

**Revision:**

**Using time effectively**

# **Revision... Where do I begin?!**

**Starting the revision process before exams can be as daunting as the exams themselves. But with a bit of organisation and a combination of a few techniques, a lot of stress can be avoided, leaving you to concentrate on learning!**

**This session will cover creating a revision timetable, some efficient working techniques and hints and tips on avoiding exam stress.**

# **Revision timetable**

**It's really worth investing some time in creating a revision timetable.**

**Don't feel that you have to fill every box, and remember to have regular rests- leaving time for your hobbies and interests is important!**

# Revision timetable template

Date Time	Monday //	Tuesday //	Wednesday //	Thursday //	Friday //		Saturday //	Sunday //
9am-4pm	School	School	School	School	School	10-11am		
4-5pm						11am-12pm		
5-6pm						12-1pm	Lunch & Exercise/Social media	Lunch & Exercise/Social media
6-7pm	Dinner & Exercise/Social media	Dinner & Exercise/Social media	Dinner & Exercise/Social media	Dinner & Exercise/Social media	Dinner & Exercise/Social media	1-2pm		
7-8pm						2-3pm		Free time
8-9pm						3-4pm		Free time
9-10pm						4-5pm		Free time
10-11pm	Free time	Free time	Free time	Free time	Free time	5-6pm		Free time

# **Pomodoro Technique**

**The Pomodoro Technique is a time management method developed by Francisco Cirillo in the 1980's.**

**The technique is named Pomodoro ('tomato' in Italian) because of the tomato-shaped kitchen timer Cirillo used to measure each work interval.**

**A Pomodoro interval is 25 minutes of work (that means no phones!) and 5 minutes of rest, where you could get up and walk around, make a drink or snack, before your starting the next one.**

# Ways to revise

- ✓ Get creative! Using flash cards on different colours of card works really well
- ✓ Tackle more difficult topics first; you won't be as effective at learning if you're tired towards the end of your revision session
- ✓ Reading notes aloud helps some people retain information better.
- ✓ Are you a visual learner? Make a mind map!
- ✓ Love Podcasts? Find one on the topic you're studying (loads on Unifrog)

## **Revision hints and tips**

- ✓ **Stay hydrated and eat healthy meals and snacks; avoiding a dip in blood sugar will help your brain work more effectively!**
- ✓ **Exercise regularly; a walk, jog or other exercise for 30 minutes per day will help to clear your mind, ready for your next revision session.**
- ✓ **Reward yourself! At the end of the week, will you treat yourself to a coffee and cake at the local café, or a trip to the cinema once exams are over?**

# **Relaxation techniques**

**It's been a busy day of learning stuff, ready for your upcoming exams. You've been Pomodoro-ing, writing flashcards and using your revision timetable; now it's time to rest.**

**If you're struggling to switch off, try one of our Managing Stress & Anxiety techniques – your teacher can download this from the Unifrog Resources Library!**

**For more hints and tips on all things revision and wellbeing, head to the Know How Library for articles on lots of topics!**