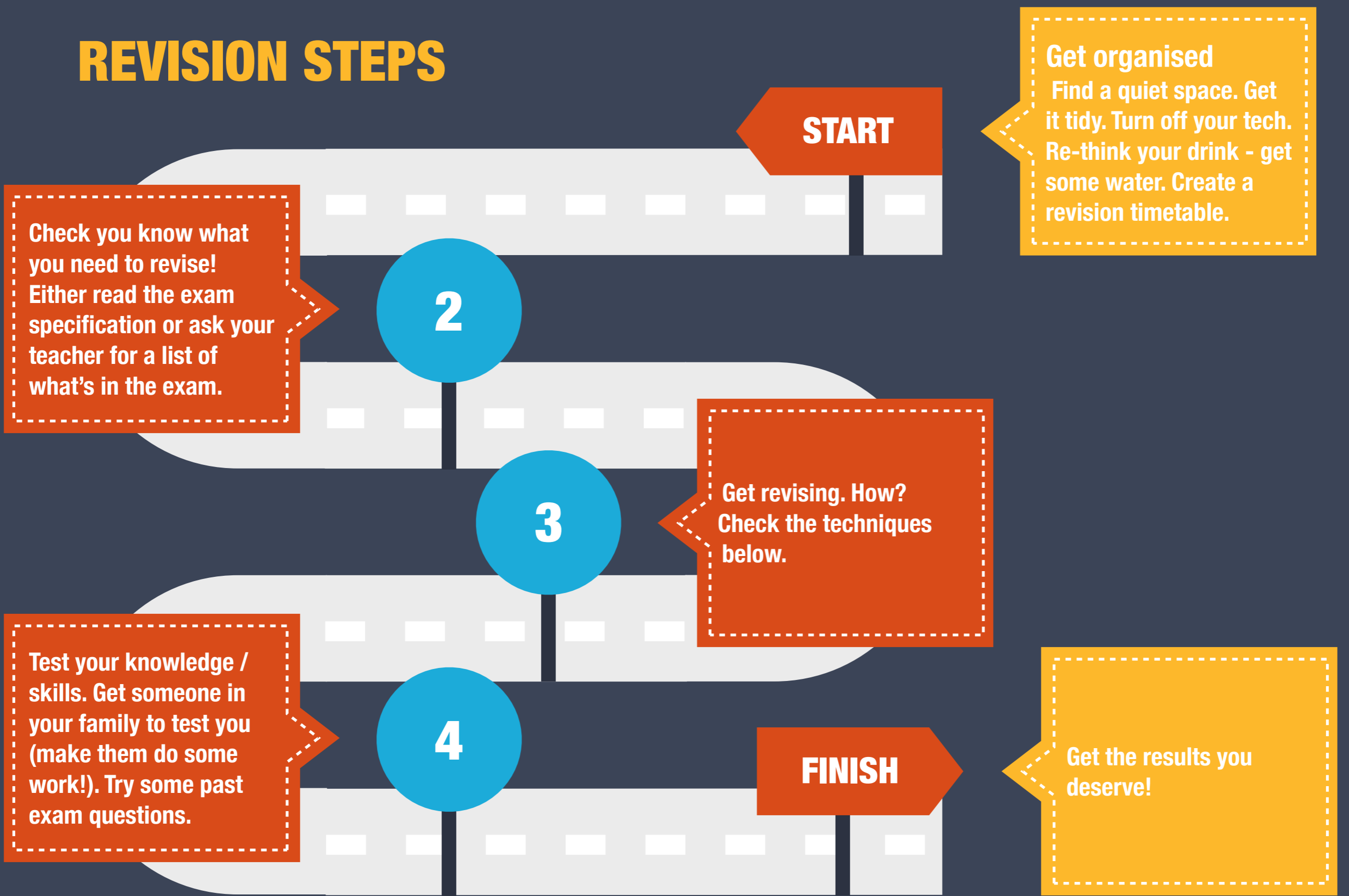


# Revision Techniques

## YOUR REVISION JOURNEY

### REVISION STEPS

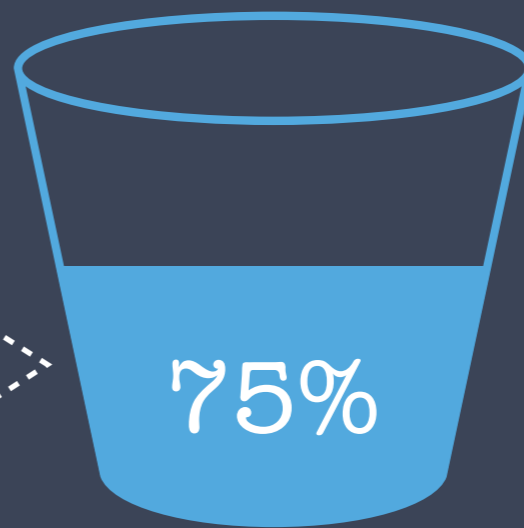


Your revision timetable should identify what you will revise and when. Prioritise subjects/topics you are struggling with.



Break up the time you spend revising take a 5/10 minute break every 15/20 minutes.

Around 75% of your brain consists of water. Keep it hydrated. Avoid energy drinks - the caffeine won't help you get a good night's sleep.



Get some quiet space for yourself



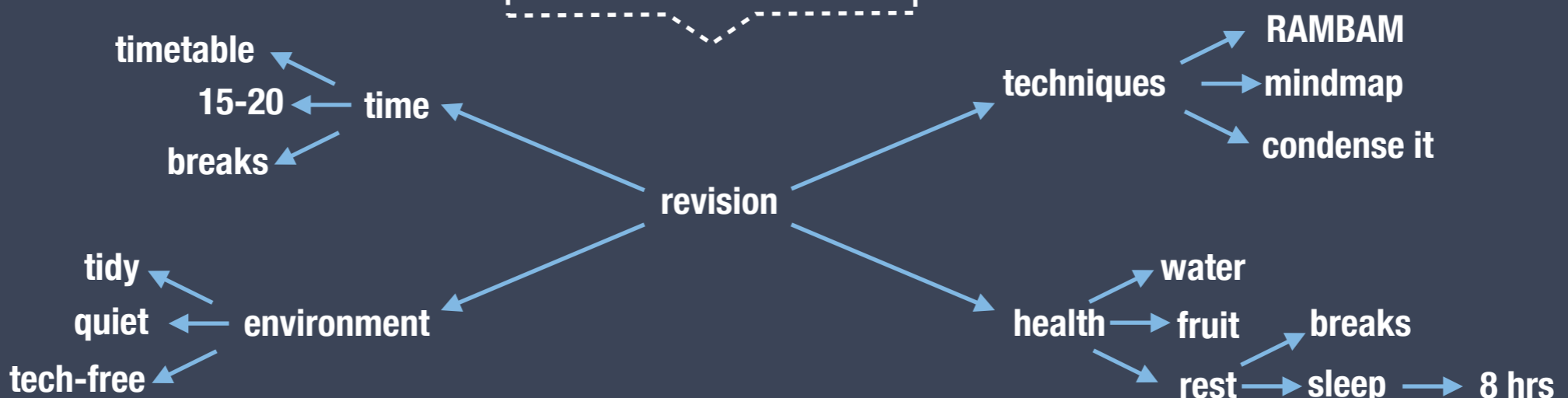
## REVISION TECHNIQUES



Condense information from your exercise books onto Post-It notes or blank post cards.

Mind map to summarise information. Only write one word per branch. Include images and colour to aid memory.

**RAMBAM**  
Read (for) a minute  
Bullet (the information for) a minute



**EFFORT + TIME = SUCCESS**