



Plymstock School

Achieving Excellence through Curriculum and Culture





1. Remember to breathe

Setting aside a couple of minutes every day to practice some breathing exercises, helps you to calm down your body's stress response and shift your attention back to the present moment.

In turn, this gives you time to rationally think through the anxieties you have, rid yourself of unhelpful thought patterns and enables you to deal with a large number of exams and begin more effective revision.

If feeling overwhelmed Square Breathing can help calm the mind

When we breathe too fast, we take in too much oxygen, but don't give ourselves a chance to release carbon dioxide which can make us feel sick and dizzy. Square breathing is a way of getting the right levels of oxygen back and bringing our breathing back under control.

Focus on something square – a piece of paper, a paving slab, a window, a table – anything. Move your eyes to trace the edge of square.

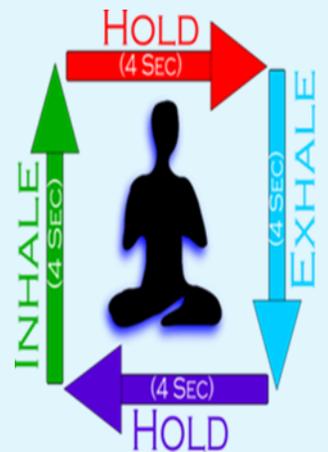
- Breathe in
- Hold
- Breathe out
- Hold

This is especially useful when you have been breathing too quickly, as it helps to get your oxygen levels and heart beat back to normal.

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

https://www.youtube.com/results?search_query=mindfulness+mark+williams

<https://www.headspace.com/headspace-meditation-app>

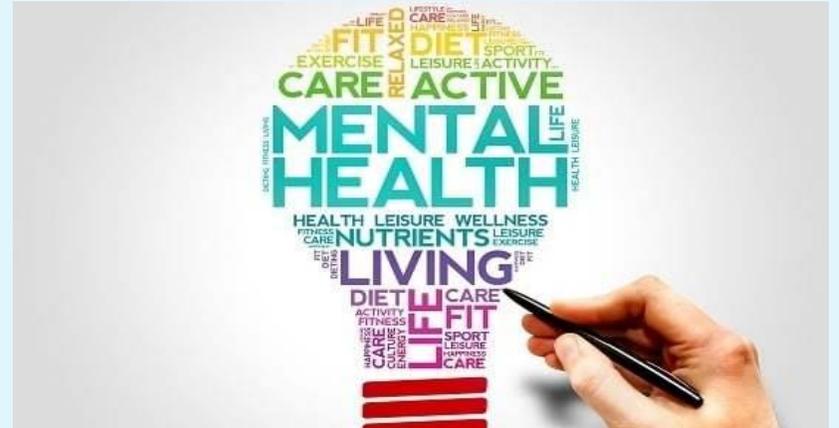




2. Eat, sleep and exercise well

Pulling all-nighters, surviving on a poor diet, and getting minimal amounts of movement into your day can increase symptoms of anxiety.

For your body's best performance, make sure you're getting 8/9 hours of sleep, enough slow-release carbs, less caffeine and more water, and at least half an hour of exercise per day.





3. Set realistic goals

Setting realistic goals, whether you have several weeks, days or hours before your exam, helps you to put everything into perspective.

Acceptance of your situation and working within the realms of what you have maximises your productivity without the risk of burning yourself out.





4. Don't go it alone

Research shows that revising with peers is an effective study technique as it allows individuals to better absorb their own notes.

Furthermore, the emotional benefits of social support tend to include a better sense of confidence and autonomy.





5. Pace yourself through panic

Panicking before, during or even after an exam is common among students.

If you experience it at any point, take six deep breaths, hydrate yourself, and then go back the problem at hand, being sure to break it down into several, manageable chunks.

Remember that there is usually a rational solution to every problem, even if you can't see it at first glance.



