Revision Tips

IS YOUR BODY READY? Prepare it!

KEEP YOUR WORK-LIFE BALANCE!

- they're exams – not worth ruining your health for!

FRESH AIR AND EXERCISE!
– football, walking, running …

Tired?
- Get more sleep
- not more coffee

Drink loads of water – the brain works best with 6-8 glasses.

Eat brain food – more complex carbs (potatoes, rice, cereals) and less of the simple carbs (sweets & sugary foods).

IS YOUR MIND READY? Prepare it!

Stressed?
- Take more breaks
- not more alcohol

Need reassurance?
- Rely on family, friends & good planning
- not lucky mascots

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!

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

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, such as …

… every night 6 till 7 o'clock?

… plan schedule around your favourite TV programmes?

… Saturday mornings instead of Friday evenings?

… and CHANGE THE SCHEDULE IF IT DOESN'T WORK!

HOW? See 'Online Revision Guides'

Secondary Revision
Ask an Expert
Home Learning
Multiple Intelligences