

REVISION ADVICE

from Inner Drive



GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bed times



Have inconsistent bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting "key" passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise while listening to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away during revision



Revise with their mobile phone next to them

5 Ways to Make the Most of your Revision Time

by @inner_drive | www.innerdrive.co.uk

Space Out Your Learning

Don't leave everything to the last minute. Start early and revisit topics regularly. This will help keep information in your long term memory.



Create a Sense of Purpose

Telling yourself how learning the material will help you achieve your future goals can help create a sense of purpose and keep you motivated.



Test Yourself

Research suggests that this is one of the most effective ways to improve your memory. It can help prepare you for exam conditions.



Sleep Well

Sleep plays a major role in how you feel and how much you remember. Don't neglect getting a good night's sleep. Regular routines such as consistent bedtime and wakeup times will help.



Teach It

By teaching the material to someone else, it can help ensure you fully understand the main concepts with clarity.

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



Do the actual work - revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular meal times



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection - it's a myth and doesn't exist

6 Reasons to Put Your Phone Away



by @Inner_Drive
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Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

Warp Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing leads to worse moods and increased anxiety.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness.



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.





IF YOU DON'T STUDY

You shall not pass!

GOOD LUCK!