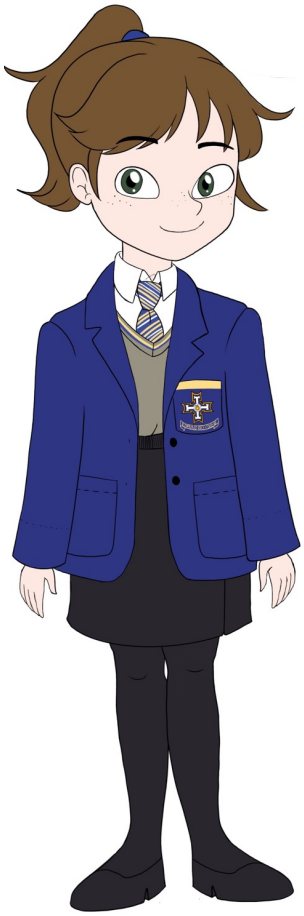
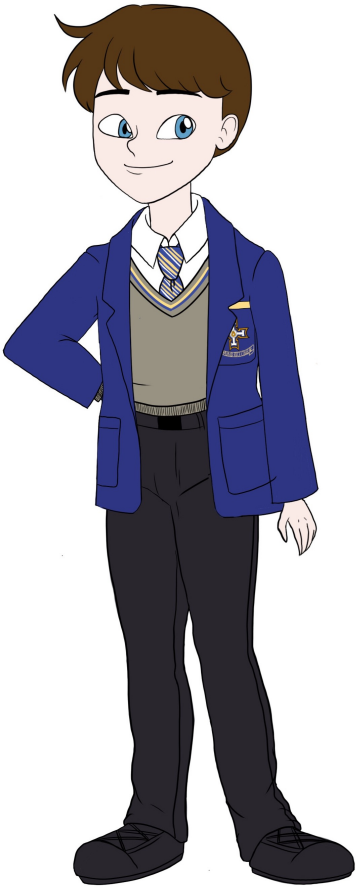
Edmund Rice College

excellence • respect • care

Excellence E Respect R Care C





SCAN ME

Revision Booklet

Year 10

Christmas 2022

Welcome

Welcome to the Edmund Rice College Christmas Revision Guide. The assessment window will open on Monday 28th November for subjects who do not complete Christmas Exams. Exam week however will begin on Wednesday 7th - Tuesday 13th December. In the exam window students will follow the exam timetable on the next page instead of attending normal classes. Details of which subjects have Christmas assessments and which subjects have Christmas exams is detailed in the diagram below.

Christmas Exam	Christmas Assessments
Design & Technology	Art & Design
English	Drama
French	Music
Geography	Physical Education
History	
Home Economics	
Irish	
LLW	
Maths	
Religion	
Science	

This booklet not only contains the Christmas 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.

Wednesday 7th	Thursday 8th	Friday 9th	Monday 12th	Tuesday 13th
P 1-2 Science	P 1-2 English	Home Revision	P 1-2 Geography	P 1-2 French
P 3-4 Maths	P 3-4 LLW		P 3-4 ICT	P 3-4 Irish
P 6-7 Home Economics	P 6-7 Religion		P 6-7 History	P 6-7 Technology

Tel: 028 908 48433
www.edmundricecollege.co.uk
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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 wont. 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.

DON'TS

- 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.

THINK ABOUT IT

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

DON'TS

THINK ABOUT IT

From: Eyal & Li (2019) 'Indistractable'

How To RESIST DISTRACTION & increase Cognitive Control

@Impact Wales

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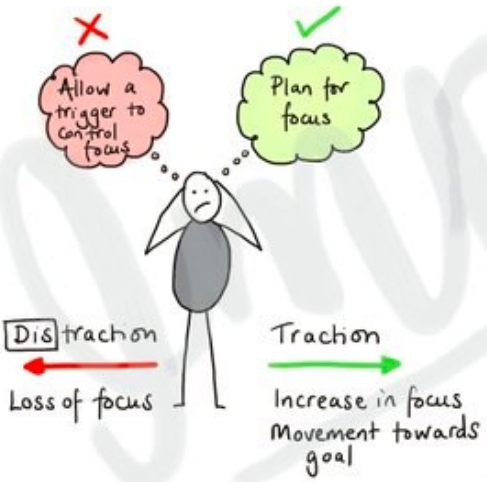
Cognitive control is the ability to monitor, reflect on & govern our thoughts & actions. It is linked to attention, working memory & goal management.



