

In A Level Biology

you should....

Read

- The Immortal Life of Henrietta Lacks by Rebecca Skloot
- OCR textbook
- What is Life? By Paul Nurse
- The Gene: An Intimate History by Siddhartha Mukherjee

Listen

- **The OCR A Level Biology Podcast**
Bite-sized episodes focused on key OCR A Biology topics and exam skills.
- **Seneca Learning Audio Summaries**
Interactive revision platform with audio-friendly content tailored to OCR A Level Biology.
- **Biology with Hazel (YouTube)**
Clear, concise video lessons that closely follow the OCR A Biology specification.
- **The Infinite Monkey Cage (BBC)**
Entertaining science podcast linking biological concepts to real-world science with humour.
- **Amoeba Sisters (YouTube)**
Fun, engaging biology explanations great for reinforcing core concepts through cartoons and narration.

Online

- <https://www.physicsandmathstutor.com/biology-revision/a-level-ocr-a/>
- Seneca
- <https://www.savemyexams.com/a-level/biology/ocr/17/revision-notes/>
- <https://cognitoedu.org/courseoverview/b3-alevel-ocr/lessons>

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you should....

After each lesson

- **Summarise notes in your own words** – Rewrite key points to aid memory and check understanding.
- **Review & annotate the spec** – Tick off what you've covered and add notes/examples directly.
- **Create or update flashcards** – Use apps like Quizlet for definitions, processes, and diagrams.

Every week

- **Do past-paper style questions** – Practice exam technique with topic-specific questions (OCR-style).
- **Teach someone else** – Explaining a topic out loud helps solidify your understanding.
- **Fill in any gaps** – Revisit difficult content using videos (e.g. Biology with Hazel or Seneca).

Every term

- Make a full-topic mind map or summary sheet Self-assess against the spec
- Sit a mini mock/test

Throughout the year

- **Consistently revisit past topics** – Use spaced repetition and interleaved practice.
- **Stay exam-focused** – Regularly practice AO1–AO3 questions, and review mark schemes.
- **Track progress and adjust** – Log scores, reflect on what works, and tweak your revision plan.