

REVISION TIPS

If you're one of a thousand teenagers revising for GCSEs, A/S and A-levels, here are ten revision tips to help you get prepared:

GO PUBLIC

Make a detailed revision timetable and post it up somewhere so that everyone can see it. Letting other people know about your plans lightens the load and then it's not just down to you to motivate yourself.

Question yourself

Awaken facts through the power of questions. So when you're making notes, don't just write down 'The Battle of Hastings was fought in 1066'; instead, put 'When was the Battle of Hastings?' in one column, and write '1066' in an opposite column. Cover up the answer and each time you get it right give yourself a pat on the back.

SWITCH OFF

Unplug your internet connection as it's too tempting to surf the web and turn off your mobile phone (one distraction too many).

RISE EARLY

Facts are more digestible first thing in the morning. Start at 9am and you can get the bulk of your revision done early.

QUALITY TIME

Ask friends over for a revision session. With things like dates and vocabulary, it's always better if someone else is testing you, rather than you testing yourself.

Add variety

You may find it helpful to change from one subject to another at 'break' time, for example doing one or two sessions of maths and then changing to Geography, or alternating a favourite subject with a more difficult one. It helps to build in some variety.

Believe in bananas

Eat sensibly as your brain cells need energy to function well. Bananas are rich in potassium and will raise your energy levels. Make sure you also drink plenty of water to avoid becoming dehydrated. Dehydration makes you tired and reduces concentration.

LOOK AHEAD

IT IS EASY TO FALL IN TO THE TRAP OF WONDERING HOW WELL YOU PERFORMED AND TO DISCUSS THIS WITH YOUR FELLOW STUDENTS. YOUR TIME WOULD BE BETTER SPENT LOOKING AHEAD TO YOUR NEXT EXAMINATION.

Relax

The most important thing to remember is not to panic. The exams are going to happen so you might as well give yourself the best chance of doing well by starting to revise early and keeping calm.

Clear and legible handwriting

Writing clear, legible notes is a vital tool in the revision process. Use different colours to highlight sub headings, key dates, names etc.

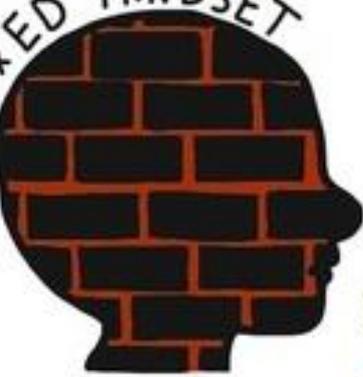


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MITSUBISHI PENCIL



10 Growth Mindset Statements

FIXED MINDSET



What can I say to myself?

INSTEAD OF:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

TRY THINKING:



1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

GCSE Revision Timetable

Don't forget to take regular breaks!

Day \ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
10am							
11am							
12noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							