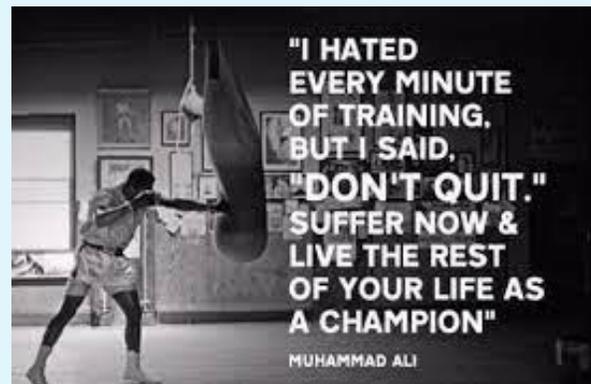


6. Believe in yourself

When being constantly faced with new challenges, we often forget to look back at how far we have come and how much we have already achieved. Given that you have prepared well, there should be no reason for you to worry.

Therefore, when experiencing a negative thought, try to replace it with a positive one. For example, instead of thinking 'If I don't get at least....., I am a failure', think 'Whatever I get, I will be proud of myself and value how much I have already achieved'.

You can do this!





7. If you feel like you are struggling, talk to someone

Asking for help is never shameful.

When struggling, talk to friends, family, or someone at school about how you are feeling.

Alternatively, don't be afraid to seek professional help and support.



[Text Shout to 85258](https://www.shout24.org/)



<https://www.happymaps.co.uk/self-help-for-children-and-young-people/>



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A LEVEL REVISION RESOURCES

Yr 13 January & Summer Exam Timetables Example Revision Timetable

Year 13 Revision Guide

Year 12 Revision Guide

<https://sites.google.com/plymstockschool.org.uk/alevelrevision/home>

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OCR A-level Biology (B) Revision - Physics & Maths Tutor

Revision for OCR Biology (B) AS and A Level Papers, including summary notes, worksheets and past exam questions for each topic.

Biology B

OCR A-level Biology (A) Revision - Physics & Maths Tutor

Revision for OCR Biology (A) AS and A Level Papers, including summary notes, worksheets and past exam questions for each topic.

Biology A

Business (OCR Cam Tech)

My Drive > Exam Preparation Mate... > Biology A

Type People Modified Source

Name	Owner	Last m...	File size
2020	me	Mar 24, 2025	—
2022	me	Mar 24, 2025	—
2018	me	Mar 24, 2025	—
2020	me	Mar 24, 2025	—
2021	me	Mar 24, 2025	—
2019	me	Mar 24, 2025	—
Biology A Spec.pdf	me	Mar 18, 2025	15.6 MB
Biology Skills Sheet.pdf	me	Mar 25, 2025	430 KB



4 Uses of AI: staying organised

2) Generating to-do lists &

3) Prioritising tasks

“I am studying A-Level Maths with AQA. Help me design a to do list which enables me to prioritise my key tasks. Ask me a series of questions about when my exams are and key content I want to revise, as well as any homework I have been set. Use my responses to design the list with clear prioritisations.” - Me



4 Uses of AI: staying organised

2) Generating to-do lists & 3) Prioritising tasks

Great! Let's build a personalised and prioritised to-do list for your A-Level Maths revision and tasks. I'll ask you a few questions to understand your schedule, goals, and current workload. Based on your answers, I'll create a clear, structured list with priorities.

 **Let's start with the basics:**

When are your A-Level Maths exams?

(Please include the exact date(s) if you know them.)

Which topics or units do you find most challenging or want to prioritise for revision?

(E.g., Pure Maths, Statistics, Mechanics, specific chapters or concepts.)

Have you been set any homework or assignments recently?

(Please list them with due dates if possible.)

How many hours per week can you realistically dedicate to Maths revision?

Do you have any mock exams, assessments, or school deadlines coming up before the final exams?

Would you like your to-do list to include active revision strategies?

(E.g., past papers, flashcards, topic summaries, teaching someone else.)

Once I have your answers, I'll design a tailored to-do list with clear priorities and timeframes. Ready when you are!

- AI



4 Uses of AI: staying organised

2) Generating to-do lists & 3) Prioritising tasks

1. 1st July and 9th July
2. Pure Maths, Statistics
3. Complete my statistics homework by 17th June
4. 7 hours
5. Yes, I have mock exams on 20th June.
6. I'd like to do past papers and flash cards. Can you also create a quiz for me for each of the main topics? Put this after the revision schedule.

