

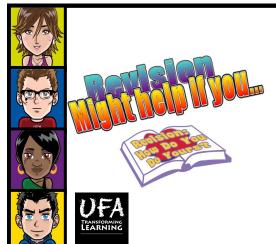
Find out how many papers there are for each subject. Find out where, when and how long each exam is. Do you know what each paper will cover?



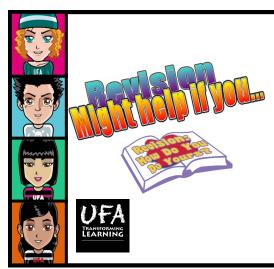
Make a detailed revision timetable a few weeks before the exam. Decide what you will be studying and when. Make sure you have included time out to relax and do other things.



Look through the syllabus/check with your teacher and check that you have covered each topic that may come up.



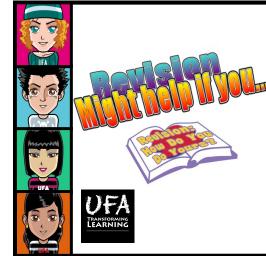
Make a list of all the subjects you are revising for. For each subject make a list of the important topics you need to cover.



Think about why you want to succeed - what are your hopes for the future?



Get into the right state of mind, think positively and believe in yourself. Remember, 'Whether you think you can or you think you can't, you're probably right'.



Go over your notes on the same day as you make them.

This helps you to remember them because the topic is fresh in your mind.



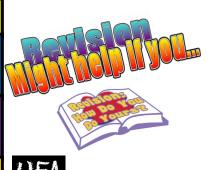
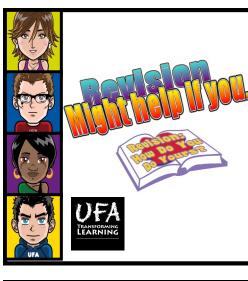


Figure out what you already know.

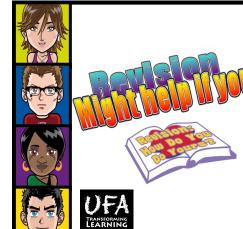


Keep your revision organised, know exactly where you are with things. If your timetable slips, re-organise it realistically so you still cover everything.



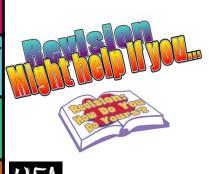
Decide how much time you need to spend on each area.





Do a 'Reality Check' - check your understanding of what you have been revising.



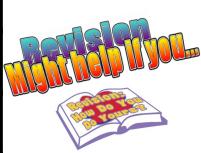


Collect together any resources you might need such as coloured pens/pencils, paper, post-it notes, a tape recorder, text books, library books etc.



Review what you have revised after 10 mins, at the end of the day, within 48hrs, weekly and monthly.





Share your goals with someone else – that will help you to achieve them.





Balance your time.

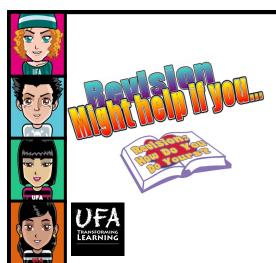
You are more likely to stay focused on revision if you also build in time for friends, health and other personal interests.





Keep calm!

Stress and panic get in the way of effective revision.



Find other people to revise with friends or family





Try to associate revision with positive things by rewarding yourself for keeping going.





Start of small and build up the time you spend on revision.





Eat well, get enough sleep and keep up the exercise—your brain needs all of this to work well for you!