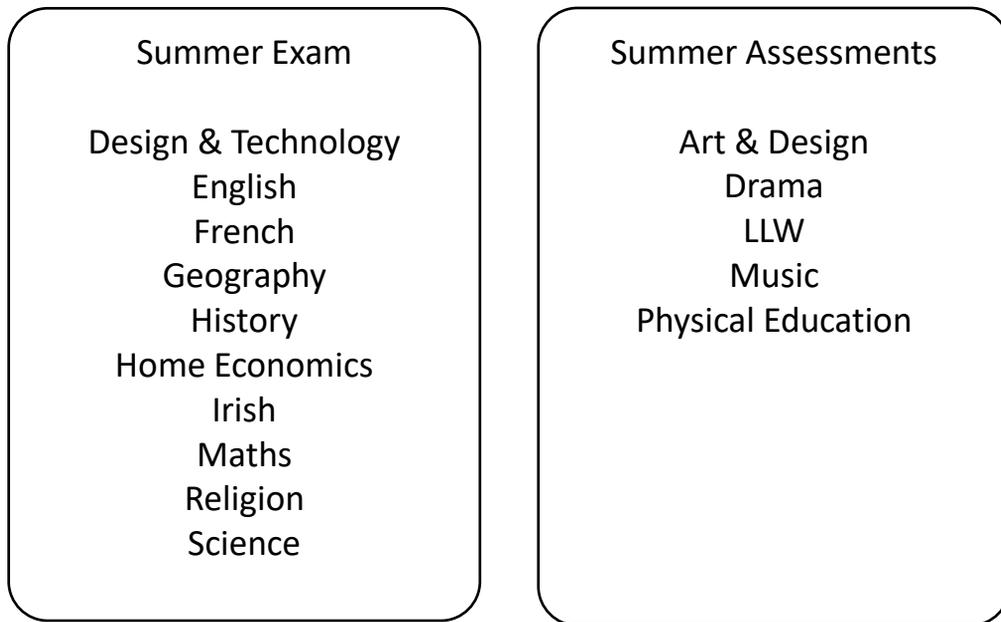


Revision Booklet

Year 8

Summer 2023

Welcome to the Edmund Rice College Summer Revision Guide. The assessment window will open on Thursday 8th June for subjects who do not complete Christmas Exams. Exam week however will begin on Wednesday 15th – Wednesday 21st 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.

All examinations in form rooms.

	Thursday 15th June	Friday 16th June	Monday 19th June	Tuesday 20th June	Wednesday 21st June
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.



- 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.



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



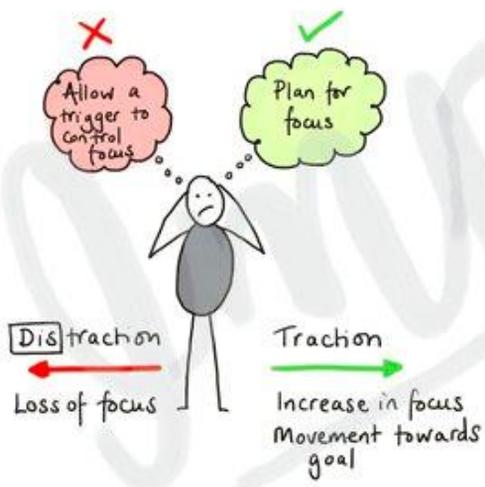
From: Eyal & Li (2019)
'Indistractable'

How To RESIST DISTRACTION & increase cognitive control

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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, its 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



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.

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Target 100 to 10 – Get Started



