

Revision Tips

1. SCHEDULE YOUR TIME

Don't leave it until the last minute to revise and be sure to have created a good schedule for yourself. In your schedule include all of your free time and fit in what you are going to revise and when – preferably with time allocated to each subject or even topic. Set out as a revision timetable. Write down how many exams you have and the days on which you have to sit them. Then organise your study accordingly. For GCSE or A-level subjects you feel you struggle with more than others, be sure to give yourself more study time.

- **See** the revision timetable below

2. ORGANISE

This goes for materials as well as the environment you are to revise in. Make sure you have a quiet room with a large enough area to spread your books out in. Make sure everything is within reach before you start to study so you have no excuses to go on a treasure hunt and get distracted from the task at hand.

3. BRAINSTORM

Make yourself a flow chart and write down everything you already know about a topic. Make it into an easy to follow diagram you can easily recall to memory in an exam. That way, when the exam starts, you can spend five minutes preparing for your answer and then expand on your ideas.

4. PRACTICE.

Having access to old exams from previous years will give you a good opportunity to a) know how questions will be structured and b) the ability to practice for your upcoming exams. This will give you the chance to see how to allocate time for varying sections within the exam also.

5. EXPLAIN

If you can explain your answers or knowledge on a topic to someone else, it will help solidify the information and how you explain your answers.

6. STUDY GROUPS

Use other students as a study tool whilst also having some less formal study time. You will find that small study groups of three or four help you to bounce ideas of other people as well as learning new approaches to revision and answers to had not thought of before.

7. BREAK TIME

It is important to not overload yourself with work as exhausting yourself on material will be counterproductive. Reward yourself with breaks throughout the day. Give yourself something to work towards on your schedule or timetable. Pause for 20 minutes to go for a walk, play a game, chat to a friend or family member.

8. EAT RIGHT

Omega 3 foods are a essential for developing cell membranes and signal pathways. Fish for dinner and grass-fed meats are all good sources of Omega 3 as well as certain nuts and blueberries. In terms of snacking during revision time, always go for natural sugars as found in pears and blueberries. The natural sugar boost you get from these will last much longer than those of sweets and chocolate where the sugar crash is much greater.

9. HYDRATE

Keep yourself hydrated - especially with water and certain energy drinks.

10. ORGANISE ONCE MORE

Make sure you always get enough sleep but especially the night before an exam! On the examination day itself, have pens, pencils and other exam equipment ready to go. Don't leave anything to the last minute and don't let yourself be rushed. It is important you enter the examination room with a relaxed and clear mind!

Good luck!

Please find some useful links below for additional revision and study tips for exams:

<http://www.s-cool.co.uk>

<http://www.studytips.org/>

<http://www.studygs.net/>

<http://www.direct.gov.uk>

(http://www.direct.gov.uk/en/EducationAndLearning/14To19/Courseworkandexams/DG_10034950)

(Easter) Revision Timetable Blank

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am							
9-10am							
10-11am							
11am-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							