

MINDSPACE

Revision Tips

Mind
SPACE

1 STUDY PLANNER

Make sure you fill out a study planner as this will help you get organised. Prioritise the subjects you struggle with the most. Make sure you know the dates of all of your assessments as this will help you manage your time well.



3 SET UP A STUDY SPACE

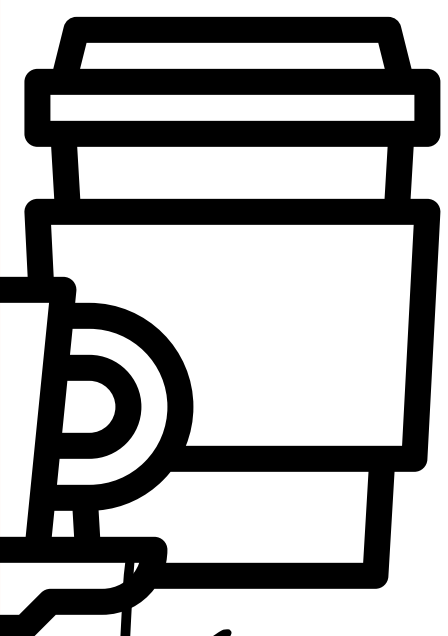
Make sure you have a clean, tidy, quiet and organised space that you can use to revise at home and at school.

By doing so it can improve your concentration and focus.



5 TAKE BREAKS

Breaks are a really important part of the learning process, as they give the brain time to process all of the information and skills you are learning. Try to take some 5-10 minute breaks throughout your session to improve your memory, boost creativity and also boost your energy levels.



USEFUL RESOURCES

- Teams
- BBC bitesize
- SQA Past Papers
- YoungMinds

<https://www.bbc.co.uk/bitesize/secondary>

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

2 ATTEND SUPPORTED STUDY

Ask your teachers if they are offering any supported study sessions and make sure you go along to as many as you can.

These may be planned sessions or just general revision. Go to the session prepared, recap the chosen area or go with questions you want to ask/areas that you are struggling with.



4

Although technology can be an excellent resource to help with revision, it can also be a huge distraction. Make sure to turn off phones, the TV, game stations and stay off all forms of social media when you are revising.



REVISION TECHNIQUES

- Flash Cards
- Mind Maps
- Past Paper Questions
- Create quizzes
- Teach someone else
- Set up group study sessions
- Create analogies

