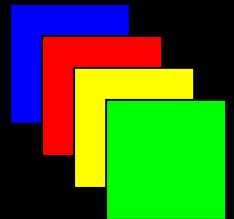


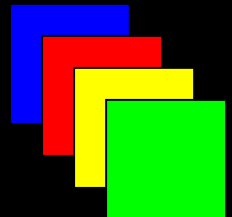
# Revision techniques or are you a self manager?

How To Revise Successfully



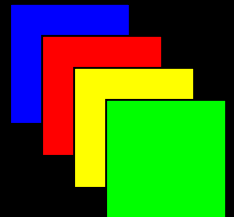
# How To Revise

- To do well in exams you need to spend lots of time on revision.
- Use these SMART revision tips to help:
  - Put information into your memory
  - Keep it there
  - Get it back out in an exam



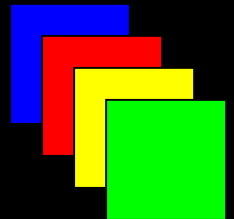
# SMART Revision

- S – Summarising
- M – Memorising
- A – And
- R – Revising
- T – Testing



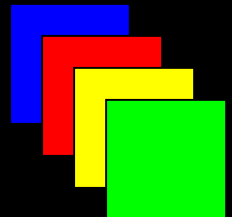
# Summarising

- Read through a topic in your book
- Pick out main ideas, facts, key terms and skills
- Make short notes



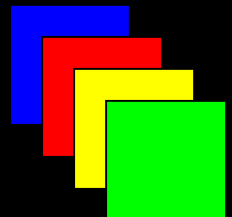
# Memorising

- Learn your summary notes until you can write them out or say them from memory.
- Best done little and often in short bursts of no more than 20 minutes



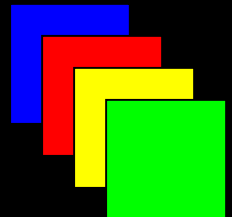
# Revising

- Keep going back over your notes to check you can still remember them
- This will enable you to get the facts out easier in an exam
- Like memorising this is better done in short bursts little and often



# Testing

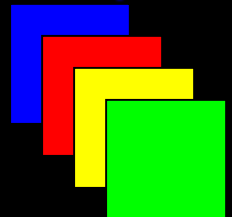
- To test if you really do know and understand your work try to answer some test questions
- Ask your subject teachers for past papers or web links to these
- If you have difficulty remembering, do more memorising and revising



# How to Learn

## Brain Friendly Revision and Getting Ready to Revise

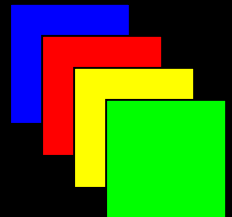
- Clear your workspace
- Follow your revision timetable and use your time effectively
- Figure out what you already know
- Always review notes the same day they are made
- Think about why you want to succeed
- Drink plenty of water, eat healthily and exercise
- Share your goals with someone else, it will help you achieve them
- Use lots of different ways of studying





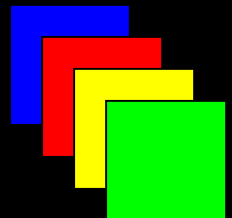
# The VAK way to good revision

- Use lots of colour
- Use highlighter pens to pick out key points
- Use coloured index cards and sort them into topics and headings
- Use symbols and pictures instead of words
- Make colourful mind maps or spider diagrams
- Put these colourful diagrams up in your house
- Tape your summarised notes and listen to them
- Read your notes out loud
- Explain the main points and how to do something to a study buddy



# Handy Hints

- Organise your place of study
- Collect all the things you might need beforehand
- Decide on an timetable you can stick to
- Take regular stretch breaks every 20 mins
- Get enough sleep
- Think positively – YOU CAN DO IT!



# YOU CAN DO IT!

- Don't let stress stop you from learning
- Visualise yourself being successful
- Believe in yourself

