



# TOP TIPS FOR REVISION

- 1 Make a visual revision timetable. It should include relaxation time too - **helps with executive functioning**
- 2 Divide the revision time into sessions. Each session should be approximately 30-40 minutes long with a 10-15 minute break - **improves focus**
- 3 The area you revise in should be quiet and tidy with space to spread out your work - **reduces sensory overload**
- 4 Remove or turn off distractions eg mobile phones, special interests - **promotes attention**
- 5 Make your revision active by making notes, graphic organisers or completing past exam questions - **helps with memory**
- 6 Ask for help if the pressure is too much - **managing anxiety is very important**

