

Revision & Study Skills



Getting you to the exam and beyond

Create the perfect study space



Create the perfect study space

1. **Get** Rid of the Clutter

Having an untidy desk and room will make it harder to find things, stress you out and present an easy way to procrastinate. Your first priority when setting up a study space should be to get everything as organised as you possibly can.

2. Keep Distractions Away

What are the things that most commonly distract you from work? Write down your answers to this question and then make sure none of them are anywhere near the area where you're going to be revising. Television, computers and phones are the obvious ones to avoid.

3. Get comfy

No-one wants to be spending hours every day in a space that isn't actually comfortable. While it's not advisable to do your revision in bed, you should definitely be working somewhere that's comfy enough for you to get absorbed in your work.



4. Let There Be **Light - Lighting** is one of the most important things to a room's mood and you should try and find the right level for you. **Too** dark and you'll be straining to read your notes and tiring yourself out. **Too** bright can leave you feeling overstimulated. Try and get as much natural light as possible to minimise these negative effects.



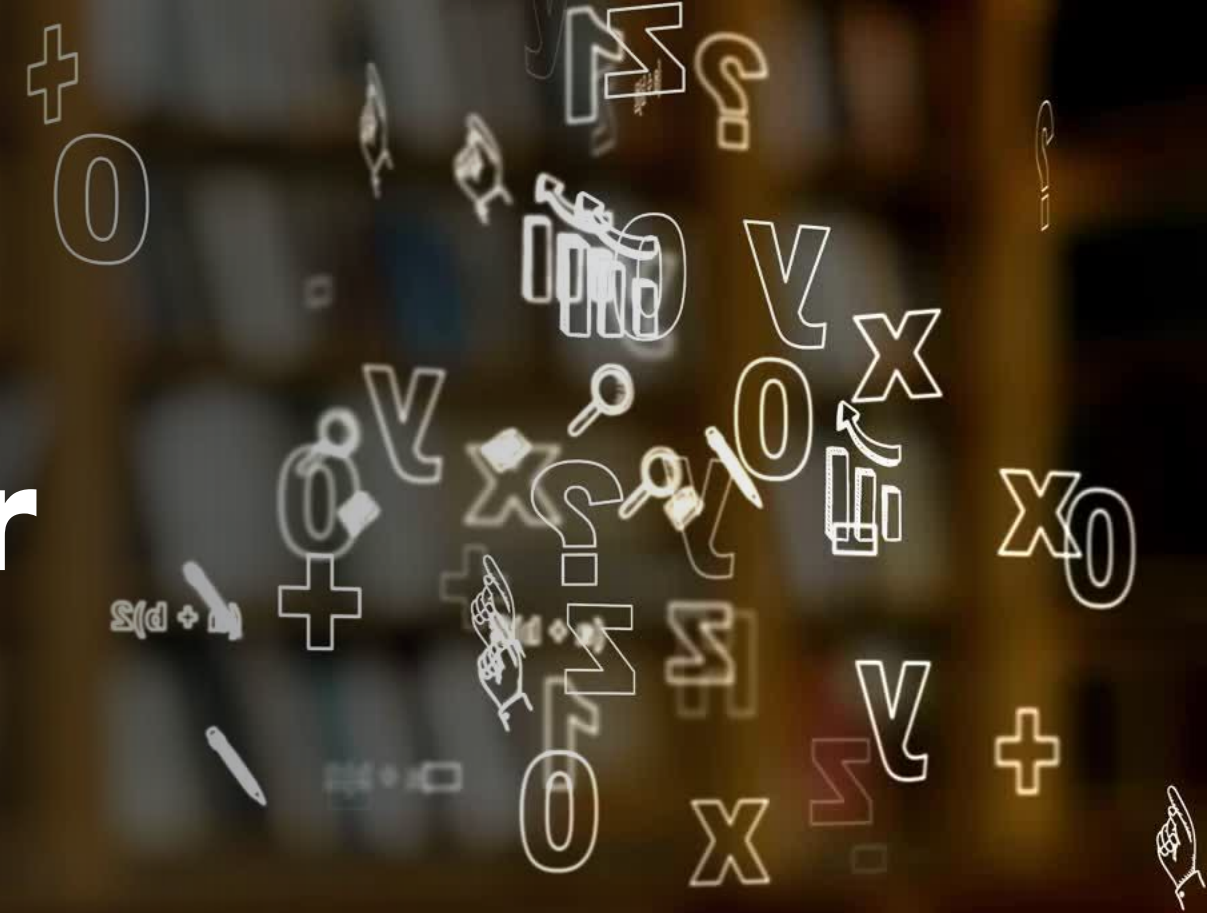
5. Set the Noise **Levels - How** your revision space sounds is just as important as how it looks. Some people will find that they need background noise to get any work done while others will benefit from perfect silence. Whatever your preference, you should try and find a place where the noise will be consistent and suited to your tastes.



