



Revision Tips



Set up the perfect study space

Make sure it's well lit, not too hot or cold and is quiet enough for you to work.



Start with the biggest or most difficult

It might seem easier to start with the smallest and easiest bits but by tackling the biggest, most challenging topics first you'll feel more confident in the long run.



Take regular breaks

It's important to ensure you take regular breaks, you need to rest your brain to process the information you're learning. Arrange time with friends and family or watch a bit of Netflix [just be sure not to binge-watch a whole series].



Eat healthily

Make sure to eat three healthy meals a day and limit your caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts, so be sure to stock up!



Look ahead and make a plan

Look at your exam timetable and create a revision plan based on it. It'll help keep your revision organised.



Use the best methods for you

By now, you'll know which revision techniques work best for you but don't be afraid to use a new one if you're struggling to absorb a topic. Do whatever works best for you.



Move distracting apps out of view

Your phone can be a huge help for revision, but also a distraction. Move any apps that are likely to distract you to the last page, so you aren't tempted. Add apps that can help you [like the GCSEPod app] to your phone's home screen as a reminder to keep up your revision.



Exercise

A healthy body = a healthy mind. Try to do at least 20 minutes of physical activity a day to help improve focus and stay relaxed.

