

**SANDWELL
COLLEGE**

A CAREERS COLLEGE

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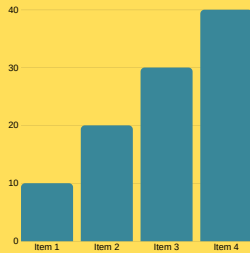


REVISION GUIDE

We're here to help!

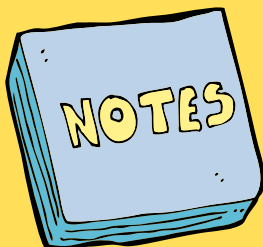
Do you like to visualise objects?

- Colour code your notes
- Use pictures and graphs
- Mind maps
- Watch online videos



Can't stay still when revising?

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



VISUAL

What kind of learner are you?

KINESTHETIC

AUDITORY

**READ/
WRITE**

Prefer reading?

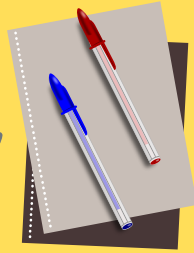
- Paraphrase your notes and keep them concise
- Write your notes into lists
- Rewrite and rewrite your notes out
- Use flash cards



Enjoy listening to music?

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

REVISION TOP TIPS & 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 have accomplished something.

Healthy lifestyle

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

"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.

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.



Exercise!
Staying active is a great way to reduce stress. Even by taking five minute walks around the library every hour will help your concentration and mental state.

