



Top 10 + 1 Revision Tips

- 1. Get organised from the start** – have all of your notes and resources ordered and accessible. Hunting for misplaced work does not count as revision. Produce a revision schedule and an achievable daily to do list which you can tick off as you go.
- 2. Remove all distractions** – turn off your mobile devices and leave them in another room.
- 3. Create your own examination hall** – replicate the environment in which you are ultimately going to perform. Revise at a desk in a quiet, clutter free room.
- 4. Use active revision strategies** – test yourself, past papers, anything that involves active recall.
- 5. Do not compare yourself to anyone else** – think positive, work hard and try your best.
- 6. Revise at similar times of day to your actual examinations** – 9.00am and 1.30pm, do not work late into the night.
- 7. Mix up your revision** – revise small chunks of different subjects across the day.
- 8. Find time for treats** – reward yourself for working hard.
- 9. Eat well, sleep well and stay active** – *eat, revise, sleep, repeat* is not good. Keep healthy, as you will need to come back after the Easter break fresh and ready to go.
- 10. Train yourself** – work/write for the same length of time as your examination papers last – most papers are between 1 hour 30 minutes to 1 hour 45 minutes. Completing past papers under timed conditions is best for this.

EXTRA TIP – a positive trigger e.g. smelling a lemon or gently squeezing your ear. Spend five minutes a day thinking about or doing something that makes you feel happy or confident while using your trigger. On examination day, use your trigger to help stay positive.

