



# **START REVISING**

**or your  
exam result  
will make**

**you  
cry in  
a public  
place.**

Sleeping

Motivation

Revision

What are  
the  
ingredients  
of  
exam  
success?

Exercise

Planning

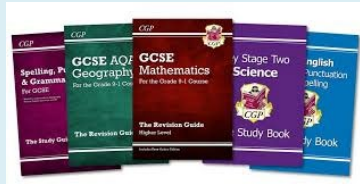
Eating



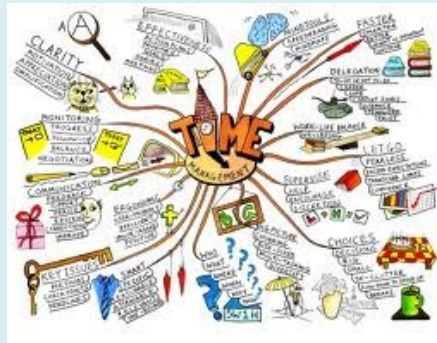


# Which revision techniques do you already use? Rank how effective you feel they are. Which revision techniques are useful and why?

Revision guides



Mind maps



Flash cards



Music / podcasts



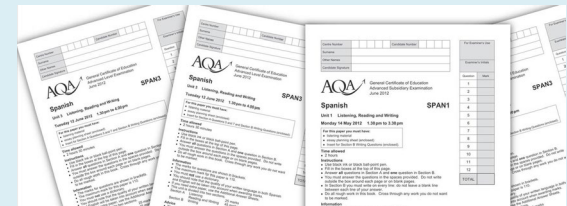
Revising with a friend



**BBC**  
Bitesize

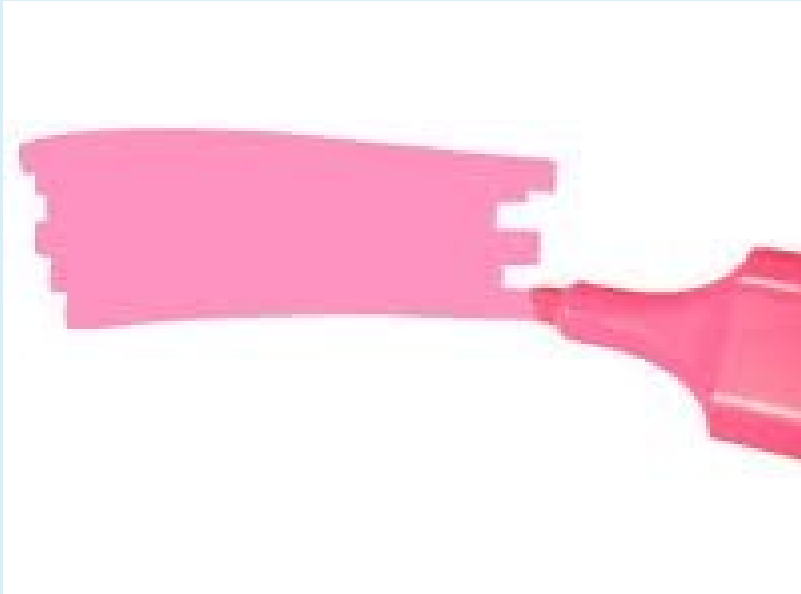


Revision sites online



Past papers

# Highlighting



Good for...

- Reviewing notes, checking for gaps in knowledge or understanding;
- Getting an overview of a whole topic or course;
- Adding colour to make notes more visual.

NOT good if you're highlighting the whole page! Key words only...

# Shrinking it down...

Good for....

- Chunking knowledge into manageable pieces;
- People who learn by repetition;
- Actively testing yourself and each other;
- Auditory learners – try producing a pod cast or voice recording of the shrunken version of your notes.



**Notes**



**Process  
& Learn**



**Shrink**



**Learn**

# Flash Cards



Good for....

- Quick revision of key terms or concepts;
- Testing yourself, or a friend;
- Adding colour and images to make them more visual;
- Sticking them up around your house for subconscious revision!
- Have prompts on one side and the detail on the other to test yourself

# Past exam papers or questions

Good for....

- Knowing exactly what to expect from the exam, so that you know how best to prepare and revise;
- Applying and testing knowledge and understanding;
- Practising timings and building exam stamina.



# Study Buddies

Good for....

- People who learn best with and from others;
- Supporting and learning from each other;
- Variety of approaches and locations;
- Motivating each other.





