

# A level biology revision notes

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How to Excel in Biology A-Level: A Comprehensive Guide\*\*

Achieving an A\* in Biology A-Level requires a proactive and strategic approach. Here's a comprehensive guide to guide you through the revision process:

### Effective Revision Techniques

- **Active Recall:** Test yourself regularly on key concepts to reinforce your knowledge. Use flashcards or practice questions.
- **Spaced Repetition:** Review material at increasing intervals to enhance long-term retention. Use spaced repetition apps.
- **Concept Mapping:** Create visual diagrams to connect key ideas and relationships. This helps you organize information logically.
- **Past Papers:** Practice solving past exam papers under timed conditions to familiarize yourself with the exam format and question types.

### Recommended Online Resources

- **BBC Bitesize:** Free online tutorials, videos, and interactive quizzes covering all Biology A-Level topics.
- **OCR Biology A-Level Revision:** Official revision website from OCR, the exam board, with study guides, sample questions, and videos.
- **A-Level Biology Revision:** Comprehensive revision notes, practice questions, and exam tips.

### Exam Preparation

- **Time Management:** Allocate sufficient time for revision, focusing on areas where you need the most improvement.
- **Understand the Syllabus:** Thoroughly review the syllabus to grasp the key concepts and topics covered.
- **Seek Clarifications:** Don't hesitate to ask your teacher or peers for clarification on any concepts you don't understand.
- **Practice Exam Skills:** Hone your exam technique by practicing answering different types of questions.

### Memorization Techniques

- **Chunking:** Break down large amounts of information into smaller, manageable chunks for easier memorization.
- **Active Reading:** Engage with the text by highlighting, annotating, and summarizing key points.
- **Mnemonic Devices:** Create acronyms, slogans, or rhymes to aid memorization.
- **Visual Aids:** Use diagrams, charts, and images to help you visualize and remember complex concepts.

### Other Considerations

- **Difficulty:** Biology A-Level is considered challenging due to its extensive content and requirement for analytical thinking.
- **Hardest Exam Board:** OCR is often regarded as the most challenging exam board for A-Level Biology.
- **Revision Guides:** Revision guides can be helpful as a quick reference and to consolidate knowledge, but they should not be relied upon solely.
- **Study Environment:** Create a dedicated study space free from distractions.
- **Collaboration:** Form study groups or partner with a classmate for peer support and accountability.
- **IB vs. A-Level:** The difficulty of IB Biology and A-Level Biology depends on the individual student and the specific exam board.

- **Memorization:** While memorization is an important part of Biology A-Level, it is not the only essential skill. Comprehension and application of knowledge are equally crucial.

## **The Wilding of America by Charles Bowden: SparkNotes**

### **Introduction**

Charles Bowden's "The Wilding of America" is a non-fiction book that explores the increasing presence of wildlife in urban areas. The author argues that this trend, often referred to as "the wilding of America," has profound implications for our relationship with nature and our understanding of ourselves.

### **Key Questions and Answers**

#### **1. What is the main thesis of "The Wilding of America"?**

Bowden contends that wildlife is returning to urban areas in unprecedented numbers due to factors such as habitat loss, changes in land use, and the decline of the human population. This phenomenon is shaping our natural and cultural landscapes and forcing us to re-examine our preconceptions about the boundaries between the wild and the urban.

#### **2. How does the author support his argument?**

Bowden provides numerous examples of wildlife thriving in urban environments, ranging from coyotes in Los Angeles to mountain lions in Boulder, Colorado. He also draws upon scientific research and historical accounts to demonstrate the long-standing relationship between humans and wildlife.

#### **3. What are the implications of the wilding of America?**

Bowden argues that this trend has both positive and negative consequences. On the one hand, it offers opportunities for urban residents to connect with nature and experience the beauty and wonder of the wild. On the other hand, it can also pose safety risks and raise concerns about property damage.

#### **4. What does Bowden suggest we should do in response to the wilding of America?**

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The author encourages us to embrace the wilding of America as an opportunity to learn more about ourselves and our place in the natural world. He suggests that we develop coexistence strategies with wildlife, create urban refuges for animals, and promote conservation efforts that support the health of both human and wildlife populations.

## **Conclusion**

Charles Bowden's "The Wilding of America" is a thought-provoking and timely exploration of the increasing presence of wildlife in urban areas. The book challenges our traditional notions of the divide between the wild and the urban and invites us to consider the profound implications of this trend for our future.

## **The Laws Guide to Drawing Birds: A Comprehensive Q&A**

Birds, with their intricate shapes and delicate feathers, are a captivating subject for artists of all levels. Drawing them accurately and effectively requires careful observation and a solid understanding of their anatomy and proportions. The Laws Guide to Drawing Birds by Harvey Daniels is a renowned resource that provides a comprehensive guide to capturing the essence of these avian creatures on paper.

**Q1: What is the foundation for accurate bird drawing?** A1: Daniels emphasizes the importance of studying bird anatomy, particularly the shape and relative proportions of the body, wings, tail, and legs. Understanding the skeletal structure and muscular system helps artists render birds with realistic poses and movements.

**Q2: How do I capture the subtle nuances of bird feathers?** A2: Daniels encourages artists to observe the varying types of feathers and their arrangements, such as downy, contour, and flight feathers. Using light and delicate pencil strokes, artists can convey the soft texture and iridescence of feathers, as well as the subtle shading that creates depth and volume.

