

GETTING ORGANISED

BEING WELL OILED ORGANISED

Last-minute 'cramming' for exams is not a good idea – unfortunately it does not work!

You will develop a revision timetable plan in school – with longer breaks built in. A check list of revision sessions is helpful – to show progress. A recommended discipline involves revising for 40 or so minutes followed by a short relaxation break. Short burst activities to break up and hopefully relieve the tedium include: dancing, skipping, walking, texting someone, running up and down the stairs, having a non-sugary drink, vacuuming the house and brief gardening activities! A longer (at least 20 minutes) break will probably be necessary after spending around 90 minutes on revision, with exercise!

REVISING KIT

Peace and quiet are vital, as is having enough space to work and spread out. As well as equipment needed for particular exams there are several things that it can be helpful to stock up on, to help you revise:

Post-its (in all sorts of shapes, lurid colours and sizes)

A means of recording the voice (for some)

Water to drink

Highlighter pens

Fish Oils seem to be helpful (found in probiotic yoghurt drinks)

Loads of rough paper

Postcards

A board to stick things on or write on



MOTIVATION AND A LACK OF IT

The main motivation comes from you, obviously, and your wishes to build an understanding that lets you perform comfortably well in an exam and get the best grade you can. Beyond the next few revision weeks lies possibly a very long summer holiday and it can be helpful to look forward to enjoying a feeling that you meet or exceed your target grades. Getting started can be the trickiest aspect of a revising programme – especially when you are physically attached to your lovely bed. Restless and looking for distraction, it's probably particularly important that people around recognise that you are the most important person in the world for a while and they are there for you, physically and emotionally. Fetched cups of tea and other pampering will be welcomed. You might prefer working with other students on aspects of revision – as long as these sessions do not revolve too much around chatting.

TENSION EASING

You are under pressure during the exam period. Some are more affected by this pressure than others. The BBC 'Bitesize' team suggest a 'ROSE' rule for easing tensions:

- 1 Revise and recap efficiently,
- 2 Organise time carefully,
- 3 Sleep, exercise and rest (are all needed),
- 4 Eat well (healthily).

Trips out can be very helpful, as can a revision half-term break.

