

**“You need to do some revision!”**

**“I know...but, how do I revise?”**

Sometimes, it's not **what** to revise that's the problem, but **how** to revise that causes the most stress and anxiety.

**Before you do any revision:**

- Do you have a revision plan/timetable? If the answer is no, make one!
- Eat well
- Put your phone away
- Find a quiet space away from distractions

**During revision sessions:**

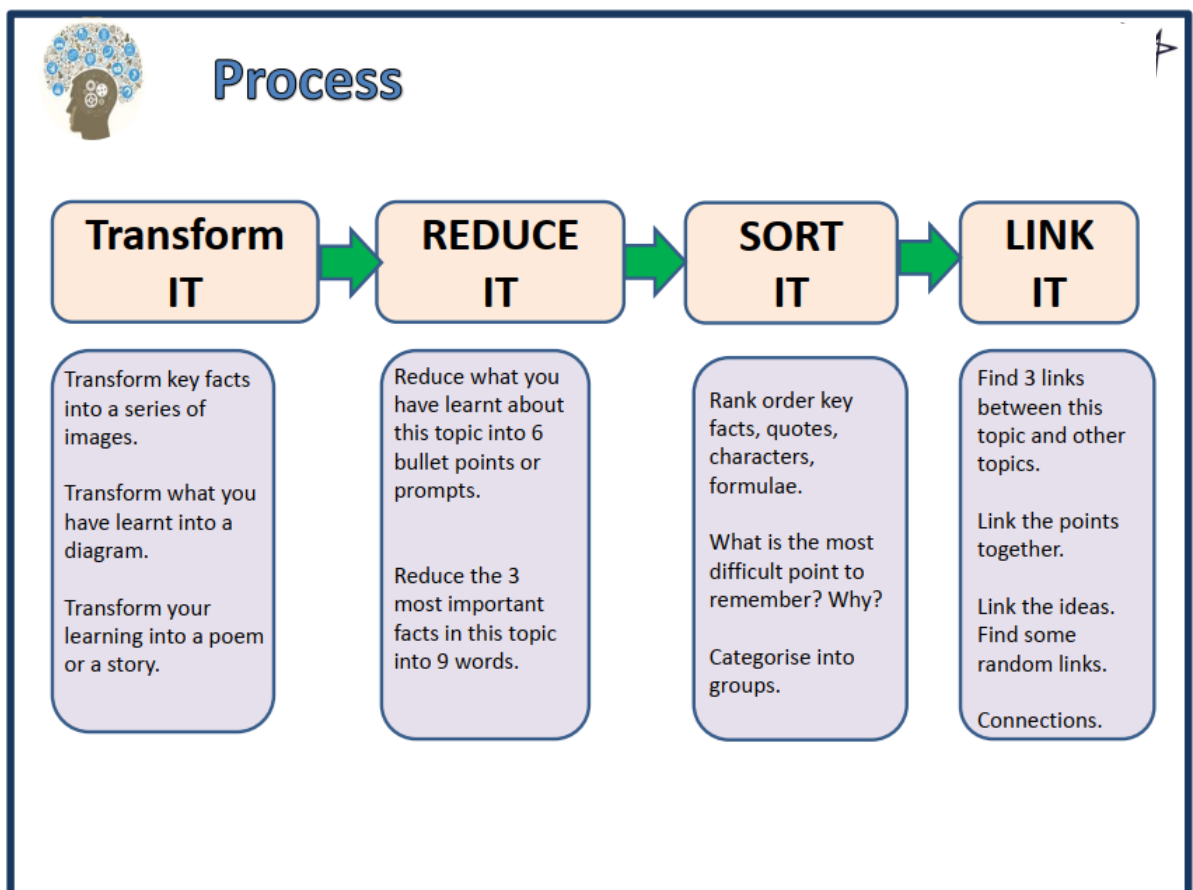
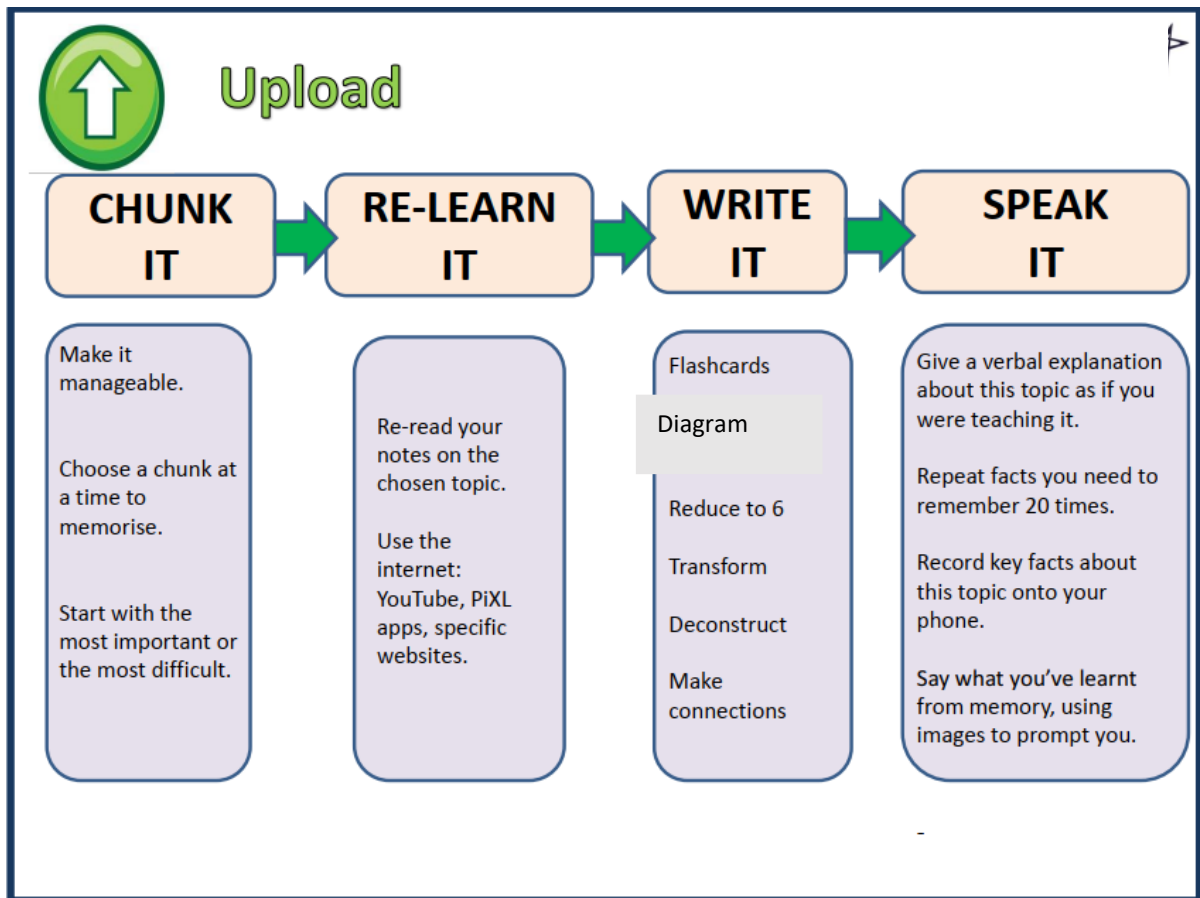
- Start early & spread it out
- Test yourself
- Teach someone
- Quality over quantity is always best- short bursts, not long hours
- Don't spend ages making your notes look pretty
- Make a list of what you want to achieve during that session
- Take breaks and keep hydrated

**After revision sessions/weekends/holidays:**

- Get some fresh air and exercise
- Sleep and re-charge
- Spend time doing something else you enjoy

Revising is **NOT** just reading your notes!

**UPLOAD, PROCESS, DOWNLOAD**





**Download**

**RESTORE  
IT**



**STEP  
IT**



**TEST  
IT**



**REFINE  
IT**

Go back to your 'Reduce It' bullet points. Restore them to their original state.

Go back to your images and restore them back into written form.

Create a 5 step process explaining the 3 most difficult learning points here.

Recall the process or order of events you have studied.

Use flashcards, mindmaps, images, etc.. to test your knowledge.

Write yourself 3-5 exam questions on this topic or skill.

Improve it  
Rank it  
Reorder it  
Change it  
Condense it  
Add to it

What have you missed out from your topic on a page?