

EXAM WEEK

WHAT SHOULD I DO???

THE 9 BEST SCIENTIFIC STUDY TIPS



<https://www.youtube.com/watch?v=p60rN9JEapg>

GETTING ORGANISED

May 2019

Mo	Tu	We	Th	Fr	Sa	Su
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

GETTING organised WEEK: get revision guides, pens etc.

PLAN and CREATE A TIMETABLE FOR REVISION WEEK

REVISION

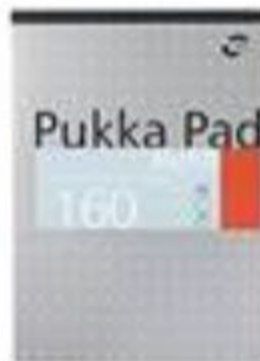
EXAM WEEK

What do I need to do between now and next week.....

Tidy your desk at home – need a place to work.

Collect together all of your exercise books and text books.

Collect together revision materials



How much? How often?

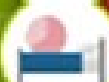
- Plan 2 30 minute revision slots on week days
- Plan 3 30 minutes slots for weekends or holidays.
- Plan exercise and rest time too

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bed times



Have inconsistent bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting "key" passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise while listening to music or TV

Drink water regularly



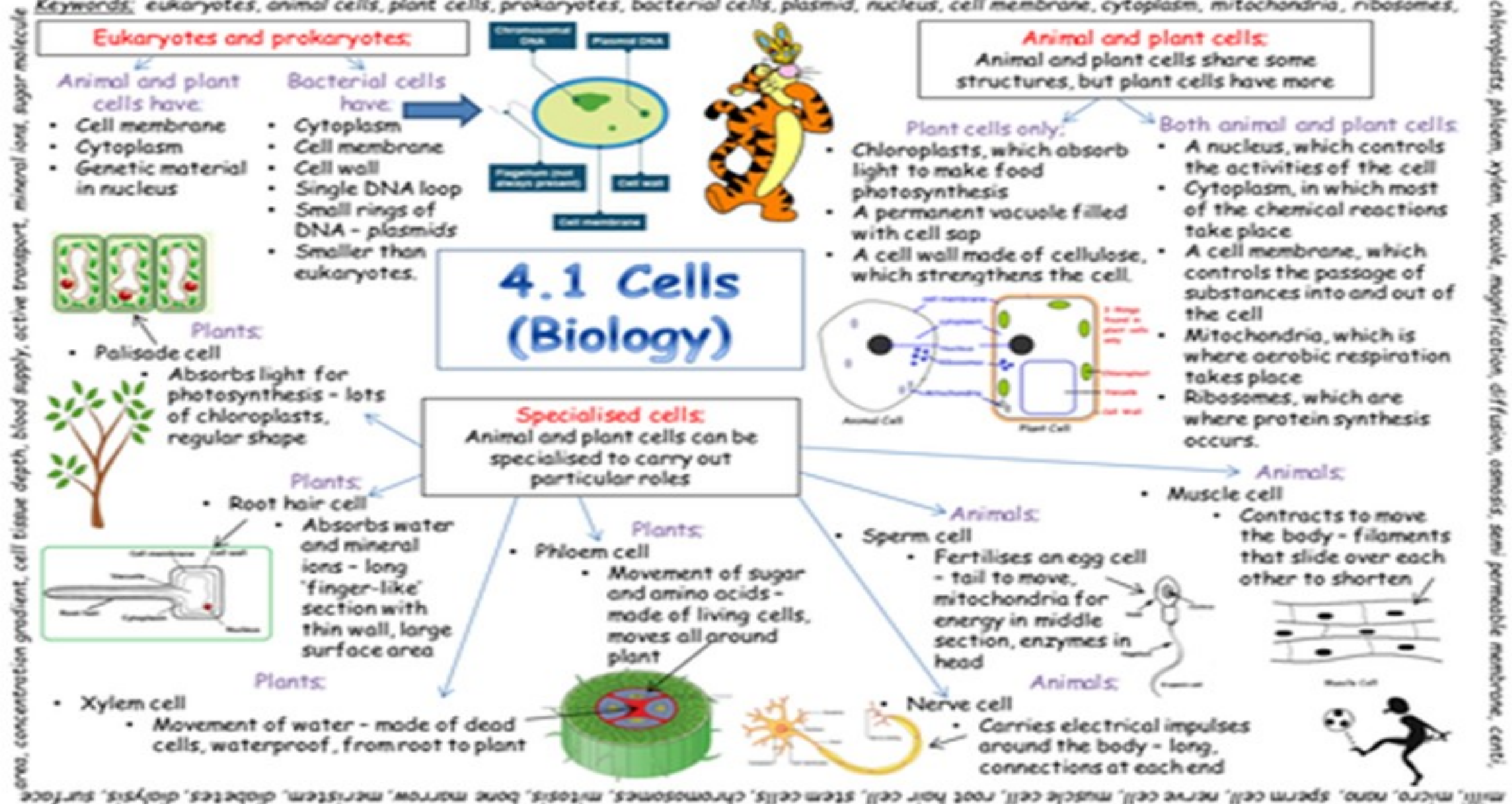
Forget to stay hydrated

Put their phone away during revision

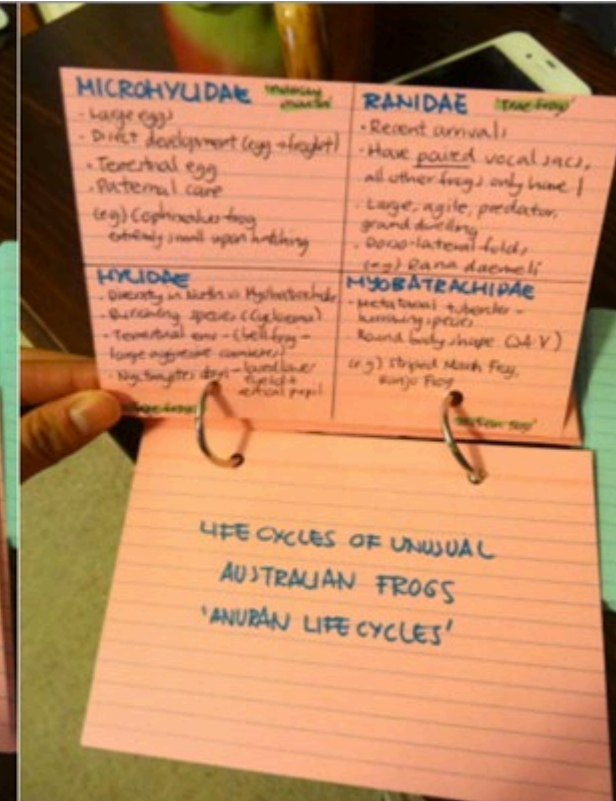
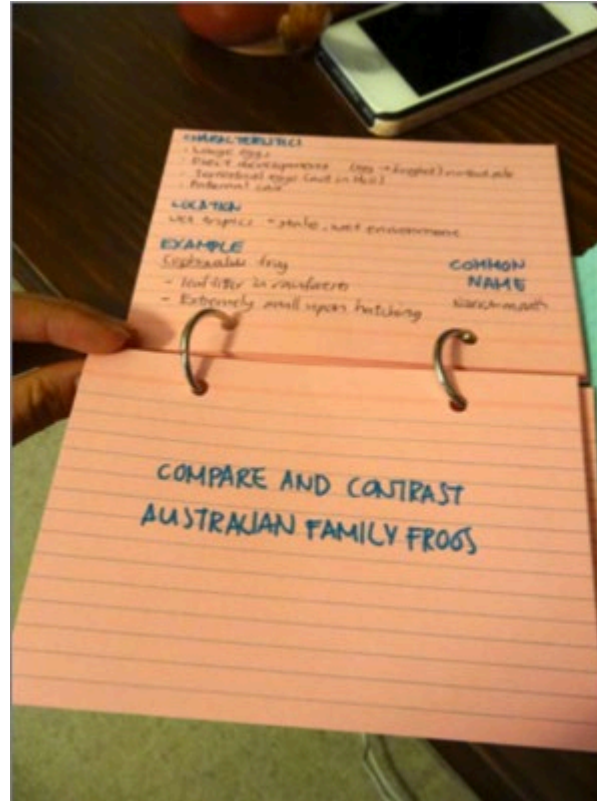


Revise with their mobile phone next to them

