

EXAM REVISION GUIDE

EAT
SLEEP
REVISE
REPEAT

TOP TIPS FOR REVISING

This revision guide is aimed at helping you to prepare for your summer exams, giving you tips on how to revise including, what you need to do to prepare, how to keep calm and who to go to for help when you need it.

BEFORE YOU DO ANY REVISION



MAKE A PLAN

Create a timetable. Using a blank timetable fill in the times when you have college classes, work, and hobbies and build in some time for social activities but not too much! Once you have done this fill in the times when you'll revise.



FIND A QUIET SPACE TO REVISE

Make sure you find a place where you will not be interrupted whilst you are revising, such as your bedroom or the library. Avoid social places such as coffee shops which are noisy and may cause a distraction, also, avoid listening to music. Evidence suggests students who study in a quiet environment recall more than those who revise while listening to music.



EAT BREAKFAST

It's not called the most important meal of the day for nothing. Simply having a bowl of cereal will give you the concentration and memory boost you need.



SLEEP AND REST

Make sure you have plenty of sleep during your revision times and also the night before an exam so that you stay alert and don't get overtired.



EXERCISE

Aim to do 30 minutes after or before revision. Exercise will increase blood circulation and therefore more oxygen to your brain which increases your level of productivity and reduces tiredness and stress.



PUT YOUR PHONE AWAY

Phones can be distracting so put it away out of sight. Evidence shows that students who spend more time texting and using social media get lower grades.

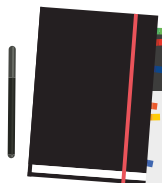
DURING YOUR REVISION

**TOP TIPS
FOR REVISING**



START EARLY AND SPREAD IT OUT

Spreading out your revision sessions on a particular topic (e.g. one-hour sessions over 10 days) is more effective than spending the same amount of time in one go (i.e. 10 hours in one day). Plan to do 20 – 30 minute spells of work with short breaks of 5 minutes in each hour, your concentration will be much higher. Plan ahead the topics you will revise in each of the slots.



REVISION ACTIVITIES

Read through notes and essays from lessons, make summary notes or create memory aids, or mnemonics and then test yourself. The best way to memorise information is by making notes over and over again. Think twice about using highlighters as they do not work as well as making notes.



TEST YOURSELF

Do past paper questions on the topic you have been revising, complete a whole paper in timed conditions. It is good to time how long you take to answer the question so you know how much time you have in the exam.



TEACH SOMEONE

After you have tested yourself, teach the material to someone else. Teaching someone else requires you to learn and organise your knowledge in a clear and structured manner and is proven to help memory and recall. Why not get them to test you too.



BREATHING TECHNIQUES

Stress can make you start breathing with quick, shallow breaths and make your heart beat faster than usual. If this happens, sit down somewhere comfortable with both feet firmly on the ground if possible. Place one hand on your stomach and check how quickly you are breathing. If it's one breathe every couple of seconds, take a deep breath and start counting steadily. Breathe out slowly and try to get the last of the breath out on about five seconds. Carry on doing this until you are doing it naturally.



ANIMAL THERAPY

Studies show that interactions with therapy animals can decrease stress levels. Playing or petting animals is shown to increase the stress-reducing hormone oxytocin and decreases the production of the stress hormone cortisol.



RELAXATION TECHNIQUES

- Close your eyes and breathe slowly and deeply.
- Locate any areas of tension and try to relax those muscles; imagine the tension disappearing.
- Relax each part of the body, from your feet to the top of your head.
- As you focus on each part of your body, think of warmth, heaviness and relaxation.
- After 20 minutes, take some deep breaths and stretch.



DIET

Healthy eating, especially breakfast can really help you to concentrate and feel better. Try to avoid sugary cereals and have a slow release alternative such as porridge. More information around this can be found on the Change4life website and app.

SUPPORT COACHES

The support coaches are available for any student who is feeling stressed or anxious, especially around exam times. To find out how you can contact a support coach, just speak to your tutor. Your progress tutor will be able to point you in the right direction, or just pop in and see one of them in room 100 at the Derby Road campus. A Support Coach will be there during any of the drop-in sessions which run Monday to Friday 8.30 to 4.30. You can also email them at **supportcoach@wnc.ac.uk**. If you are a student from either our Station Park Campus or the Oddicroft Lane Campus you can access the same level of support by contacting the support coach based on those sites.

TICKET TO GREAT REVISION

AUDIO RECORD YOUR NOTES AND PLAY THEM BACK TO YOURSELF

HAVE A BREAK

Enjoy a treat as a reward and motivation.

BLOCK SOCIAL MEDIA

Use 'Leachblock' and cold turkey apps for temporary blocks.

PLANT TREATS

Hide treats in the pages of your notes.

WHY NOT TRY THESE TOP TIPS

TRY ME!

Sing or rap things you are struggling to remember to your favourite song.

TRY ME!

Read a page of your text book, close the book and then write notes – re-open to see how much you remember and fill in the gaps.

TRY ME!

Stick post-it notes on the shower door.

STICK TO YOUR REVISION PLAN!

REVISION POWER HOUR





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