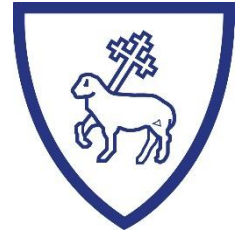


Brockington College



Revision Hints and Tips

1. Make a revision timetable

- Look at when your exams are taking place and set time aside to revise for each of them over the course of the weeks and months ahead of them.
- Stick to your plan and set yourself a realistic goal of how much you can achieve in one session.
- Reward yourself for sticking to your plan – time on the Xbox can actually be part of your programme!

STUDY TIMETABLE

Legend: SCHOOL (yellow), BAND (purple), TRUMPET (green), MATHS (pink), HISTORY (blue), GEO (orange), CHEM (red), MUSIC (green), BIOLOGY (blue).

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
4-5	CHEM	BAND	BAND	ENGLISH	BAND		
5-7							
7-7:30	BIOLOGY	TRUMPET	ENGLISH		MATHS	HISTORY	
7:45-8:20	GEO	CHEM	MUSIC		ENGLISH	MUSIC	
8:30-9	HISTORY	MATHS	BIOLOGY		BIOLOGY	MATHS	
9-9:30							

2. Avoid distractions

- Study in a space away from distractions that is as comfortable as possible.
- Put all your electronic devices away – leave your phone in another room; turn off the TV and hide the Xbox controller.
- Always tell your family when you're revising – they will support you!

3. Take a break!

- Taking a 10-minute break to walk around can increase the blood flow to your brain and help you to remember more information.
- The longer you go without a break the less likely you are to remember key facts – make sure your study is split into manageable chunks.

4. Sleep!

- Easier said than done during exam season, but getting 8 hours is really important for your revision – an exhausted brain won't be useful to you!

5. Eat well!

- Make sure that you eat regular, healthy meals – there are dozens of foods that stimulate the brain.
- On the day of the exam, have a good breakfast – slow-release energy will help you

all the way through the day.

- Avoid stimulants – energy drinks **are not** advisable as they give you a very short term boost and often end with a low.



6. Be informed

- Get topic checklists from your teachers and make sure that you RAG rate your confidence in each area to help you direct your revision.

7. Be creative!

- Remember that different revision techniques work well for different people, so don't worry if your friend has covered their bedroom in post-its – it might work for you, it might not.
- Look at different ways of recalling information – flash cards, post-it notes, revision apps, etc.
- Get your friends to help you – work in study groups to test each other.

8. Seek advice

- Remember that there are dozens of revision sessions happening at College every week. You don't have to attend them all, but when you've identified an area in which you need help, use these sessions!



9. Practice makes perfect

- Make sure you **know your exam paper**. Your teachers will help you to practice in class and will give you papers for homework – use them! The more familiar you are with the paper and how to answer the questions, the less stressed you will be on the day!
- There are hundreds of past papers on the school website - ask your teacher for guidance. Pick a paper, attempt it and then ask someone to mark it for you!

10. Persevere

- No one gets it right first time, no matter how much some people might brag!
- Remember, you might find a subject difficult, but persevering and asking for help when you need it is the most mature thing you can do on the run up to the exams.

