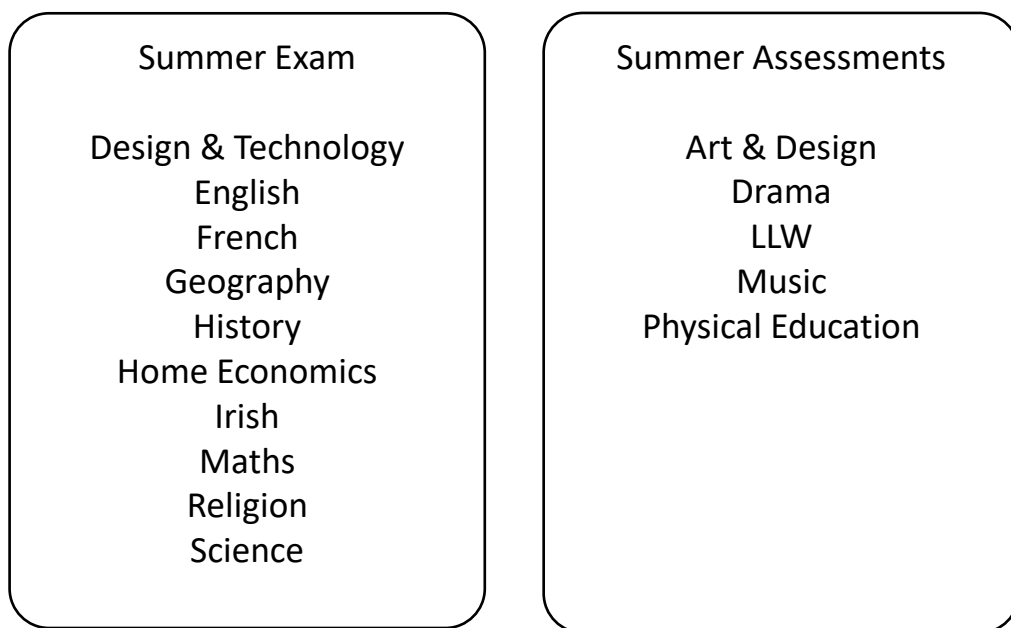


# Revision Booklet

Year 8

## 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 8 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	English	French	Home Study	Irish	Home Economics
3-4	Religion	Maths		Geography	Science
6-7	History	Technology		ICT	Form

# 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

**THINK  
ABOUT IT**

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

**THINK  
ABOUT IT**

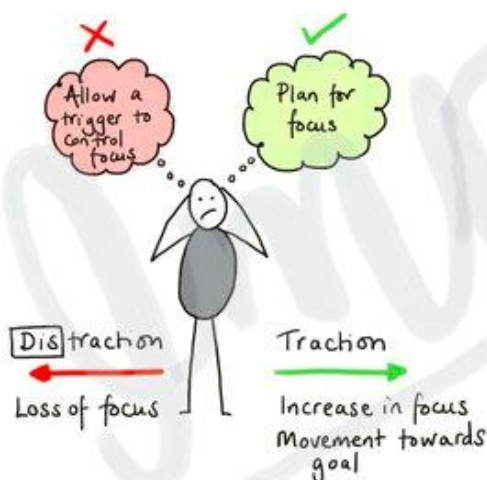
From: Eyal & Li (2019)  
'Indistractable'

## How To RESIST DISTRACTION & increase cognitive control

@Impact Wales

Copyright © 2021  
www.impact.wales

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, 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





## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY



## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY



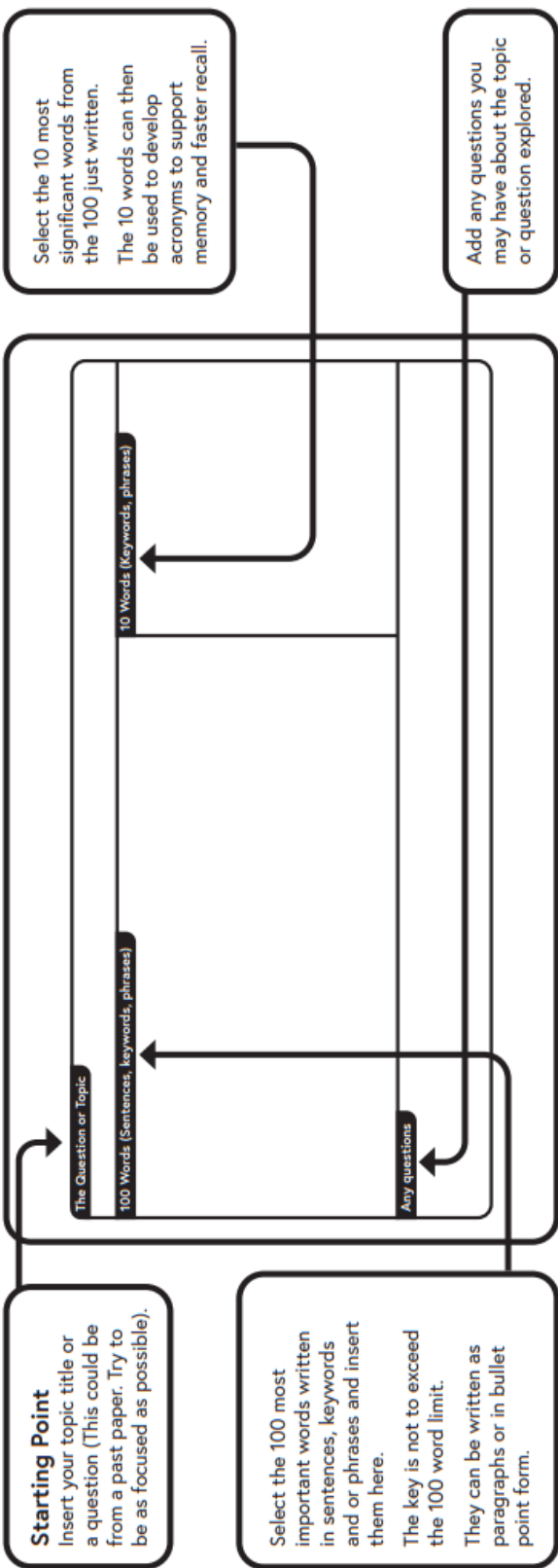
## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY



LEARN SPARK RECOMMENDED STUDY TOOLS

TARGET 100 TO 10



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.

