

Tips for revision

Before revision

1. Eat breakfast – most important meal of the day!
2. Put mobile phones away!! Evidence has shown that students who spend more time texting and using social media get lower grades.
Research has also shown that the sight of a person's phone is enough to reduce a person's ability to focus.
3. Find a quiet place where you won't be disturbed.
4. **Once you know the date of your exam, aim to start revising at least a month before.**
5. Plan your revision with a timetable

During revision sessions

6. Start early and spread it out.
Spread out revision sessions on a particular topic. One-hour sessions over 10 days is more effective than the same amount of time in one go.
7. Don't listen to music - Students who study in a quiet environment can recall more than those who revise while listening to music.
8. Take regular breaks - there's no point revising for 3 hours nonstop without taking any breaks. Your brain will simply become overloaded with information and will not take anything in.
9. Get fresh air and exercise
10. Get lots of sleep – don't go on your mobile phone just before bed!!!

How to revise

Everyone learns in different ways. What suits one person, won't necessarily suit another. Find the way that works best for you.

11. Create your own notes using your exercise book/revision guides. Writing notes in your own words will help you understand.
12. Prepare flashcards with information on them
13. Read, and write summaries of, your notes.
14. Vary how you revise - use the internet e.g. podcasts (GCSEpod), BBC bitesize, watch documentaries.
15. Draw diagrams.
16. Create mind maps/posters/spider diagrams to help you remember processes or key words.
17. Stick post-it notes around the room and visit them one at a time. This will help you to associate different notes with different objects.
18. Use mnemonics (rhymes of word lists) to prompt you
19. Test yourself – this is one of the most effective ways. Testing yourself can check for gaps in knowledge. Past exam papers are a good way of doing this.
20. Teach someone – after you have tested yourself, teach the topic to someone else.
21. **If you don't understand something, write it out again, and again, and again until you fully understand it!**
22. **If you don't understand something, ask your teachers, parents, older brothers and sisters for help.**