








Planning your revision

<p>Where</p> 	<p>Is there somewhere you can revise where you will be able to concentrate?</p> <p>Is there somewhere you can leave your work so you don't have to clear away when you finish a revision session.</p> <p>Is it well lit?</p>
<p>Environment</p> 	<p>Do you need complete silence or quiet background noise to help you concentrate?</p> <p>If you choose to listen to music, think about the type of music you are playing.</p> <p>Does it help you to work with friends or is it distracting?</p>
<p>Time</p> 	<p>Revise for short sessions with regular breaks rather than a whole morning or afternoon.</p> <p>For example, 20 minutes with a 5 minute break or 45 minutes before taking a 15 minute break to recharge.</p> <p>It is better to revise in the morning. Try to avoid working right up to bedtime.</p> <p>You need to review your notes regularly – after 1 hour, then 1 day, then 1 week.</p>
<p>Plan</p> 	<p>Create a revision timetable.</p> <p>Include leisure time, hobbies etc.</p> <p>Put up a copy where you will see it a lot eg on the fridge.</p>
<p>Exercise and eating</p> 	<p>Take regular exercise.</p> <p>Go for a short walk and then come back to revision or revise while walking.</p> <p>Eat regularly and healthily and drink lots of water.</p>
<p>Moral support</p> 	<p>Build in small rewards – perhaps your parents can help with this.</p>
<p>Resources / equipment</p> 	<p>Schools provide a lot of support with revision. Make sure you are aware of everything available eg past exam papers, revision guides, additional sessions for different subjects.</p> <p>Have you got all of the equipment you need? Eg coloured pens, highlighters, post-it notes in different colours, larger pieces of paper for creating posters, blu-tac.</p>
<p>Are there alternative versions of resources?</p>	<p>Find out if there are audio versions of the texts being studied in English.</p> <p>Take a look at Listening Books who provide audio books linked to the curriculum including study guides and CGP revision guides https://www.listening-books.org.uk/education/supporting-the-curriculum</p>