# Target 100 to 10 – Get Started



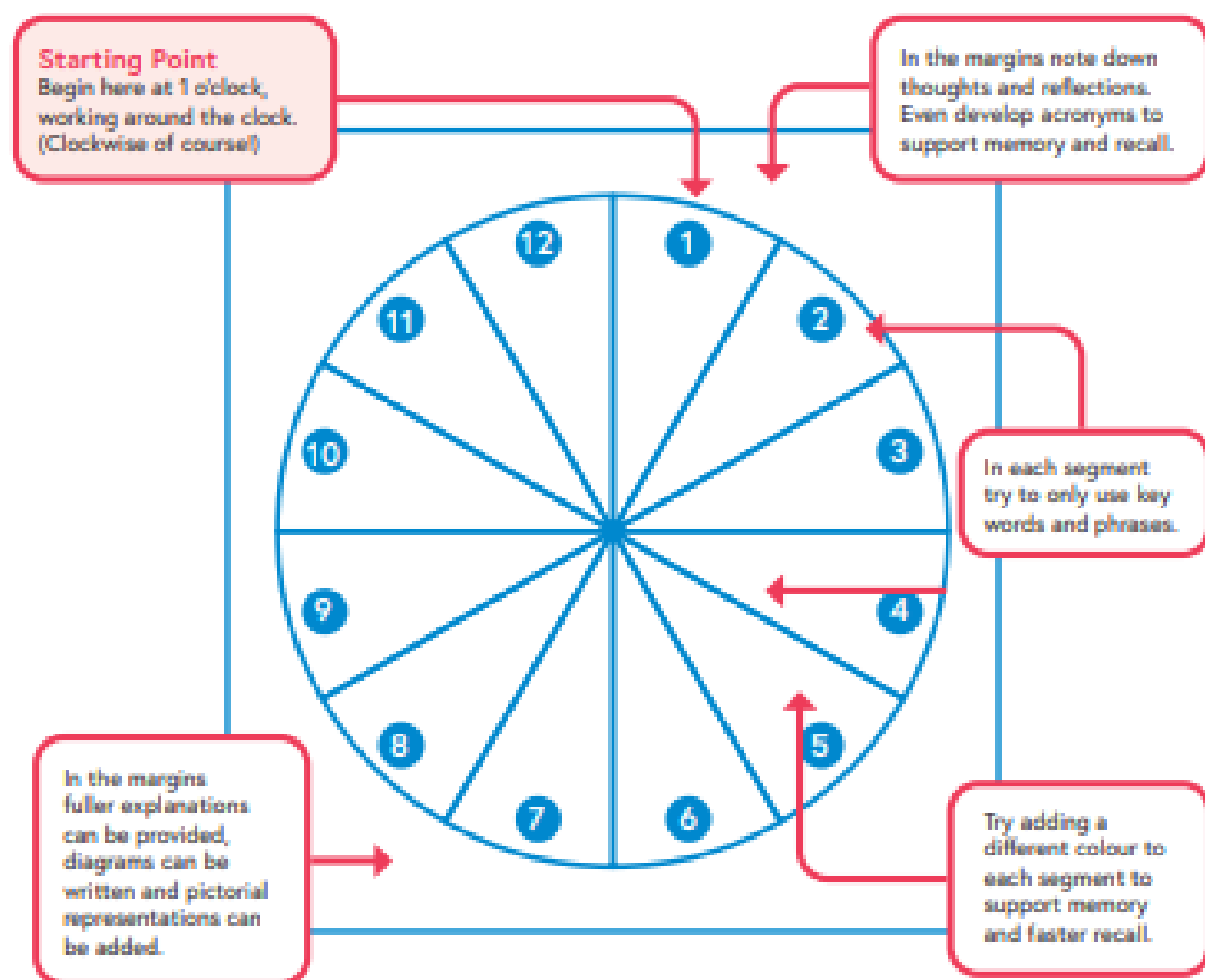
The Question or Topic	
100 Words (Sentences, keywords, phrases)	10 Words (Keywords, phrases)

The Question or Topic	
100 Words (Sentences, keywords, phrases)	10 Words (Keywords, phrases)