6. Get Your Supplies **Ready - Your** revision will be broken up constantly if you keep getting up to find the stationary and snacks you need to keep your work flowing. Ensure that you have everything you will require on a regular basis close to hand and you'll save yourself time and energy that is better spent studying or taking a proper break.

Create the perfect study space

How to study for exams.



How to Study for Exams 1

Be Organised

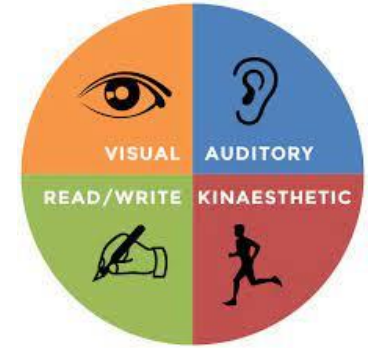
- Plan out your revision by [making a revision timetable](#). That way, you know what to study and when. This will also allow you to split up your study into chunks, making it seem much more achievable. Be realistic when creating this timetable, to not cram too much revision into one day.
- BLANK EXAMPLE https://maestegschool-my.sharepoint.com/:b:/g/personal/cbrooks_maestegcs_bridgend_sch_uk/EVabTouakcRDseZGXOShqPABXEpZ-uLDtjMWWvh2jwRMVSA?e=lvgOPa

Give yourself plenty of time

- **The earlier you can start your revision, the better.** You'll be more prepared heading into your assessments and can spend more time studying the topics you find difficult.



How to Study for Exams 2



Understand the Assessment

- Make sure you understand how you'll be assessed and what questions might come up. This should dictate both what and how you study. The more knowledge you have of the assessment before it happens, the better prepared you'll be when the time comes

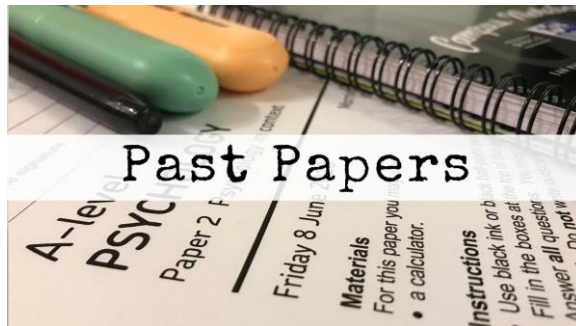
Try different learning methods

- Switch up how you learn by engaging some different senses. If you typically learn best by reading and writing, try also verbalising your revision out loud or teaching it to a friend. Adding variety can help to commit ideas more firmly to memory
- **More on this in the Spring Term with our Study Skills Booklet**

How to Study for Exams 3

Use different learning materials

- Don't just stick with learning a topic through a textbook. The Internet is your oyster. Watching documentaries or videos on the topics you're trying to learn can be a new and engaging way to revise. Seek out articles, podcasts and books on the topic too. It's also worth asking your teachers for additional learning material



Practice Past Papers

- Past papers are a great indicator of what might come up in your assessment. Time yourself while doing them to see how you perform under test conditions. This way, when it's time to be tested, you'll feel more prepared.
- **Ask your teachers and tutors for past papers. You can also usually find past papers online**

How to Study for Exams 4

Take Breaks

- To revise effectively, you'll need to split up your study with breaks. It's not wise to study for hours on end without stepping away from your work. Taking breaks allows your brain to refresh and reset. This is particularly useful if you're finding a certain topic challenging.
- Incorporate exercise into these breaks too, as moving your body will give you more energy to continue learning.

Remove Distractions

- Avoid having your phone with you while you study. The allure of social media, and other apps, can be too distracting. **Try leaving your phone in another room so you don't get tempted to reach for it.**



How to Study for Exams



Sleep

- You'll struggle to study effectively without sufficient rest. You'll find it difficult to concentrate on your work and your motivation to study can fade. Lack of sleep also impairs memory, making it hard to recall important ideas when it matters. **Prioritise getting between 7 to 9 hours each night**

Be mindful of what you eat.

- What you put into your body will affect the quality of what you put out. Fuelling your brain and body with a balanced, nutritious diet will only benefit the effectiveness of your revision. **Foods that'll ensure your brain is firing include fruit, nuts, seeds, wholegrains and vegetables. Don't forget to supplement this with plenty of water**