



Making Revision More Manageable



Revision in 4 steps

1.read through a section of content.

2.close book & summarise using your preferred method. flashcards, bullet points, post its, mind map.

3.answer a past exam question on the content & mark.

4.take a 5/10 minute break.

Steps 1 - 3 should be no more than 20 minutes long.

Research has proven that this is a realistic amount of time to fully concentrate before focus reduces.

Plan for the number of 20 minute sessions based on non-negotiable commitments in the day.

Do not over commit to the number of sessions.

The brain is at its' optimal functioning level around an hour after waking.