

Advice for Effective Revision

- Set out a revision schedule using the planning sheets and reward yourself if you stick to it.
- Revise in short bursts, about 40 minutes per session. If you revise for very long sessions it becomes less productive.
- Take a 10-15 minute break between revision sessions to refresh your mind and body.
- Take each subject and break it down into smaller topics. Try to cover the set topic in the assigned revision session. This will give you a realistic and achievable target.
- Don't just aimlessly stick your head in a book and try to cram/learn things off by heart. Make each session active by making summary notes, changing the format of your notes.
- Try these ideas: turn written notes into spider diagrams, underline or highlight key phrases, make charts/grids or write explanatory interpretations of diagrams in books.
- Look after your body and brain! Drink plenty of water and try to eat a healthy diet.
- Revise with a friend if you can stay focused. Discuss topics and ask each other questions.

When using past papers/questions teachers have given you, practise the following:

- Identifying key words and phrases in the question (verbs). This will make sure you do exactly what the question asks.
- Applying appropriate case study material to answers for certain subjects.
- Producing a simple bullet point plan of your answer, which spells out the key factors to be included and the order in which you are to place them.
- Have a go at writing a full answer under strict time conditions. This will help you to use your time appropriately and to get used to time pressure.

If you come across a problem you cannot solve, or a question you cannot answer, make a note of it and ask your teacher. Other students may be finding this topic difficult as well.

Recognise that everyone finds exams stressful.

Exam periods are a stressful time for all people. Accept that we all get anxious at times. Face up to the situation and help to reduce stress by organising your time appropriately and using the time you have left.

You should include exercise/leisure time in your revision schedule but make sure you get your priorities right. Be prepared to say no to offers of evenings out for a few weeks. You will have earned the right to lots of leisure time once the exams are over and you know that you have given it your best shot.