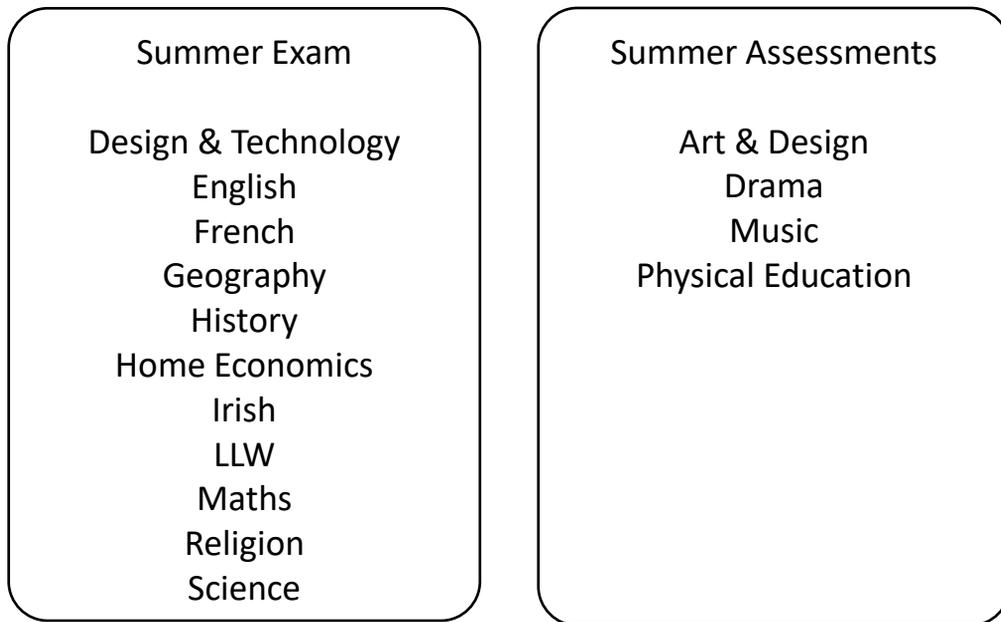


# Revision Booklet

Year 10

# Summer 2023

Welcome to the Edmund Rice College Summer Revision Guide. The assessment window will open on Thursday 8<sup>th</sup> June for subjects who do not complete Christmas Exams. Exam week however will begin on Wednesday 15<sup>th</sup> – Wednesday 21<sup>st</sup> June. In the exam window students will follow their exam timetable instead of attending normal classes. Details of which subjects have Summer assessments and which subjects have Summer exams is detailed in the diagram below.



This booklet not only contains the Summer revision lists for all subjects but it also contains some revision techniques to help students prepare for examinations. QR codes will also direct you to the ERC Assessment website for more information on each subject.

It is very important that all students are fully prepared for the examinations and we would encourage them to come fully equipped with stationery including black pens, pencils, rubbers, rulers, colouring pencils and calculators where required.

All that remains is for us to wish our students the best of luck in the forthcoming exams and for further information please access the ERC assessment website using the QR codes provided.

# Year 10 Exam Timetable



*All examinations in form rooms.*

	<b>Thursday 15<sup>th</sup> June</b>	<b>Friday 16<sup>th</sup> June</b>	<b>Monday 19<sup>th</sup> June</b>	<b>Tuesday 20<sup>th</sup> June</b>	<b>Wednesday 21<sup>st</sup> June</b>
1-2	ICT	Irish	English	Home Study	French
3-4	Geography	Science	Religion		Maths
6-7	LLW	Home Economics	History		Technology

# Revision - Dos and Don'ts



People struggle with revision because there is not one set of instructions that work for everyone. There are revision techniques that can be used as a guide but some techniques will work for you and some won't. There are some common things that you should think about before you set out to revise.



DO'S

- Get in a routine of revising at a particular point everyday.
- Revise when you are well-rested or at a time when you are used to working.
- Take regular small breaks.

- Depend on when you want to revise (you may never want to!)
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.



DON'TS



DON'TS

**THINK ABOUT IT**

- Do you have music playing? (is it distracting?)
- Where is your mobile phone? (Is it beside you?)

**THINK ABOUT IT**

From: Eyal & Li (2019)  
'Indistractable'

## How To RESIST DISTRACTION & increase cognitive control

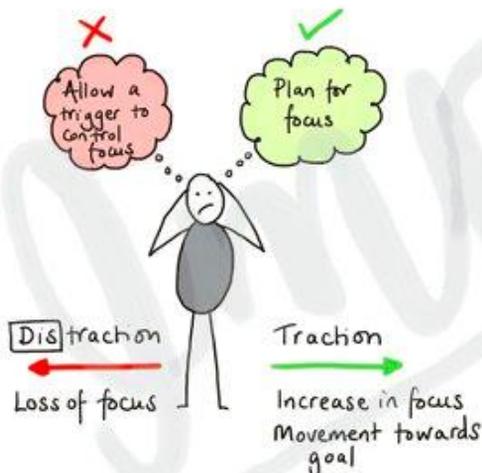
Copyright © 2021  
www.impact.wales

@ImpactWales

Cognitive control is the ability to monitor, reflect on & govern our thoughts & actions. It is linked to attention, working memory & goal management.

### 5 STRATEGIES to increase cognitive control

- 1 Identify & acknowledge potential distractions e.g. tv, music, social media, games, chatter
- 2 Limit access to the distraction - turn phone off, work in a separate room to tv.
- 3 Work & reward in chunks - set a specific time limit on work time, e.g. work for 20 mins, Follow this with 10 mins reward time watching tv, playing outside, on social media.
- 4 Engage other's help - be transparent about the behaviour change. Tell others when you will be unavailable
- 5 Set your own goals. Don't just work to the teacher's deadline, decide how to break up that goal into manageable chunks.



# When should I revise?



In order to revise effectively, you have to think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time when you find it easiest to focus. This should be a time when you are well-rested and when you are used to working.

## Managing your time when revising

To help you with we are going to try the Pomo techniques. The pomo technique can help you manage your time and work on a task without distractions. It is also beneficial as it helps you become more disciplined and think about your work. The technique is designed to combat multitasking and improve concentration. For example an hour of revision could look like this:

Step 1		Pick a task
Step 2		Set a 15 min timer
Step 3		Work on your task
Step 4		Take a 5 min break
Step 5		Every 3 pomos take a 30 min break



In preparation for your Christmas exams you will have to think about a lot of different things which you will have to juggle. You need to revise independently so you can close specific gaps which you have in your knowledge.

