

Revision - Last Minute Top Tips

	<p>Prioritise -</p> <p>As exams get nearer, time to revise gets less so it's important to be really clear about, not just the subject, but the particular topic you need to crack. Don't worry about lack of time in just 10 minutes you can usefully revise some things that you need to know for the exam. Get rid of distractions, (TV, MUSIC for some, YOUR PHONE unless you can be disciplined enough not to check it every 2 minutes) then set a timer and do short bursts of concentrated work. Then repeat of course - 10 minutes is unlikely to work!!</p>
	<p>Focus</p> <p>Don't spend ages just reading large junks of text -it's rarely effective. Ditch the books and make notes on post-it notes or pieces of paper or highlight important points in pages of notes that you might have. The LOOK COVER WRITE CHECK method is terrible for spelling (we are better to decode than memorise) BUT for committing facts or dates etc to memory it can work. Make spider grams to collect important points about a topic on one sheet. The act of writing will help you to remember. But don't get caught up in making all your notes colour co-ordinated and pretty!!</p>
	<p>Be Active</p> <p>Sitting in one place for any length of time is rarely helpful when you are trying to revise so try going for a walk, (with post it notes in pocket) or try explaining what you've just learned to a parent or sibling (if they don't understand it doesn't matter it's the fact of you rehearsing what you've learned by saying it that counts). Even moving to another room can be helpful. In fact leaning certain things in certain locations can be another 'cue' for memory. Even associating things with particular smells can help.</p>
	<p>Surround yourself with what you need to know</p> <p>If you have written stuff on notes then put them up around the house - even when you are not formally revising you might see an important fact while making a peanut butter sandwich and think 'Oh yes I remember that'. You can even have stuff posted all round your room and reminders when you brush your teeth etc.</p>
	<p>Answer questions</p> <p>It's so easy to think we can remember things and even convince ourselves that we can so actually answering a question from a past paper or the questions in revision books - it's really one of the acid tests and when we actually have to write it down then check the answers it can be a great reality check</p>
	<p>Stay Calm</p> <p>Even if you know you could have done more - that isn't an excuse for not doing anything now. I know loads of students who have revised just the right things, literally the day of the exam. If you get very stressed try some mindfulness exercises you can find some here http://attunededucation.com/2017/03/14/4-mindful-exercises-to-try-today/</p> <p>Also make GOOD LUCK</p>