

Panic free revision guide.....

Be creative in your revision styles...good active revision uses your eyes, ears and hands in a variety of ways.

- Read aloud (you are more than 50% likely to remember something)
- Revise with friends and test each other
- Record key facts on to your phone and listen while you go for a walk
- Use past papers and text books. Ask your teacher for support!
- Use diagrams or charts to create your personal revision notes

Be creative.

Find what works for you...

don't get bored- get creative!!

Use the stairs or the corridor in your home.

Whatever the topic you can place revision cards at intervals and test yourself

Eat drink and sleep well

Drink plenty of water at least 8 glasses a day.

Ditch the monster drink- you won't sleep and will get stressed and run-

Have regular breaks...

For every 40 minute revision session take a 20 minute break (have a snack and refill your water glass!)

Turn off your mobile phone (it's only for 40 minutes) avoid the google search too. Use online revision sites- there are loads out there!

Use columns and write questions to test yourself.

e.g.

When was the battle of Hastings?	1066
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Use mnemonics. This is an acronym for

'Make Names Easily Memorable by Organising Nominated Initial Characters'

So the planets:

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto

Could become:

My Very Educated Mother Just Served Us Nine Pizzas

Cheat Sheets: Great for revising but leave them at home on exam day!!

Create personal cheat sheets that contain

bitesize notes, diagrams, visual references and mnemonics.