

Revision Tips

LEARNING ENVIRONMENT



- Mobile phones – give these to someone else / turn it off / Do Not Disturb
- Netflix – turn it off
- Xbox/Playstation/Computer – turn it off

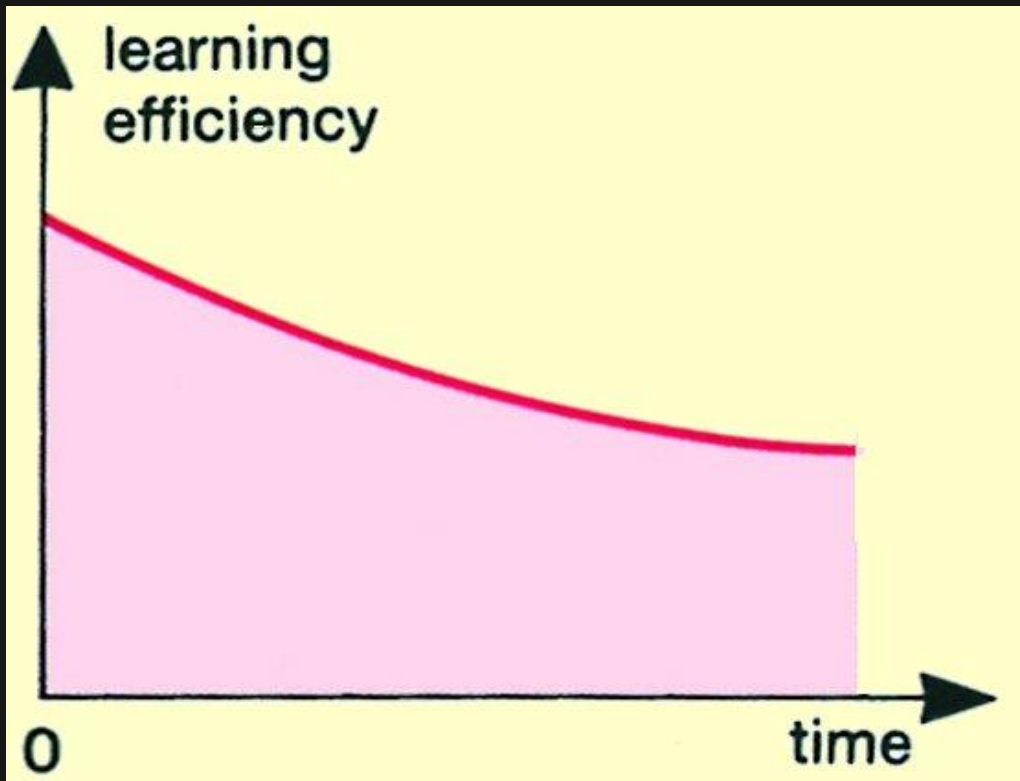


FOLLOW A TIMETABLE

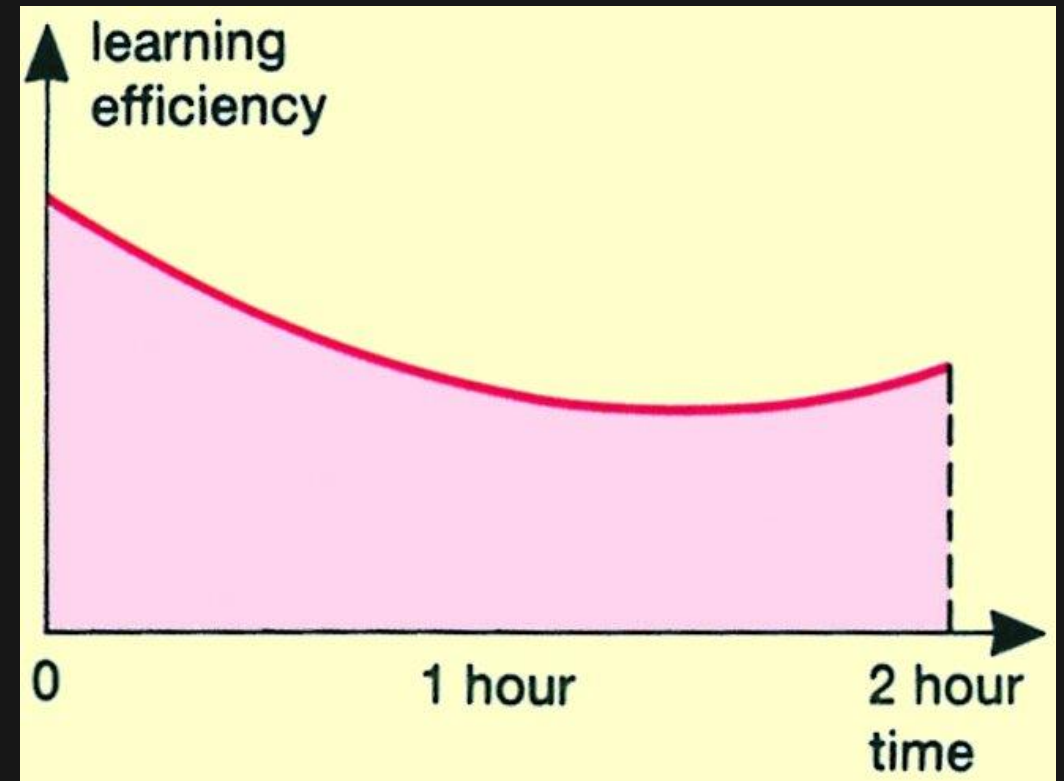
Weekly Planner (30 minute intervals)						Week of: _____	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
11:30 a.m.							
12:00 noon							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							
3:00 p.m.							
3:30 p.m.							
4:00 p.m.							
4:30 p.m.							
5:00 p.m.							
5:30 p.m.							
6:00 p.m.							
6:30 p.m.							
7:00 p.m.							
7:30 p.m.							
8:00 p.m.							