- Me



4 Uses of AI: staying organised

2) Generating to-do lists & 3) Prioritising tasks

Your Personalised A-Level Maths To-Do List

Key Dates

Statistics Homework Due: 17th June

Mock Exams: 20th June

Final Exams:

Paper 1: 1st July

Paper 2: 9th July

Top Priorities (This Week: 10th–17th June)

1. Statistics Homework

 **Due:** 17th June

 **Task:** Complete and review your statistics homework.

 **Tip:** Use this as an opportunity to revise key stats concepts.

2. Mock Exam Preparation

 **Focus Areas:** Pure Maths & Statistics

 **Schedule:**

10th–12th June: Revise Pure Maths (Functions, Calculus, Algebra)

13th–15th June: Revise Statistics (Probability, Distributions, Hypothesis Testing)

16th–17th June: Mixed past paper questions (Pure + Stats)

3. Active Revision

 **Past Papers:** Do 1 paper every 2 days starting 13th June.

 **Flashcards:** Create 10–15 flashcards per topic after each revision session.

- AI



4 Uses of AI: staying organised

2) Generating to-do lists & 3) Prioritising tasks

Medium Priority (Post-Mocks: 21st June–30th June)

1. **Mock Review**

-  Go through your mock papers and identify weak areas.
-  Revisit those topics with focused revision.

2. **Mechanics Brush-Up**

 Even though it's not your top priority, spend 2–3 sessions reviewing Mechanics basics.

3. **Timed Practice**

-  Simulate exam conditions with full past papers (alternate between Pure and Stats).

Final Push (1st–8th July)

 **1st July:** Paper 1 Exam

 **2nd–8th July:** Focus on Paper 2 content and review mistakes from Paper 1.

 **Past Paper Practice:** 2 full papers under timed conditions.

 **Flashcard Review:** Daily 15-minute sessions. - AI



4 Uses of AI: staying organised

2) Generating to-do lists & 3) Prioritising tasks

Pure Maths Quiz

1. What is the derivative of $f(x) = x^3 + 2x$?
2. Solve for x : $2x^2 - 5x + 2 = 0$
3. What is the sum of the first 10 terms of the arithmetic sequence: 3, 7, 11, ...?
4. Which of the following is a valid transformation of $y = \sin(x)$?
 - A) $y = \sin(x) + 2$
 - B) $y = \sin(2x)$
 - C) $y = 2 \sin(x)$
 - D) All of the above
5. What is the integral of $f(x) = 3x^2$?



4 Uses of AI: staying organised

4) Creating personalised revision to-do lists

“ I am studying A level sociology AQA help me design a to do list which enables me to revise the Family and Household unit. I would like exam questions ranging in size 2- 30 marks. Can you also help me create quizzes for each key theory covered in the specification” Me



4 Uses of AI: staying organised

4) Creating personalised revision to-do lists

“Perfect — I can help you build a structured **revision to-do list** for the **Families and Households** unit (AQA A-level Sociology), complete with exam-style questions and quizzes for each theory. I’ll break it down into:

- **To-do list (revision tasks)**
- **Exam questions (2–30 marks)**
- **Quizzes by theory”** AI



4 Uses of AI: staying organised

4) Creating personalised revision to-do lists

1. To-Do List for Revising the Family Unit

Step 1: Core Knowledge

- Summarise the **functions of the family** (Functionalism, Marxism, Feminism, Personal Life perspective).
- Learn **family diversity** (e.g., nuclear, extended, lone-parent, same-sex, beanpole families).
- Revise **changing patterns** (marriage, divorce, cohabitation, fertility rates, life expectancy).
- Study **demography** (births, deaths, migration, ageing population).
- Revise **childhood as a social construct** (historical & cross-cultural comparisons).
- Explore **domestic division of labour & power relationships** (housework, childcare, decision making, domestic violence).
- Link families to **social policies** (UK welfare, childcare, divorce law, globalisation).

Step 2: Apply & Analyse

Generate flashcards for memorisation from: **Domestic Family, Golden Rule, Giddens**.

+ Ask anything

ChatGPT can make mistakes. Check important info. See [Cookie Preferences](#)

"I can also turn these quizzes into **multiple-choice question sets** or even **flashcards** if that would help you practice recall.