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?

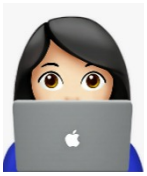
In order to revise effectively, you have to think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time when you find it easiest to focus. This should be a time when you are well-rested and when you are used to working.

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

Revision Timetable

In preparation for you 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, 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 you 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

Writing your timetable

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

Writing your timetable

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

Writing your timetable

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

Writing your timetable

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

Flash Cards

Summary: How to use flash cards

1. Identify knowledge

What are you creating flash cards on?

Do you have your knowledge organizer?

Use your book to look at previous misconceptions from whole class feedback.

2. Colour coding

Use different coloured flash cards for different topics. This helps with organization NOT recall

3. Designing

1 Question per flashcard.

Making them concise and clear.

Use a one word prompt, so that you can recall as much as you can.

No extended answer questions.

4. Using

Write your answers down, then check. Or say your answers out loud. This really clearly shows the gaps in your knowledge.

Do not just copy & re-read.

Shuffle the cards each time you use them.

Use the Leitner system to use flash cards everyday.

5. Feedback

How have you performed when you look back at your answers?

Is there anything you need to revisit in more detail?

Is your knowledge secure? If so, move onto applying knowledge in that area in specific extended exam questions.

Avoid answering the questions in your head: research shows that when you read a question and answer it in your head, you aren't actually testing your knowledge effectively. Say the answer out loud or write it down before checking it against the card, so you are truly testing if you can explain the answer properly

Flash card top tips

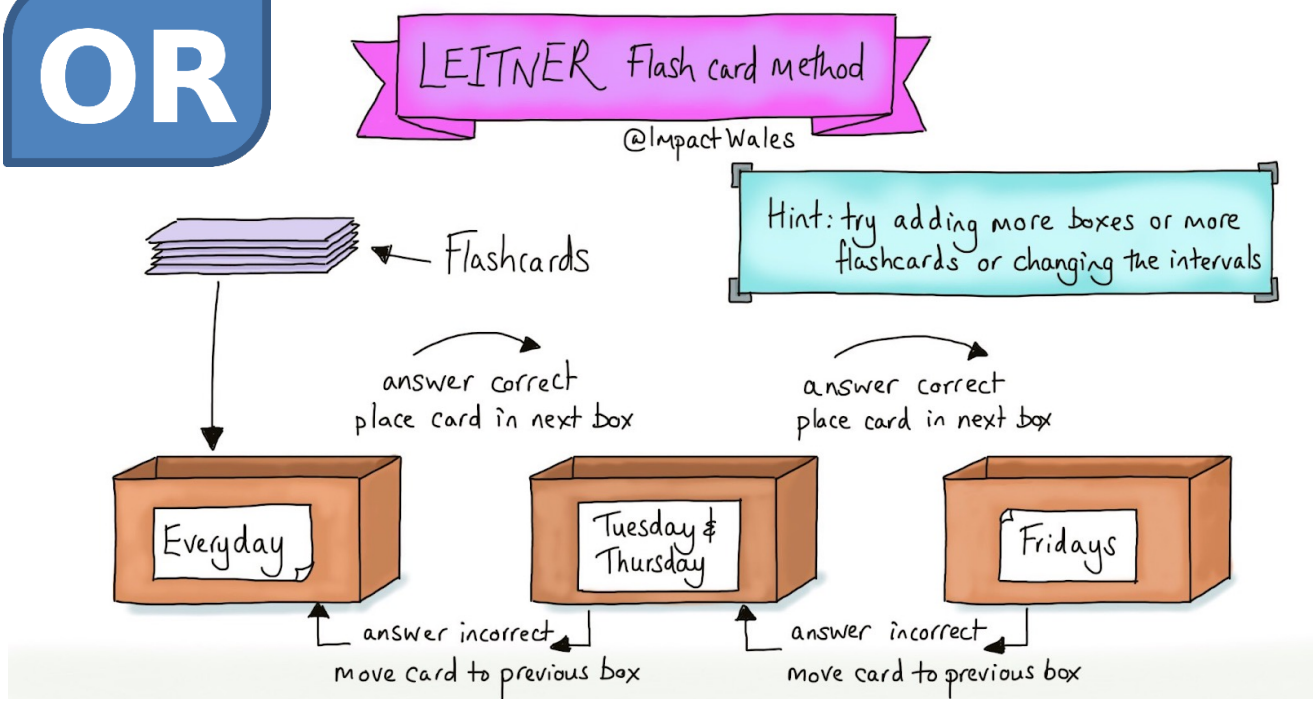
- The most effective flashcards include one question followed by one answer (or one term followed by one definition).
- Don't force your brain to remember a complex wordy answer. It's easier for your brain to process simpler information so split up your longer questions into smaller, simpler ones.
- You will end up with more flashcards this way but your learning will be a lot more effective.

