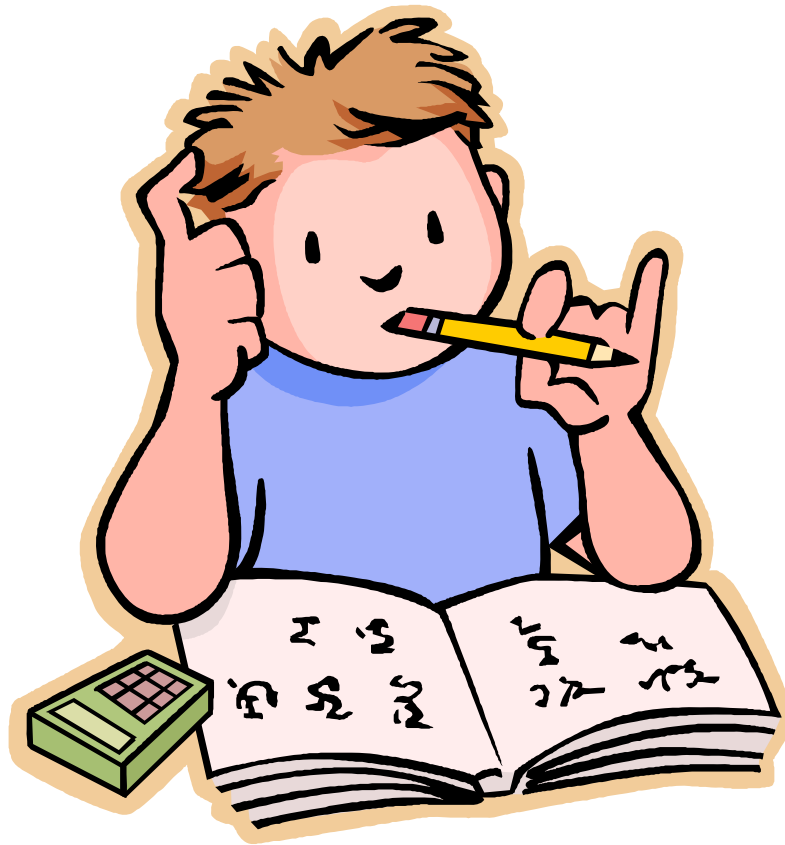


student services



REVISION

A Guide for Students

REVISION – A Guide for Students

It's that time of year again!! Beautiful weather, longer days and.....yes the dreaded exams!!

The last thing you want is to throw a whole year worth of work away due to poor revision techniques. Everyone dreads revision, but it has to be done in order to get that all important qualification. In order to get the best out of revising, you have to use your time effectively, no point spending hours on end with your texts book open, trying to learn everything there is, as it's the quality of what you are learning that counts, not the quantity. Revision is only bad if you make it bad!!

Here are some golden rules that you should consider in order to make your revision the most effective.



Do not leave revision to the night before the exam- leave plenty of time so that you feel well prepared.

It is never too early to start revising, it may seem that your exams are months away, but they will soon creep up on you. By starting your revision early, you can plan to use your time effectively.

Find somewhere quiet where you can revise.

Study away from distractions like television, radio and noisy siblings. Having a quiet place to study can help you revise and concentrate better.



Make a timetable - this way you can fit in Eastenders or football and still revise as much as you should.

Having a timetable helps you track and monitor your progress. Use a monthly planner to mark the days that you have exams, and then use a weekly planner to plan your revision for the week. Use the sample planners provided to organise your revision.

Take short breaks- so each time you come back to revise you feel refreshed.

It is important to take regular breaks as it helps concentration and what you are revising is more likely to stick.

Use mind maps- this way you can make sure you don't miss anything that you need to cover.

Using mind maps helps you plan out your revision, so that you know what you need to cover. Write a topic title in a box in the middle of a page, and add branches which structure the details of your revision. Sometimes having something visual, helps you remember things better.

Test yourself! You can use past exam papers, or time yourself with exam answers. Or you can get your brothers or sisters to do something useful and test you.

Ask your tutor for past exam papers so you can test yourself and know what to expect. It also helps you plan for your exam so that you can use the time in the exam effectively.



Decide whether you work well in the mornings or evenings.

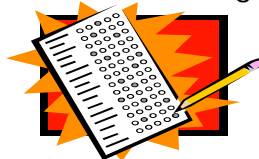
Some students find that they work better in the mornings as they feel refreshed and more likely to take information in. Others find they work better in the evenings. Decide what you prefer when you plan your revision.

