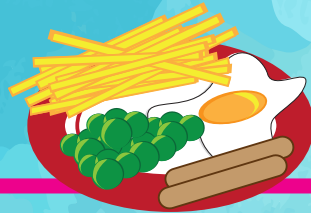


Revision



RISE AND SHINE

Aim to start your revision at 9am. It will help you get into a routine that you can stick to.



EAT WELL

Eat a good breakfast and well balanced meals. Drink lots of water. This will help with your concentration.



LOG OFF

Turn off any device that is going to distract you. A quick 5min look on social media can easily turn into an hour. Use internet time as a reward.



STICK TO THE PLAN

Make a revision timetable and stick to it. It will help you plan and prioritise your time. Allow yourself time for different ways to learn.



TAKE REGULAR BREAKS

Take a short break (Approx 5mins) after every half hours study session. Make sure you plan your breaks in.



MAKE IT COLOURFUL

Use bright colours to highlight key facts and information. Colour coding different subjects or areas within a subject helps.



TAKE A WALK/ DO SOME EXERCISE

Try to get outside for some fresh air and exercise even if its just for a short walk. This will refresh you and help you concentrate.



PAST PAPERS

Past papers are a great way of getting used to working under pressure. Try timing yourself. This will help you improve and build your confidence.



SHARING

If you are confident with a topic then share it with a friend. They could do the same for you.



NO LAST MINUTE REVISION

Don't leave it to the last minute. Cramming at the last minute doesn't work. Planning, preparing and hard work does!

AND BREATHE...
YOU'VE GOT THIS!

