

My Personalised Revision Booklet



*'Education is the passport to the future, for tomorrow
belongs to those that prepare for it today.'*

- Malcom X

Name: _____

Assessment Week Timetable

Lesson	Monday	Tuesday	Wednesday	Thursday	Friday	Equipment Needed
1						
2						
3						
4						
5						
6						

5 Top Tips for Exam Revision

1 Don't leave it until the last minute

Start your revision early! This gives you time to make sure you cover all the topics you need and to practise, reflect and improve.

2 Use a revision timetable

Plan your time effectively to get the most out of your revision sessions. Ticking off each topic will also help you keep track of your exam preparation.

3 Practise, practise, practise!

Use past papers, examiner reports and other practice material to help you reinforce your learning and understanding.

4 Take breaks

Make sure you take regular breaks during revision – it will help you to stay focused and committed.

5 Avoid using your phone

Messages, apps and social media can all act as a distraction. Make sure you put your phone away so you can focus on your revision.

5 Top Tips on Effective Revision Breaks

It's really important that you include breaks in your revision schedule. It will help your mind to rest, allowing you to better remember the information. However, it is important that your break is **effective** and that you get the most out of it to help re-energise you for the rest of your revision.

1 Get away from your revision space

It's really easy to spend both your revision time and break in the same place. Find a reason to go into a different room or even go for a short walk. This will help you to distinguish between your revision and your break effectively, so your mind relaxes.

2 Have something to eat and drink

It's really important you stay hydrated and fuelled during your revision and exams. Your brain (and body!) need enough energy to maintain focus.

3 Avoid napping

It can be really tempting to have a nap during a break – your eyes may well feel heavy from focusing on text. However, a nap can leave you feeling groggy, making you lack energy in your next lot of revision.

4 Exercise

You usually do your revision sat down. Use your break to stand up, stretch or even go for a short walk.

5 Stick to your revision timetable/schedule

Make sure you know how long your break is going to be for. Resist the temptation to say, 'I'll get back to it in a minute' as this can easily turn into an entire afternoon! You'll be able to enjoy your breaks more if you aren't feeling guilty about the work you should be doing.

Top Tips: Revision Snacks and Hydration

It's incredibly important to stay hydrated and fuelled during exams and revision - your body and brain need energy to maintain focus. However, certain foods are better than others to keep you energised.

Better for Revision

✓ Water

Drinking water frequently will help to keep you hydrated which in turn will help you focus on your work.

✓ Fruit and veg

Full of vitamins and nutrients to help keep your body healthy.

✓ Fish

High in protein and Omega 3 - it's great for your brain.

✓ Eggs

A brilliant choice for a breakfast to start your day.

✓ Nuts

Great for snacking.

Worse for Revision

✗ Sugary treats

Although they can give you a quick energy boost, the sugar rush can be short-lived, leaving you feeling tired.

✗ Fast food

Great to use as an occasional reward but it can be high in calories and it doesn't always contain all the nutrients you need.

✗ Caffeine

Coffee can be good to wake you up in the morning but too much of it can make you fidgety and affect your quality of sleep - probably best to have this one in moderation.

✗ Energy Drinks

These are designed for athletes doing high-intensity exercise. While revision can feel like hard work, energy drinks are likely to leave you feeling jittery and struggling to focus.

How to Start Revision

One of the most important things about revision is making sure you're using your time efficiently. That means using effective revision techniques, and making sure the techniques you're using work for you. Like any other skill, revision needs practice, so don't leave it until the last minute! Here are ten tips to get you off to a good start...

Check past papers

Past papers are a great way of getting used to the type of questions you'll see in the exam and how the questions are worded. However, it's important that you reflect and review your work on past papers, for example, make sure you target specific topics which you may struggle with – don't just pick the questions you can already do! You might want to combine your work on past papers with the examiners' reports to see how you can improve your answers.

Be prepared

It may seem obvious but make sure you cover all the topics. If you're unsure of what might come up in an exam, ask your teacher/tutor for a checklist. Manage your time effectively so you don't spend too long on one particular topic yet have enough time to go over everything and not just gloss over it.

Plan!

Revision can feel very overwhelming – where do you begin with so many topics to cover? It might seem like an impossible task. Breaking subjects down into smaller, more achievable chunks will make your revision more manageable. Use these in your revision planning – the sense of achievement from being able to tick these off is a great motivation.

Revise continually

Don't be tempted to cram and leave things to the last minute – you won't actually retain all the information and you might cause yourself unnecessary stress. Get into the habit of doing a little bit of revision nightly or weekly throughout the year. By the time exam season comes around, you will have more time to practise questions rather than having to learn lots of new topics.

Highlight the right way

While highlighting can make your work look really colourful, it's important you are highlighting effectively. Highlighters are a great way to emphasise key words, but try not to highlight large amounts of text. You can use different colour highlighters to show links between separate pieces of information. This will help you when you're trying to recall the key points in an exam. Consider using a mind-map as well to help structure your ideas.

Don't just read!

Be sure to make brief notes on what you have read. Either write down your notes or record your thoughts and listen back to them.