However, because you have to plan your own independent revision, it's easy to forget revision or to only do it in large bursts right before an assessment.

Prioritise your subjects

- List all your subjects
- Rank your subjects from 1 - 12 (1 being the strongest)
- Also consider the order your exams come in during exam week.
- Then rewrite your list in the order you have numbered the subjects.

## Christmas Exam

Design & Technology

English

French

Geography

History

Home Economics

Irish

LLW

Maths

Religion

Science

Your list:

# Writing your timetable



1. Write in everything you have planned prior to creating your revision timetable (Going out for tea, playing sport, Christmas shopping etc).
2. Write in upcoming exams and deadlines.
3. Not every space needs to be full – leave yourself time to relax too!
4. Focus on the subjects in RED first, these are the ones you are least likely to choose – but they are the highest priority,
5. Write in the subjects you are going to cover and when, Be specific around what you will cover each time you sit down to revise.

## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM – 4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM – 10AM	BREAKFAST / SHOWER	BREAKFAST / SHOWER
4PM – 5PM	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	TV / GAMING / SOCIAL MEDIA	HOMEWORK	10AM – 11AM	REVISION – ENGLISH	REVISION – SCIENCE
5PM – 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM – 1PM	SEEING FRIENDS / LUNCH	SPORT / LUNCH
6PM – 7PM	REVISION – GEOGRAPHY	HOMEWORK	REVISION – HISTORY	REVISION – FRENCH	REVISION – SCIENCE	1PM – 3PM	REVISION – MATHS	REVISION – FLASH CARDS
7PM – 8PM	REVISION – MATHS	REVISION – ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM – 5PM	OUT WITH FAMILY	SPORT / TV / GAMING
8PM – 9PM	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	FREE TIME / SHOWER	6PM – 8PM	DINNER / FREE TIME	DINNER / FREE TIME







## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY





### LEARN SPARK RECOMMENDED STUDY TOOLS

#### TARGET 100 TO 10

##### Starting Point

Insert your topic title or a question (This could be from a past paper. Try to be as focused as possible).

Select the 100 most important words written in sentences, keywords and or phrases and insert them here.

The key is not to exceed the 100 word limit.

They can be written as paragraphs or in bullet point form.

The Question or Topic

100 Words (Sentences, keywords, phrases)

10 Words (Keywords, phrases)

Any questions

Select the 10 most significant words from the 100 just written.

The 10 words can then be used to develop acronyms to support memory and faster recall.

Add any questions you may have about the topic or question explored.

##### PURPOSE

This method can be used by students to condense important notes, by narrowing down on what is really important. By targeting 100 words students can develop understanding and by targeting 10 words students can strengthen their recall of key information.

##### QUICK TIP

When targeting the 100 key words or phrases, try initially recalling them from memory. Read the notes (Text book or teacher handout), engage in some limited highlighting, underlining and/or marginal note taking, and then try to recall the 100 words. See how much was retained and understood. If less than 100 can be recalled go back and read the notes again.

Copyright Learn Spark Ltd 2021 ©

# Target 100 to 10 – Get Started

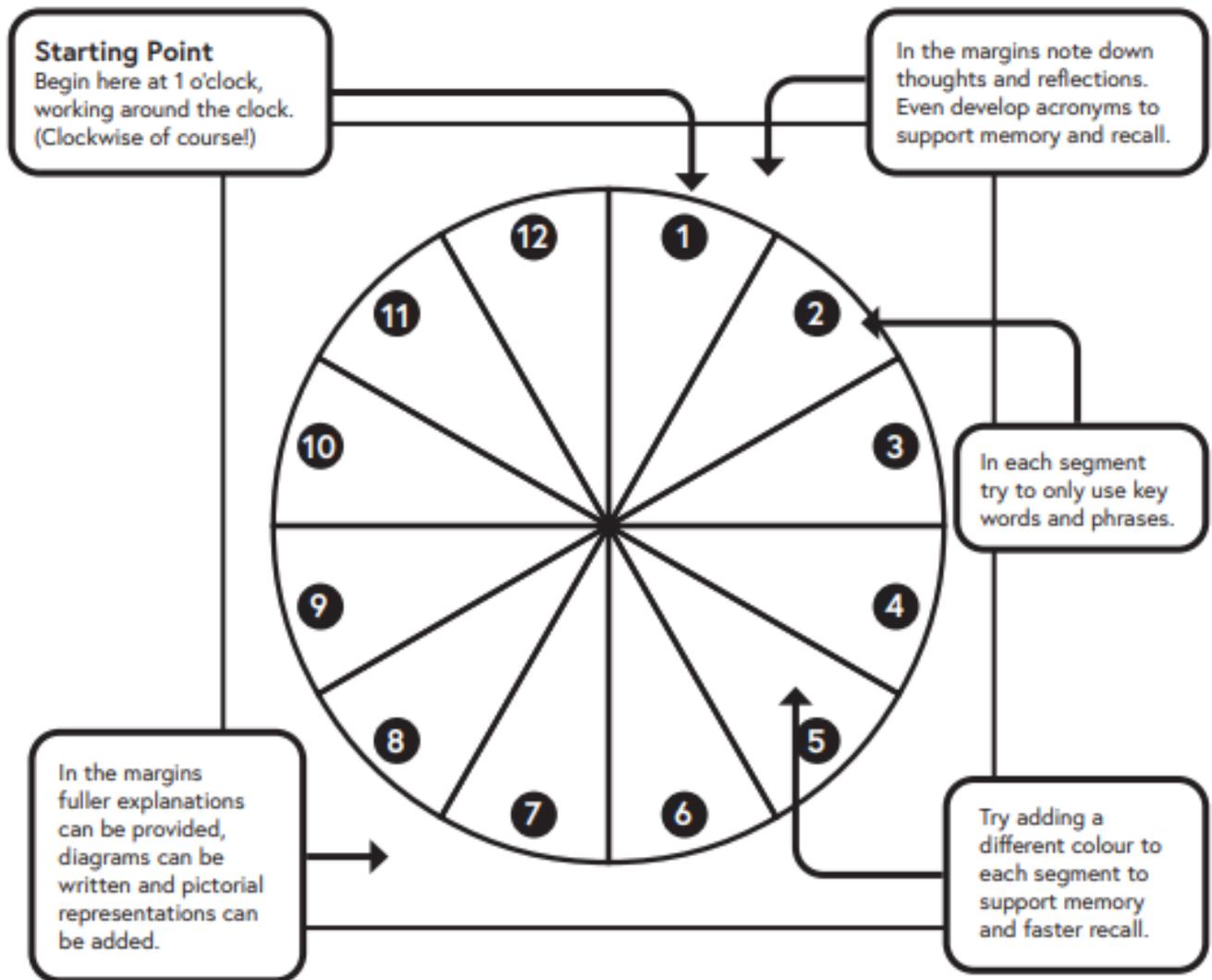


<b>The Question or Topic</b>	
100 Words (Sentences, keywords, phrases)	10 Words (Keywords, phrases)

