

Quick Tips for revising

What is the aim of revision?-to reduce the amount of information relating to a subject to a series of key-points, acting as a prompt which you can expand once in an exam. At the end of your revision sessions for each topic or sub-topic, aim to end up with a card or A4 sheet with key points.

Good revision techniques should include:

- An aim-i.e. by the end of the session I will be able to answer a question on the cardiovascular system.
- Identify what you know and concentrate on weaker areas.
- Break down topics into smaller sub topics.
- Test yourself on what you have learnt or ask someone else to test you.
- Tick off subjects as you gain confidence in your knowledge so you can see progress.
- Revisit notes briefly but regularly to help knowledge be retained.

Effective revision involves doing something with the information:

- Draw mind maps or spider diagrams linking information.
- Use pictures/flip charts/posters to bring the information to life.
- Put revision aids around your house so you see them regularly-i.e. on the bathroom door/in cupboards.
- Record yourself saying quotations/French verbs etc. and play back whilst running or travelling.
- Watch/listen to DVDs, power points, pod casts but make notes or diagrammatic links. Try testing a friend and getting them to test you.

How to be mentally prepared

- Start, even when you don't feel like doing it.
- Build in short breaks.
- Drink water and get fresh air. Don't make your learning environment too warm.
- Eat lots of healthy snacks but avoid sugar.
- Take some time out and do something completely different.
- Do not leave the hardest parts until last.
- Focus on what you have done and not on what you haven't-Stay positive!
- Promise yourself little rewards after each session- a TV programme or a book to read or time out with your friends perhaps.
- At the end of each session, file away your notes and clutter so that your work area is clear to begin again.

Tips for Parents

- Talk to your child about how they feel you can support them.
- See if there is any equipment they need- i.e. highlighters, files, wall charts, post stick notes etc.
- Get them to clear out their bags and organise books/folders etc.
- Look for good revision guides. The school sells these for most subjects.
- Help them to devise a revision timetable.
- Help them to stick to the revision timetable. Use praise and maybe even agree a reward.
- Provide snacks and water for revision time and a quiet area conducive to learning.