

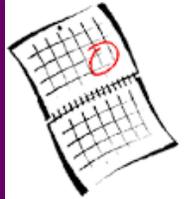


How can I best revise and prepare for exams and important assessments ?



Here's a 10-point guide to help you:

1. If you are going many exams, make an **exam timetable**. Include your school timetable, your exams and key events such as birthdays that you don't want to miss. Think about times when you might have very little to do (e.g. on the bus)



2. We revise best in **small chunks of time**. Aim for revision sessions to be 45 minutes long. After this, your concentration lapses and you should take a short break of about 10-15 minutes.

3. Check out **phone apps** such as GCSEPod and **websites** like Sam Learning and GCSE Bitesize. Ask your teacher for the best sites.



4. Find **somewhere quiet to revise** and tell people you don't want any interruptions.

5. Create a **distraction-free zone** (no phones, emails, social media, etc.).



6. Sit at a **proper desk or table** to revise – not in front of the TV or lying on the grass in the garden. Find out whether having music really works for you.

7. Always **start with the most difficult topics**. Your best concentration is always at the beginning of a revision session. Make your brain work.



8. **Only learn what you don't yet know**. There's no point going over ideas that you already know. Work out what you know and don't know before you start revising. Fill in any gaps you have missed in class.

9. Stay in **good health**. Do regular exercise, eat a balanced diet, drink enough water and get enough sleep. These are all good for your brain.





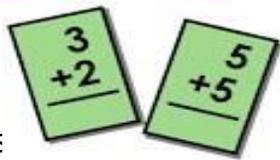
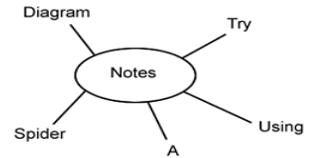
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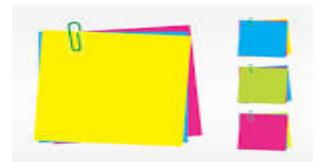
10.and finally mix up your revision by trying different active learning techniques. Try some of these:

Make your own **mind or concept maps**.



Make flash cards: Write the facts on one side and some questions on the other. Text yourself with them (or get

Make **post-it notes** for the most important things and put them in places where you will see them (around your mirror, on the fridge, saved on your phone)



Practice makes perfect. Practice past exam papers and revision tests. Ask your teacher for these or find them on the web. This will help with exam technique.



Use revision guides. Answer questions or design your own to answer. Ask your teacher for the best ones to get.



Teach someone else the part you find hardest.

Make a list of the things you still don't know and ask your teacher. Never be embarrassed to ask. In the few weeks beforehand, they may not mind you emailing them in-between lessons too. Ask them.