<b>The Question or Topic</b>	
100 Words (Sentences, keywords, phrases)	10 Words (Keywords, phrases)



## THE CLOCK



### PURPOSE

This method can be used by students to develop their understanding of cyclical processes.

By filling in each segment of the clock with a part of the process in the order that it occurred, working from 1 to 12, the student develops their understanding and strengthens their ability to recall the key information.

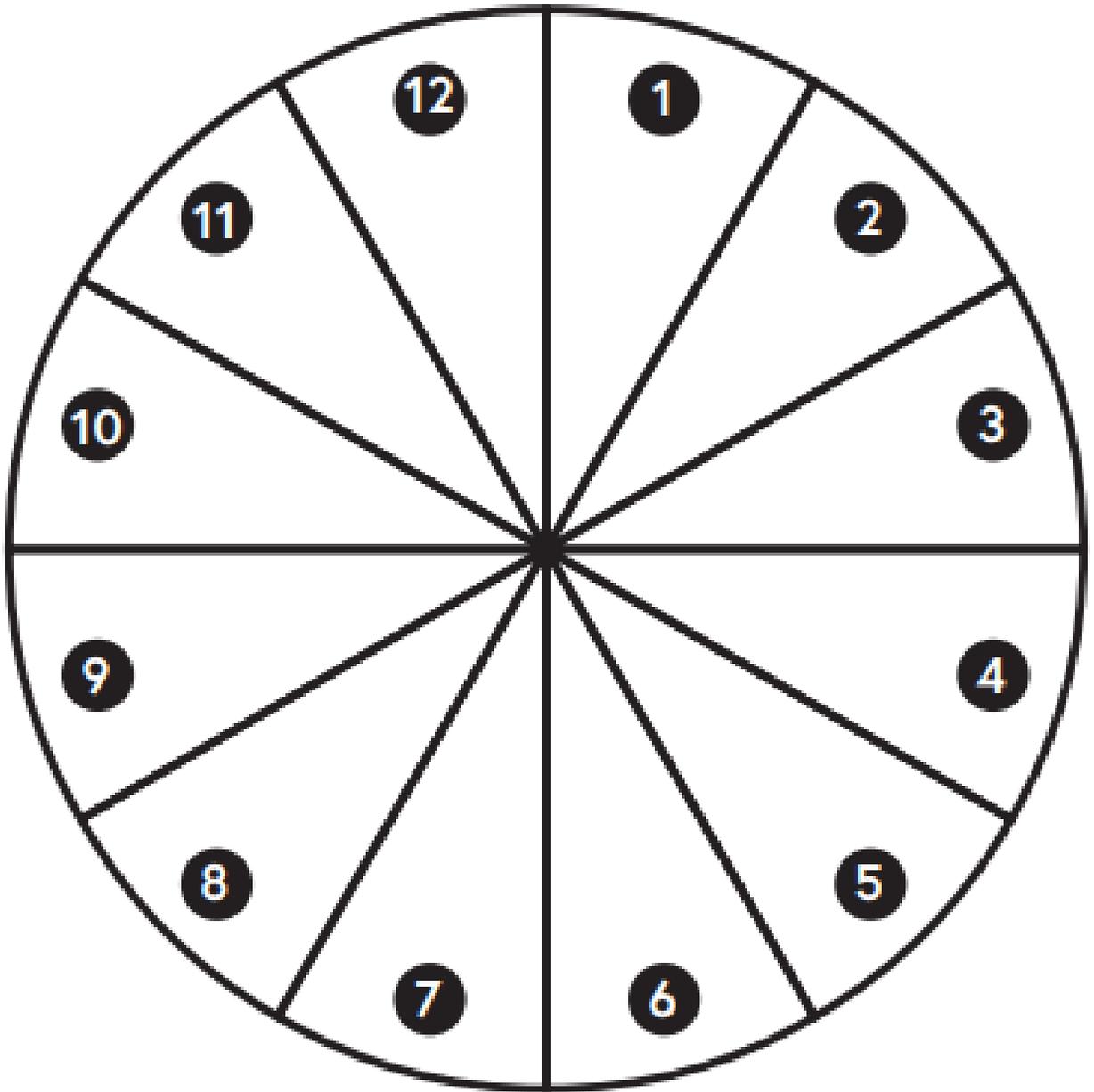
### QUICK TIP

Some processes will only have a few stages, e.g. 3 or 4. However to really develop your understanding, why not try to get the whole way around the clock by breaking down the process into smaller and smaller steps.