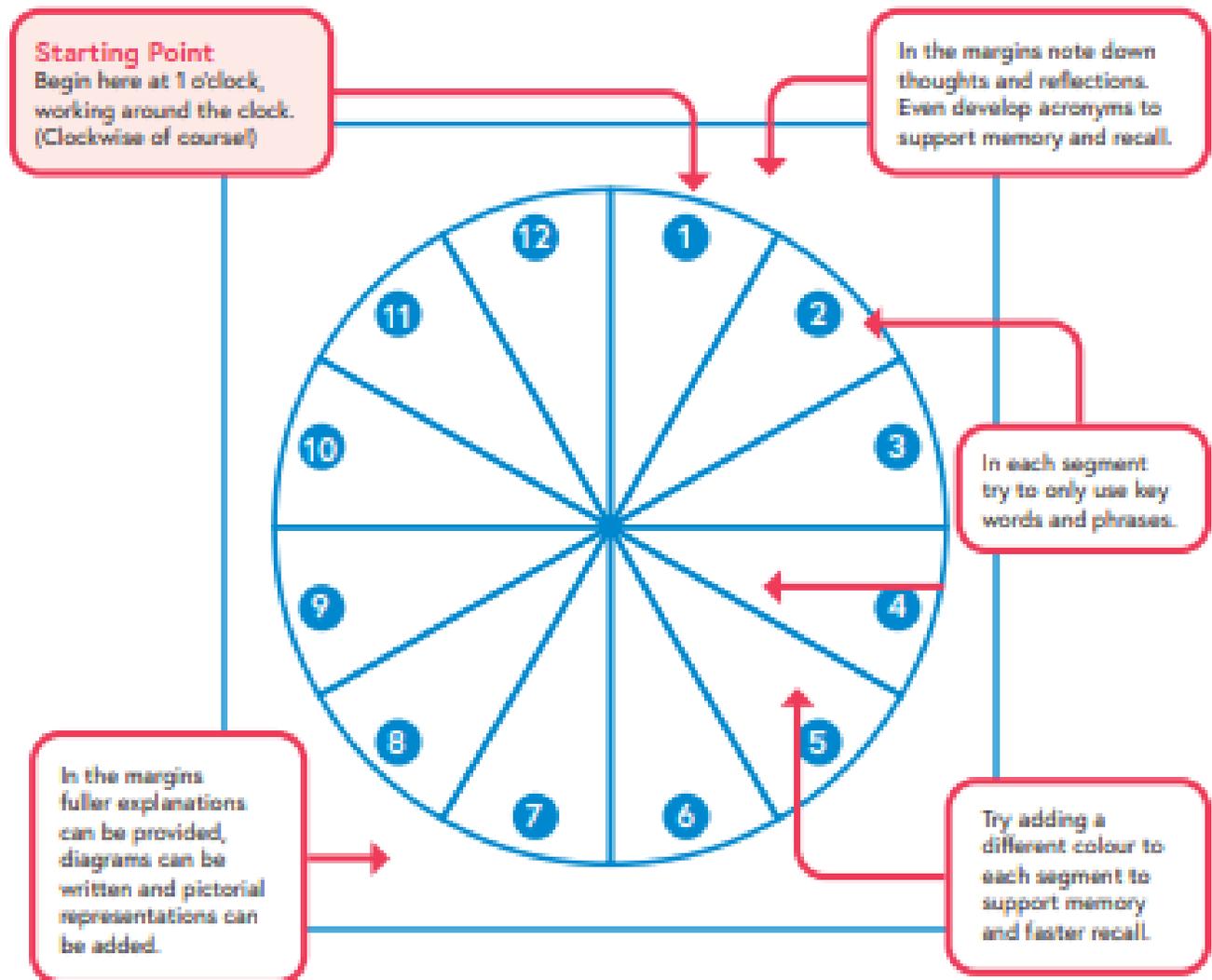
The Question or Topic	
100 Words (Sentences, keywords, phrases)	10 Words (Keywords, phrases)

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.