Flash Cards

Using flash cards: Self Quizzing

1. Read the question on your flash card
2. Write your answer in a separate book
3. Put your flash card down to one side
4. Move onto the next card
5. Repeat steps 1-3
6. Keep your flash cards in the order you have quizzed them.
7. Mark your answers – highlight any answers you got incorrect.

OR



1. Every card starts in Box 1.
2. If you get a card right, move it to the next Box.
3. If you get the card wrong, move it down a box — in the original version you move it all the way back to Box 1.

Flash Cards – Getting Started

Quiz 1	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Quiz 2	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Quiz 3	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Quiz 4	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Self Quizzing

Summary: Self Quizzing

1. Identify knowledge

Identify knowledge/content you wish to cover.

2. Review and create

Spend around 5-10 minutes reviewing content (knowledge organisers/class notes/text book)

Create x10 questions on the content (If your teacher has not provided you with questions)

3. Cover and answer

Cover up your knowledge and answer the questions from memory.

Take your time and where possible answer in full sentences.

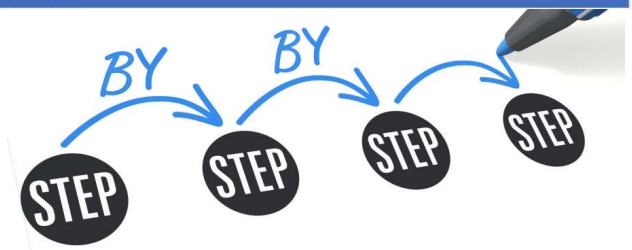
4. Self mark & reflect

Go back to the content and self mark your answers in **green** pen.

5. Next time

Revisit the areas where there were gaps in knowledge, and include these same questions next time.

Ensure that you complete all subjects and all topics – not just the subjects you enjoy the most of find easiest.
Practice makes perfect!



1. Use your revision list, pick one topic and read it until you think you can remember its all.
2. Write out no more that 10 questions (you can use the template provided on the next page if you wish).
3. Cover your notes and answer you questions.
4. Uncover your notes and check your answers.

1. Set up your self quizzes weeks in advance and test yourself on a more regular basis as you get towards the exams.
2. Create new quizzes specifically focusing on the content that you could not remember (don't shy away from things you don't know!).

Self Quizzing

Quiz 1	Question	Answer
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Quiz 2	Question	Answer
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Summary: How to create a mind map

1.

Identify knowledge

Select a topic you wish to revise. Have your class notes/knowledge organisers ready.

2.

