

# Top Ten Revision Tips

1. Short bursts of revision (30-40 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).
2. Find a quiet place to revise - your bedroom, school, the library - and refuse to be interrupted or distracted.
3. Make sure you don't just revise the subjects and topics you like. Work on your weaker ones as well.
4. Make your own revision notes because you will remember what you have written down more easily compared to reading a textbook. Stick key notes to cupboards or doors so you see them everyday.
5. Rewrite the key points of your revision notes; read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.
6. Use different techniques. Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on tape and listen to them back on your Walkman. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a rap song.
7. Practise on past exam papers or revision tests available on the web Initially do one section at a time and progress to doing an entire paper against the clock.
8. You will need help at some stage, ask parents, siblings, teachers or friends. Ask teachers to clarify points you are unsure of, talk to family and friends if you're feeling worried. **Everyone is here to support you.**
9. **Don't get stressed out!** Take regular breaks, have healthy snacks, drink lots of fluids and get lots of sleep.
10. **Believe in yourself and be positive.** If you tell yourself you can succeed, you will.