**Q3: What are the key challenges in drawing bird feet and legs?** A3: Bird feet and legs can be tricky to draw due to their complex anatomy. Daniels recommends studying bird skeletons and museum specimens to gain a better understanding of the articulation and positioning of these structures. By carefully observing their proportions and angles, artists can accurately recreate the dynamic postures of

birds.

**Q4: How do I render bird wings with realism?** A4: Bird wings are essential for drawing flight and movement. Daniels provides a step-by-step process for drawing bird wings, emphasizing the shape of the primary feathers and the secondary flight feathers. By understanding the aerodynamics of bird flight, artists can depict wings that convey motion and grace.

**Q5: What are the advanced techniques for capturing bird expressions and character?** A5: Daniels delves into the details of drawing eyes, beaks, and nostrils, which are crucial for expressing the personality and emotions of birds. By understanding the subtle variations in these features, artists can bring life and depth to their bird drawings, capturing the unique characteristics that make each species distinct.

**What size are the morning pages in the artist's way?** The practice of Morning Pages from the classic bestselling book on creativity, "The Artist's Way" by Julia Cameron is simple: three full pages of longhand, stream-of-consciousness writing (without stopping) in an 8.5" x 11" notebook, done as soon as you wake up.

**How big is the morning pages journal?** What are morning pages? Created (in the form I'm familiar with, at least) by Julia Cameron in The Artist's Way, morning pages are three A4 pages, or approximately 750 words, of long form, handwritten stream-of-consciousness writing.

**Is Morning Pages the same as journaling?** Writing in a journal is an act of self-expression that is done periodically to record feelings and inspire ideas. Morning pages serve a deeper purpose. This type of journaling is a cathartic, ritualistic writing process that clears your mind, builds confidence, and creates a path for greater creativity.

**Why 3 pages for morning pages?** Since the only fixed demand is that you fill three pages, Morning Pages demonstrates the principle that quality is often a function of quantity: there's no time or incentive to judge each idea, to get it right before getting it down, and the result is that ideas flow more freely, unimpeded by the clenched grip of ...

**Are you supposed to read your Morning Pages?** Morning pages aren't meant to ever be read—not by friends or family or even by yourself—but my mom left all those journals behind when she died in 2016. A friend of hers warned us, “Those journals weren't your mom,” she said. “She used them to get everything out on paper so she didn't take it out into the world.”

**What notebook do you use for Morning Pages?** To practice morning pages, you'll need some supplies: a cheap notebook and a pen are more than adequate. Over many years of doing Morning Pages, I've tried out lots of notebooks. The one that works the best for me is the J. Burrows, hardcover, 240 pages, 80gsm cream paper, lined notebook.

**How long does it take to do Morning Pages?** Writing morning pages typically takes about 20–30 minutes in the morning, depending on how fast you write. Make yourself a warm drink and dedicate yourself to writing to the end of the three pages. Deeper insights and ideas often come at the end.

**What is the Morning Pages method?** Morning Pages are three pages of longhand, morning writing about anything. There is no wrong way to do Morning Pages, and they are for your eyes only. Doing Morning Pages, we find that we go into our day with more clarity. Although they do take time (about 30-40 minutes), they actually make more time than they [...]

**Can you write Morning Pages on a computer?**

**Can Morning Pages be done at night?** I just like a clear head before I do my writing. Although the main benefit of morning pages is to allow you to focus more on your work, you can do it at any time of the day. As the process is good for clearing your mind of unwanted thoughts, it can be a good practise to do it before bed so that you sleep better.

**What is the psychology behind Morning Pages?** What is the psychology behind Morning Pages? The practice draws on principles of free association, allowing thoughts to surface and be released on to the page. It helps in breaking through creative blocks, quieting the inner critic, and fostering self-discovery by delving into subconscious thoughts and patterns.

**What is the morning journaling ritual?** Morning Journaling Routine: What to Journal in the Morning Take a moment to close your eyes and take a deep breath, checking in with yourself and how you feel, before beginning to write. Ask yourself “What do I need today?” Write literally the first thing that pops into your mind. Is it rest?

**What are the benefits of Morning Pages?** Morning pages refer to the practice of writing three pages of longhand, stream-of-consciousness thoughts first thing in the morning. This unedited and uninhibited writing serves as a form of brain drain, allowing individuals to unclog their minds and overcome mental blocks.

**Is morning pages A4?** In essence the morning pages are three A4 pages of 'stream of consciousness' writing – that is writing whatever is in your head. Don't worry about typos, grammar or even if it makes any sense.

**How long should the morning pages be?** "Put simply, the morning pages are three pages of longhand writing; strictly stream of consciousness.

**Is Morning Pages 3 pages front and back?** Morning pages are brain dumps: three pages straight, first thing in the morning. It's stream-of-consciousness writing. The point is to write every thought that comes into your head and hold nothing back—even if that thought is, "I don't know what to write in these morning pages.

**What do morning pages look like?** Morning Pages are three pages of longhand, morning writing about anything. There is no wrong way to do Morning Pages, and they are for your eyes only. Doing Morning Pages, we find that we go into our day with more clarity. Although they do take time (about 30-40 minutes), they actually make more time than they [...]

[the wilding of america sparknotes](#), [the laws guide to drawing birds](#), [the miracle of morning pages everything you always wanted to know about the most important artists way tool a special from tarcherpenguin](#)

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