# The Clock – Try It!



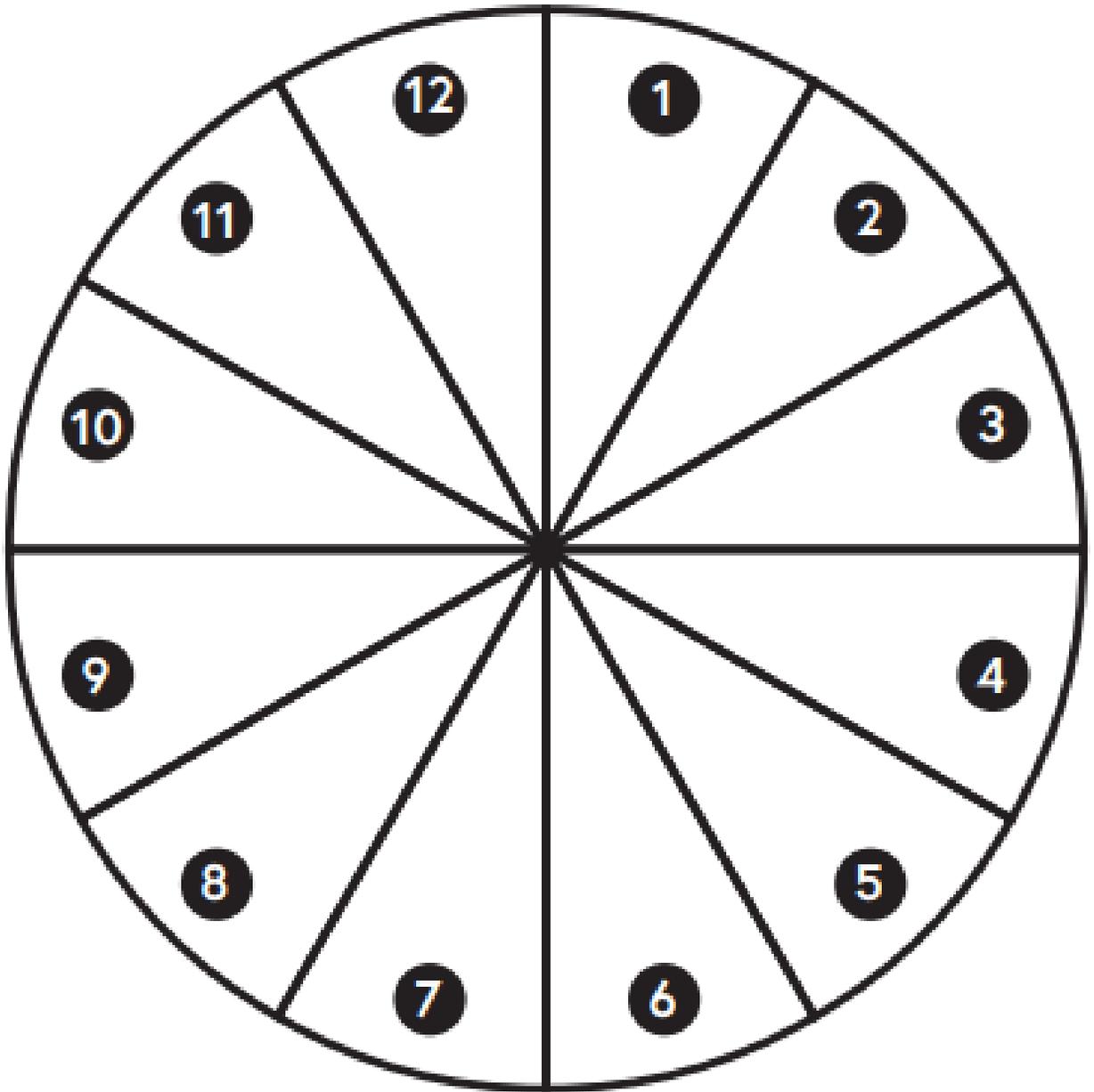
Topic: \_\_\_\_\_



# The Clock – Try It!



Topic: \_\_\_\_\_

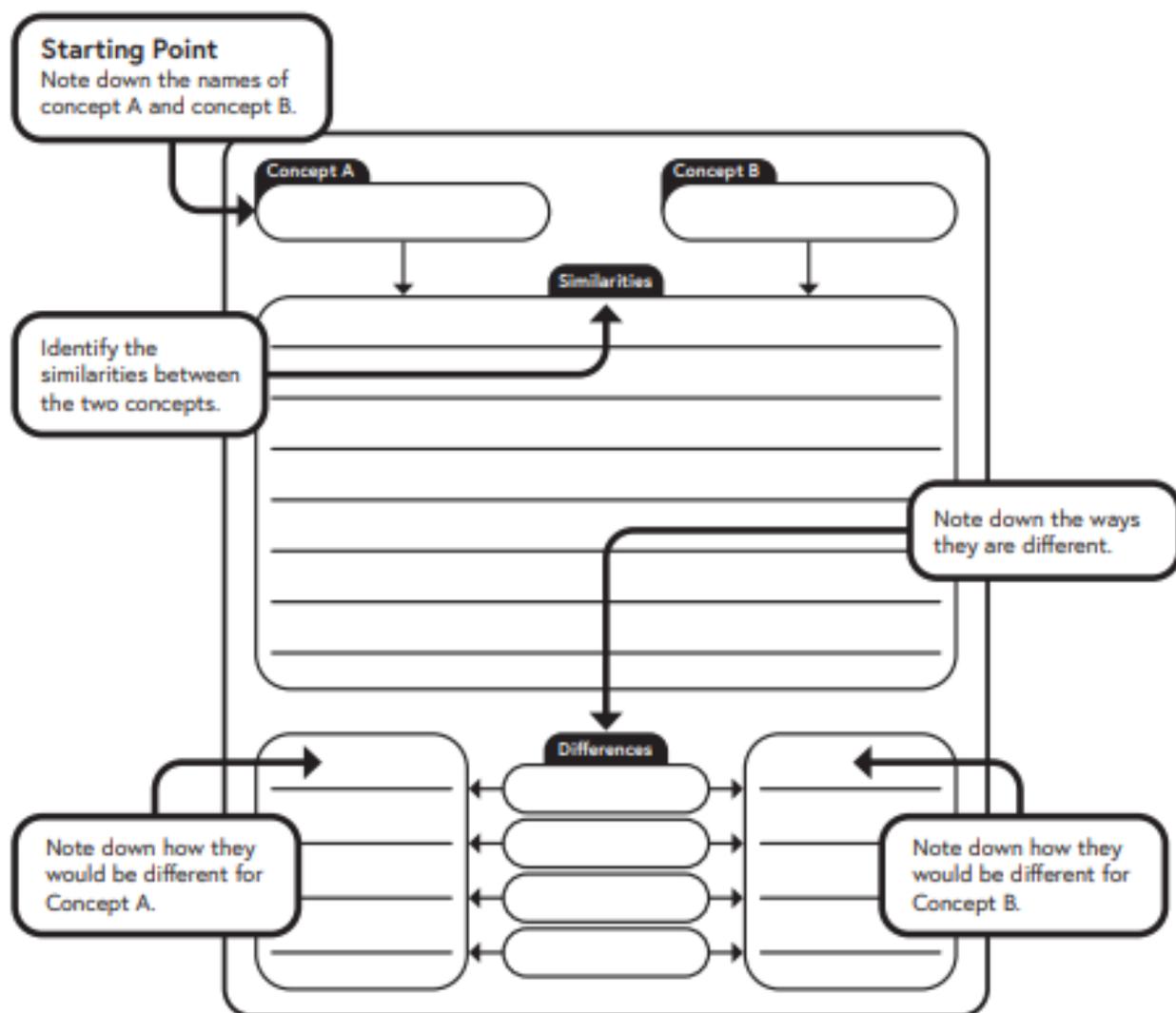


# Compare & Contrast Diagram



## LEARN SPARK RECOMMENDED STUDY TOOLS

### COMPARE & CONTRAST DIAGRAM



#### PURPOSE

This method can be used by students to explore the similarities and differences between two concepts or issues.

