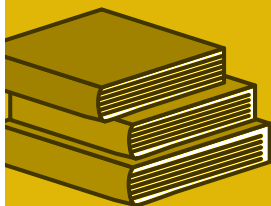


# Guide to **Revision**



## **CREATE THE PERFECT WORKING ENVIRONMENT**

Clear your desk of all but essential items and put your phone away. For every hour that you study try to take a ten minute break away from your desk.

## **USE FLASHCARDS, COLOURS AND IMAGES**

Write down key points on flashcards, use colours and images to help visual learning and always have them close to hand.



## **CREATE STUDY LISTS**

Creating a list will help you remember study tasks and ticking them off will boost confidence and give you a sense of achievement!

## **STUDY ON THE GO!**

A quick boost of information on the way to and from school can be very helpful and can help you retain information. Consider using revision apps on your smartphone.



## **DON'T CRAM!**

It's impossible to cover all your material in a short space of time and studies prove that last minute studying forces information to your short-term memory rather than long term memory.

## **REWARD YOURSELF**

Small rewards are a great way to stay motivated. Set yourself goals with rewards such as a nice snack.

