

Supporting Revision - Revision Tips

General Tips:

- ❖ The best resource for a student is a teacher.
- ❖ There are many extra revision sessions in school, especially nearing exam time. Attending these can only help.
- ❖ The Learning Zone is open after school on Mondays, Tuesdays, Wednesdays and Thursdays.
- ❖ Revision is a lot easier to manage if all coursework has been completed previously.

Beating Stress:

Good organisation can really help to reduce stress. Here are some ideas to help your son/daughter manage stress.

- ❖ Have a routine and stick to it.
- ❖ Eat and sleep well.
- ❖ Keep to your work plan
- ❖ Take plenty of exercise - walk the dog, play some sport.
- ❖ Start revising as early as possible - give yourself a head start.
- ❖ Take regular breaks when revising- stop for a drink or a walk around the garden.
- ❖ Try practice papers as they will help you to understand what to expect.
- ❖ Use lots of different revision ideas and techniques - variety will prevent you from getting bored.
- ❖ DO find company - you need to unwind and enjoy yourself to keep the balance right.
- ❖ Do your best - find the methods that work for you and stick to them.
- ❖ Use relaxation exercises- Lie down, concentrate only on your breathing, breathe in and count to 5 and then breathe out, repeat this for about 5 minutes and you will feel great.
- ❖ Don't feel guilty if you miss a revision session you will be able to catch up at another time.