This lined approach can suit some learners who don't like the unstructured approach offered by the traditional circle based Venn Diagram.

#### QUICK TIP

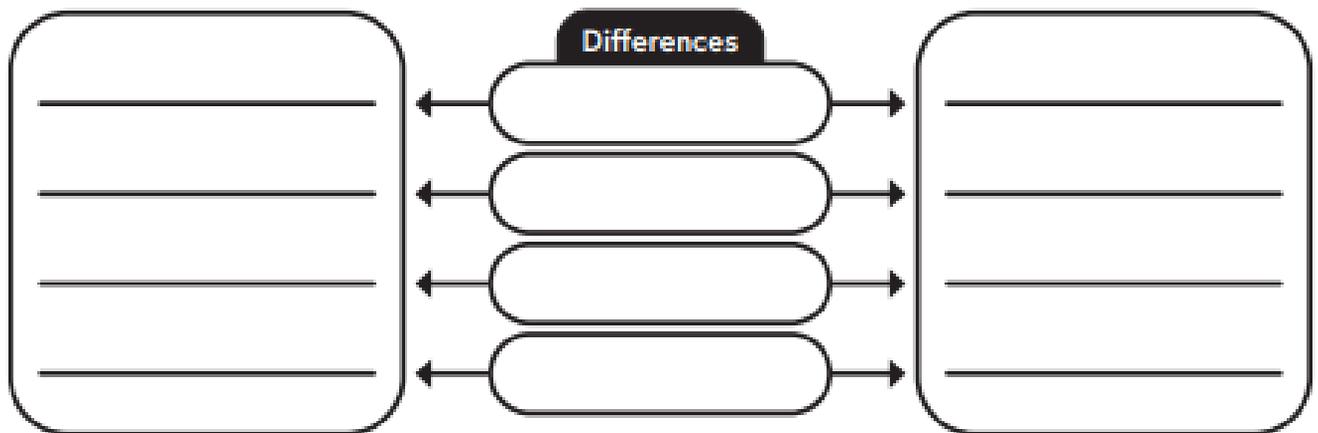
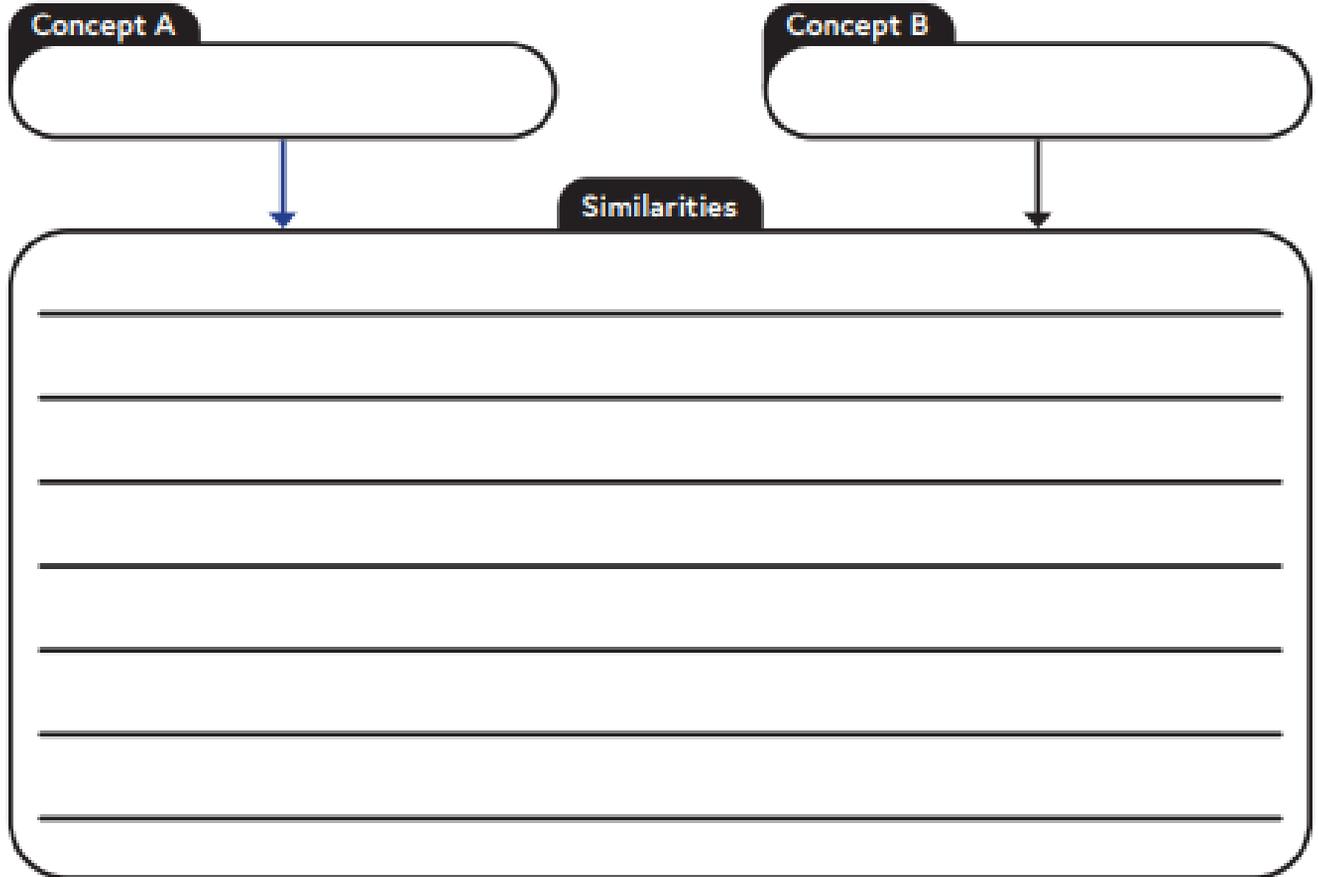
Try to use key words and phrases. Avoid large amounts of text, i.e. simply rewriting your notes onto this structure.

