



EXERCISE

Get your blood pumping prior to studying. It will help you to remember things & keep you alert. It also alleviates stress & anxiety.



LOCATION

Find a spot to revise that is similar to your exams, preferably sitting at a desk. Minimise distractions.

PLAN & ORGANISE

Create a revision timetable & prioritise subjects/topics you are struggling with. Check you know what you need to revise & if unsure ask your teachers.

TAKE BREAKS

Study for 30 minutes at a time & only focus on one task each study period.



VISUAL

Colour code your notes & highlight important information. Draw pictures & diagrams to recall & retain information.



POST-IT-NOTES

Write important information on post-it-notes & put up around the house - bathroom, kitchen, even the toilet - this will help you retain information.

REVISION

Plan your revision by spacing it out. Little & often is better than cramming at the last minute. Review study content within 24 hours.



PRACTICE

Test yourself by doing past exam papers. Great for testing your knowledge & also familiarising yourself with exam structure & format.



HEALTHY EATING

Keep your brain hydrated with water & eat nutritious snacks. Fuelling your mind increases focus, concentration & enhances energy levels.

VERBALISE

Instead of re-reading information again & again, close your eyes & recite as much as possible from memory. Reading things out loud also improves recall.