# GCSEpod and other online revision sites



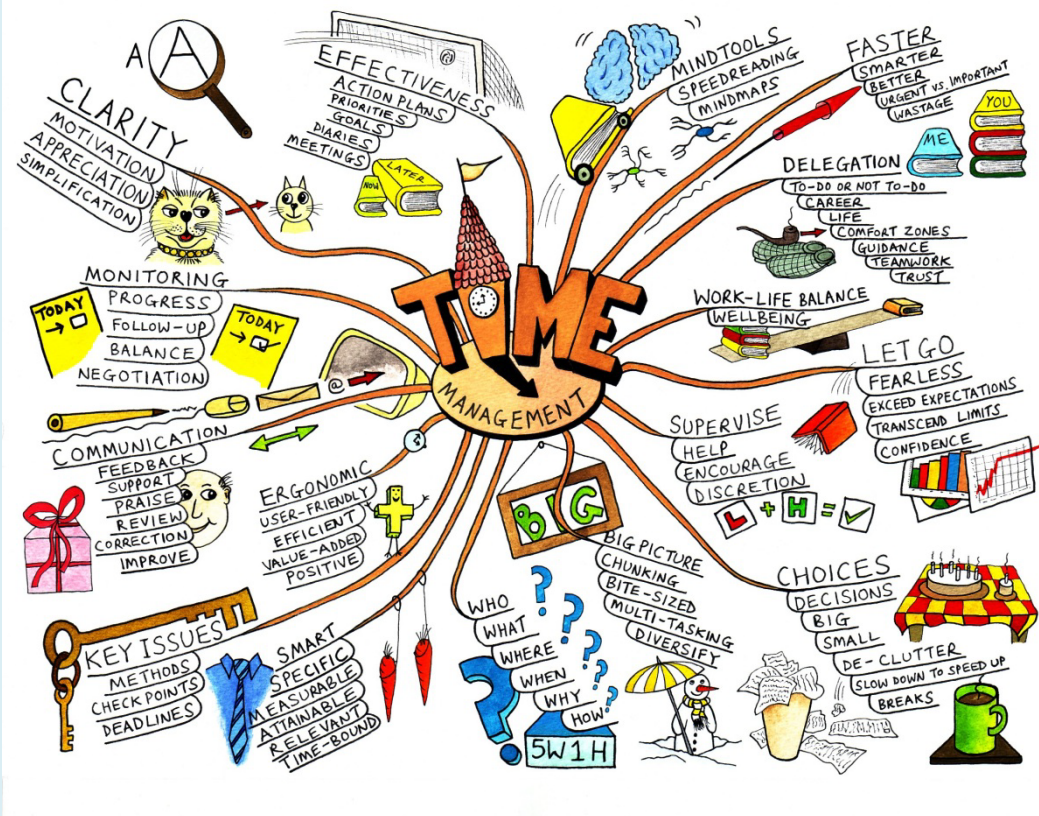
Good for....

- Auditory and visual learning;
- Adding to or consolidating existing notes and knowledge;
- Revising in bite-sized chunks;
- Revising on the go without anyone needing to know!

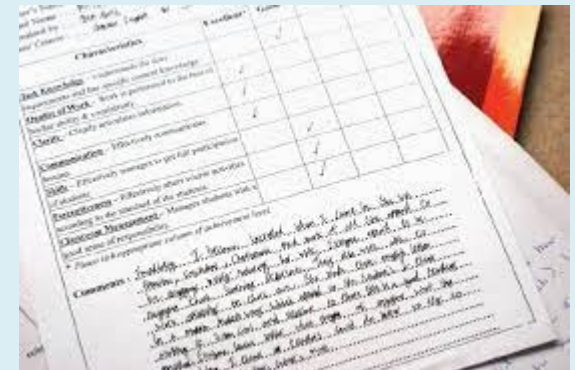
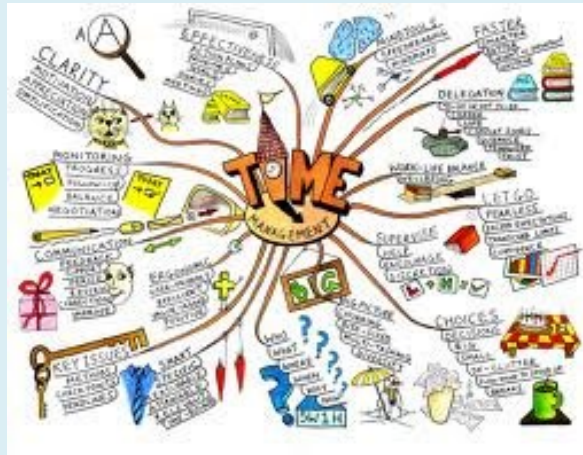
# Mind Maps

Good for....

- Visual learners;
- Constructive doodling!
- Making links between big and small ideas or concepts;
- Making posters to display about the house.



# Remember that variety is



# What does the research say?

## What has the highest impact?

- 1) **Spread out revision over time:** last-minute cramming is not going to work for most people. It is better to revise in short bursts over a long period than in long bursts over a short period.
- 2) **Revise the whole course several times,** rather than trying to master one topic at a time before moving on.
- 3) **Practise recalling information** as a regular part of revision. Flash cards were shown to be especially effective, but any activity that involves explaining a topic (particularly in writing) will be time well spent.



