



TOP TIPS FOR REVISION SUCCESS

- ❖ Have a **plan** and put it on the wall (not in your head or on your laptop). Try and find a mentor (parent, sibling) to share your plan with.
- ❖ Find somebody to design the timetable with, such as a parent, teacher or the school counsellor, who can help you find the **right way for you to learn**.
- ❖ Use **post it notes** each with a subject on them to represent revision sessions. This helps with flexibility if you need to change the times due to unexpected happenings.
- ❖ **Take a break!** Ensure that the revision timetable has gaps between sessions and include any social events. Be smart with it and don't put a session in after a late night.
- ❖ Combine **movement** with learning. Take a walk with a podcast (suggested ones below), run with an audio book or record yourself on your phone revising a subject.
- ❖ You are 50% more like to remember something if you say it out loud, so **talk about it!** Talk a subject through with another person, teach them what you have learnt or better still, talk to yourself.
- ❖ Keep important dates and timelines on the wall by your bed and **refer to them last thing at night**. Your mind will revisit them in your sleep; trust your mirror neurons to do their job.
- ❖ **Be creative** with learning language vocab and quotes. Write them in **bright colours** and put on bathroom mirrors or kitchen cupboards or the backs of car seats. You are more likely to remember them if you can associate them with a location and are eye catching.
- ❖ Trust that the examiner is desperate to give you marks. They are not trying to catch you out. Give them as many opportunities to do this as possible
- ❖ No revision session should last more than **30 minutes** and a 10 break in between sessions.
- ❖ **Avoid** writing out notes. Just looking at your notes won't help you learn them. Try and combine learning with different contexts, past papers and use flash cards to prompt memory.

- ❖ Make sure your work station is **organised** and the timetable is clearly visible. Remove the post it notes for each session as you go or move to the side for “If I have time” section.
- ❖ The hardest bits of work become monsters. To turn them into mice, throw some light on them. Print off your subject syllabuses and **highlight** all the topics using red, amber and green highlighters. Allocate time accordingly.
- ❖ For the harder subjects, **revise creatively**. BBC bite size is a great online resource, but you can also try entering the subject into YouTube and follow an online tutorial.
- ❖ 12 point Times New Roman is the **best font** to use for speed reading and cramming.
- ❖ **Combine** creativity with intelligence and make mental associations with mind maps. Exam time (link below) has some you can print off for free.
- ❖ If you get stuck, **MOVE**. Don't just sit in the attitude. Move yourself downstairs, into your sibling's room and change the background.
- ❖ **Keep your phone downstairs** and allow yourself screen time in your breaks. Constantly refreshing your screen is killing your revision. It can wait.

The biggest barriers to revision are our thoughts.

Try and have a changed relationship with the ones that sabotage your revision:

“It's too late to start”

“I am not going to pass” and the dreaded

“No point in me revising, because I can't concentrate”.

They may all be true...but if you believe them, you are instantly shutting down the filing cabinets in your brain and moving to fear state.

If you are in fear state, then you are not in the thinking part of your brain and revision will be like swimming through treacle!

Try this before you begin the first revision session of the day:

STOP

Stop what you are doing

Take 5 deep breaths. Count for 4 through the nose and out for 8 through the mouth. Double the length of time out than in. Close your eyes and focus on the feeling of the air in your body.

Observe what is going on in your body. What sensations do you have in your body and where are they? What are you feeling and does that feeling have a name? Open up and recognize what is going on in that moment.

Proceed to a quick task that involves your senses. Listen to a track really loudly, do some colouring or go for a quick walk. When you are doing it, really focus on the senses and notice your brains mindless continuous chatter, one thought after the other. Alternatively, do a quick 5-minute meditation (suggestions below) and calm your mind, maximizing your learning potential.

Other Guidance

Exercise is vital

Timetable exercise, so that you are looking after yourself mentally, emotionally and physically.

Sleep deprivation is a knowledge killer

In the weeks up to your exams, pay attention to your bedtime routine. Stick to it and do all your work at your workstation and not on your bed. That confuses our mind and can seriously damage our sleep association and therefore the quality of our sleep.

Reward yourself for revising

Do something you enjoy to help keep you motivated.

Meditation

The evidence for meditating before an exam is overwhelming. Stick an app on your phone and do a quick meditation on the morning of the exam or in the ten minutes before it. Calm your mind, notice the sabotaging thoughts we all have before we perform, slow down your breathing and open your brains filing cabinets.

Evidence supports a 20% improvement in scores and most of us cannot afford to ignore that.

Useful revision aids:

<http://www.bbc.co.uk/education>

<https://www.khanacademy.org>

<http://www.s-cool.co.uk>

<http://www.bbc.co.uk/scotland/brainsmart/>

<https://www.examtime.com/en-GB/>

<https://getrevising.co.uk>

Useful meditation apps for your phone:

<https://www.headspace.com>

<http://smilingmind.com.au>

<http://buddhify.com>

Podcasts to download for free:

<http://www.bbc.co.uk/schools/gcsebitesize/audio/science/>

<http://www.bbc.co.uk/schools/gcsebitesize/audio/>

<http://www.andallthat.co.uk>
for history

<http://www.mrallsophistory.com/revision/>
for history

<http://www.mrbartonmaths.com/podcasts.htm>
for maths

<http://www.ox.ac.uk/news/arts-blog/free-podcasts-tackle-major-ethical-issues>
for philosophy and ethics

Any questions, do not hesitate to e-mail your subject teachers. Alternatively, e-mail Rachael in confidence and she can help you if you are struggling to make progress.

Don't leave it...ask!

Confront the barriers to learning and sit alongside somebody who is not going to judge your progress, but help you understand how we are often our own worst enemy when it comes to performance

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