

## Year 7 CPSHE Summer Term 1

Topics covered include:

Learning review

Lesson overview

The Ullathorne Way

Revision strategies

CPSHE end of year exam

All subjects end of year exams

### BE ELOQUENT

Have the language skills to ask questions, express our emotions, debate points, engage in conversations, speak to our beliefs and to talk about matters of faith. It is about speaking the truth.

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**The Ullathorne Way**  
The desire for the greatness which God created us for

### BE WISE AND CURIOUS

Recognise that knowledge can empower us to become better people and to build a better future. It is about being eager to learn and actively engaged in our learning. It is about probing, seeking, asking and questioning. It is to think for our self and to become an independent and lifelong learner.



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The desire for the greatness which God created us for

### BE GRATEFUL

Recognise and be thankful for the gifts that we have been given: our health and our family; our shelter and security; our friends and community; our education; our talents and pastimes. From recognising all that we have, we grow to be generous with our time and talents.



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## Revision Methods

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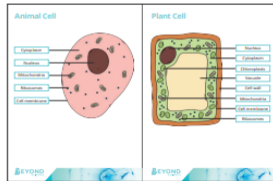
Just reading through your book or a knowledge organiser is not an effective way to revise. Instead, you should do something with the information. Choose one of the revision methods below or see if you can come up with your own way to use the content from this topic.

Make some flash cards.



Write down key words, questions or equations on one side of a card. On the other side, write the definition or answer. Use them to test yourself or ask a friend or family member to test you.

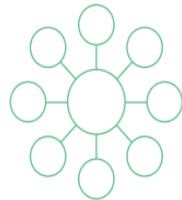
Make a poster.



Turn your notes into posters with lots of colour and illustrations. Summarising the key information in a different way is an effective way of learning information and your brain will remember the colours and pictures more easily.

Handy hint: Add your title after you have written all the information so you don't waste too much time trying to make it look nice!

Draw spider diagrams or mind maps.



Write the topic or a key word in the centre of your page. Add everything you know about the topic in subtopics around the centre. Colour and pictures will help to make the information more memorable.

Write a story or comic strip.



Take the key words or facts that you need to learn and turn them into a story or a cartoon. The more imaginative or silly your story, the more likely you are to remember the ideas. This is a great method if you have to learn a sequence of events in a process.

Write a quiz.

Questions
1 - A B C D
2 - A B C D
3 - A B C D
4 - A B C D

Write a quiz to test yourself or a friend on the key facts from the topic. You could even ask a friend or family member to test you using the questions. If you want to be really creative, you could turn it into a gameshow with a group of friends!

## Top 10 Revision Tips

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1. Make a revision timetable based on the subjects you are studying and the timings of your exams. Prioritise the subject which have the earliest exams.
2. Use mind maps and diagrams to help you remember things: they help you to be able to connect ideas together and so it'll be easier to remember them.
3. Know your learning preferences: we don't all learn in the same way, so make sure that you know how you best learn and try and adapt your revision.



4. Know when you learn best: first thing in the morning? Last thing at night?

5. Take regular breaks so that you don't overdo it: there's no point studying for hours and hours if you're not remembering anything. Take a break, go for a walk or a run... exercise is great for refreshing the brain!

6. Work with friends or classmates: you don't always have to study on your own; it's often more productive to work with others and share ideas or just support each other in your learning.



7. Put your phone and laptop away: it's really tempting to keep checking your phone and social media, but don't let this interrupt vital revision.

8. Find a good place to study: some people prefer to sit at a desk, others on their bed. Find where you are comfortable and make it your 'learning space'.

9. Use different ways of studying for different subjects: each subject is examined in a different way, so why try to do the same revision activities for each? If you're taking a Modern Foreign Language, flashcards and audio clips may be helpful.



10. Keep calm and don't panic: take each day at a time and don't panic if one day you are struggling to focus. Leave the revision and do something else; you can always start again later.