PLAN YOUR STUDY

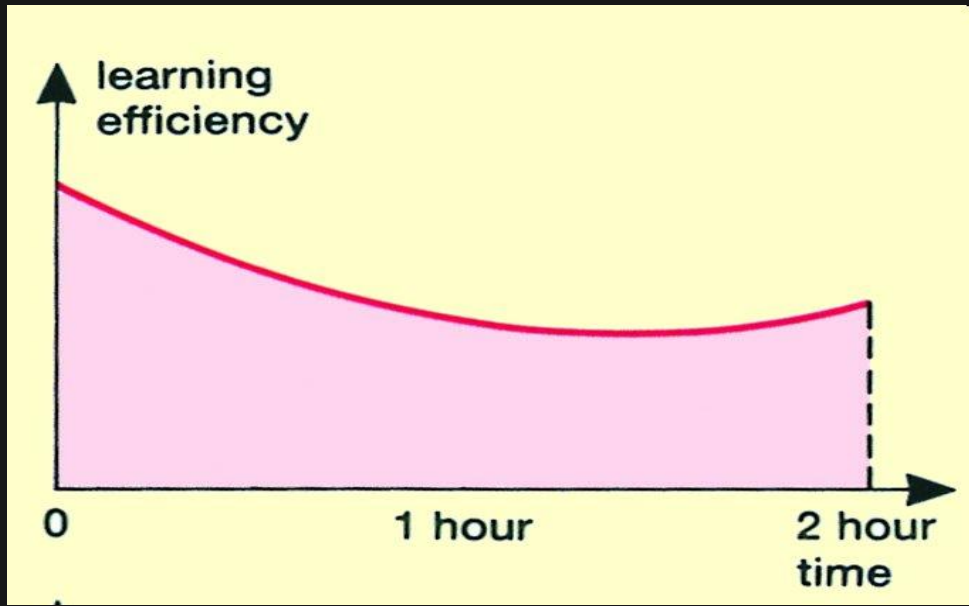
Learning efficiency falls lower without a definite finishing time:



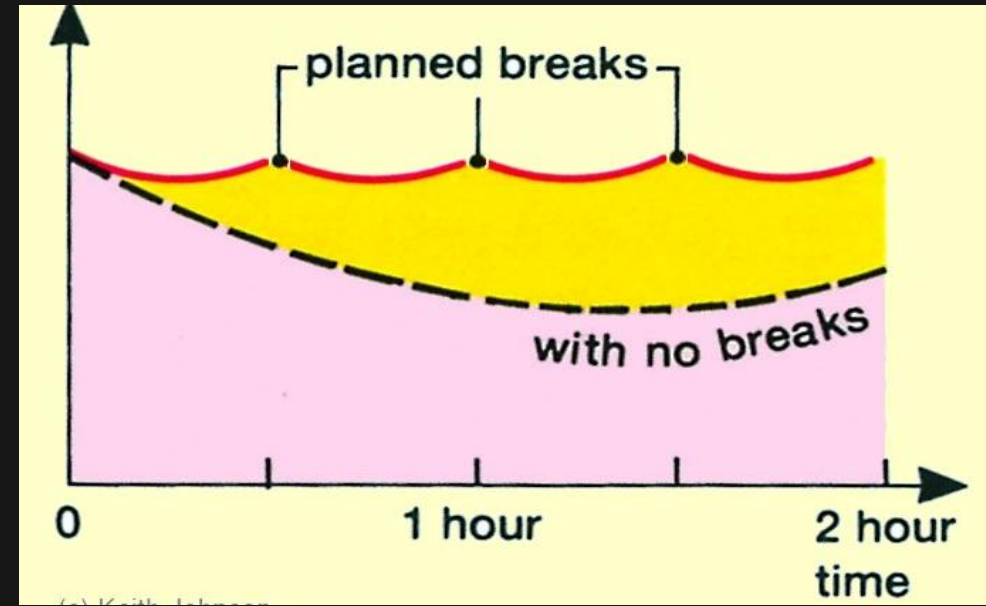
Set start and end times to motivate yourself at the end.