Identify sub topics

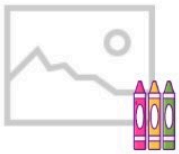
Place the main topic in the centre of your page and identify sub topics that will branch off.

3.

Branch off

Branch of your sub topics with further detail.

Try not to fill the page with too much writing.



4.

Use images & colour

Use images and colour to help topics stick into your memory.

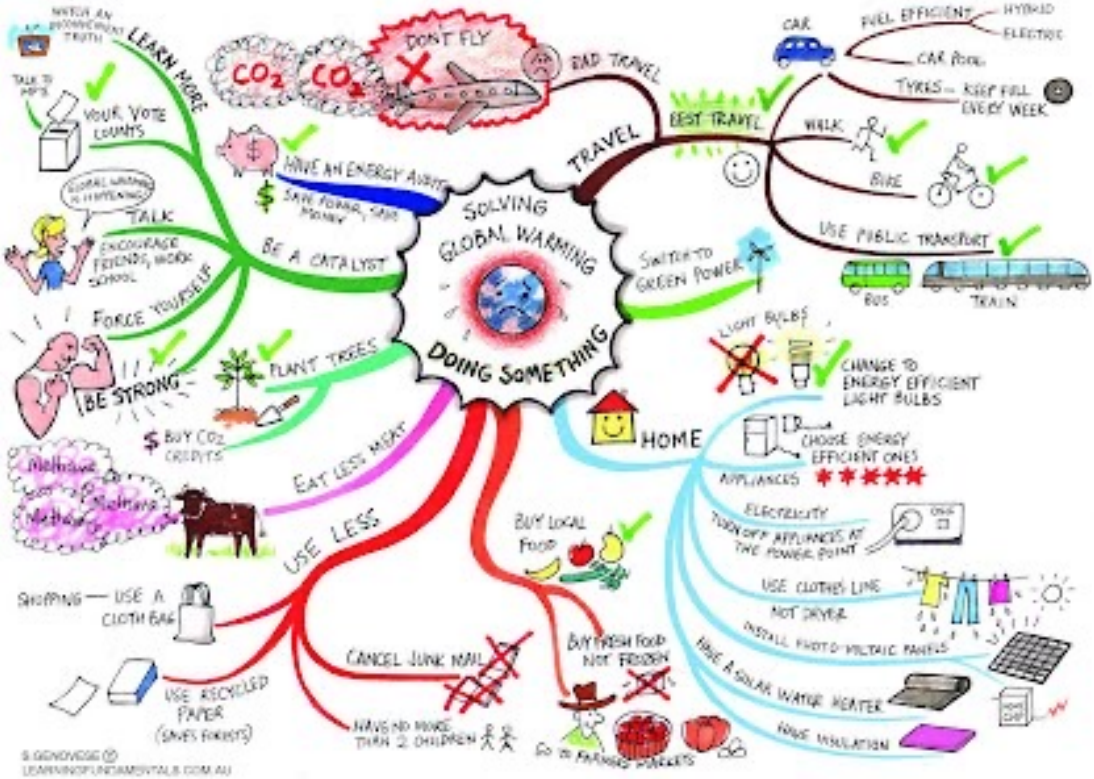
5.

Put it somewhere visible

Place completed mind maps in places where you can see them frequently.

Avoid using too much information: mind maps are designed to summarise key information and connect areas of a topic/subject. If you overcrowd the page, you lose the point of the mind map and will find it harder to visualise the information when trying to recall it

EXAMPLE



Brain Dumps

Summary: Brain dumps

1. Identify knowledge

Identify the knowledge/topic area you want to cover.

2. Write it down

Take a blank piece of paper/white board and write down everything you can remember about that topic. (with no prompts)

Give yourself a timed limit (e.g. 10 minutes)

3. Organise information

Once complete and you cannot remember any more use different colours to highlight/underline words in groups.

This categories/links information.

4. Check understanding

Compare your brain dump to your K/O or book and check understanding.

Add any key information you have missed (key words) in a different colour.