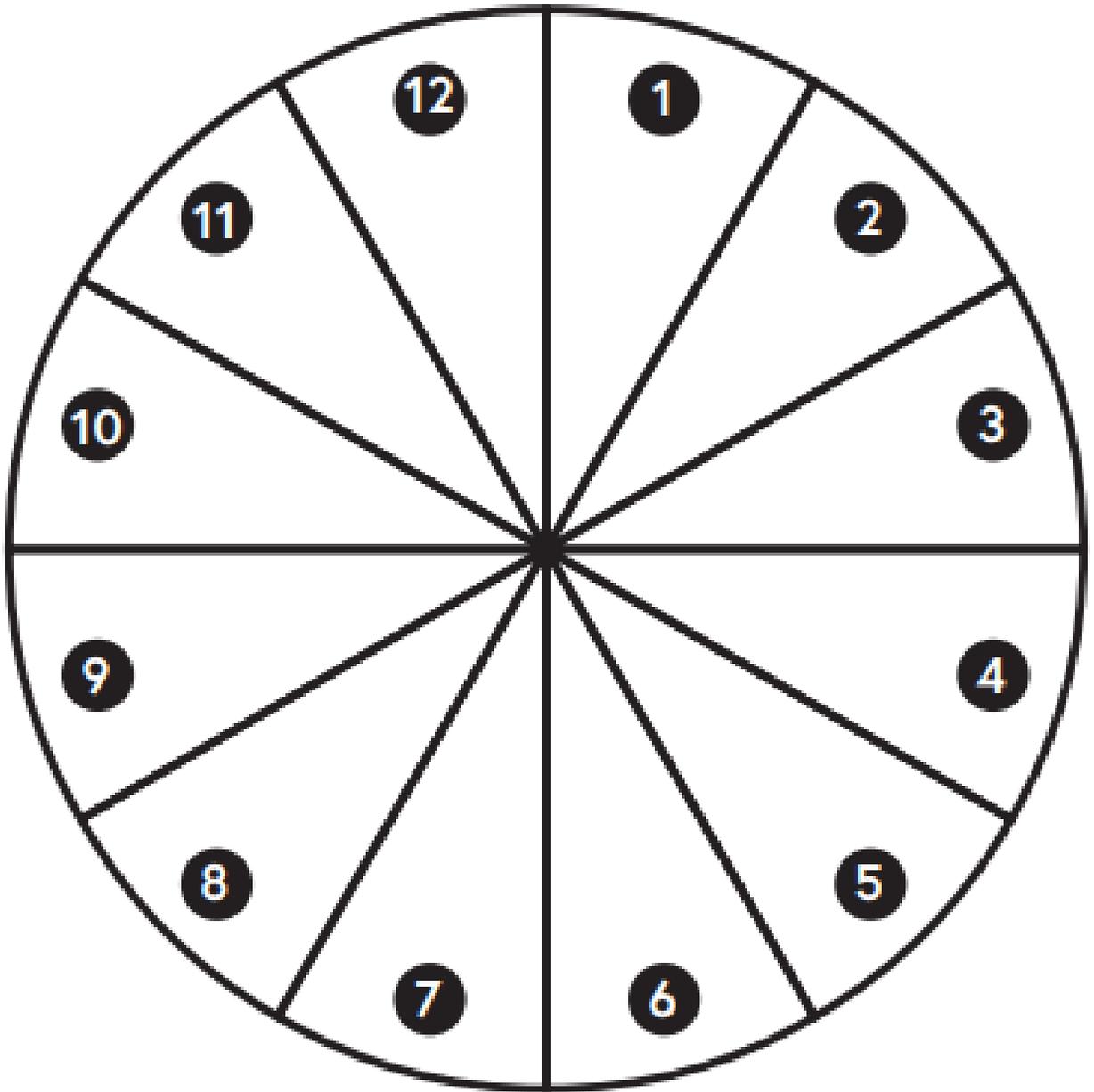
QUICK TIP

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.

The Clock – Try It!