# Compare & Contrast Diagram – Try it!



## COMPARE & CONTRAST DIAGRAM

Topic: \_\_\_\_\_

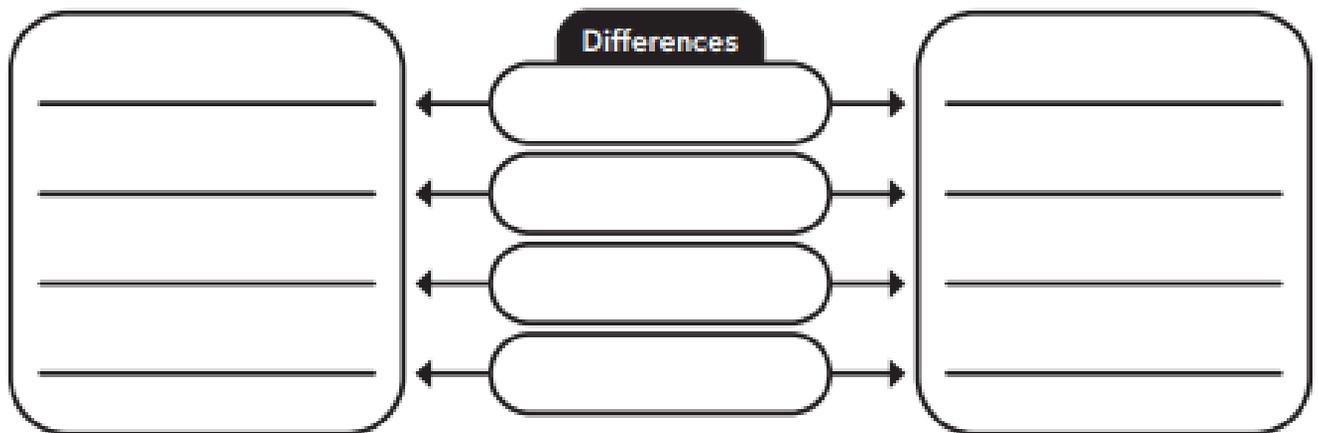
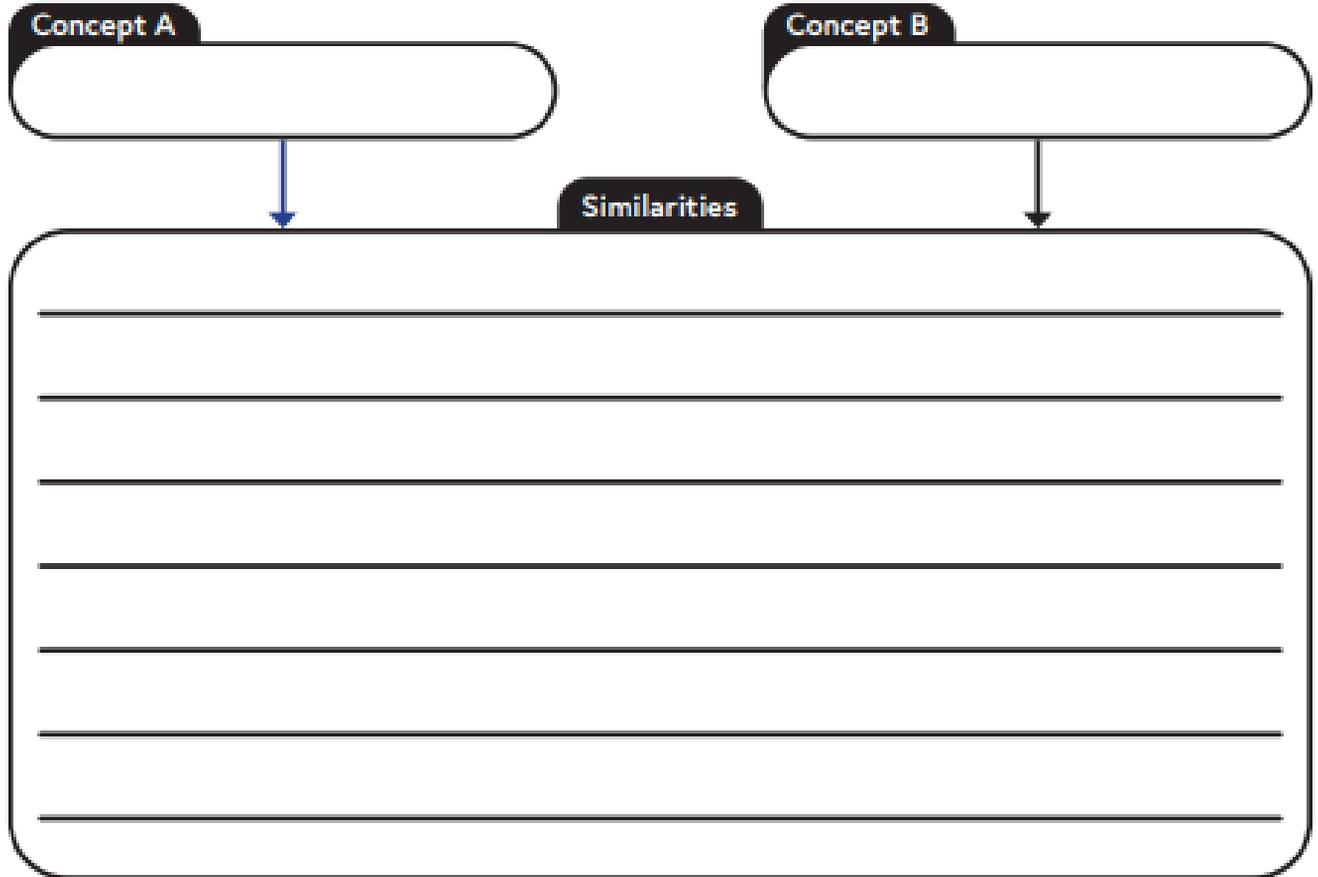