5. Store and compare

Keep your brain dump safe and revisit it.

Next time you attempt the same topic try and complete the same amount of information in a shorter period of time or add more information.

Brain dumps are a way of getting information out of your brain.

Follow the 5 step process to complete your brain dumps for different topics of your choice.

You can also complete this is two colours. One colour for content you know and another colour for content you need to revise / that you added.

Remember these do not need to be as organised as a mind map at first. You just write down everything that you remember about your chosen topic, then you organise it, then you can change colour and add in any information that you have missed out.

You might end up with more than one version of a brain dump.

Design & Technology

Topic	What to Learn?	Revision Complete
Mood Light Project	Electronic Symbols	
	Resistor colour codes	
	How to solder correctly	
	Using a specification to redesign a product	
	Hand Tools	
	Product Evaluation	

Any additional notes…

Exam: Reading for Understanding

Topic: Writer's Craft (Purpose and Audience)

Resources: Pupils should use notes and work produced in lessons and homework

Exam

You must be able to:

- read the passage carefully and thoroughly
- identify key pieces of information from the passage
- explain your answers using the text to support your views
- summarise key points from the passage
- analyse language and structural choices made by the writer and their intended effect on the reader
- analyse tone used in the passage

You must revise the following features and their intended effect on the reader:

Language

Adjective; Verb; Noun; Adverb; Simile; Metaphor; Alliteration; Rhetorical Question; Onomatopoeia; Repetition; Rule of three/triplets; Statistics; Emotive Language; Facts; Opinions; Exaggeration; Exclamations.

Structure and Presentation

- Sentence lengths
- Paragraphs
- Subheadings
- Use of images
- Use of fonts

French

- **Healthy Lifestyle - food, smoking, drugs, alcohol**
- **Body parts, illnesses & advice**

***Focus on spellings and grammar as this assessment will be a written one**

Healthy Life

Healthy Life 2

Food 1

Healthy Life 3

Healthy Eating 4

Food 2

Body 1

Body 2

Body 3

TOPIC	What to learn	Tick Box when revision notes are complete
TECTONICS, EARTHQUAKES AND VOLCANOES	- Key words	☐
	-The earths structure	☐
	-Plate boundaries	☐
	-Types of volcanoes – shield, composite and supervolcanoes	☐
	-Diagram of a volcano	☐
	-Why people live near volcanoes	☐
	-The causes of earthquakes	☐
	-How earthquakes are measured	☐
	-Damage caused by earthquakes	☐
	-The cause of a tsunami	☐
	-Know One case study (an earthquake, volcano or tsunami) • The cause • The effects • The responses	☐

History

Topic	What to Learn?	Revision Complete
The Trenches and Weapons of WW!	Be aware of the trench system and the front line trench.	
	Know about life for soldiers in the trenches.	
	Know the weapons of WW1.	
The Battle of the Somme	Know of the facts surrounding the battle of the Somme.	
	Understand the meaning/methods behind remembrance.	
The War at Sea	Be aware of the German U-boats.	
	Know the facts surrounding the Lusitania and 'Enter USA'.	
The End of WW1	Know the facts surrounding the end of WW1.	
	The Treaty of Versailles.	

Any additional notes…

I am able to: ✓ or ✗

Label the eatwell guide		
List the 5 groups of nutrients and explain the function of each		
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		
Importance of eating calcium and vitamin D. 3 sources of calcium and 3 sources of vitamin D.		
Explain the meaning of anaemia		
List 3 sources of foods high in iron and 3 food sources high in vitamin C		
List 2 symptoms of anaemia		
Explain the difference between haem and non-haem iron		
Difference between simple and complex carbohydrates and 3 food sources of each type		

Any additional notes…

- Types of websites
- Identify features of a website
- Storyboards
- Advantages/disadvantages of websites

Any additional notes…

Irish

Laethanta/Míonna (Days and Months)

Laethanta na seachtaine

Míonna na Bliana

Mise & Daoine eile

Myself and others — Answer questions about yourself and others

Dialann an Lae

Daily Routine — Daily activities in the present tense

Morning, school, after school, bedtime

Laethanta Saoire

Holidays — Tíortha-Countries

An Aimsir-The Weather

An Scoil

School Life — Ábhair Scoile-School Subjects

School Routine

Any additional notes…

LLW - Citizenship

You will be given a written test on ……You will be asked to complete **six** sections. The questions will be asked from the four 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.