Avoid copying full sentences

Summarise the main points in note form. Lots of detail can be great but it can also make reading back through the notes time-consuming and a little overwhelming. Include the most relevant bits of information in bullet points to help structure your notes, so you can get to the points quicker when reading them back.

Use a bit of colour

Try writing your notes using different colours. Studies have shown that, for some people, it can make a difference in remembering information if notes are written down in blue ink instead of black ink! Writing notes for every subject in the same colour can make it difficult for it to stand out. That said, make sure you focus on your revision and not just making notes look good!

Practise technique

It's really easy to focus on the content when revising. However, equally as important is actually understanding how to achieve the exam criteria. Mark yourself using an actual mark scheme so you can see the kind of things examiners look for and apply it to future answers.

My Revision Timetable

You should try to spread your revision over a number of weeks. Break your revision down into small chunks of 20 to 30 minutes per subject.

Week 1

Starting Date: _____

Subject	Monday	Tuesday	Wednesday	Thursday	Friday

Week 2

Starting Date: _____

Subject	Monday	Tuesday	Wednesday	Thursday	Friday

Starting Date: _____

Week 3

Subject	Monday	Tuesday	Wednesday	Thursday	Friday

Week 4

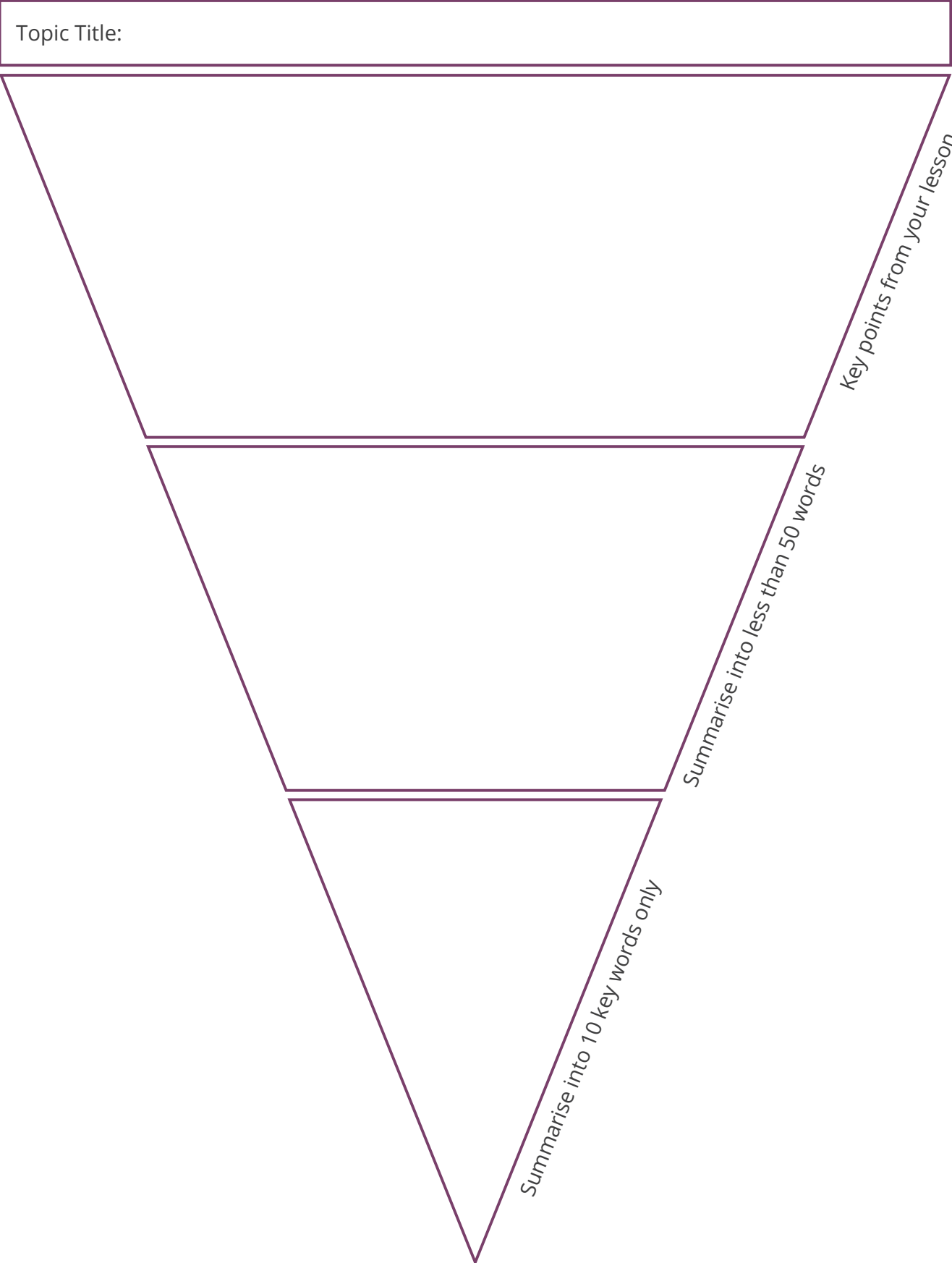
Starting Date: _____

Subject	Monday	Tuesday	Wednesday	Thursday	Friday

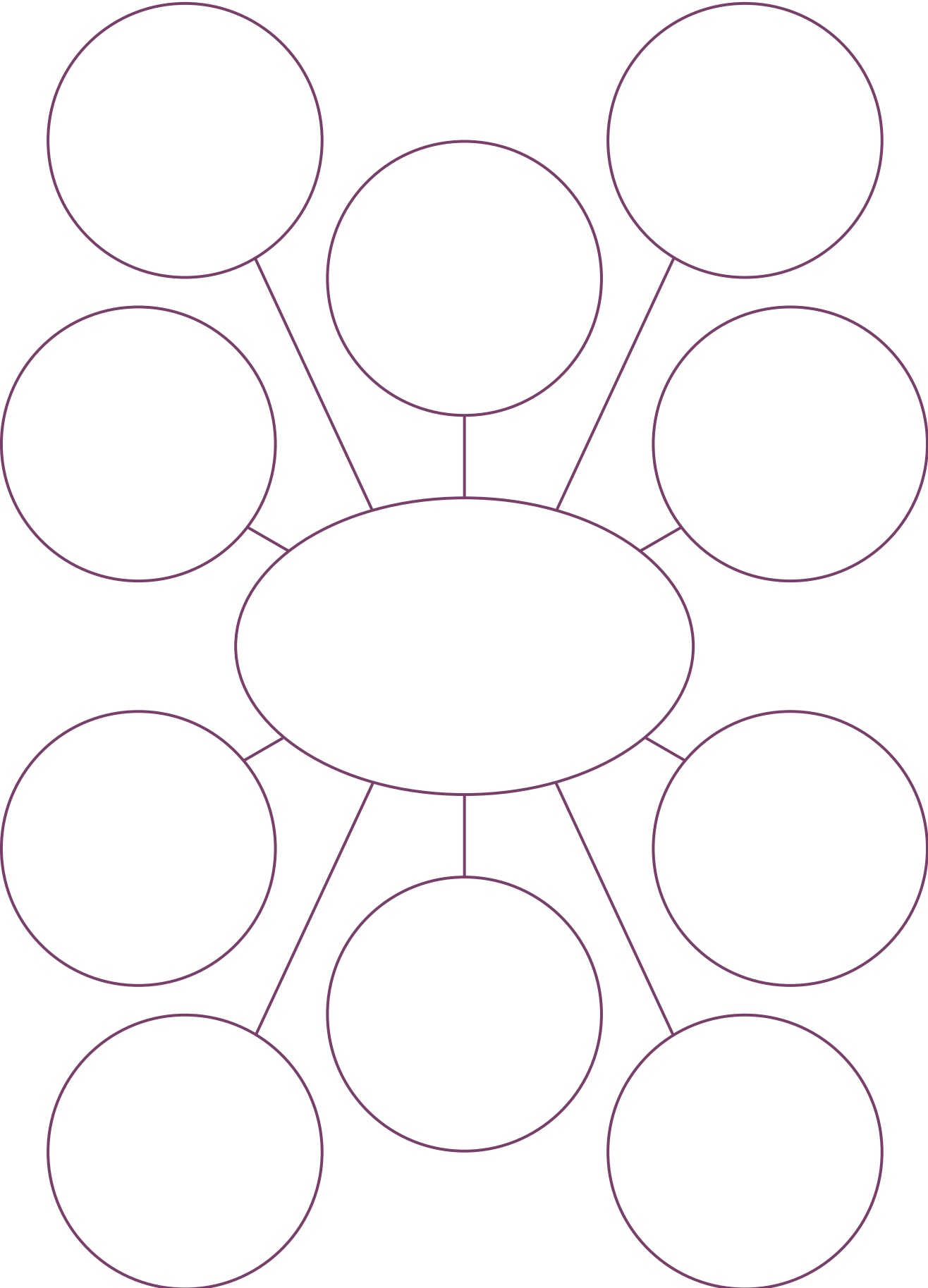
Revision Triangle

Challenge yourself!

Cover up the key points and see if you can use your summary to create an expanded mind-map of the topic.

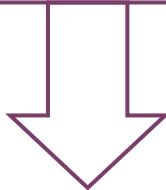
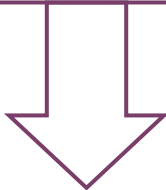
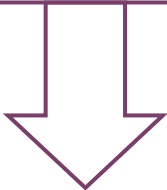


Mind Map



Main Idea Graphic Organiser

Main Idea:



Supporting Detail:

Supporting Detail:

Supporting Detail:

Flashcards

Flashcard template with a small square box in the top-left corner and the word "BEYOND" in the bottom-right corner.

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Flashcards



Good luck!

You've got this!

Hard work pays off.

Relax.

Breathe.

Trust in your own ability.

Keep calm.

Remember your equipment.

Check your work.

Do your best!

Never give up!