## LEARN SPARK RECOMMENDED STUDY TOOLS

### THE CLOCK



#### PURPOSE

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

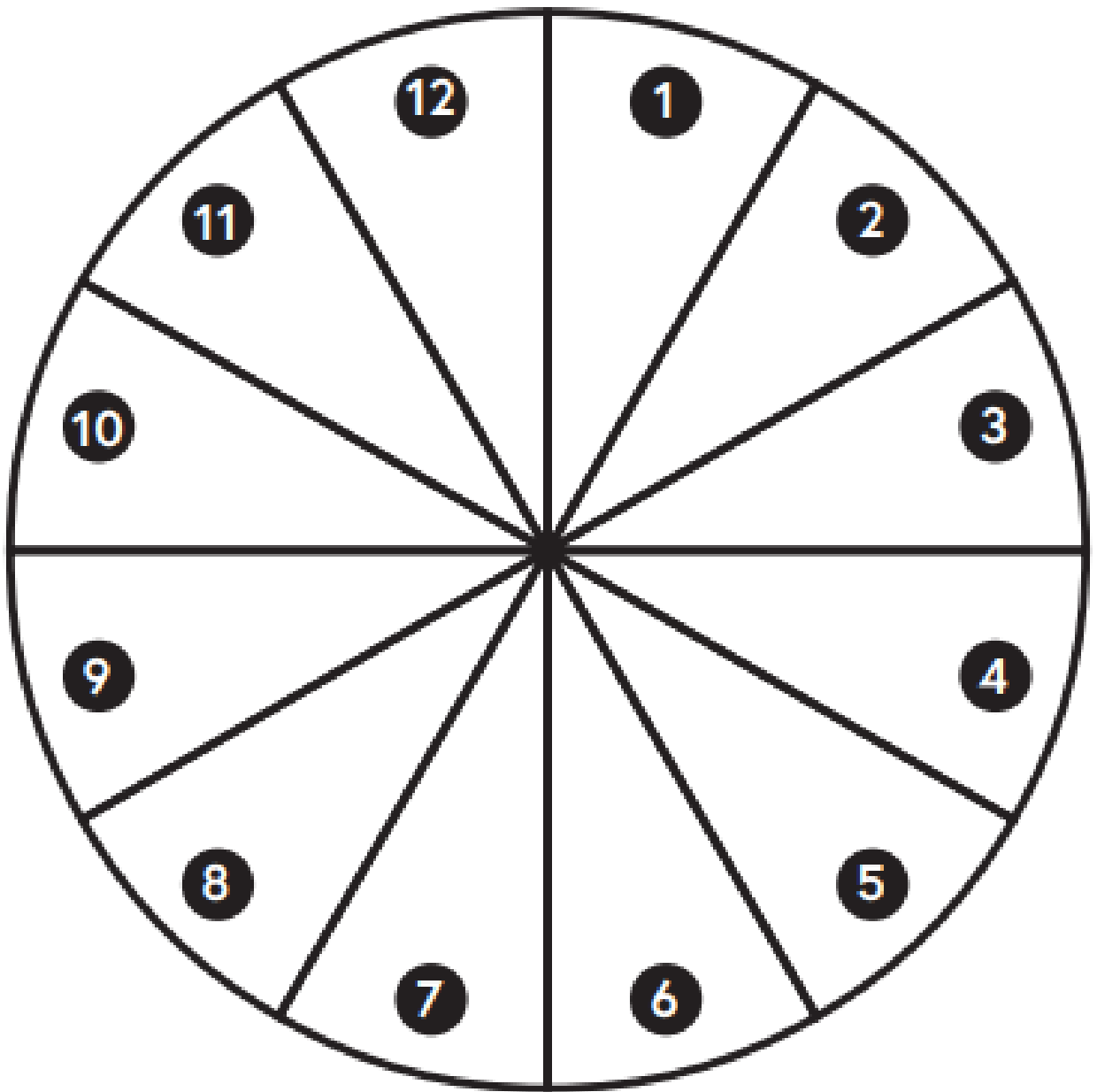
By filling in each segment of the clock with a part of the process in the order that it occurred, working from 1 to 12, the student develops their understanding and strengthens their ability to recall the key information.

