Tips for Effective Revision

» Forget what others are doing. Revise in the way that works for you.

» Make a timetable and stick to it. Work in short 20-30 minute bursts.

» Organise your revision notes in advance so they’re ready when you need them.

» Find a study space that suits you: the library, your room, a bench in a park, whatever works for you.

» Positive thinking is key. Believe that you can succeed in your studies and you’ll be much calmer, more focused, and more likely to do well.

» Have fun! Don’t let revision take over your life. Make sure you spend time with your friends, doing the things you love.

» A good night’s sleep is essential for a rested mind and maximising focus and learning.

» Exercise increases brain activity, helping you learn better. Just 15 minutes is enough!

» Turn off your phone, the TV, email notifications, everything that stops you concentrating. It’s hard but worth it!

» Don’t depend on junk food when you’re studying. A healthy diet will boost your concentration and help you learn.

» Practice with lots of past papers to familiarise yourself with common themes and question types. Try timing yourself to get used to exam conditions.