Would you like me to **design this whole plan as a weekly revision timetable**, spreading tasks, quizzes, and exam questions across, say, 3–4 weeks?" AI



4 Uses of AI: staying organised

4) Creating personalised revision to-do lists

“Help me create a revision timetable for my January mocks beginning on 12th January. Revision to start w/c 22 September. I study Sociology A Level AQA, Psychology A Level AQA, Biology A A Level OCR. The mocks will cover all Year 12 content and the first unit of year 2 content. I don't have specific mocks dates yet. Please include varied revision tasks. I can commit to 8 hours of revision a week. I need a week off w/c 22 December for Christmas” Me



4 Uses of AI: staying organised

4) Creating personalised revision to-do lists

Got it 🙌 Thanks for sharing the details. Let's build you a **balanced, realistic timetable** from w/c 22nd September → up to your mocks starting 12th January, with 8 hours per week, a Christmas break (w/c 22nd Dec), and coverage of:

- **Sociology (AQA)** – all Year 12 + first Year 13 unit
- **Psychology (AQA)** – all Year 12 + first Year 13 unit
- **Biology (OCR A)** – all Year 12 + first Year 13 unit

I'll spread hours fairly across subjects, gradually increase intensity, and mix in different revision techniques (active recall, practice papers, mindmaps, quizzes, flashcards).

Overview

- **22 Sep – 20 Oct (Weeks 1–4): Foundation Review** → cover core Year 12 topics, identify weak areas.
- **21 Oct – 17 Nov (Weeks 5–8): Consolidation** → revisit tougher content, integrate first Year 13 topics.

+ Ask anything

Sample Weekly Plan (repeat structure with topic rotation)

Monday (1 hr – Biology)

- Review one Year 12 topic (e.g., Cell Structure) using textbook + flashcards.
- End with 5 past-paper Qs.

Tuesday (1 hr – Psychology)

- Revise a research method or key study.
- Create mindmap of strengths/weaknesses.

Wednesday (1 hr – Sociology)

- Revise one theory (e.g., Functionalism).
- Write 10-minute practice paragraph (PEEL).

Thursday (2 hrs – Biology)

- Go deeper into tricky topic (e.g., Photosynthesis).
- Use active recall, exam questions, diagrams.

Saturday (2 hrs – Psychology + Sociology)

+ Ask anything

Week 14 (22–28 Dec) 🌲 CHRISTMAS BREAK – No revision

Week 15 (29 Dec – 5 Jan)

- Focus: Final weak spots.
- Biology: quick-fire recall Qs, diagrams.
- Psychology: 12/16 marker essays.
- Sociology: Plan out 20/30 mark essays.

Week 16 (6–12 Jan)

- Light recap week:
 - 1 hr/day, rotate subjects.
 - Focus on flashcards, essay plans, definitions.
 - Sleep + rest.

👉 Would you like me to turn this into a calendar-style timetable (week by

- **18 Nov – 15 Dec (Weeks 9–12): Exam Practice** → timed essays, application Qs, mixed-topic tests.
- **16 Dec – 5 Jan (Weeks 13–15): Final Prep** → intense exam-style revision (except Christmas break w/c 22 Dec).
- **6–12 Jan (Week before mocks): Polishing** → light recap, essay plans, key facts, rest.

Weekly Time Split (8 hrs/week)

- Biology – 3 hrs
- Psychology – 2.5 hrs
- Sociology – 2.5 hrs

Sample Weekly Plan (repeat structure with topic rotation)

Monday (1 hr – Biology)

- Review one Year 12 topic (e.g., Cell Structure) using textbook + flashcards.

+ Ask anything

Week-by-Week Focus

Here's a condensed roadmap:

Weeks 1–4 (22 Sep – 20 Oct)

- Bio: Cells, Biochem, Enzymes, Membranes, Exchange.
- Psych: Approaches, Attachment, Memory.
- Socio: Education, Methods in Context.
- Tasks: Notes, flashcards, diagrams, low-stakes Qs.

Weeks 5–8 (21 Oct – 17 Nov)

- Bio: Transport, Nervous System, Immunity (Yr13 intro).
- Psych: Psychopathology, Research Methods (Yr13: Biopsych).
- Socio: Families, Methods (Yr13: Theory).
- Tasks: Past-paper Qs, essay plans, mixed-topic tests.

Weeks 9–12 (18 Nov – 15 Dec)

- Bio: Consolidate Year 12 + Yr13 DNA/Genetics

+ Ask anything

