

# ***A Level Mock Revision Guide***

## ***January 2026***

PREPARING FOR THE EXAM IS A SERIOUS BUSINESS



## A Level Mock timetable January 2026

*Please remember that unless otherwise indicated, all exams are in the Common Room.  
Please make sure you arrive in good time to make a prompt start at 8.55, 11.20, or 2.00pm*

Week 2	1 & 2	3 & 4	5
Wed 07/01	<b>Health &amp; Social Equality and Diversity</b> (External exam) 1hr 30mins <b>Cam NAT AAQ Principles of Health &amp; Social</b> 1hr 30m		
Fri 9/01			<b>Health &amp; Social Health, Safety &amp; Security</b> (External exam) 1hr 30m
Week 1	1 & 2	3 & 4	5
Mon 12/1	<b>English</b> Paper 1 (Love Through the Ages) 3hrs <b>Law</b> Paper 1 (Legal system & Criminal Law) 2hrs		<b>Health &amp; Social Anatomy &amp; Physiology</b> (External exam) 2hrs
Tues 13/1	<b>Maths</b> Paper 1	<b>Sport</b> Paper 1 (Physiological factors affecting performance) 2hrs	
Weds 14/1	<b>History</b> Paper 1 (Russia) 2hr 30m <b>Geography</b> Paper 1 (Physical Geography) 2hrs 30m		
Thurs 15/1	<b>Psychology</b> Paper 1 2hrs <b>Media</b> 2hrs 15m (In classroom)		
Fri 16/1	<b>Physics</b> 2hrs	<b>Sociology</b> (Education & Crime) 2hrs <b>Sport</b> Paper 2 (Psychological factors affecting performance) 1 hr	
Week 2	1 & 2	3 & 4	
Mon 19/1	<b>Chemistry</b> 2hrs 15m <b>Product Design</b> 2hrs 30m <b>Law</b> Paper 2 (Law making & Law of Tort) 2hrs		
Tues 20/1	<b>Psychology</b> Paper 2hrs <b>English</b> Paper 2 (The struggle for modern identity) 2hrs 30m		
Wed 21/1	<b>Maths</b> Paper 2 (Stats & Mechanics) 2hrs	<b>Sociology</b> (Family & Media) 2hrs <b>Sport</b> Paper 3 (Socio-cultural factors) 1hr	
Thurs 22/1	<b>Biology</b> 2hrs 15m <b>Business</b> Paper 1 – 2hrs		
Fri 23/1	<b>Geography</b> Paper 2 (Human Geography) 2hrs 30m <b>History</b> Paper 2 (China) 1hr 30m		

**Unit 1 Criminology** (Changing Awareness of Crime) Year 12 & some 13 12<sup>th</sup> February  
Periods 1 – 4 13<sup>th</sup> February Periods 1-4

