

1. Plan Ahead

Before you do any work, sit down and plan what you are going to do between now and the exams. It is often a good idea to revise the areas you find most difficult first - get them out of the way and build your confidence in the subject. Creating a **timetable** is always useful, as your time is now precious, so make it work for you. Starting early will give you the stress free 'little and often' approach. In other words planning not cramming.

Revision Plan: week one

- Monday: Science revision * (physics)
- Tuesday: Maths revision (learn formulas)
- Wednesday: Geography revision (important)
- Thursday: Science revision
- Friday: Religious Studies revision
- Saturday: Break
- Sunday: Break



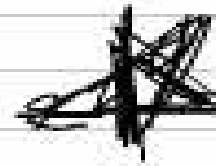
2. Make Summary Notes

Gather all your material for the topic area and reduce them into **brief, clear notes**.

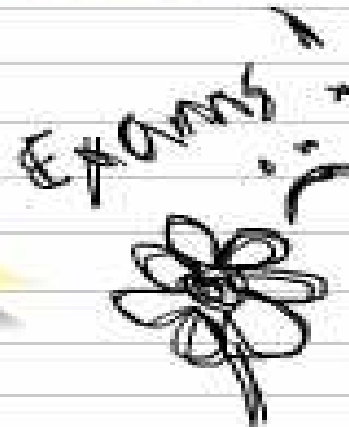
Then summarise those, and then again and again until you only need a few **keywords** to remind you of the whole topic!

You can carry around a sheet with all the keywords wherever you go.

An effective way to make sure you remember certain things is to invent mnemonics. For example, Never Eat Shredded Wheat (North, East, South, West).



(The 5-cool! summary revision notes are a good place to start)



3. Understand how your memory works

Some of us are better at remembering things than others. However, here is a trick that should help...

If you learn something new, in general it will already start fading in your mind after a few hours (unless it is particularly exciting). However, if you revise it again in the next four hours, it will take about 24 hours before it starts to fade. Revise it in the 24 hour period and it will last for four days, then one and a half weeks, then one month, and so on.

By setting out your revision schedule to make the most of this (learn something, revise it again after a few hours, revise it again in the next couple of days, and so on) you will be using the way your memory works to your advantage!



4. Put aside specific hours in the day for revision

If you set aside the hours in the day you are going to revise, and let everyone else know what these are, you can make sure you are not disturbed. You can then get into a **'revision pattern'** - where your mind expects to be revising and is therefore more receptive to the material.



5. Try not to revise more than two subjects a day



Don't feel that you need to revise a whole topic in one go. As well as keeping a fresh head, going back the next day to finish revising the topic will renew your knowledge and hopefully help you retain the information for longer.

Menu

6. Eat Properly

While you are using up energy revising it is important to eat properly so that your body and your mind are fit and ready for the exams.

Main

Fish, eggs and milk are high in protein which is used by your brain. But you will need energy as well.

Dessert

Nuts and bananas will be good sources for this (chocolate is another good source of energy, but the effects of eating a bar of chocolate last far less than eating, for instance, a banana).



Please note: Pupils should only eat nuts if not allergic to them!

7. Take lots of breaks!

Your mind will only be able to concentrate well for short periods of time - the first 15 minutes of revision are thought to be the best. Make sure you **stop** for a few minutes every **30 minutes** or so. During your break, a good thing to do is to sit back for a few minutes, close your eyes, **relax**, and just think about the things you have just learnt.



8. Use Diagrams

Visual stimulus is very important when trying to stay focused on your study.

Colourful pictures and writing will help you stay motivated to learn and also keep the material in your head for longer.



9. Test yourself

Or, get someone else to! Ask them if they can flick through your notes and ask you some questions. If you can't answer any of their selection, note the topic down so you can **re-learn** it after.

Q1.

Q2.

Q3.





10. Revise for "you"

You will probably hear your friends boasting about "how little revision they did last night" - and if you admit you have been revising you have fears of being the Swot of the class. In fact, however, your friends are probably working just as hard as you. In any case, you know how much you need to revise so just do it, and don't worry about what the people around you are doing. Everyone will get what they deserve in the end...



*11. Get hold of
some past exam papers*

○ If you ask, your teacher should be happy to get hold of some recent past papers for you to look at and check your knowledge against. If not, then at least put you in touch with your exam board. Study the papers and familiarise yourself with its layout and the types of questions asked.

○

12. Get into the habit of planning your answers in rough

When you read the questions, underline and circle the key words to help your understanding of it. Then draw a quick (but detailed) spider diagram, listing all the important stuff to include in your answer. Finally, stop avoiding that awkward first paragraph! Focus and get on with it, writing as quickly as you can without it becoming illegible.

13. Try to sleep well

It can be very difficult to sleep in the periods leading up to the exams. The trick here is to get into a routine and not to worry about it. Don't go to bed too early if you are worried about getting to sleep - it does not help. Instead relax before going to bed (the S-cool! trick is to have a cup of camomile tea which is a natural way of making you relax).

ZZZZZ





1. **Read all the instructions** carefully and take notice of how many questions there are, and what they're each worth. Also check which ones are compulsory.

2. Write answers to the questions that have already been set, not the ones you hoped to see, and **Keep to the point.** Remember, grammar is also taken into consideration. So, make sure you write neatly but also as quick as possible, and remember not to spend too long on any single question.

3. **Plan** which questions you want to answer, in what order, and set the time you've got for each one. With any spare time left over, check through your answers and any unanswered questions.

4. **Don't Cheat.** It's not worth the stress and you're bound to get caught. Avoid panicking, the more stressed you are the more likely you will misread the question. Calmly re-read the paper and you'll soon get back into gear.

Good Luck!

Make the last five
years count.