

Revision Guidance Tips

- Small regular chunks of revision are much better than long sessions without a break
- Your brain normally needs a rest after about 45 minutes. Anything revised after this times is likely to be forgotten, so have a rest of 10 – 15 minutes then start again.
- Never watch TV or play Xbox/Play Station or go onto social media straight after a revision session. You need to let your mind switch of for 20 – 30 minutes to allow information to sink in. Very quiet music with some food and drink is a good idea or doing a physical activity like running or another sport.
- 30 minutes of revision per subject per week from June until next April will amount to about 25 hours revision per subject. That's a lot of revision without a lot of pain!
- It's a good idea to try and revise at the same time each day so your brain gets into the habit of learning at a certain time.
- A day off each week to do your own thing is a good habit!
- Arranging revision time with friends means you can also arrange when you will spend time playing Xbox/Play Station together or chat on social media together. Help each other out.
- A revision buddy who you can work with can be a real help and can reduce the tedium of revision.
- Primary revision should be a relaxed activity where you methodically work through your notes etc. and create revision materials for yourself.
- Some people revise better with very quiet music in their ear, not so loud that you can sing along to it, but loud enough to help the brain to get into a focused state. The best type of music is calm, relaxing music.
- Suggested stages of revision –
 - 1) Make well-organised revision resources (Cards/PowerPoints/Notes etc.) for each subject
 - 2) Read through these notes calmly and methodically and highlight/annotate them. (Repeat this as often as you like)
 - 3) Read them out loud and record them OR teach them to a study buddy or a parent or an audience.
 - 4) Listen back to your recordings.