### Topic checklist

Topic to cover	Read through notes	Revised this	Written exam answer

### Revision hit list

**Subject:**

**Exam paper:**

Topic	Where to start

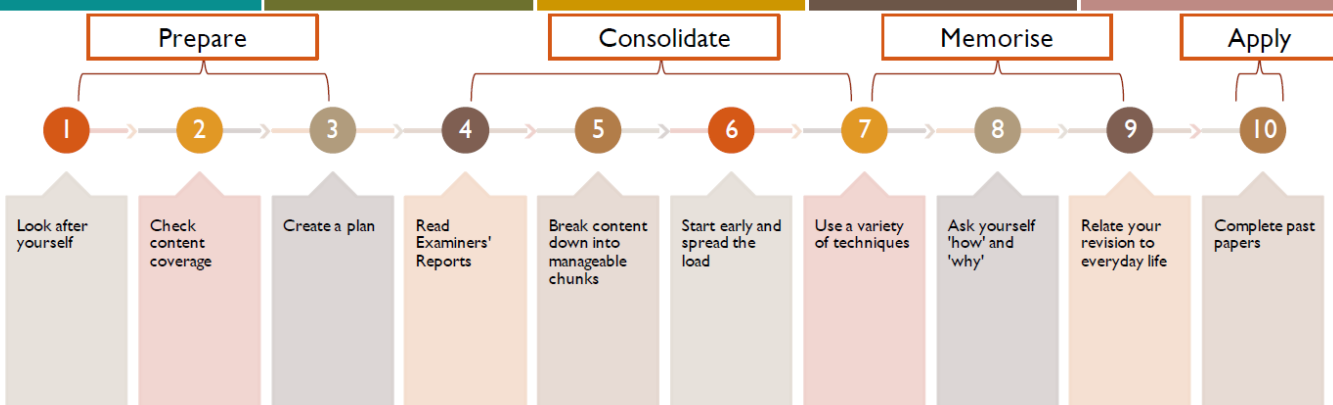
# SIXTH FORM REVISION - INTRODUCTION

There is a huge amount of research that has been carried out into the importance of revision. Essentially, revising reinforces your knowledge and understanding of the key concepts, methodologies and facts that you will be tested on in the exam and can also boost your confidence and reduce anxiety as you move towards the exam period.

“Successful revision is about getting yourself organised, starting as early as possible, building some momentum and ensuring that the time you put in is as effective and efficient as possible.”

2

## TOP TEN TIPS – BASED ON SCIENTIFIC RESEARCH



■ These are the Top Ten Tips for effective revision based on extensive scientific research

## Revision techniques

You will have factual information to commit to memory. On average, humans can remember 7 things in their working memory. This means we sometimes need simple strategies either to work around this fact, or to maximise this limited capacity. One such strategy is to **write things down**.

By doing this, we don't have to store and juggle lots of information in our working memory; we can store it on a piece of paper and refer back to it when we need it.

**Space out your study sessions** instead of cramming everything at the last minute. This leaves you enough time to forget and re-learn: a process that helps you cement and imbed knowledge in your memory.

The following techniques should help with your revision sessions.

## *Chunking*

Chunking' is when small bits of information are grouped together. For example, it is much easier to remember a number sequence like

**'2, 8, 0, 3, 1, 9, 8, 5'**

when it is chunked into three groups (i.e. in a calendar format) like this:

**'28, 03, 1985'**.

# Acronyms

To make an acronym, you take the **first letter of each word** in a list and rearrange to make a **memorable word**.

In history, we might remember Mussolini's rise to power with the word  
**SIMPLE**



Socialist threat  
Intimidation & Violence  
March on Rome  
Political tactics  
Liberal failings  
Effects of WW1

## Top Tips for Creating Acronyms

- List the information that you need to remember.
- Write down the initials of the keywords.
- Rearrange the letters to form a new word or phrase which you will remember!

Sixth Form

# Mnemonics

Mnemonics are a **pattern of letters or ideas** that help you recall larger pieces of information, connecting the encoded mnemonic to **existing memories** and moving it from your **working memory** to your **long-term memory**.

You can take the first letter of each word in a list to create a memorable phrase

*Richard Of York Gave  
Battle In Vain*

helps recall the colours in the spectrum of light:

*Red Orange Yellow Green  
Blue Indigo Violet*

*Please Excuse My  
Great Aunt Sally*

helps recall the order of operations in maths:

*Parentheses, Exponents,  
Multiply, Add  
& Subtract*

Sixth Form

# Interleaved Practice\*

*\*Frequent changing of task*



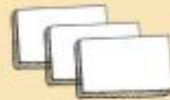
When revising, it's tempting to study topics in their entirety for a long period, like this:



But revising with frequent, shorter blocks of alternating topics over a longer period of time can **deepen and broaden** knowledge and understanding, like this:



# Cue Cards



Cue cards (sometimes called flash cards) can be used in a wide range of revision activities. It is important to think carefully about the **organisation** and **creation** of these cards before you start.

## Top Tips for Cue Cards

- Summarise the main points
- Use your cards for key word definitions, formulae, lists or groups of information
- Consider **size** of text
- Think about **colour**, underlining, **bold**
- Use of symbols > & \* = +
- Use bullet points
- Use all the space on the card



Ask someone else to test you on your cue cards

Play matching pairs with questions & answers

Use your card as a prompt card to teach somebody else

Use a card to help you complete a particular exam style question

Arrange them in a particular order



# Planning Your Time

No one expects you to work 24/7 and it is not healthy to do so, even when you are preparing for exams. You are going to have various commitments that you will have to work around.

1

On your calendar, block out when you are in school, at work, or have social/ family commitments.

2

Now look at the time you have left and share this time between your subjects and between learning the content of your course and applying your knowledge to past exams papers.

