



Home Study

This half term you will complete home study. Instead of completing home learning tasks the focus is on you to make sure that you are completing independent revision and preparation for your Progress Tests.

How long Should you spend?

We recommend that you set yourself a regular time slot to complete home learning or home study.

In **Years 7 and 8** we would recommend 1 to 1 ½ hours, two to four times a week.

In **Years 9 and 10** we would recommend 1 ½ to 2 hours, three to four times a week

Home study could be straight after school at Duddle Club, at home after your evening meal or at a weekend. Set times that work best for you around your other hobbies and activities out of school

Don't leave this too late as cramming for exams isn't a healthy habit.

You need to relax before a sensible bedtime – read a book to escape and wind down to get a good night's sleep!

What should you do?

Start with a plan:

Think about how many subjects you have to study for, and try to map out how you will prepare for each subject leading up to the Progress test.

Check what you need to prepare:

Your teachers will give you guidance on what to prepare for on the Progress Test, use these topics as a starting point for Home Study.

This information can be found on duddle, with all the information about when your Progress test will be and how long it will last. You will also find out how the test will be structured.



How can you complete this?

There are a number of ways that you can prepare for a Progress test:

- Log on to Duddle/GCSE Pod (you all have an account but check with staff if you have forgotten your account details).
- Use your exercise books to look over the topics that you have covered in lessons and study the information.
- Revise using the useful links that have been assigned to you. The websites sent might contain important information that can help you.
- Use revision guides or text books to help you prepare for progress tests. Your teachers will have these, the library will have some, or you can purchase these in school.
- Find and read information that will help you to complete the Progress tests. *Remember to use credible sources of information.*

Some useful tips to develop your healthy study habits:

- Do your home study in a quiet area so you can concentrate
- Be flexible during exams – don't try and do too much!
- Talk about exam nerves
- If you start to feel nervous or stressed, stop, and talk to someone
- Eat well and get enough sleep
- Exercise – this REALLY helps you feel better!
- Make time for treats

Don't put too much pressure on yourself. Remember the point of the assessment is so that you and your teacher can see what areas for development you have in a subject – so that you can improve!

Visualisation: Create a picture in your mind that represents the topic you are trying to remember. Try to use images and symbols to help you recall that information later.

Ask a friend: Communicate with friends about topics you are not sure about. You can create study groups and support each other.

Revision Plan: Revision planning is a good way to help make sure that you structure time appropriately and balance out the different topics you have to learn.

Mnemonics & Rhymes: create these to break down long pieces of information into smaller memorable chunks. You can then recall these in an assessment.

LOL (Learn on line): Use the internet to find information you are not sure on. You could also use Doodle and GCSE pod to support your learning.

Revision Cards: Create revision cards which break down pieces of information into small topics you can prepare for.

Memorising: try to memorise information, a good technique for this is to use repetition. Repeat information 3 times in your mind to help it stick in.

Mind Mapping: Creating a mind map can take a large topic and break it down into smaller section which are manageable for you to remember.

Past Papers: Practice by using past exam papers to help test your ability to answer test/exam questions. *Cross check your answers against a mark scheme.*



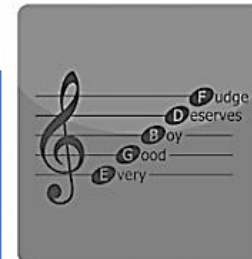
Visualisation



Ask A Friend



Revision Plan



Mnemonics & Rhymes



LOL



Revision Cards



Memorising



Mind Mapping



Past Papers

If you're unsure – speak to your teacher BEFORE the Progress Test, they might have some great tips and advice.