1_4?keywords=ocr+gcse+pe+revision&qid=1569332219&sr=8-4

Sample assessment:

<https://www.ocr.org.uk/Images/316929-sample-assessment-materials-taster-booklet.pdf>

Practice paper:

<https://www.ocr.org.uk/Images/234823-unit-j587-01-physical-factors-affecting-performance-sample-assessment-material.pdf>

Subject: Religious Studies

Number of exams in the subject and length:

Paper 1 on Christianity and Buddhism - 1 hour 45 minutes

Paper 2 on Theme A – 30 minutes

Topics that may come up in the mock:

Paper 1 - Christianity and Buddhism (Beliefs and Practices for both religions). Refer to the check sheet in the front of your books for details of topics covered.

Paper 2 – Theme A only

Recommended resources to use to revise and where they can be found:

Resources given by school:

Sample questions and answers

AQA revision books

AQA revision work books (Paper 1 and 2)

AQA revision cards

Useful websites:

<http://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062> (past papers)

<https://www.bbc.com/education/examspecs/zy7spbk>

<https://www.buddhanet.net/e-learning/index.htm>

<http://www.bbc.co.uk/religion/religions/christianity>

<https://www.truetube.co.uk/> has useful videos linked to the themes paper

Other useful resources (available from Finance Office):

AQA Religious Studies A (9-1) Christianity & Buddhism revision guide.

How do I revise?

The key message when revising is that it must be **active** and not passive. Passive would be just reading the revision guide then finishing and going to watch TV. Active revision is anything that involves thinking, making a decision or doing.

Instead of just reading it and then having a cup of tea...

- *Can you reduce the information down to half the size in note form? Can you reduce it further down to just keywords?*
- *Can you draw pictures to help you remember it?*
- *Can you summarise the information in 5 key points then put them in order of importance?*
- *Can you draw a mind map and link the information on a topic together?*
- *Can you turn the page of information into a 10 question quiz that you can get someone to test you on?*
- *Can you make flash cards with keywords on one side and definitions on the other?*
- *Can you make a podcast about the thing you are learning about?*



How do I revise?

Once you feel like you've revise a topic, you need to **test yourself** to see if you really have and practice applying that knowledge. If the subject you are revising for involves writing them you must practice writing your answers

You can do this by answering questions in the revision guides, or by answering the relevant pages in a workbook or internet site.

It is extremely important that you mark the questions yourself – there is no point in doing questions if you don't know if they are right or not

Exam practice – build up to trying exams, there are not many practice papers so use them wisely! Make sure you mark them afterwards – get help from someone if you struggle. If you can't help looking at the answers, give them to someone responsible!



The Pressures of Exams



Some stress isn't always a bad thing. It focuses us at a time when it really matters.

But it is crucial to find the perfect balance, somewhere between not caring how you do to being so anxious that you are not able to perform in the exam.

What can you do?

- **Revise-** It sounds obvious but you will become more anxious if you haven't done any work. Revising will give you more confidence in your ability to perform in the exam.
- **Sleep-** Revising until the early hours won't help anyone. You won't sleep well, which means in the morning you're tired and grumpy. That's not going to help anyone is it?
- **Ban the socials-** Checking your notifications late into the evening before a big exam is distracting and the light from your phone/ tablet/ laptop actually tricks the brain into thinking the light is morning sunlight and 'wakes' you up. Plus who knows what someone has tagged you in or written on your wall. You don't need that drama!
- **Meditate!-** If the pre-exam build up throws you off you're A-Game then try some guided meditation (sessions in the Hub before the exams)- proven to calm and relax you, focusing the mind.
- **Speak to us!-** Every year we have students who struggle with exams. You're not on your own! Pop in, email us, ask your tutor to email/ speak to us, ask parents to call in. However, you need to do it, let us know. Talking to someone will always make you feel better. We've got so many tips and tricks but unless we know about you we can't help!

What can we do?

- **Self-help resources-** we use some fantastic resources that have been written by professionals for students around exam times. Why not pop into the Hub to pick up a pack or you can sign up to receive 6 emails that firstly explain what anxiety is and then how to manage it- Go to www.danreganhypnotherapy.co.uk/issues/exam-fear to sign up for the free emails.
- **Offer support and strategies to manage anxiety-** After your mocks we're going to run some sessions with Mrs Rockley to explore what the right support for you is.
- **Tweaks to exam arrangements**
- **Guided meditation-** As mentioned earlier, meditation is hugely successful in focusing and calming you down. We'll be running some sessions to teach you how to do it. Then, if you're getting stressed, you can try to calm yourself down. Any time, any place!

Part one: Planning the habit

1. Think about commitments you already have e.g. the school day, an evening when you have football training, and list them
 -
 -
 -
2. Then put them into the weekly timetable below
3. Look at it and work out what have time available
4. Put in a time you'd like to have stopped working by
5. Think of other things you like to do that relax you or you enjoy
 -
 -
 -
6. List the subjects you take:
7. Highlight any priorities in within that list (if you have any that you want to particularly focus on)

How to build a revision timetable

In this section you will find out some of the most effective ways of organising your time and making a revision timetable.

This is a high level skill and you will be guided through the steps to help make revision a habit that sticks.

Don't be afraid to make tweaks and adjustments after you've made it, life is busy and things change. The key is to remember what your end goal is – to do as well as you can so you have the opportunities you want in the future

You can print out as many weeks as you need and adjust your schedule according to how close the exams are



Part one: Planning the habit

8. Put in hour or half hour blocks into the timetable where revision could take place
9. Put in a couple of spots where you know you'd like to relax
10. When are you at your best, which hours are your most productive do you think?
11. Identify 'dead time' e.g. before meals, after meals, when you're waiting around for something to start

Weekly Revision Timetable – In the holidays (for a more detailed plan if you prefer)

[illegible]

Part 2: Doing the habit

1. Try to use a room or part of a room that is only for revision, that way you will associate working with being there and distractions will be easier to avoid. Which location (s) can you think of?
2. Sit a chair and a table/desk (not on your bed).
3. Tell someone you're starting revision and tell them to ask you what you will be doing in that time. Who can you tell, share our plan with?
4. Be very specific about when, where and what you will revise. Stick to the plan!
5. Keep distractions away – no TV, no phone, no computer game. Make it easy to avoid temptation by making your environment temptation free. Where will you put your phone, who could you give it to?
6. Set a clear end time so you know when you can stop. Stick to the plan.
7. Treat it like a job that needs doing, if it's not a school day, get up for work.

Weekly Revision Timetable – In the holidays (for a more detailed plan if you prefer)

[illegible]

