

## Tips for successful revision

When you open your exam paper, you want to feel you've given yourself the best possible chance to do well. Here are our revision tips to help you prepare:

- **Past papers.** Testing yourself with past papers is one of the best ways to revise.
- **Make a revision plan.** This is a great way to start. Keep the sessions in your revision plan to a maximum of 30 minutes each and vary the topics - don't keep repeating the ones you already know. Limit yourself to seven hours max of revision a day.
- **Know yourself.** Put together revision activities that work for you, whether that's flash cards, mind maps, revision apps, or watching videos. But keep it active!
- **Look after yourself.** Eat well, get enough sleep, take regular breaks and get some exercise whenever you can. Breathing exercises and meditation can help you to stay calm and focus.
- **Revision zone.** A quiet, uncluttered area is the ideal place to revise, but mix it up by trying different places, such as a library, kitchen table or the park.
- **Get help.** Get parents or other family members to test you on what you have learnt. Set up a revision group with friends and ask your teacher to give you feedback.