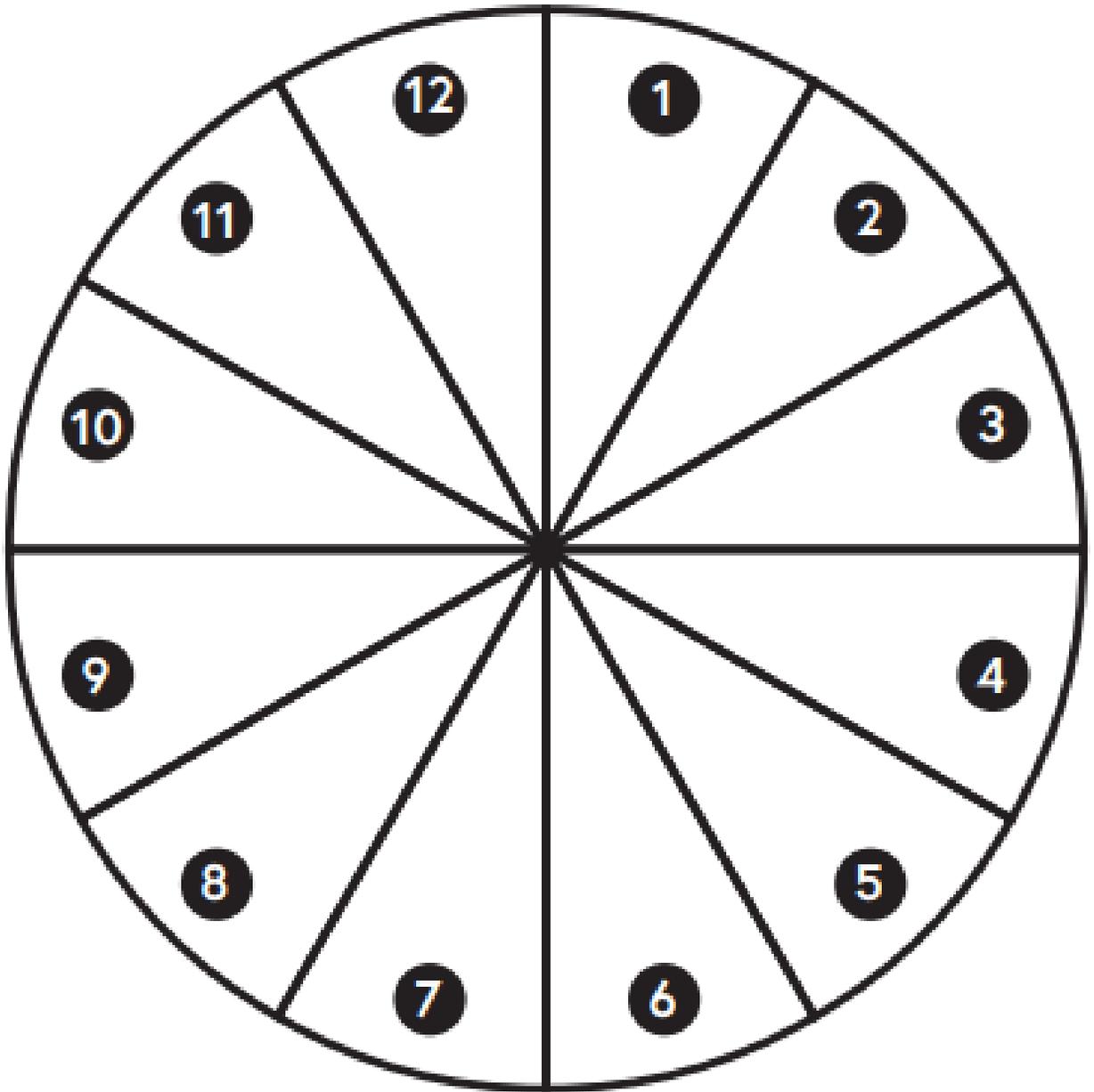
Topic: _____



The Clock – Try It!



