

# Top 10 Tips For Revision



1. **Study in a quiet place away from the TV and computers** etc that is both light and comfortable.
2. Make a '**revision timetable**' and always let your family know when you are revising.
3. Create **summary notes/ flash cards** and anything simple that helps your **memory** – as short notes, drawings and sayings are much easier to remember. Use highlighter pens to mark important points.
4. **Get help**. Ask friends and family to **test you**. Also attend any teacher **revision classes** – as teachers will know better than anyone what will be in tests and exams!
5. **Record yourself** reading notes **and occasionally listen** to them instead of reading.
6. Take a **5 or 10 minute break** every hour and do some stretching exercises, go for a short walk or make yourself a drink.
7. Allow yourself some fun-time each day to **relax**...and make sure you get a good **8 hours of sleep** each night.
8. **Eat well**. Good brain foods? Wholegrain foods (cereals, wheat bran, wheatgerm and whole wheat pasta). Blueberries. Blackcurrants. Broccoli. Tomatoes. Oily fish. Nuts.
9. **Don't panic** if you feel a bit nervy. A certain amount of **nervousness actually helps you perform** to the best of your ability, producing a rush of adrenaline that helps you to feel alert and focused.
10. **Think positive** – it's seriously not the end of the world if you fail!