

Revision Techniques

We have put together some different revision techniques that you might find useful when revising for your exams.

- Try to build lots of variety into your revision. Use words and pictures, mind mapping is especially good.
- Make sure you know how the bits of your revision fit together. Figure out the big picture and then break it down into smaller bite - sized pieces that you need to learn.
- Work from what you know, but also introduce new information regularly as this will stimulate your thought process and prevent you from skimming over information.
- Be positive about your revision. Focus on what you have achieved as well as what you still need to look at. Use your friends and family to get feedback on how you are revising, this can help you find new ways to get into that positive frame of mind. You can do it! Make sure that you are relaxed as this will help your revision.
- Sleep and exercise are important too.
- Eat sensibly, try to avoid lots of fatty food and eat lots of fresh fruit and vegetables. Make sure that you are also drinking plenty of water. Try to avoid anything that is high in caffeine as this can make you feel dehydrated.
- Use the morning to revise things that you are finding hard to understand. In the afternoons go over things that you find easier to revise or use this time to do coursework.
- If you are using music to study this can sometimes help but it can also stop you from concentrating when revising areas that you find hard.
- If you have created mind maps, diagrams or a fact sheet to put on the wall, it is a good idea to put them up at eye level so you can read them as you are walking past.
- Make sure that when revising you are able to prioritise your time, don't make it all about revising areas that you find hard, make sure you are spending time covering all parts of the subject area.

Under the 'Links' page on our website you will find links to external resources that might be helpful to use when revising.