Topic: _____

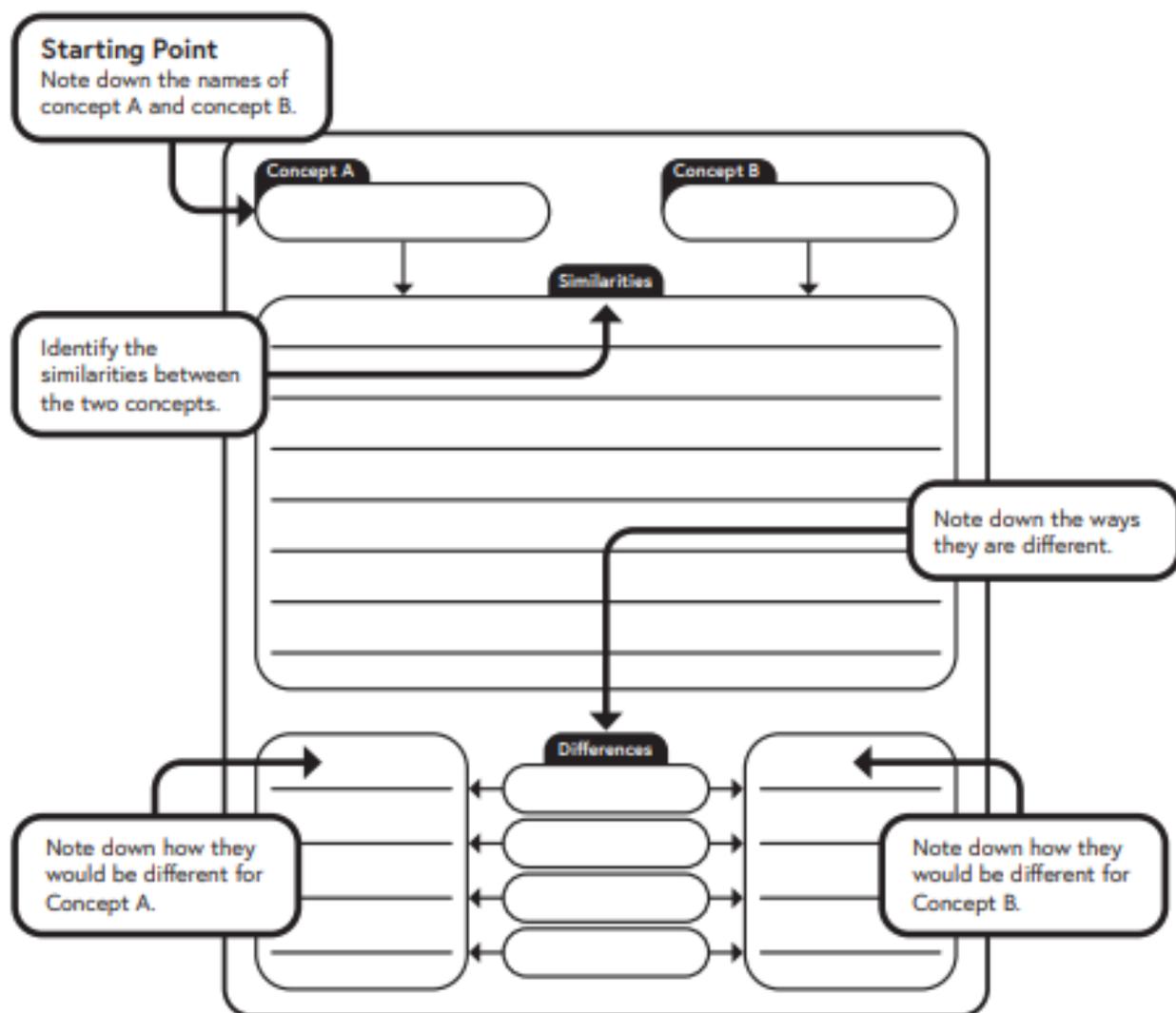


Compare & Contrast Diagram



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

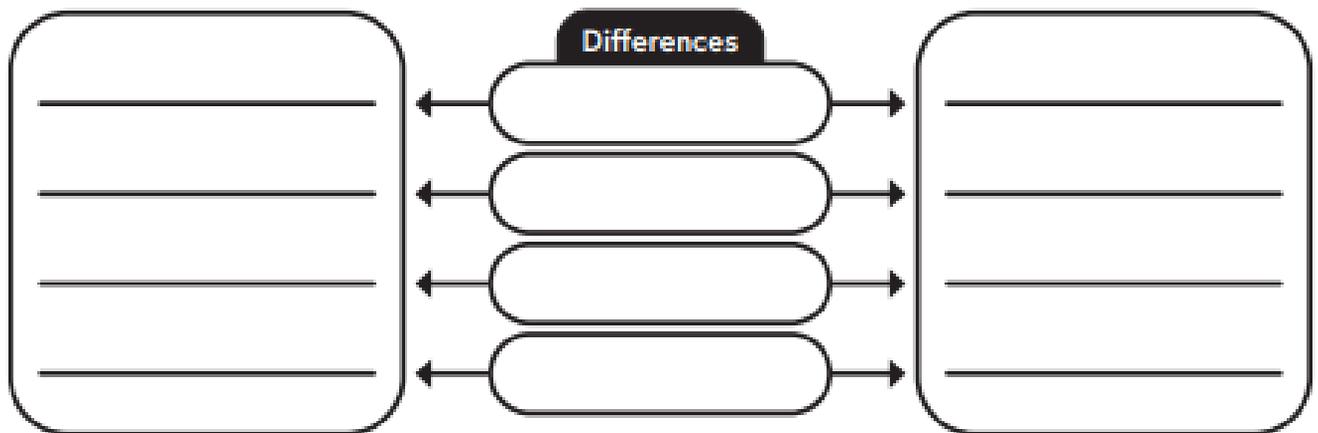