Keywords: eukaryotes, animal cells, plant cells, prokaryotes, bacterial cells, plasmid, nucleus, cell membrane, cytoplasm, mitochondria, ribosomes,



FLASHCARDS



Practise questions

Look at questions provided
by your teachers

Look at their feedback

Exam questions

Multiple-choice questions

1. (a) Which of the following best describe the effects of stimulants?

- A Increase muscle mass, develop bone growth, increase strength, allow athlete to train harder, increase aggression, aid rehabilitation
- B Allow athlete to train harder, relieve pain, hide pain of an injury, reduce the sensations of the central nervous system
- C Increase muscle mass, hide pain of an injury, increase strength, aid rehabilitation
- D Reduce the sensation of the central nervous system, increase aggression, relieve pain

(b) Which of the following best describe the effects of peptide hormones?

- A Develop muscle, relieve pain, reduce tiredness, increase red blood cells helping the endurance athlete
- B Make use of body fat, speed recovery from injury, aid rehabilitation, develop bone growth
- C Reduce tiredness, speed recovery from injury, make use of body fat, reduce the sensation of the central nervous system
- D Develop muscle, make use of body fat, reduce tiredness, speed recovery from injury, increase red blood cells helping the endurance athlete

(c) Which of the following best describe the effects of organic analgesics?

