

REVISION GUIDE

We're here to help!

Time to bound our templates today. Make a revision timetable

A CAR	MY REVISION TIMETABLE Name: Date:				NOTES:	
	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Make a revision timetable that actually works! Follow these 6 simple steps:

Set targets

By working out how much time you have until your exams, you will know how many hours you should dedicate to specific subjects.



Prioritise subjects

Work out which subjects you struggle with most and dedicate more time to these subjects.



Colour code

Make your timetable attractive! Assign each subject a colour.



Breaks

It's important to give yourself enough breaks. Everyone revises differently. For some revising for twenty minutes with a five-minute break works best. For others, it's revising for an hour with a ten-minute break. Experiment to find out what works best for you.



Be specific

Make a new timetable for each week and be specific.
Write down what topics you're going to revise for each subject.



No distractions

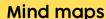
Take yourself away from any distractions. You can download apps that allow you to block specific notifications on your phone.



Do you like to visualise objects?







Watch online videos







Can't stay still when revising?

- Pace the floor whilst revising
- Break your revision
 up into short intervals
 with breaks inbetween
- Visualise what you are learning
- Remove all distractions from your room





What kind of learner are you?





- Use rhythms or clever rhymes to revise
- Repeat your revision out-loud
- Use a dictaphone in class
- Watch videos





Prefer reading?

- Paraphrase your notes and keep them concise
- Write your notes into lists
- Rewrite and rewrite your notes out
 - Use flash cards





REVISION TOP TIPS & LINE HACKS



chew gum

studies show that chewing gum can help keep you awake.

set manageable goals

set daily goals for yourself
that are manageable.
Ticking them off at the end of
the day will feel like you
the day accomplished
have accomplished
something.

"What do I revise?"

You need to learn what your weaknesses and strengths are.
You can do this by using past papers to see which areas you do/don't do well in.

Revise in new environments

Revising in a new environment every day will be refreshing and help you stay focused. Never revise in the same areas you relax e.g. your bed.

Healthy lifestyle

Exercise can help with
stress and anxiety.
stress and anxiety.
exercising releases
endorphins which help you
endorphins which help you
retain information. A
retain information. you
healthy diet also helps you
stay awake and refreshed.

Listen to music

Listen to background music whilst revising can also help you concentrate. Film composers such as Hans Zimmer are perfect to listen to!

HOW TO STAY MOTIVATED



FOMO.
Do not give in to temptation!
Remember you have the whole of summer to live your best life.

Reward yourself at the end of each revision session so you have something to look forward to.

Book something special for the end of your exams.