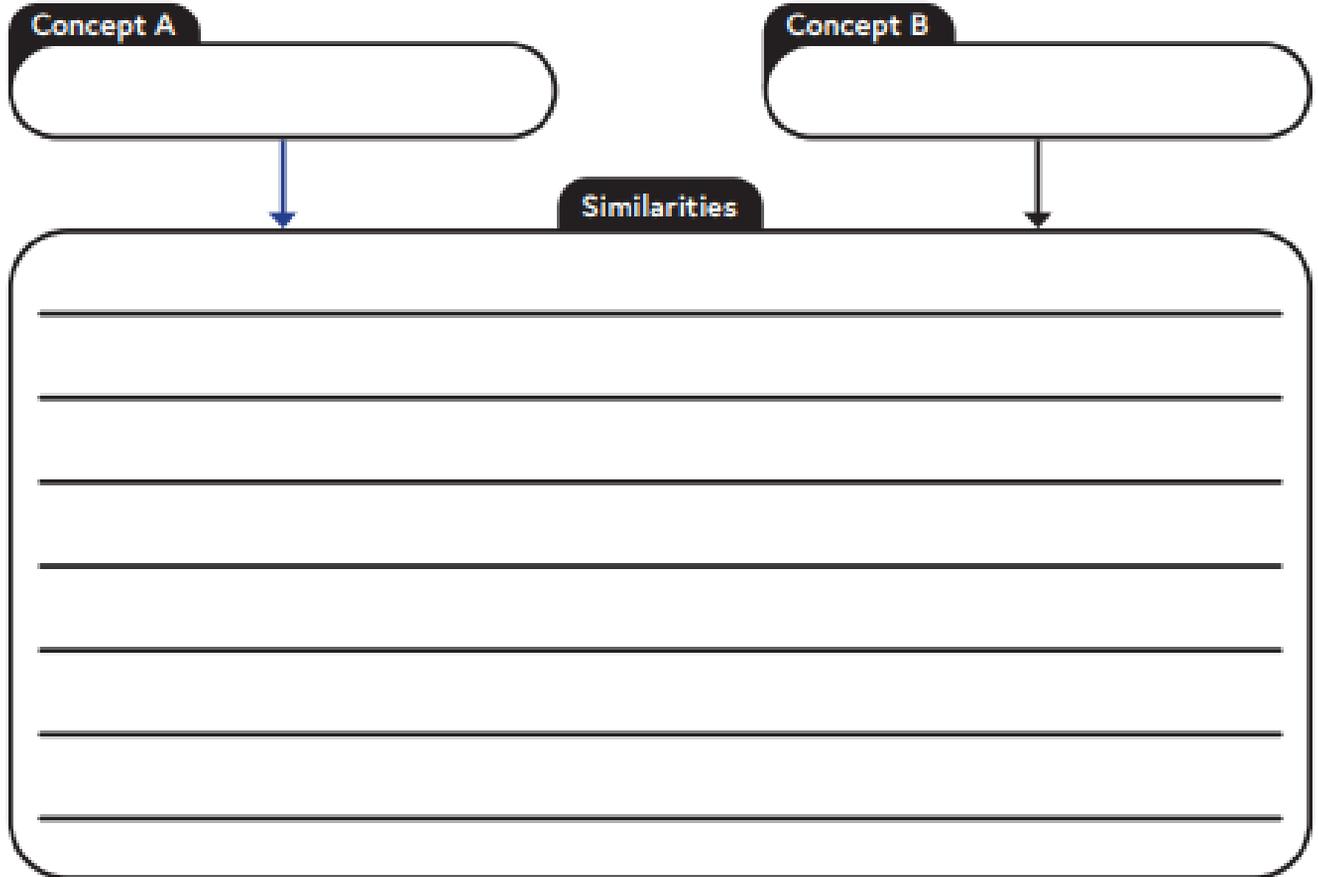
Try to use key words and phrases. Avoid large amounts of text, i.e. simply rewriting your notes onto this structure.