3

If you add extra events to your calendar, you will need to find extra time to revise.

4

You should sacrifice some of your social time around the exam period to ensure you have good results.

5

Although these are mock exams, your grades will help teachers to predict grades for university applications or other courses. Also, the more you can learn now, the more prepared you will be for your final A levels and better you will do.

*Mock exams, if framed right, can be incredibly beneficial for students. Helping them to see that is part of the challenge. They can help students to start revising early, to practise effective revision strategies, to improve their knowledge, to familiarise themselves with pressure, and act as a guide moving forward.*

THE GUARDIAN - 2015

- ✓ Are you ready to revise?
- ✓ Have you got your folders- all organised and in order?
- ✓ Have you got your textbooks?
- ✓ Do you have papers, pens, folders, highlighters?
- ✓ Do you have any helpful websites?
- ✓ Do you have all of your past papers?

Checklist

# Wellbeing

Learn to recognise if you are feeling stressed and do something about it. Common physical symptoms are: feeling nauseous, headaches, low energy, insomnia, rapid heartbeat and muscle tension. Common cognitive symptoms of stress are inability to concentrate, seeing only the negative and constant worrying. If you recognise any of these symptoms, try one of the activities below.

## Challenge your unhelpful thinking:

Try to recognise if you are getting caught up in a pattern of negative, catastrophic thinking. This could be having a huge impact on how you are feeling both mentally and physically.

One way to challenge your thoughts is by talking to someone else. Confide in a friend how you are feeling or talk to a family member or teacher. It is highly likely that they will be able to help you to put things in perspective and remind you of all the good work you have done and how your revision will be helping you to learn and to be prepared for the exams.

## Take a break

If you are finding it difficult to concentrate due to panic, a walk in the fresh air will help or some vigorous exercise will help you to calm down and de-stress.

## Calm breathing

Practise some simple clam breathing if you feel anxious. The more you practise, the better you will get and the exercises will be more effective. Find a quiet place to sit and try to keep your shoulders down and relaxed, with your spine upright. Place your hand on your stomach, you should feel it rise as you breath in and then fall as you breath out. Focus your attention on your breathing and try to take at least 10 slow breaths, carefully following the complete cycle of each breathe in and breathe out.

## Approach to learning

If you suffer from stress and anxiety, little and often is the best approach. Start early so you do not feel like you are leaving important things to last minute. Feeling rushed or running out of time can cause anxiety.

## Prepare your body and mind

Eat well including key vitamins: folic acid, B12 and antioxidants. Drink plenty of water. Most of us are dehydrated and do not even know it. When you do not drink enough water, your body and mind become weak and tired. Water makes red blood cells which make us more active and gives you more energy.

## Get enough sleep

During sleep, your brain recharges. Studies have shown that your brain needs sleep to change new memories in to long-term memories.

## Exercise

Helps relaxation and stress relief. Releases endorphins which make people feel happy and it encourages a good night's sleep.

## Arrangements for exams

### During the exam period

- Please read the exam timetable carefully and ensure you arrive at the Common Room in good time for all your exams.
- Please register if you have a morning exam and then go to the Study Room.
- When you do not have an exam you should attend lessons as normal.

### In the exam room

- Please remember to carry your stationery in your hand. Please make sure you are fully prepared for exams with black pens and other required items as advised by your teachers.
- You must not bring a mobile phone into the exam room. All wristwatches need to be removed and placed in secure storage.
- You may bring a bottle of water into the exam but all labels must be removed from bottles. Only clear water is allowed – no squash or carbonated drinks. Chewing gum is not allowed.
- If you have any questions you must raise your hand and wait for the invigilator.

Good luck.



<b>Revision Timetable</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Subject</b>	<b>Sessions per week</b>
<b>9 – 10 am</b>									
<b>10 – 11 am</b>									
<b>11 – 12 am</b>									
<b>12 – 1 pm</b>									
<b>1- 2 pm</b>									
<b>2- 3 pm</b>									
<b>3- 4 pm</b>									
<b>4 – 5 pm</b>									
<b>5 - 6 pm</b>									
<b>6 – 7 pm</b>									
<b>7 – 8 pm</b>									
<b>8 – 9 pm</b>								<b>Breaks</b>	