

EXAM REVISION TIPS TO REDUCE ANXIETY

CREATE A FOCUS SPACE

- Find somewhere free from distractions that you can study, with good lighting, somewhere to write and a comfortable chair
- Leave your phone and other distractions out of arm's reach.
- Study outside if you get stale, or in a library or a coffee shop.
- Try to get out of your bedroom when you study; this will help you sleep better and keep your bedroom as a place for relaxation.

ACTIVE RECALL

- Test yourself with flashcards - will help you practice recalling info for the exam
- Complete past papers under timed conditions- will get you used to answering questions in the correct format, within the time given.
- Hide your notes and see how much you can remember without them. eg. print a blank diagram and label it from memory, draw a mindmap

CHECKLISTS AND PRIORITIES

- Creating checklists will help you keep track of your revision, and give you a sense of achievement as you tick things off.
- Start by prioritising revision of the things you don't understand, rather than wasting time revising things you already know.

QUALITY NOT QUANTITY

- Focus on the quality of study, not the quantity. Better to study well in short bursts, than study for hours without taking any info in.
- Take VERY regular breaks. Try the Pomodoro revision technique of 20 mins of intense work, followed by a 5/10 minute break.

REALISTIC ROUTINE

- Routine is key. Create a realistic revision timetable and do your best to stick to it, making sure you leave time for breaks, relaxation and fun activities too!

SET GOALS

- Set yourself some SMART revision goals. Make sure they are realistic and achievable.

LOOK AFTER YOURSELF

- Eat well, try to get enough sleep, stay hydrated, exercise if you can.
- Remember that at the end of the day, nothing is worth compromising your health and wellbeing for. Just do the best you can - no one can expect more than that from you.