Compare & Contrast Diagram – Try it!



COMPARE & CONTRAST DIAGRAM

Topic: _____

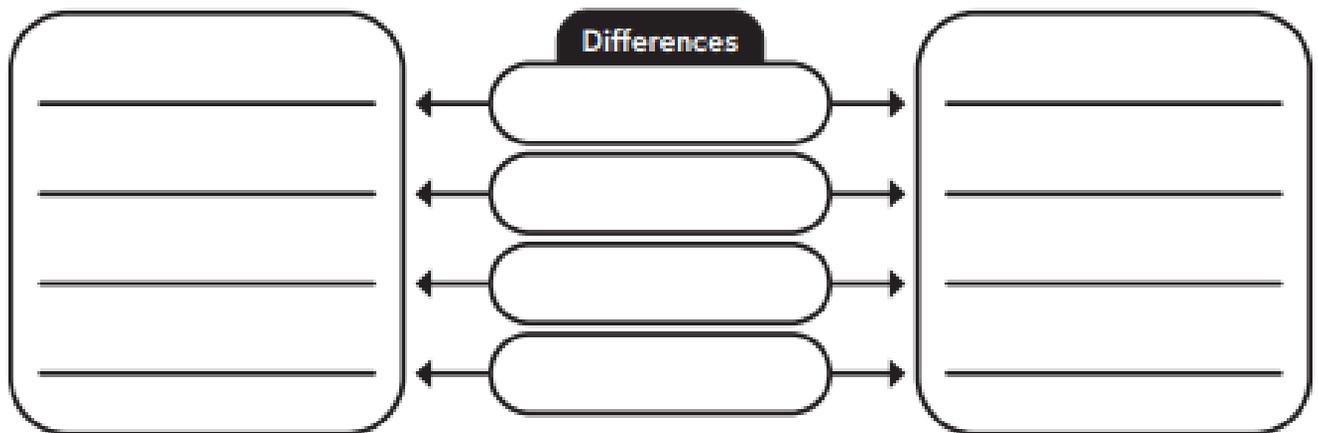
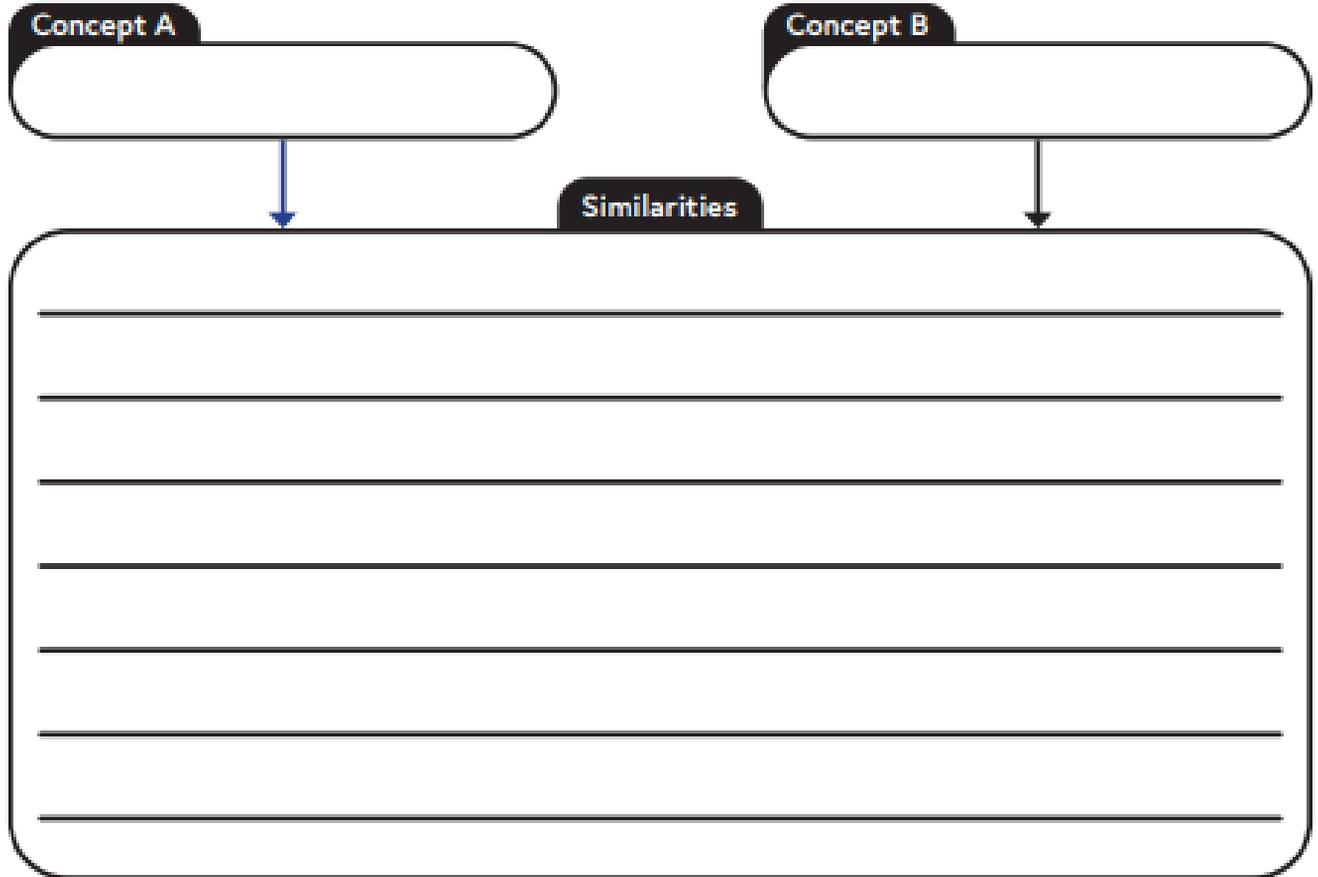


Compare & Contrast Diagram – Try it!



