

# Revision Techniques, Organisation and Wellbeing during the Exams

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# Revision Schedule Strategies

- It's important to stay **as organised as possible** to succeed in your exams.
- You don't have to create extensive **revision timetables** but it can sometimes help to have a method of seeing the bigger picture.
- For example, when you receive your exam timetable you could plan out a **general idea** of how you will fit all your revision in.
- Make sure you include your **social commitments** so you don't get bogged down with work. Ensure you strike this balance and fit your revision sensibly around your social life.
- Cheap **weekly planners** can be bought from stationer's or hardware shops, such as the Works or the Range.

# Long, Medium and Short Term Revision Techniques

## Long Term Techniques:

- Use **Revision Guides** to go over the bulk of the content
- **Overview specifications**
- Create **flashcards**

## Medium Term Techniques:

- **Identify areas** where your knowledge is insecure
- **Target** your revision to these areas
- Focus on **exam questions**

## Short Term Techniques:

- Watch **summary videos**
- Compile **flashcards** on **main weaknesses** to look at on the day.

# Organisation and Wellbeing

## Organisation:

- Colour systems consistent across all subjects
- Try to keep your notes in the same format so you can use them later to avoid rewriting the same thing multiple times, and remember which areas you've already covered
- Coursework checklists each week to keep on top
- Make sure you understand topics as you go along so you don't feel overwhelmed at when you get to your final exams
- Doing practice papers, without and using a mark scheme to help you understand exactly what the examiner is looking for

## Wellbeing:

- Keep a consistent schedule/ routine to manage stress
- Take part in regular sports or exercise to reduce anxiety levels and distract yourself
- It's important to maintain a healthy balance between studying and social life - meeting up with friends regularly improves your mood and reduces stress