

REVISION

EIGHT TIPS

1. FIND A PLACE TO STUDY

For many people, a quiet library or room at home is the perfect place to study. If, however, you find you work better listening to music or with background tv, just do what you have to do to be happy studying.



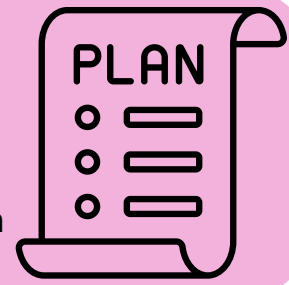
2. GET STARTED

Set the timer on your phone for ten minutes and get to work. If, after ten minutes, you want to continue, you can set the timer for another ten minutes.



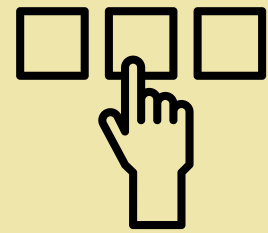
3. PLAN

It can be really helpful to plan your revision sessions, but don't plan too much or too far ahead. Plan three tasks or topics per session - you can always add more.



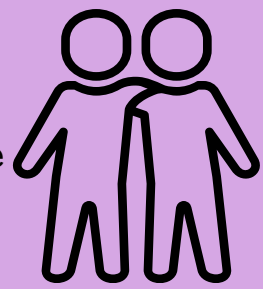
4. IT'S YOUR CHOICE

Some people revise best by writing out facts ten times; some can remember them better if they read them aloud; others learn best from Youtube videos. Choose the best method for YOU - or mix them up!



5. GET A FRIEND

If you study with a friend, try revising for ten minutes, then quizzing each other. Share the cost of a chocolate bar before your revision session and agree that the person who studies longest gets the bar.



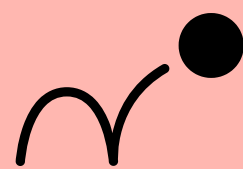
6. LET PARENTS HELP

Parents and carers want to help you, but sometimes they don't know how. Be open with them about how they can help you prepare for your exams.



7. BE KIND TO YOURSELF

Few people can study non-stop for three hours. Take regular breaks and use them to get outside, bounce a ball or draw a picture. These techniques will help reset your brain and set you up for further study.



8. REST IS IMPORTANT

Try to get enough sleep during your revision period. Sleep is your brain's chance to absorb everything you have studied that day, so don't underestimate it.

