Revision Tips

IS YOUR BODY READY? Prepare it!

KEEP YOUR WORK-LIFE BALANCE!

- FRESH AIR AND EXERCISE!
  - football, walking, running ...
- Tired?
  - Get more sleep
- Drink loads of water – the brain works best with 6-8 glasses
- Eat brain food – more complex carbs (potatoes, rice, cereals)
- they're exams – not worth ruining your health for!

IS YOUR MIND READY? Prepare it!

- Stressed?
  - Take more breaks
- Need reassurance?
  - Rely on family, friends & good planning

HOW? Preferred Learning Styles – identify it!

- Say out aloud or sing it!
- Play background music
- Draw it! - pictures
- Map it! - mind map or spider diagram
- List it in order
- Learning lists – make up your own funny phrases or acronyms (initials)
- Explain it to someone else
- Reading too long? Sing, rap rhyme or dance the words!

HOW? See 'Online Revision Guides'

- SAM Learning
- BBC Bitesize
- Exam board website

WHERE? Place it!

- You need - A quiet space,
- Your own study area
- Separate from your relaxation area if possible
- and a good sized table

WHEN? Pace it!

– how often, how long for?

Try : EASY SESSION / HARD SESSION in turn

- Work in short bursts then short break
  - 10 to 20 minutes,
  - Eg: Learn by heart 10 French words, 9 times tables…
- … followed by longer session and longer break
  - 40 to 50 minutes,
  - Eg: Do a past exam paper …

WHEN? Plan it!

Make a revision plan

Try : EASY DAY / HARD DAY in turn

- Work out a realistic schedule,
- … every night 6 till 7 o'clock?
- … plan schedule around your favourite TV programmes?
- … Sunday mornings instead of Friday evenings?

… and

CHANGE THE SCHEDULE

IF IT