- A Relieve pain, reduce the sensation of the central nervous system, develop bone, increase muscle mass
- B Hide pain of an injury, increase strength, reduce tiredness, allow athlete to work harder
- C Relieve pain, hide pain of an injury, reduce the sensations of the central nervous system
- D Reduce the sensations of the central nervous system, increase aggression, relieve pain, make use of body fat

2. Which of the following sportspeople would be most tempted to use beta-blockers?

- A Darts player, diver, footballer, hockey player
- B Snooker player, skier, volleyball player, tennis player
- C Darts player, snooker player, golfer, archer
- D Archer, bowler, rugby player, netball player

3. A warm-up benefits the performer by:

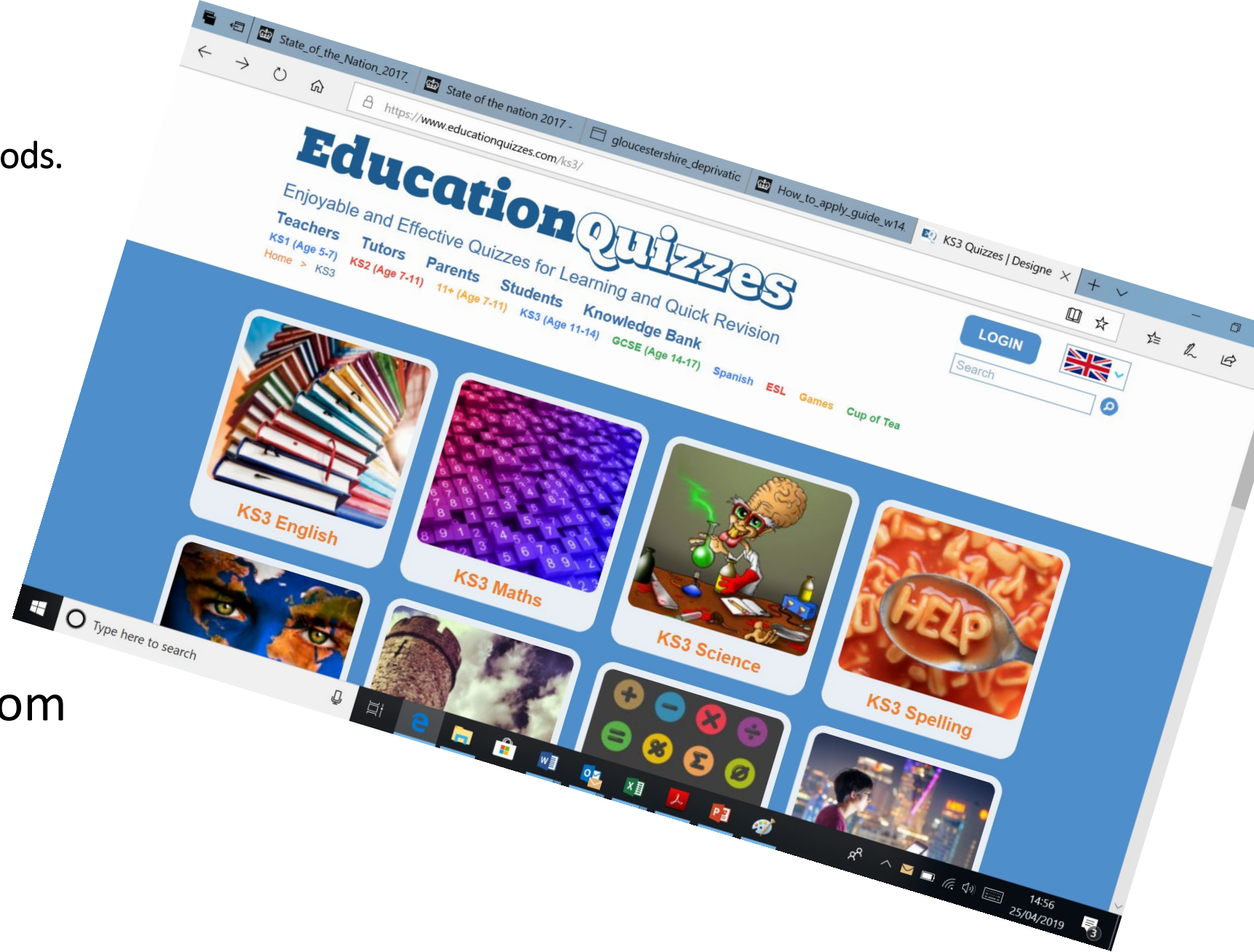
- A Increasing temperature gradually, gives an opportunity to see the opposition, gradually increases movement at joints, gradually increases the heart rate
- B Concentrates the mind, gradually increases movement at joints, gradually increases the heart rate, allows you to meet up with your friends
- C Gradually increases movement at joints, gradually increases the heart rate, a chance to take it easy, concentrates the mind
- D Increasing temperature gradually, concentrates the mind, gradually increases movement at joints, gradually increases the heart rate

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Websites

Good to break up revision periods.
Do not over use them

- Seneca
- My Maths
- Corbett Maths
- Bitesize
- Doodle
- Education quizzes.com



MOST IMPORTANTLY

- Revision should be active
- Practice using several revision techniques
- This is practice for the future
- Be positive and see mistakes as learning opportunities
- Learn about your strengths and weaknesses and be prepared to change what you do