COMPARE & CONTRAST DIAGRAM

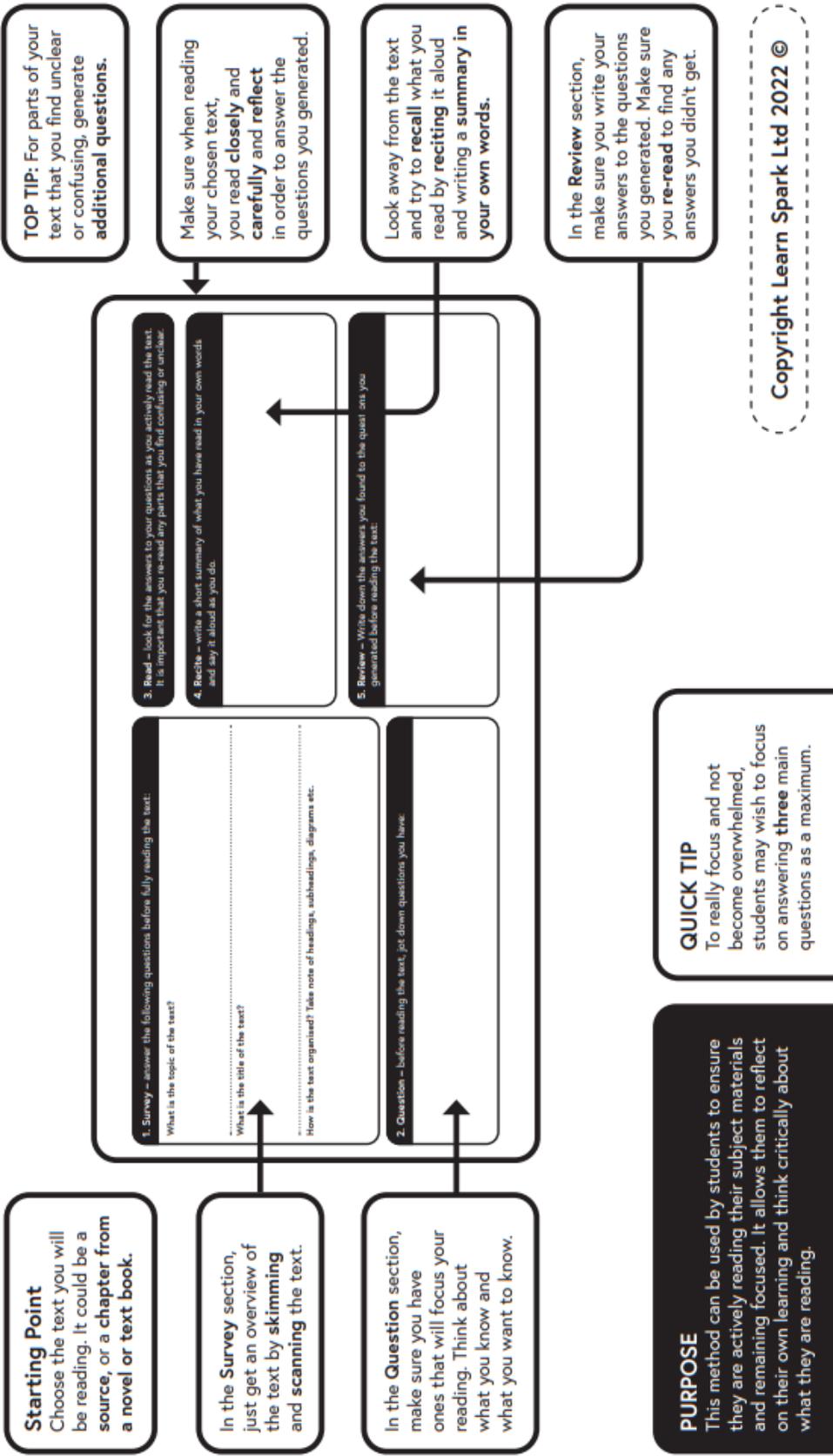
Topic: _____





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 ✗

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...



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	



Topic	What to Learn?	Revision Complete
Palestine in the time of Jesus	Geography of Palestine	
	Describe Home, Synagogue and Temple	
	Know the different types of Religious Leaders	
Life and Teaching of Jesus	Know how Jesus called his first five disciples	
	Know and explain the parables of the Sower, the Prodigal Son, the Lost Coin/Sheep	
Holy Week	Know what happened in the Garden of Gethsemane	
	Explain the two trails of Jesus	
	Describe the events of the Crucifixion	
The empty Tomb and Post Resurrection Appearances	Describe the story of Easter Sunday morning	
	Know who Jesus appeared to after the Resurrection	
	Describe the events of Pentecost	

Any additional notes...



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		



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

Excellence
Respect
Care