

St Conor's College

Top Tips for Revision



1. Study in a quiet place free from distractions.

Switch off your phone, TV, music etc.

2. Have a designated study time each day.

Try to spend at least 2 hours on schoolwork each night. Complete your homework and use any extra time to do revision.

3. Make a "revision timetable" in preparation for your exams.

Once you have created your revision timetable try to stick to it.

4. Create and use a variety of study aids.

Study aids such as cue cards and mind maps will help with retrieval practice and will enable you to memorise and learn the information you need to know.

5. Get help.

Ask friends, family and teachers to help you.

6. Brain breaks

Take a 5 minute break every 25 minutes and do some exercise, go for a short walk or make a healthy snack.

7. Sleep / Relax.

Allow yourself time each day to relax and make sure you get 8 hours sleep each night.

8. Drink water and eat well.

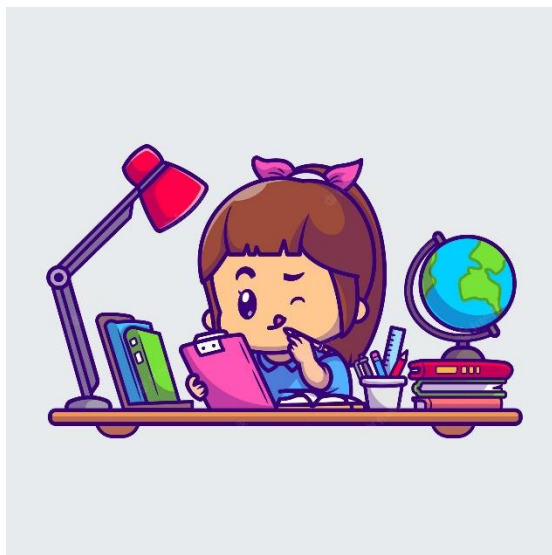
Eat good brain foods - wholegrain foods, blueberries, broccoli, tomatoes, only fish, nuts.

9. Don't panic if you feel a bit nervous.

A certain amount of nervousness actually helps you perform to the best of your ability, producing a rush of adrenaline that helps to feel alert and focused.

10. Think positively!

You can and will do well but you need to do the work now.



It is never too late to start revision!