

Revision Checklist



- 1. Put together a weekly or daily timetable** – is it clear with achievable time slots? Regular breaks and lunchtime? Make sure you stick to the timetable, you can make any necessary adjustments as you go.
- 2. Review your revision plan regularly** – vary your tactics to stay engaged:
Practice exams, use diagram/sketches or watch YouTube videos
Take thorough notes, use highlighters and leave post-it notes around
Present slides (speaking out loud), teach a friend or family member or ask to be tested
- 3. Create a calm place to study** – tidy desk, tidy mind! Spend 5 minutes at the start and end of every day having a quick clean up.
- 4. Eat well** – don't skip breakfast or lunch as you will need brainpower and fuel. Buy some healthy snacks such as nuts, raisins, fruit or cereal bars. Being healthy during the exam period will help to keep a positive and pro-active mindset.
- 5. Stay hydrated** – keep a bottle of water or two next to you at all times and try to drink 6–8 glasses of water a day
- 6. Boost your energy levels** – try some stress-busting activities – relaxation is key and should help relieve any pressure Try any of these: walking, meditation, yoga or taking a bath.
- 7. Get plenty of rest** – go to sleep at a reasonable time, you should be getting between 6–8 hours a night. Put your phone away at least an hour before you go to sleep!
- 8. Set your alarm** – don't hit snooze! Set your alarm to play feel-good tunes.
- 9. Make sure you know where the exam is!** – Location, date and time
- 10. Prepare exam essentials** – ensure any exam essentials required are ready and packed beforehand to eliminate rushing around on the day:
 - Clear pencil case, pens (make sure they have ink in them!)
 - Calculator (if applicable) clearly labelled with your name
 - A clear bottle of water (without a label)
 - Do you need to take photographic ID or a Student Card with you?
- 11. Any resources needed?** – Can you take resources into the exam? A certain textbook? Any notes? How many sheets of paper are you allowed?
- 12. Switch your phone off** – don't get distracted in the lead up to the exam – remove all distractions throughout the day by locking your phone in another room. You might find it easier to focus by going to the library, getting out in the fresh air will do you good too. On the day of the exam, switch your phone off in the morning so that you don't forget when you arrive at the exam centre