#### 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.



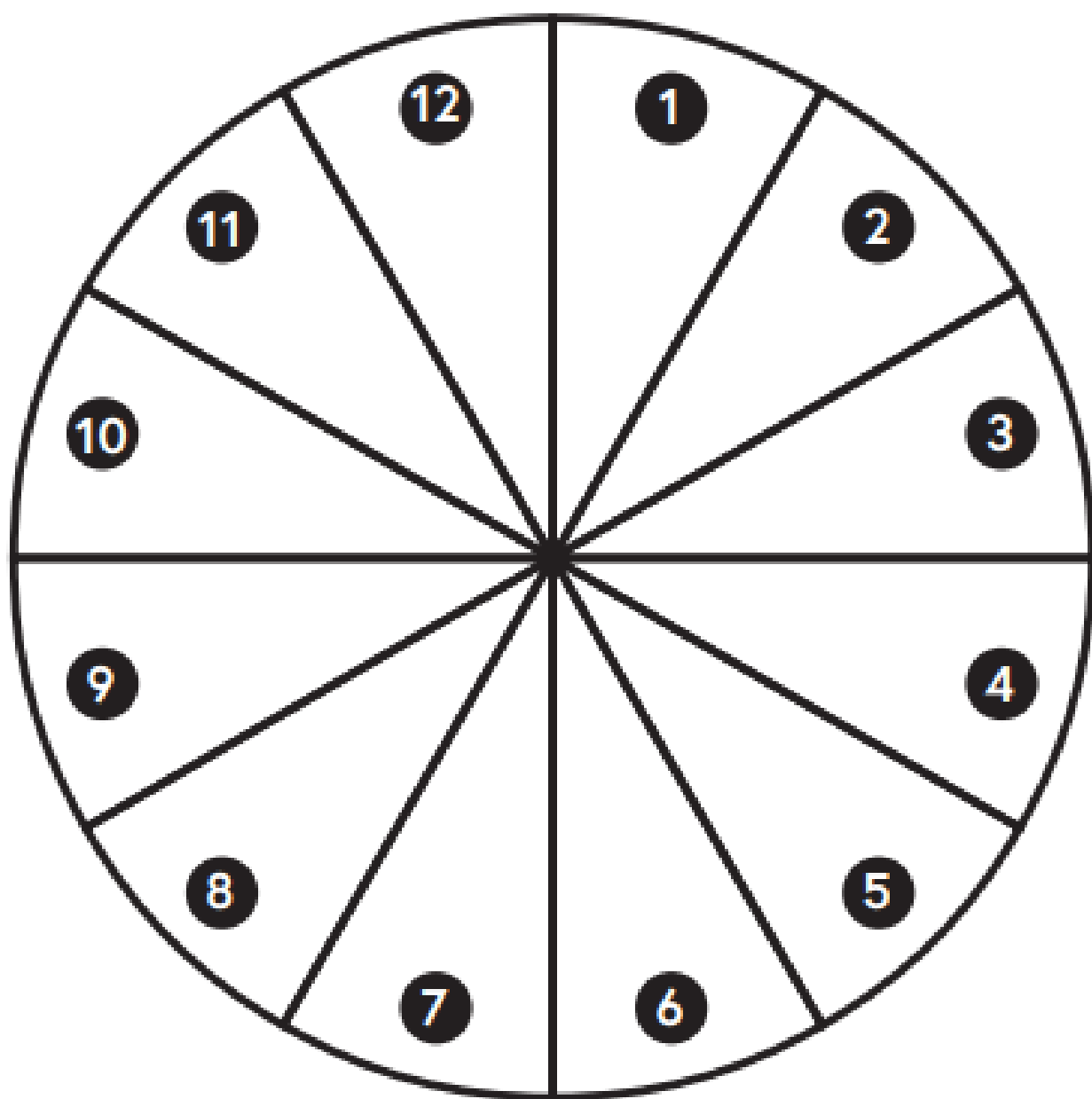
Topic: \_\_\_\_\_







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

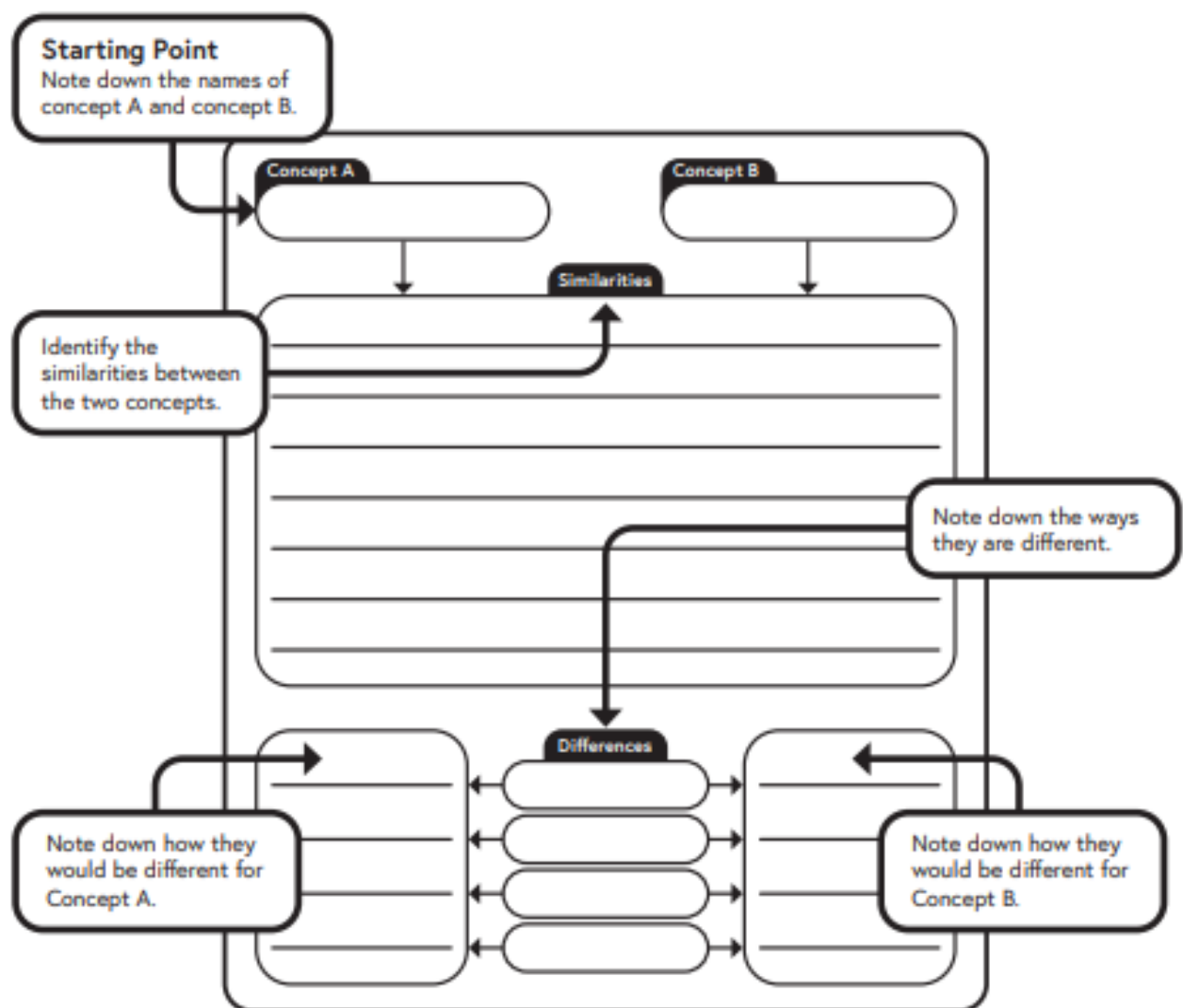


# Compare & Contrast Diagram



## 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

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

Concept A

Concept B

Similarities

Differences

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





## LEARN SPARK RECOMMENDED STUDY TOOLS

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

#### Starting Point

Choose the text you will be reading. It could be a source, or a chapter from a novel or text book.

In the **Survey** section, just get an overview of the text by **skimming** and **scanning** the text.

In the **Question** section, make sure you have ones that will focus your reading. Think about what you know and what you want to know.

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.

**TOP TIP:** For parts of your text that you find unclear or confusing, generate additional questions.

Make sure when reading your chosen text, you read **closely** and **reflect** carefully and **reflect** in order to answer the questions you generated.

Look away from the text and try to **recall** what you read by **reciting** it aloud and writing a **summary** in your own words.

