

Study Tips

by

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S IS FOR SUCCESS,

S IS ALSO FOR START!

IF YOU HAVEN'T STARTED REVISING... THEN THERE IS NO
TIME LIKE THE PRESENT!

Your teachers may have already provided you with a form of syllabus. If not, obtain one for each subject. The **syllabus** will help you frame the content of each subject. What are the units, topics and sub-topics? Try to map each subject on to one large page. Then cross-check what you know already and identify any gaps in knowledge. Once you have done this then you are in a position to put together a **revision timetable** slotting in the various topics you will be revising.

Your next step is to gather together all the **class notes, textbooks and materials** you need for each subject. If you're missing something then speak to your teacher about accessing that material.



S IS FOR SUCCESS,

S IS FOR STRIVE

COMMIT TO THE PROCESS AND CHALLENGE YOURSELF
TO BE YOUR PERSONAL BEST OVER THE NEXT FEW
MONTHS.

A little bit of pressure can be good for performance but too much can spill over and cause stress. Be careful. Set yourself some **target grades**. These don't have to be school predicted grades - they can be your own personal targets!!

Be realistic. If you achieved an E grade in one of your mocks three weeks ago, and are just beginning to revise now, then it will be a stretch to expect yourself to achieve an A* in that subject. However, if you put your head down now, get yourself organised and put the effort in you may well be able to **jump two or even three grades**.

Have high expectations of yourself!



S IS FOR SUCCESS,

S IS FOR SPACE

BY SPACE WE MEAN BOTH PHYSICAL SPACE - THE PLACE YOU STUDY AND PSYCHOLOGICAL SPACE - GIVING YOURSELF PERMISSION TO TAKE SOME DOWNTIME.

Physical Space - The 'place' you revise is crucial to your ability to concentrate, be relaxed and engaged in the individual sense-making activity that is studying. You will need a **quiet space**, away from distractions (especially the phone). When you are on a break take yourself out of that space but be disciplined enough to return after the allocated break time.

Psychological Space - Speaking of headspace - give yourself permission to **breathe and relax**. Your body and mind will reward you for it in the long term: provided of course that you aren't spending 90% of your time relaxing and 10% studying!!



S IS FOR SUCCESS,

S IS FOR STRATEGY

STICK TO THE EVIDENCE IN TERMS OF STUDY STRATEGIES.

- Space out your revision and work in small **manageable chunks** (30-45mins at a time).
- Test yourself as you go and revisit material on **4 or 5 occasions** (time permitting).
- Try to retrieve from memory (on a blank sheet) the material you have been revising.
- Generate **questions** from your revision notes and ask a family member to question you.
- Teach friends or peers what you are learning.
- Interleave topics - **mix them up** for more effortful learning.
- Dual code your revision notes by using **words and graphics**.
- Keep the **phone switched off** for the entire study period. Humans are easily distracted and we **can't multitask** in the way we think. Give your working memory a chance to concentrate on the material in hand and your revision is guaranteed to be a lot more effective and efficient.



S IS FOR SUCCESS,

S IS FOR SUPPORT

EXAM TIME CAN BE STRESSFUL FOR SOME STUDENTS
SO IT'S REALLY IMPORTANT TO TRY TO KEEP A SENSE
OF PERSPECTIVE.

You can only do your best and no one expects more than that. You may feel lonely at times but remember **you are never alone**. There are teachers, friends and family members there to support you. Don't be afraid to share your concerns. The best way to deal with the anxiety around exam time is to remember to:

1. Connect with yourself
2. Connect with others
3. Connect with nature

Whatever happens on results day - it's not the end of the world, it is just one moment in time, one part of your education journey.



GOOD LUCK WITH YOUR REVISION!
FROM EVERYONE AT AMAZING BRAINS

