

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast		Skip breakfast
Sleep 8-10 hours a night		Get little sleep
Have regular bed times		Have inconsistent bed times
Get fresh air each day		Stay indoors all day
Exercise regularly		Do no exercise
Do past papers		Mostly revise highlighting "key" passages
Spread out their revision		Cram their revision
Keep a diary to capture negative thoughts		Dwell on worst case scenarios
Revise in a quiet environment		Revise while listening to music or TV
Drink water regularly		Forget to stay hydrated
Put their phone away during revision		Revise with their mobile phone next to them