Attend all revision sessions in college.

If there are revision sessions being held in college for your subjects, make sure you attend as they are very important. Tutors will be able to provide you with useful tips and information that will help you with the exam.

Try leaving post-its around the house and on your bedroom wall so that wherever and whatever you are doing you are still taking in information.

Small visual aids can help you remember things, by just having a few post-its around the house can help you with your revision as it will trigger the thought process. This can be done whilst watching TV or washing the dishes.



Set targets...so you can tick them off as you go along.

Set yourself some mini targets for revision. Once you have met a target, tick it off, it will keep motivation high and will help you monitor your progress.

Only revise what you need to, so be brief- get a module syllabus from your tutor.

Ask your tutor for the course syllabus if you have not already got one. This will help you make sure you revise what you need.

Know what your good and bad subjects are, mix and match so that you don't do all the worst subjects at once.

Don't avoid the subjects you don't enjoy and don't revise them all on the same day. Mix and match a bit of what you like and dislike so you can manage them in small digestible bits.



Do plenty of exercise to feel refreshed.

Keeping yourself hidden away may appear to be the best option when it comes to revising, but you need fresh air to help you feel refreshed. Get out of your chair and go for a walk or just a kick about with your mates.

Eat and sleep well.

Make sure you eat well and don't miss your meals in favour of revision as hunger makes you lose concentration. Try to go to bed and get up around the same time as a good night sleep will help you perform better on the day of the exam.



Eat healthily- this helps your concentration.

They say that bread, pasta, cereals and potatoes are filling as they are packed with starchy carbohydrates, which release energy slowly and keeps your concentration going for longer. So it is important to eat healthily and meet your five portions a day target for fruit and vegetables.

Don't drink too much caffeine, such as tea, coffee or even fizzy drinks as the caffeine can make you hyper.

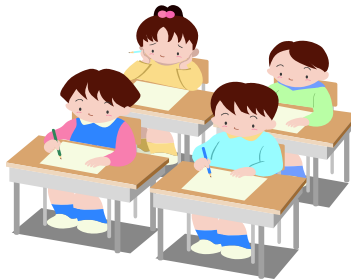
Drinking too much caffeine to keep you awake can leave you feeling hyper and make you lose concentration. Drink plenty of water instead as it much healthier and will stop your brain from dehydrating

Plan a night out

Revision, Revision, Revision!! It can all become a bit boring. But there is no need to Eat, Sleep and Drink Revision. It's not a crime to plan a night out with mates away from the books. It will help you relax and go back to the books feeling refreshed.

DO NOT FORGET

- To know what time and where the exam is taking place.
- To arrive early.
- Make sure you have got enough pens and all the equipment required for the exam!
- Read the questions thoroughly and make sure you understand it.
- Divide and organise your time so you don't find yourself running out of time in the exam.
- Try to answer all the questions - even the horrible ones!!
- Do not panic! If your mind goes blank just take a deep breath and continue, if you still can't remember then move on to the next question.
- At the end of the exam, don't spend time criticising yourself on what you think went wrong, just congratulate yourself for what went right and move on.



PLEASE REMEMBER

Stay positive, keep on reassuring yourself...concentrate and most importantly do not panic. You need to put exams into perspective, there is more to life than exams and you will always have the option to retake.

GOOD LUCK!!

Where to go for help?

If you are finding that you are suffering from exam stress, don't panic, there is help available in college and outside college.

In College

- Your college lecturer, personal tutor and Student Personal Adviser are there to talk over any concerns you may have regarding your course, exams and coursework. They could also advise you on revision.
- Student Services – call at the Helpdesk and book to see a counsellor or pick up the Student Services leaflet "Managing Stress: A Guide for Students"

Outside

- Your GP
- Childline 0800 11 11
- Samaritans 08457 90 90 90
- Bedford Open Door 01234 360 388
- CALM (for young men) 0800 58 58 58

Useful websites for revision tips

- www.bbc.co.uk/education
- www.s-cool.co.uk/
- <http://revisionworld.com/>
- www.revisioncentral.co.uk/
- www.examtime.com/gcse/revision-tips/

June 2004

Sample Daily Wallplanner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
7:30pm							
8pm							
8:30pm							
9pm							
10pm							
11pm							

Week Beginning _____

Sample Monthly Wallplanner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Month _____