



**Time table of Revision and Study**

<b>Timing</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							



## Tips and Tricks

1. **Identify your strengths and weaknesses.** If you know you are okay and quite sufficient in certain subjects, allow more time to focus and revise on the ones where you feel you may struggle to achieve a C+ or your given target grade.
2. **Practice, Practice, Practice.** For GCSE's especially, it is wise to know who the exam board is (if you don't know ask your subject teacher) and do past exam papers. This will help you understand the format of the exam, identify any recurring patterns and strengthen your knowledge. It will also give you an idea of the time limit to avoid any speed / time issues in the real exam.
3. **Share your knowledge with friends and peers.** Exchanging notes, looking at how your friend has made notes can give you a great insight. Don't be afraid of helping each other out.
4. **Speak to your mentor.** It's good to speak to your tutor or mentor. They will listen to you and advise the best possible strategies. Remember, they have been where you are now.
5. **Revise early.** After a good sleep, your sleep hormones (melatonin) will be at their lowest point. This will allow you to revise and store data in your brain and access it in a much easier fashion. After 2000 hours, melatonin will start to rise and you feel tired and fatigued. Get your revision and prep done early in the day.
6. **Focus on your learning style.** Some people prefer to learn by reading, some people will watch videos and listen to audio based on what they are revising for, some people don't have a particular learning style. Revise in the way you feel is best for you.
7. **Mind mapping.** A mind map reflects the way neurones in your brain look like. From one concept to another, don't be afraid of doing mind maps, trust me, they are much more effective than you think.
8. **Eat.** Don't think you can skip food when revising. Your brain and body needs a range of food, especially a good breakfast, to operate. Skipping meals will make you fatigued and stressed.
9. **Take breaks.** That doesn't mean a 1 hour break and 10 minutes revision. Get up and walk around, have a snack, have some water.
10. **Exam day.** You can bring essential notes with you to get some last minute practice in; just don't be stupid enough to take them into the exam with you. Focus. Go to the loo before the exam.
11. **Fear.** Do not allow fear to take a hold of you. Fear will cause you to misread the exam question and make silly mistakes and cost you that target grade / C+. Good revision way before the exams will help you eradicate this.
12. **NO ENERGY DRINKS.** Energy drinks are laced with high contents of sugar and caffeine. Caffeine causes a spike of cortisol (stress hormone) in your body. This can make you even more nervous and affect your performance, stick to a proper good breakfast.
13. **Don't dwell.** As soon as you come out of the exam, stop worrying about what you put down for a certain question, it's over now, focus on the next exam. Do not allow your mental and psychological momentum to drop.