# Compare & Contrast Diagram – Try it!



## COMPARE & CONTRAST DIAGRAM

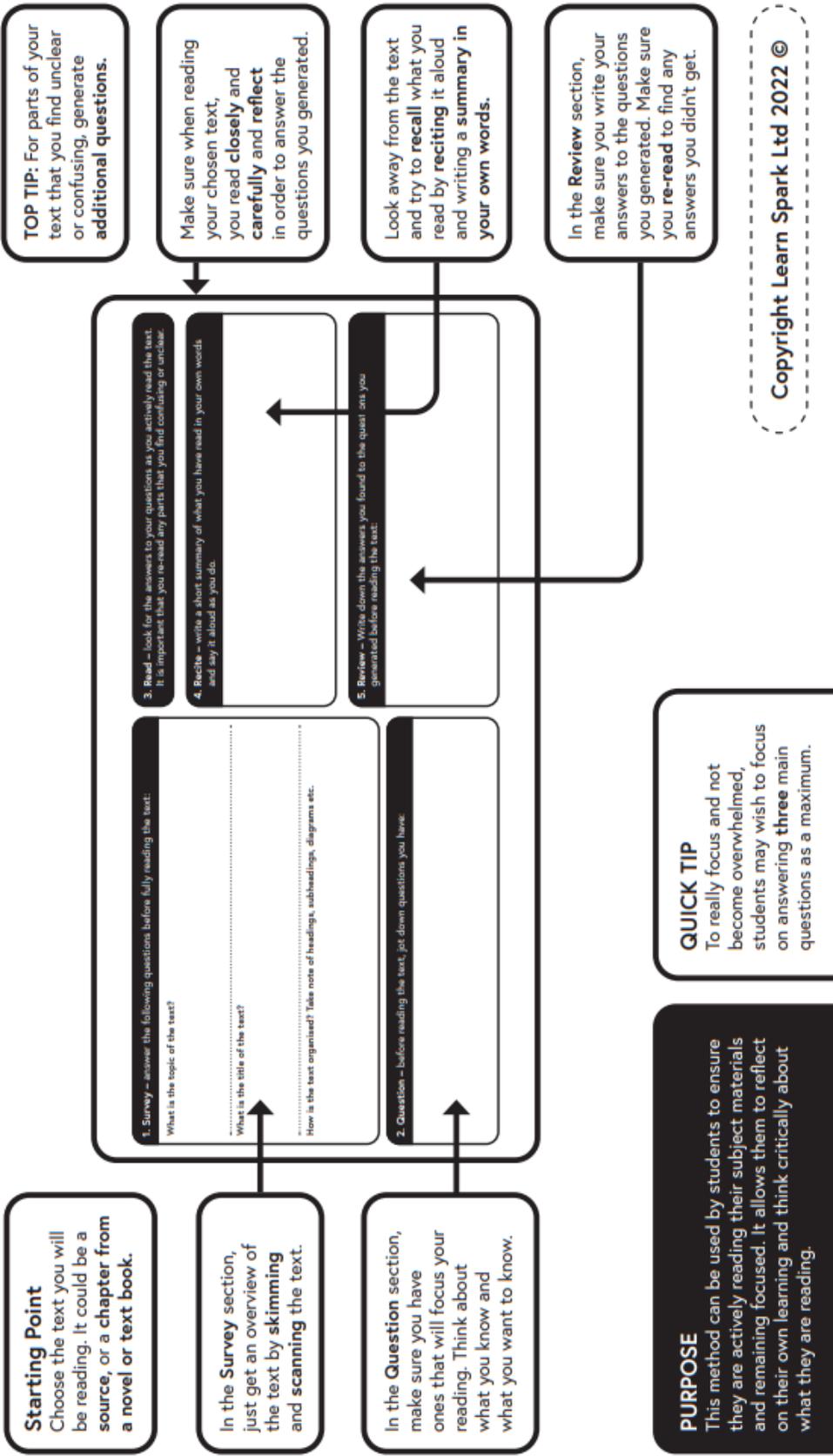
Topic: \_\_\_\_\_





## LEARN SPARK RECOMMENDED STUDY TOOLS

### SQ3R – Survey, Question, Read, Recite & Review



# Effective Reading Tool – Try It!



**Subject:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Text:** \_\_\_\_\_

**1. Survey** – answer the following questions before fully reading the text:

What is the topic of the text?

.....  
What is the title of the text?

.....  
How is the text organised? Take note of headings, subheadings, diagrams etc.

**2. Question** – before reading the text, jot down questions you have:

**3. Read** – look for the answers to your questions as you actively read the text. It is important that you re-read any parts that you find confusing or unclear.

**4. Recite** – write a short summary of what you have read in your own words and say it aloud as you do.

**5. Review** – Write down the answers you found to the questions you generated before reading the text:

# Effective Reading Tool – Try It!



**Subject:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Text:** \_\_\_\_\_

**1. Survey** – answer the following questions before fully reading the text:

What is the topic of the text?

.....  
What is the title of the text?

.....  
How is the text organised? Take note of headings, subheadings, diagrams etc.

**2. Question** – before reading the text, jot down questions you have:

**3. Read** – look for the answers to your questions as you actively read the text. It is important that you re-read any parts that you find confusing or unclear.

**4. Recite** – write a short summary of what you have read in your own words and say it aloud as you do.

**5. Review** – Write down the answers you found to the questions you generated before reading the text:









I am able to:

✓ or ✗

Label the structure of the earth.		
Define keywords – richter scale, magnitude, focus, epicentre, after-shock and seismometer		
Explain why the plates move.		
Describe the difference between active, dormant and extinct volcanoes.		
Draw and label the diagram of a volcano.		
Explain reasons why people continue to live in volcanic zones.		
Give links between Geography, football and fashion.		
Understand that global industries like football and fashion have winners and losers.		
Understand the causes and impacts of child labour.		
Label the water cycle.		
Define precipitation, evaporation, condensation and flood.		
Explain how the river travels from source to mouth.		
Describe the processes of a river; erosion, transportation and deposition.		
Draw and label the diagram of a waterfall.		
State human and physical causes of flooding.		
Explain methods of flood protection.		

Any additional notes...

---



---



---



---



---



---



---



---



---



---



Topic	What to Learn?	Revision Complete
An <b>Górta Mór</b>  The Great Hunger  1845-1851	Causes	
	Evictions	
	Family Relief	
	Consequences i.e. Coffin Ships & Emigration	
The Land War & Home Rule	Aims/Tactics of the Land League	
	Leaders of the Land League/Home Rule movements	
	What happened to each of the Home Rule Bills 1-3?	
Ireland in WW1 & The 1916 Rebellion	Why did the UVF/IVF fight for Britain in WW1?	
	Causes, events and consequences of the 1916 Rising.	
The Treaty	What <b>IMPACT</b> did the Free State Treaty have on Ireland's future?	