# What does the research say?

## What has the lowest impact?

- 1) **Unstructured revision** – revision needs to be planned, with a realistic goal for each session
- 2) **Reading** – unless you go over everything again and again, which is time-consuming
- 3) **Highlighting/underlining** – although useful when done well, it is often done poorly

# The golden rules ...

- Plan your revision in advance
- Get organised (notes, guides, stationery)
- Start revising early (remember 200 hours)
- Try out different revision techniques and find out which ones work best for you
- Revise everything more than once
- Have a clear goal for each revision session
- Test and re-test yourself frequently

# Creating a Revision Timetable

## For Term Time

Term Time Homework / Revision Timetable									
Time								Saturday	Sunday
Mon								9am	
								10am	
Tue									
								11am	
Wed								12pm	
								1pm	
Thu									
								2pm	
Fri								3pm	
								4pm	

## For Holidays

Holiday Weekly Revision Timetable							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9am							
9.30am							
10am							
10.30am							
11am							
11.30am							
12pm							
12.30pm							
1.00pm							
1.30pm							
2pm							
2.30pm							
3pm							
3.30pm							
4pm							
4.30pm							

# Term Time Homework / Revision Timetable

Time						
Mon						
Tue						
Wed						
Thu						
Fri						

	Saturday	Sunday
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		



**Holiday Weekly Revision Timetable**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9am							
9.30am							
10am							
10.30am							
11am							
11.30am							
12pm							
12.30pm							
1.00pm							
1.30pm							
2pm							
2.30pm							
3pm							
3.30pm							
4pm							
4.30pm							

**Start with a blank calendar**

**Identify other commitments /  
time off**

**Identify rest breaks**

**Work out your balance of  
revision between different  
subjects – e.g. core subjects,  
and those with more exam  
loading...**

**Complete your revision  
timetable**

	Mon 6th	Tue 7th	Wed 8th	Thu 9th	Fri 10th
9am	ENG	ADD	GEOG	ENG	CORE
	LANG	SCIENCE	GEOG	LIT	SCIENCE
10am	MATHS	MATHS	MATHS	MATHS	MATHS
	WALK THE DOG				
11am	FRENCH	GEOG	Catch Up	FRENCH	FRENCH
	ENG	GEOG	PSYCH	ENG	PROD
12pm	LIT	Catch Up	PSYCH	LANG	DESIGN
	LUNCH				
1.00pm					
	CORE	PROD	ENG	ADD	GEOG
2pm	SCIENCE	DESIGN	LIT	SCIENCE	GEOG
	MATHS	MATHS	MATHS	MATHS	MATHS
3pm	JEREMY KYLE				
4pm					



# Coping with Exam Stress?



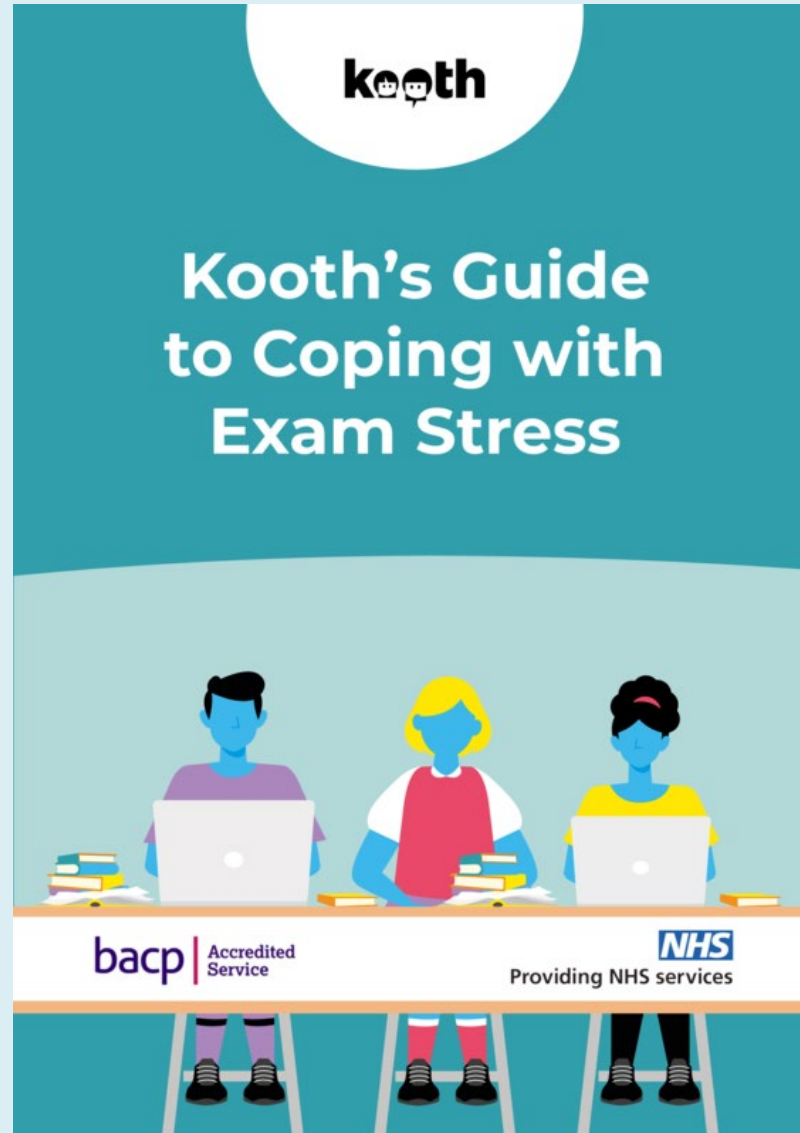
Find free, safe and anonymous mental health and wellbeing support on **Kooth.com**

