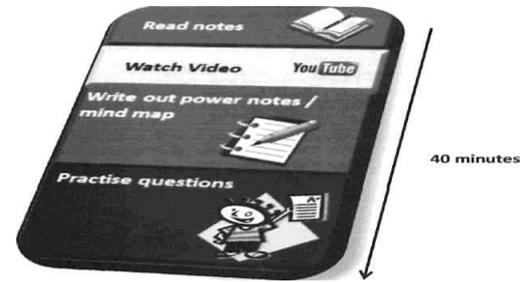


REVISION SCHEDULES

The best way to plan and carry out your revision is to design your revision 'schedules'. A revision schedule is a specific amount of time in which you revise for a subject. Evidence suggests that you should revise on one topic or subject for no longer than **45 minutes** at a time before having a break and doing something completely different. A schedule could be shorter than this, for example, **30 minutes** or even **20 minutes**, depending on the subject and your attention span.



Each chunk should also include a range of revision techniques. This will help add variety to your revision and keep you stimulated. You should plan your revision schedules for each subject, as you may choose different approaches for each one. For example, you might make more use of audio techniques when revising for a German test or do more practice questions when revising maths. If you organise your revision into schedules, you will find it much easier to plan and manage your workload.

HOW TO CONSTRUCT A REVISION TIMETABLE

Before we begin, here are a few things you need to work out first.....

1. How many subjects do you have to study for? You can also use this table to prioritise your subjects. Put the most important subjects, or the ones that you struggle with in first, and the ones that you find easier at the end.

1.	2
3	4
5	6
7	8
9	10

2. Do you have any commitments during the week that are going to make revision difficult on some days? For example, if you play netball, when do you play and for how long?

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____



SO NOW YOU HAVE THIS INFORMATION, HOW DO YOU FILL THE TIME TABLE IN...?

- Fill out the WC (week commencing) boxes down the left with the weeks you will be revising.
- Enter your commitments into the revision planner and your exams.
- Divide your days up into revision slots using a ruler.
- Use colours to highlight subjects or perhaps use a key.
- It is up to you to decide when and what you will study. If you have football on a Wednesday night at 6pm, for example, you can just shade out revision slots then.
- Be practical and spread your revision out. Never do too much in one day.
- Plan your revision so that there are more 'schedules' of revision on the subjects that you find the hardest

SOME IMPORTANT RULES!

- No more than 45 minutes non-stop revision at a time!
- Don't overdo it! Revising solidly from 4pm until midnight will exhaust you and your brain! A tired brain can't learn! Make sure you get plenty of sleep and have a proper break for meals.
- Take a ten minute break in between sessions; get a drink, stretch your legs and give your brain a break!
- Spread your subjects out too. Don't choose to revise all three sciences one after the other on the same day. You will get bored! And make sure you use a variety of techniques. Do some note taking for one subject, some mind mapping for another and maybe try some past paper questions out for the next subject after that!
- Every person is different though, you need to work out what is best for YOU!
- Lastly, don't panic! If you are organised, you will be fine! Lots of regular revision, slotted into your normal routine, is a hundred times better than manic swotting the day before the exam!



If you find it difficult to plan your own revision schedule, there are other resources out there to help you. www.getrevising.co.uk is a handy website to help you create a revision timetable and a range of other resources such as flash cards, quizzes and mind maps.

At the end of the booklet is a template you could use to plan your revision schedule.

MANAGING YOUR REVISION AND STRESS-BUSTING TECHNIQUES

Believe you can do it. If you prepare for the exams properly you should do fine, meaning that there is no need to worry excessively.

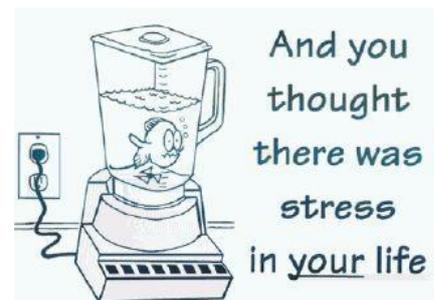
Get accurate information. Make sure you fully understand the resources that your teachers have made available to help you revise and know where you can find them. Ensure you have a revision checklist for every subject and you know what to expect from the exam paper (number of questions, type of questions, marks available, length of the exam and if there are any optional questions/sections).



Sort out your priorities. If you think there's too much work, and not enough time left to do it, write down everything you need to do, and sort it into order of priority. You can then work out what action you need to take for each task, and work your way through your list. You need to take into account which topics are the most important or compulsory, which you already know best, and which you have enough information on.

Avoid distractions. Avoid friends who make you anxious by telling you have much more revision they have done than you or reeling off facts and topics they have learnt that you haven't (yet). Revision is a personal thing, so don't worry what anyone else is doing unless you are helping each other and revising together.

Don't keep things bottled up. Confiding in someone you trust and who will be supportive is a great way to alleviate stress and worry. Talk to your parents, teacher, Form Tutor and Head of Year if anything is worrying you. We're here to help and support you.



Plan your study time. Too much material + Too little time = Anxiety. Plan your study with regularly scheduled revision chunks of no more than 45 minutes, you should be fine.

Organising your space. Think about *where* you work. See if you can separate out the places where you work from the places where you *relax*. Even if this all happens within one small room, create a 'working place' (around a desk/table?) which contains your papers, books, etc. and everything you need for your work.

Try to maintain a healthy lifestyle. Anxiety increases when one feels tired, run down and overwhelmed.

Overall resilience depends on one's physical and mental health, which can be strengthened by:

- enough movement and exercise (vs. couch potato lifestyle)
- balanced life (vs. over-stress)
- positive thoughts/beliefs (vs. self-defeating thoughts/cynicism)
- health focus (vs. self-neglect)
- replenishing nutrition (vs. junk food)
- regular and adequate sleep (vs. late night lifestyle)

Reward Yourself. If you're working hard and revising properly then it is only right that you reward yourself for your hard work. Organise things with friends, treat yourself to something... or even better, get your parents to treat you! Having a reward gives you something to look forward to and will help you manage boredom and anxiety.