In the **Review** section, make sure you write your answers to the questions you generated. Make sure you **re-read** to find any answers you didn't get.

#### QUICK TIP

To really focus and not become overwhelmed, students may wish to focus on answering **three** main questions as a maximum.

#### PURPOSE

This method can be used by students to ensure they are actively reading their subject materials and remaining focused. It allows them to reflect on their own learning and think critically about what they are reading.

Copyright Learn Spark Ltd 2022 ©



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:

.....



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:

.....



✓ or ✗

Any additional notes...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Places you might find an advert
- Target audience
- Purpose

- Any additional notes...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Free time Activities-Sport, hobbies, music, TV/film
- Days of week/months of the year
- Giving opinions

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

✓ or ✗

Any additional notes...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Any additional notes...

[illegible]



I am able to:

✓ or ✗

Identify good hygiene and safety in the kitchen		
Label the 5 sections of the eatwell guide		
List the job of each section in the eatwell guide		
State the function of fibre in the body		
List 3 sources of fibre		
List 3 problems with a low fibre diet		
List 3 ways to increase fibre in the diet		
Explain the meaning of the term 'empty calories' or 'empty food'		
State the function of sugar		
List 3 problems with a high sugar diet		
List 3 sources of visible and invisible sugars		
List 3 other words for sugar		
State 3 ways to reduce sugar intake		
Explain the 6 family structures		
Give an example of each family structure		
State one advantage of one disadvantage of each family structure		
Give examples of the roles and responsibilities of each family member		
List the 5 stages of the lifecycle		
Explain the definition of PIES (physical, intellectual, emotional and social needs)		

Any additional notes...

---



---



---



---



---



---

**App design** – storyboards, features of apps, good/bad design of apps, programming code used in app design.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



- Any additional notes...

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



I am able to:

✓ or ✗

Use written methods for addition, subtraction, multiplication and division of integers and decimals		
Round numbers to the nearest 10, 100 and 1000; round to a given number of decimal places		
Multiply and divide whole numbers by 10, 100 and 1000		
Understand and use the correct order of operations (BIDMAS)		
Understand and use prime numbers, factors and multiples, Highest Common Factor and Lowest Common Multiple		
Understand square and cube numbers and their roots;		
Recognise powers of 2, 3, 4 and 5		
Shade a fraction of a shape; find equivalent fractions; convert between a mixed number and an improper (top heavy) fraction		
Find the next term in a linear sequence and explain the term-to-term rule;		
Understand function machines		
Use the four operations with negative numbers		
Find the mean, median, mode and range of a set of data		
Complete and use tally charts and two-way tables		
Calculate and solve problems involving perimeter and area, including area of a rectangle, triangle and parallelogram		

**Key terms to revise and learn in preparation for your exam:**

Sum		Input	
Product		Output	
Factor		Mode	
Multiple		Median	
Prime		Mean	
Equivalent		Range	
Simplify		Perimeter	
Sequence		Area	

Any additional notes...

[illegible]



I am able to:

✓ or ✗

Define what a Solution is and give an example		
Define what a Solvent is and give an example		
Define what a Solute is and give an example		
Recall what Dissolve means		
Recall how to separate Sand from Water		
Recall what Chromatography is		
Relate the properties of materials to their uses		
Define the term recycle		
List all the vertebrates and their characteristics		
Recognise a Herbivore		
Recognise a Carnivore		
Read and understand what a food web is		
Decide the best method to separate two Immiscible liquids		
Decide the best method to separate Salt from Water		
Recall what Distillation is used for		
Recall why a pencil is used in chromatography		
Decide how a dye is more soluble in water		
Recall how Salt is separated from Rock Salt		
Draw a bar chart from data in a table		
Separate materials into Natural and Man-made		
Define the terms Primary and Secondary Consumer		
State the source of energy for Food Chains		
Draw a labelled diagram of apparatus needed for Separation by Evaporation		



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

Excellence  
Respect  
Care