

**Revision.**



**Just do it.**

**Guidance and Advice on How to Revise**



# How well do you perform in exams?

- Think back to exams or tests you've taken in the past. Did you come out thinking *if only I had..?*
- Write 3 *if only* statements. For example: *if only I had read the question more carefully.*

1. *If only*.....
2. *If only*.....
3. *If only*.....

**Now pretend you are advising a fellow student how best to succeed in exams. Write two tips under each of the following headings**

**Before the exam**

1. ....
2. ....

**In the exam**

1. ....
2. ....

Compare your tips with a friend's. If you put your suggestions together, you should have a useful list of successful exam strategies.

**Answering the question**

1. ....
2. ....

**Timing answers**

1. ....
2. ....



# Thinking About Revision

- Preparing for exams is not easy. It takes planning and strength of character.
- The ability to defer gratification is vital. That means to sacrifice immediate pleasure for long term gain.

*Shall I meet my  
friends or study  
for the exam on  
Monday?*

*I'd like to go out  
shopping...but I have  
an exam in one  
week...*

# Answer the following questions to help you plan your revision

- How long can you work without a break?
- What helps you concentrate?
- What disturbs you when you are working?
- What methods of learning have helped you in the past?
- At what time of day do you find it easiest to work?





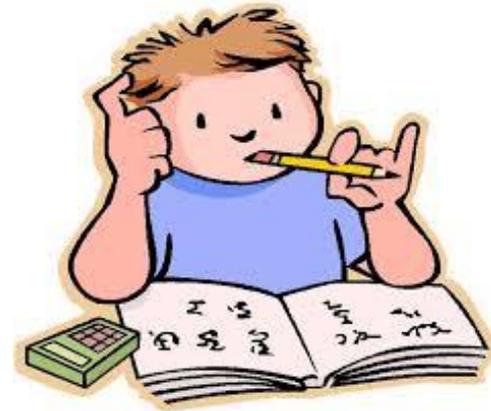
# Resources for Revision

- Think about the resources you will need for revision. Select which items on the list below would be useful for you. Add one more of your choice.

**Text Book      My Notes      A Revision Guide      Paper**  
**Past Exam Papers      Post-its      Blank Cards**  
**Highlight Pens      A Timetable**  
**A Clock**  
**Exemplar Answers**

I'd add biscuits!

# Methods of Revision



Different students find different methods of revision work for them. That's because people learn in different ways. Here are some students talking about methods that have worked for them.

1. "I like to be on my own in a quiet place. Then I write a summary of my notes on to small cards."
2. "I like to meet up with friends and revise together. That way, we can discuss the topics which worry us the most."
3. "I highlight key points and get my family to test me."
4. "I like to speak notes into a Dictaphone and listen to them."

Can you think of three other methods of revision that might work for you?

Revise!

# Did you think of these?

Revise!

- Use key words, bullet points or spider diagrams.
- Redraw diagrams and check how well they match the original.
- Use flow charts to sequence facts or events. Use linking words between boxes to illustrate the nature of the sequence.
- Draw mind maps using key words from topics.
- Use colours to highlight key sections of your notes.

**I**   
**REVISION**

# Learning Styles

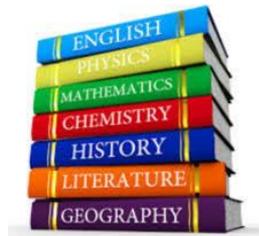
## Clues and Learning Tips

### Visual Learners usually:

- need to see it to know it
- have a strong sense of colour
- may have artistic ability
- often have difficulty with spoken directions
- may over react to sounds
- may have trouble following huge amounts of teacher talk
- often misinterpret words.

### Visual Learners should:

- use graphics to reinforce learning; films, illustrations, diagrams and doodles
- colour code to organise notes
- use flow charts and diagrams for note taking
- visualise spelling of words or facts to be memorised.



# Learning Styles

## Clues and Learning Tips

### Auditory Learners usually:

- prefer to get information by listening
- need to hear it to know it
- may have difficulty following written directions
- have difficulty reading
- have problems with handwriting
- are able to read body language and facial expressions really well.

### Auditory Learners should:

- record their reading and class notes
- learn by interviewing or participating in discussions
- have test questions read aloud or recorded
- turn notes into songs and rhymes.



# Learning Styles

## Clues and Learning Tips

### **Kinesthetic Learners usually:**

- prefer hands on learning
- are able to assemble parts without reading directions
- have difficulty sitting still
- learn better when physical activity is involved
- may be very well co-ordinated and have athletic ability.



### **Kinesthetic Learners should:**

- engage in experimental learning such as role-play, lab work, making models
- take frequent breaks in study periods
- use computers to reinforce learning
- memorise whilst walking or exercising.



# Make Revision Fun

1. **Drawing** funny pictures, cartoons or creating posters can help you remember a certain chain of events or sequences.
2. How many text messages do you send in a week? Make a plan with your friends to **add a fact to the end of every text** that you send to build up your knowledge.
3. Making a popular **game** into a revision aid is really useful. Trivial Pursuit and Blockbusters works brilliantly.
4. Why not take a catchy **song** and change the words to fit in with a revision topic?



# Preparing Your Revision Plan

- However you choose to revise, ensure you create a realistic plan of when you are going to do it. It also helps you to enjoy life!
- Use a weekly timetable and divide each day into sessions with a break of five minutes between some and ten minutes between others.
- Don't forget to mark in time for meals and really think about how long you can keep going – eight hours a day, even if you are behind with your work, is over the top!
- Set time aside each day for relaxation – perhaps an hour each evening during the week and a little more time in the afternoons on Saturday and Sunday. Plan some treats for these times.

# Don't Stress!

## Learn to Relax

Take mini breaks throughout the day. Work on relaxation techniques, such as taking slow, deep breaths.

## Be Positive

Don't pay attention to that internal voice telling you that you can't do it...you can and you will!

## Talk

Talking and meeting with friends and sharing how you are feeling can be helpful in reducing stress.

## Make a List

Write down the things that are worrying you and the possible things that could happen – then your brain will stop bringing them forward all the time.



## Stay Calm

Make sure you are in a calm, positive state of mind before you begin revising.

## Time

Recognise that you can only do so much in a given time. Try to pace, not race.

## Sleep

Don't become overtired by forcing yourself to work late. Your ideal sleep time is about 8 hours a night.

## Be Healthy

Watch your eating habits. Make sure you eat sensibly and have a balanced diet. Drink plenty of water.



# You Can Do It!



- Keep revision and exams in perspective. It is an intense period of your life, but it will soon be over!
- The work you put in now will have a huge impact on your future.
- **Aspire** to be the best you can. You don't want to feel disappointed when you open your exam results. Feel proud that you worked hard, remained resilient and achieved grades that reflect your determination and commitment.