# Exam Stress Workshop

[Exam stress workshop recording.mp4 on Vimeo](#)



# Coping with Exam Stress



## Coping with Exam Stress

Exam season can be incredibly stressful for students of all ages. Here's a few tips and tricks to help you cope with exam stress.

These are just a few techniques to try, what really matters is finding what works best for you.

### **Take a break**

Scheduling regular breaks and being able to recognise when you need a break when you're feeling stressed or overwhelmed, can be really helpful.

This can be really difficult, especially when you're under pressure and may feel like a waste of time or bring up feelings of guilt.

However a change of scenery may make your time revising afterwards feel fresher and more productive.

### **Mapping out your studies**

It may also help to try out a few ways to feel more on top of your studies. This might include:

- Writing down what you feel you know well and the areas you'd like to know better.
- Make a revision plan and mark off each module or topic area you've covered.
- Or, if you're feeling creative, you could draw a pathway towards exams and out the other side, where you can chart your progress along the way.

Really, anything from a spreadsheet to some rough notes can work--do what you feel most comfortable with.

### **Taking a moment**

Taking a moment when you feel especially frazzled or anxious to calm yourself can be a useful one to master both during revision and exams.

For some, meditation, grabbing a cup of tea, deep breathing or taking a few minutes outside in nature even if only for a couple of minutes, can be beneficial.

### **Taking care of your needs**

Drink plenty of water and try to eat regular meals. Staying hydrated really can help you feel better, both physically and mentally, as it's important you meet your brain's energy needs.

Especially during times of revision, where you're reading and straining your mind a lot, water is important to help avoid dehydration headaches. While regular meals can help you maintain a good routine.

### **Switching off**

Avoid screens at least an hour before bedtime. Switching off can go a long way in helping you to fall and stay asleep which will help keep your mind fresh for your exams and can help you manage or reduce your stress level.

If possible, having an environment where to rest or relax which is different to where you study, can help you switch off.

### **Moving your body**

Try 'shaking it out', or getting up from your desk and doing some light stretches. Moving your body is a great way to avoid stiffness and to better concentrate well for longer periods of time overall.

### **Talking about what's on your mind**

- Talk to a friend or other trusted person about how you're feeling. Sometimes just venting it out can be such a destressor!
- Reach out to your supervisors, tutors, or student support if you're struggling. It may be that you could apply for a deadline extension for a piece of work or find some help with time management or study skills.

### **Positive affirmations**

Try repeating some positive affirmations to yourself, such as "I'm doing my best," "I can do this," or "Just keep swimming!"

### **Journaling and music**

Writing down what's on your mind in a journal or listening to some calming music- are great ways to get tensions and anxieties out of your body.

Whatever you choose to do, be kind to yourself. Give yourself some space to do the things that might help you feel calmer or help you gain a bit of perspective.

### **Find Support**

Explore free, safe and anonymous mental health and wellbeing support on **Kooth.com**







## What's on Kooth?

24th - 30th of April

### Discussion board

**Monday 24th of April**

Coping with possible physical and emotional impacts of exam stress

### Discussion board

**Tuesday 25th of April**

Avoiding comparison around exam time

### Discussion board

**Wednesday 26th of April**

Coping with family pressures or conflict during exam periods

### Discussion board

**Thursday 27th of April**

Exam stress as the days get closer

### Live Forum

**Friday 28th of April**

**7.30pm - 9pm**

Live Forum: Coping with stress and nerves on exam days

### Discussion board

**Saturday 29th of April**

Tips for coping after your exams

### Discussion board

**Sunday 30th of April**

Finding ways to self-soothe

