

# Help

**Accept it:** there is lots of help available. *Use it!*

Make sure you have good notes. Speak to your teachers if you are unhappy about them.

Buy all recommended revision guides.



Don't panic !  
Stay positive!  
Be kind to yourself!



# revision

## Guidance for pupils

# Time

**Accept it:** revision takes time and is best done *little and often*

It takes on average seven attempts to remember before something sticks. Therefore you should regularly review and revise topics on a weekly basis all through school. As you come up to tests, mocks and GCSEs you will need to increase the amount of time you spend revising. Always have a break of 5 –10 minutes after about half an hour.

# Action

**Accept it:** effective revision is *active*

Reading a textbook for ages is unlikely to help you remember or understand anything and you will come away with an overwhelming feeling of boredom. Instead, make revision cards, explain to a friend, create a mind map, use colour and symbols. There are many ideas on YouTube. Search under ‘revision techniques’ and find an idea you enjoy.

# Thinking

**Accept it:** to revise well you need to *think*

You might remember revising a particular topic but really can’t recall much about it. Think about why you didn’t remember last time and find a solution to make it stick better this time. Don’t ignore questions that you have! You will not be able to remember unless you understand.