**General tips for revision**

1**. Start early**. Do not try and cram everything the night before. Plan a revision timetable that spaces out what you have to learn and allows enough time for each subject. It is best to work backwards from the exam week itself – planning last minute recap revision the night before named exams.

2. **Pay attention to how you learn**, not just what you have to learn:

• **Position**: notice how changing position affects your concentration: sitting upright at a desk, lying on the floor, sitting on the bed?

• **Food**: do you study best before dinner? After eating? Whilst snacking? What kind of food helps you concentrate (regardless of when it is eaten)? Don’t have sugary snacks for ‘energy’ – you will get a short burst of energy but then become more tired.

• **Exercise**: are you doing the right amount to stimulate concentration or so much you’re tired?

• **Time of day**: do you study better at night; in the morning?

• **Location**: do you prefer to study in your room; at a library; in school?

• **Company**: do you work better alone or with a partner?

3. **Doing something with the material** we want to learn is more effective than just reading it, because it actually forces us to check that we understand it. Some things need to be practised not just read or discussed or explained to someone e.g. maths questions, diagrams in lots of subjects, language vocabulary etc

4. **Get plenty of sleep** – starting before midnight and getting up by 10!

5. **Revise in short bursts** – generally your age plus 2 = the number of minutes you can realistically concentrate effectively. Have a stretch break at least once every 20 mins. Do something active in your break – don’t just switch to facebook whilst sitting still!

6. Research shows that **variety is better than spending too long on one subject** (even with breaks) – spend 40/45 mins (or two short sessions) on one subject, then a break, then a different subject .

7. **Don’t work with the TV on.** Your brain will be confused by trying to process what you are learning with the interference from the TV: you are overloading your working memory and dividing your capacity for paying attention. If you are listening to music choose QUIET instrumental music, not lyrics, as lyrics will interfere with the words you are trying to learn. Listening to different pieces of music for different topics may help you link a particular piece of music to particular learning, making it easier to recall (‘I know that, it was when I was listening to xyz’).

8. **Study different subjects/topics in different rooms,** using different pens, different music etc – create a mood per subject. This can help your recall of a topic.

9. **Revise the same material in different ways**, so your ‘repetition’ isn’t just doing the same thing again. This makes sure that you have used a variety of techniques so it’s more likely to stick.

10. **Use both the left and right halves of your brain** (broadly: the left stores ‘detail’ and the right stores ‘big ideas’). So, mix it up:

a. Create a ‘big picture’ general overview first and learn it, then study different parts in detail

b. Learn the component parts individually first and then use these to create a big picture

c. Compound parts – learn the first part, then the second, go back to revise the first and second, then learn the third, revise first, second and third …and so on

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