Topic 1 – My Community	✓
Where people share a sense of belonging	
Explain changes that you could bring to your community and why.	
Identify who could help bring change about within a community	
Topic 2 – Active Citizenship	
The term when someone gets involved in helping their community	
Explain how people can become active citizens within their community	
Identify what you could do to be more active within your community	
Topic 3 – The importance of the Law	
The definition of the rules that people must follow in the community	
Explain why Law is important in society	
Describe what it would be like if we didn't have Laws in society.	
Topic 4 – Changes in the Law	
Name who is responsible for making changes in the Law	
Explain changes in the Law that have taken place	
Identify one Law that you would like to change	

LLW - Employability

You will be given a written test on _____. You will be asked to complete _____ sections. The questions will be asked from the topics below (we have covered these in class). Once you are confident that you know each topic really well, place a tick in the end column.

Topic 1 – Decision Making	✓
Ways how decisions can be made	
Explain how decisions can be reached	
Goals that are set in school	
Topic 2 – My Options	
Examples of different learning styles	
Explain who helps young people with GCSE choices	
Explain skills that are used in the workplace	
Topic 3 – Being Employable	
Understand why people work	
Motivational factors in your career	
Explain skills to make a person more employable	
Topic 4 – Working for yourself	
What does self-employed mean?	
Understand which roles are classed as self-employed	
Explain steps to set up your own business	

Maths

Use the following list to guide you through your revision.

Watch the videos and complete the quizzes for the HegartyMaths skills in the table.

	Learning Objective To Revise:	**HegartyMaths Skill**	**Revision completed**
1	Use formal written methods for addition and subtraction of integers	Skill 20	
2	Use formal written methods for multiplication and division of integers	Skill 23	
3	Use a Venn diagram to sort data	Corbettmaths Video 380	
4	Find the mean, mode, median and range from a set of data	Skill 404 & 409	
5	Calculate the mean from a grouped frequency table	Skill 418	
6	Draw and interpret scatter graphs	Skill 454	

Any additional notes…

Religion

Topic	What to Learn?	Revision Complete
Getting to know me	Explain with examples the meaning of Outer Self.	
	Explain with examples the meaning of Inner Self.	
	Explain different attitudes towards “Negative” feelings.	
What do I want to become?	Explain the importance of setting goals for yourself.	
	Retell the Parable of the Talents	
	Give examples of your own talents and abilities.	
The Beatitudes	List the Beatitudes.	
	Understand the values behind the Beatitudes and how they can influence our decisions.	
	Give examples of how people can follow the Beatitudes today.	
Death and Eternal Life	Describe what takes place during the stage of a funeral.	
	Define the terms Heaven, Hell and Purgatory.	
	Identify ways of being helpful to someone who is grieving.	

Any additional notes…

_____
_____
_____
_____
_____
_____

I am able to….	Tick
Recall the organs of the Digestive System	
State the definition of an Enzyme	
Explain the role of Amylase (Carbohydrase)	
Explain the role of Protease	
Explain the role of Lipase	
Recall the process of Digestion	
Define an Atoms	
Define an Element	
Define a Molecule	
Define a Compound	
Define a Mixture	
Identify Elements as Metals or Non-metals	
Identify the Groups in the Periodic Table	
Identify the Periods in the Periodic Table	
Identify the reactivity of elements and their position in the Periodic Table	
Recall the uses of common elements	
Recall the composition of gases in the Air	
Count the number of atoms in a compound from its chemical formula	

Any additional notes…

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