TAKE PLANNED BREAKS



One solid session



4 shorter sessions
The yellow area shows the improvement.

USE A VARIETY OF REVISION METHODS

- Find exam specifications online
- RAG rate the modules/topics
- Begin revising topics you are least confident about!

USE A VARIETY OF REVISION METHODS

Recall

Acronyms

Mind maps

Videos

Summarise

Teach others

Sparx Maths

Tassomai

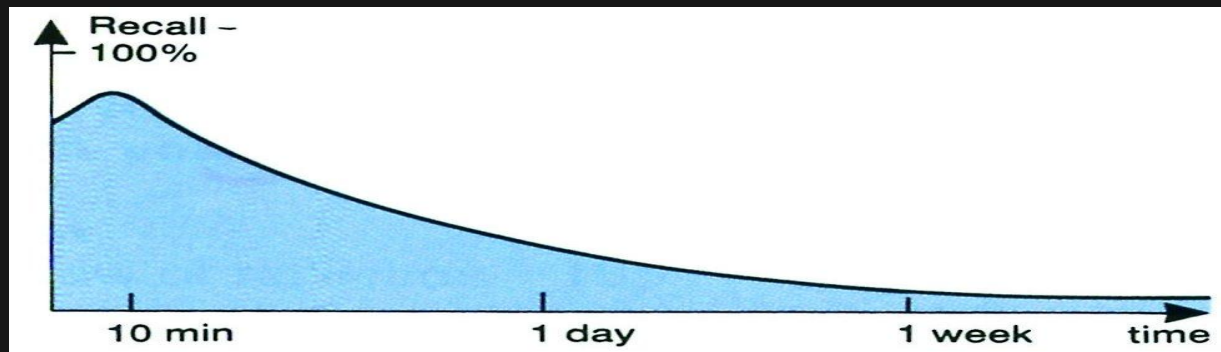
Past papers

Flashcards

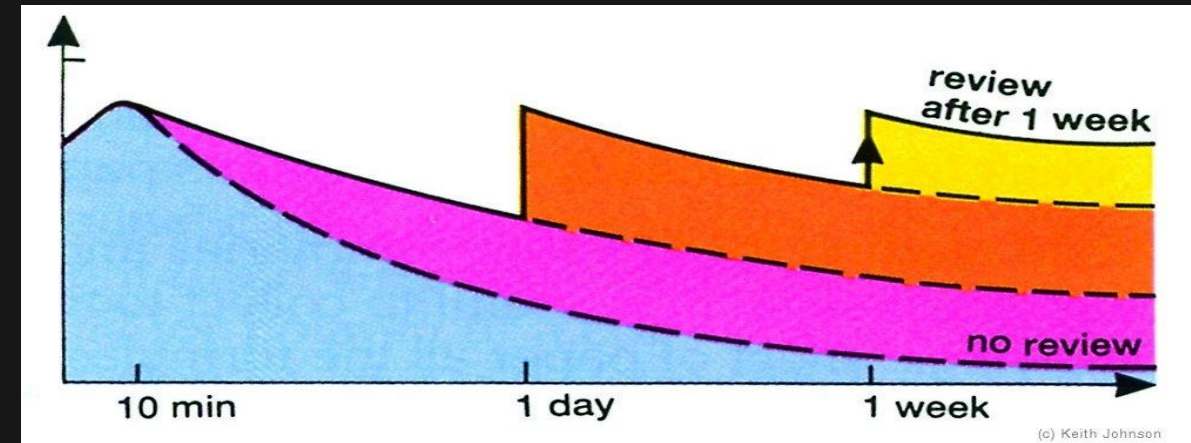
ACTIVE RECALL – KEEP REVIEWING CONTENT



Brain recall rises for
about 10 minutes ...and
then falls



Review after 10
minutes/ 1 day / 1
week / 1 month



Maintain Balance

**SLEEP
REST
EAT
HYDRATE
EXERCISE
SOCIALISE**