Any additional notes...

---



---



---



---



---



---



---



---



---



---



---



I am able to:

✓ or ✗

List the 5 groups of nutrients		
Explain the function of the 5 groups of nutrients		
List 3 food sources for each nutrient		
Explain the meaning of osteoporosis		
List 3 risk factors of osteoporosis		
Explain the meaning of peak bone mass		
List 3 ways to reduce osteoporosis		
Explain the meaning of anaemia		
List 3 sources of foods high in iron, 3 high in calcium, 3 high in vitamin C and 3 high in vitamin D		
List 2 symptoms of anaemia		
Explain the difference between haem iron and non-haem iron		
Explain the meaning of the 3 vegetarians – lacto, vegan, lacto-ovo.		
List 3 reasons for becoming vegetarian		
List 2 nutrients a vegetarian diet could be lacking		
Definition of obesity		
Two main causes of obesity		
What does BMI stand for? How to work out BMI?		
3 effects of obesity		

Any additional notes...

---



---



---



---



---



---



---







In your LLW test you will be asked to complete **six sections**.

The questions will be asked from the **six topics** below (we have covered these in class).

Once you are confident that you know each topic really well, place a tick in the box below.

<b>Topic 1 – Decision Making</b>	✓
The term used when people have a choice to make	
Decisions which people have to make	
Ways how decisions can be reached	
<b>Topic 2 – Democracy</b>	
What is meant by democracy	
How countries are non-democratic	
Explain features of a democratic country	
<b>Topic 3 – Human Rights</b>	
What is meant by UNCRC	
The importance of human rights	
Rights outlined in the UNCRC agreement	
<b>Topic 4 – Participation</b>	
What it means to be actively involved in the community	
Voting as a method of active participation	
How people can participate in society	



I am able to:

✓ or ✗

<b>Decision Making</b>		
List ways young people can make decisions		
Explain strategies for making decisions		
Identify and explain one goal a pupil might set themselves in school		
<b>My Options</b>		
Name one learning style that helps pupils learn		
Explain the people who can help you make GCSE choices		
<b>Being Employable</b>		
Explain skills needed for the workplace		
Explain why people work		
Explain what "Job Satisfaction" means		
Explain a "motivational factor" for becoming an actor		
<b>Working for yourself</b>		
Name the term given to someone who works for themselves		
Explain the steps for setting up your own business		
Identify the advantages and disadvantages of working for yourself		

Any additional notes...

---



---



---



---



---



---



---



---



---



---



---



---



I am able to:

✓ or ✗

Topic	Hegarty Maths		
Interpret a pictogram	Skill 426		
Convert metric units	Skill 692		
Work out the mean, mode, median and range of a set of values	Skills 404, 405, 409, 410		
Round numbers to the nearest 10, 100 and 1000	Skill 17		
Know the names of polygons up to a decagon	Skill 822		
Find factors and multiples of a number	Skills 27 and 33		
Draw the plan view and elevations of a solid shape	Skill 837		
Plot and name co-ordinates in four quadrants	Skill 199		
Name the parts of a circle	Skill 592		
Order positive and negative numbers	Skill 37		
Calculate a percentage of an amount	Skill 84		
Calculate angles on a straight line, at a point and recognise vertically opposite angles	Skills 480, 477 & 812		
Line symmetry and rotational symmetry	Skill 828		
Calculate the volume of a cuboid	Skill 568		
Recognise prime numbers	Skill 28		
Work out square and cube numbers and their roots	Skills 99, 100 & 101		
Use algebraic notation to write expressions			
Complete a two-way table	Skill 422		
Apply the angle properties of triangles	Skill 486		
Convert a fraction to a decimal	Skill 73		
Write one number as a percentage of another	Skill 75		
Calculate the area of triangle, rectangles and parallelograms	Skills 554, 557 & 556		



Topic	What to Learn?	Revision Complete
Jesus's Attitude to Others	Understand how our attitude is important to our outlook.	
	Know the stories of Jesus and Zacchaeus, the Centurion's servant and the woman given peace.	
	Understand why Jesus helped each of these people	
Prejudice & Discrimination	Explain using examples what is meant by Prejudice, Stereotyping and Discrimination.	
	Know five of the Human Rights listed in the United Nations Declaration.	
Events of Holy week and Easter	Know the key events of Holy Week	
	Retell the main stories	
	Describe the events of Easter Sunday morning	
Islam	Know the key facts about Muhammad	
	Know the 6 core beliefs of Islam	
	Know the 5 pillars of Islam	

Any additional notes...

---



---



---



---



---



---



I am able to:

✓ or ✗

Identify structures in plant and animal cells		
Describe the features of a root hair cell		
Recall the equation for photosynthesis		
Describe a test for starch in a leaf		
Identify types of variation		
Describe the structure of DNA		
Recall the chemicals in cigarettes and their dangers		
Describe the features of a food web		
Construct a food chain from a food web		
Recall the functions of certain food in the body		
Name the chemicals used to test for starch and sugars		
Recall the equation for respiration		
Recall that food is a form of chemical energy		
Understand the changes of state		
Draw the arrangement of particles in each state		
Define the terms element and compound		
Match the properties of materials with their uses		
Recall the different methods to separate mixtures		
Understand the process of chromatography		
Recognise and explain the uses of Hazard Symbols		
Recall the colours of the pH scale		
Recall the terms; solute, solvent and solution		
Recall the reactivity series of metals		
Describe what is observed when Sodium reacts with water		
Describe what is observed when Sodium reacts with water		
Recall the conditions needs for rusting		
Identify Energy transfers		
Recall the term Renewable Energy Resource		
Identify Renewable and Non-renewable energy resources		
Name different types of forces		
Calculate resultant forces		
Calculate speed		
Identify circuit symbols		
Understand how circuits are connected in series and parallel		
Calculate the energy stored in food		
Identify the 3 types of heat transfer		
Understand how heat conduction and insulation		



ATM FOR THE  
MOON  
IF YOU FALL,  
YOU WILL FALL AMONG THE  
STARS

Excellence  
Respect  
Care