



**KEEP
CALM**

AND

**CARRY ON
REVISING**

THE REVISION
TIMETABLE WAS
USEFUL

*I found the
sheets with our
topics for
mocks useful*

I HAVE
LEARNED TO
REVISE
PROPERLY

I HAVE
LEARNED TO
MANAGE MY
TIME
PROPERLY

I FOUND MOST
THINGS USEFUL I
WILL APPLY MOST OF
THE THINGS

Good Revisers

- Revise in a quiet calm environment



Bad Revisers

Revise while listening to music or the TV



It was helpful and
the memory tests
were good

*Useful and good
way to relieve
stress*

*The revision
timetable
helped the
most*

This was a lot
of help! Covered
all bases!
No notes!

*I think doing a revision
timetable helped the most
as half the students
haven't thought about doing
it*

Good Revisers

- Are organised and have everything to hand



Bad Revisers

- Are disorganised and don't have everything they need



Good Revisers

- Know exactly what to revise

Week beginning: 23rd March 2015

REVISION TIMETABLE

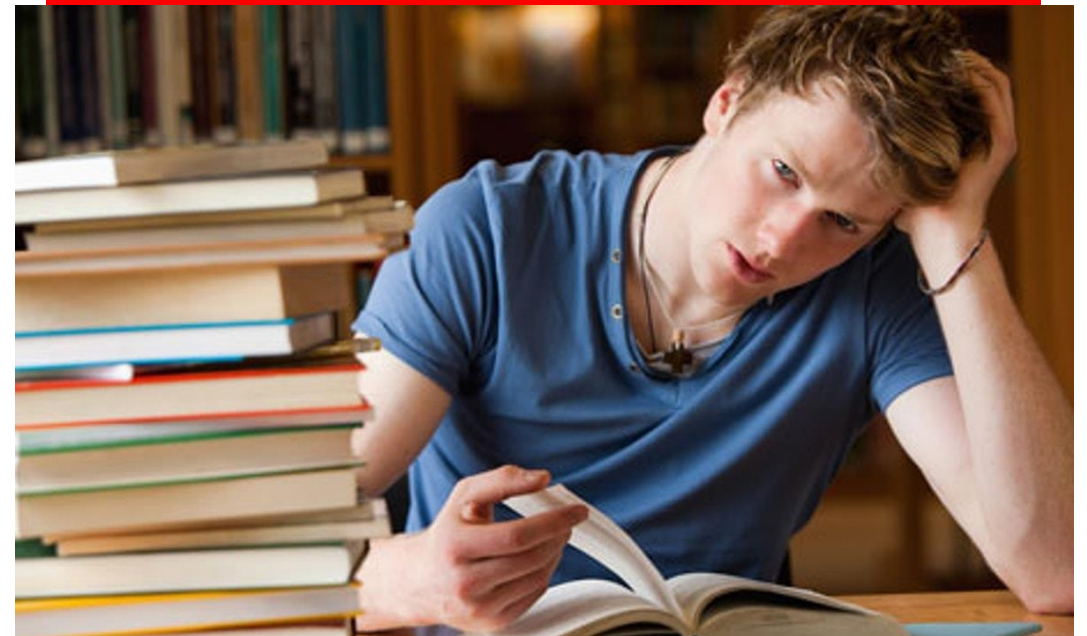
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	Headlers and ox-bows	Atmospheric chemistry	Genetics	Cell structure		
LATE MORNING	Covalent bonds	Plant reproduction	Coastal erosion	Cell structure		
EARLY AFTERNOON	Mitosis + photosynthesis	Flood prevention	Pride and Prejudice essays	Paras		
LATE AFTERNOON	Othello practice essays	Pride and Prejudice themes	Organic chemistry	Paras themes		
EVENING	Revisit Headlers	Revisit Chem	Revisit Genetics	Revisit Cell structure		

Legend:

- Biology
- Geography
- Chemistry
- English Lit
-
-

Bad Revisers

Use generic revision materials and just 'revise everything'



The timetable will be
very helpful

*This was very
helpful and don't
let anything
distract you from
revising*

*Explains
exactly what
needs to be
revised*

Good memory
game

*I am going to use
the revision
timetable*

Good Revisers

- Switch OFF their phone and place in another room



Bad Revisers

Have their phone next to them



Good Revisers

- Spread out their revision



REVISION TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	11:15AM - 1:15PM REVISE SUBJECT 2	12:45AM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	4:15PM - 6:15PM REVISE	GO HAVE FUN	REST!

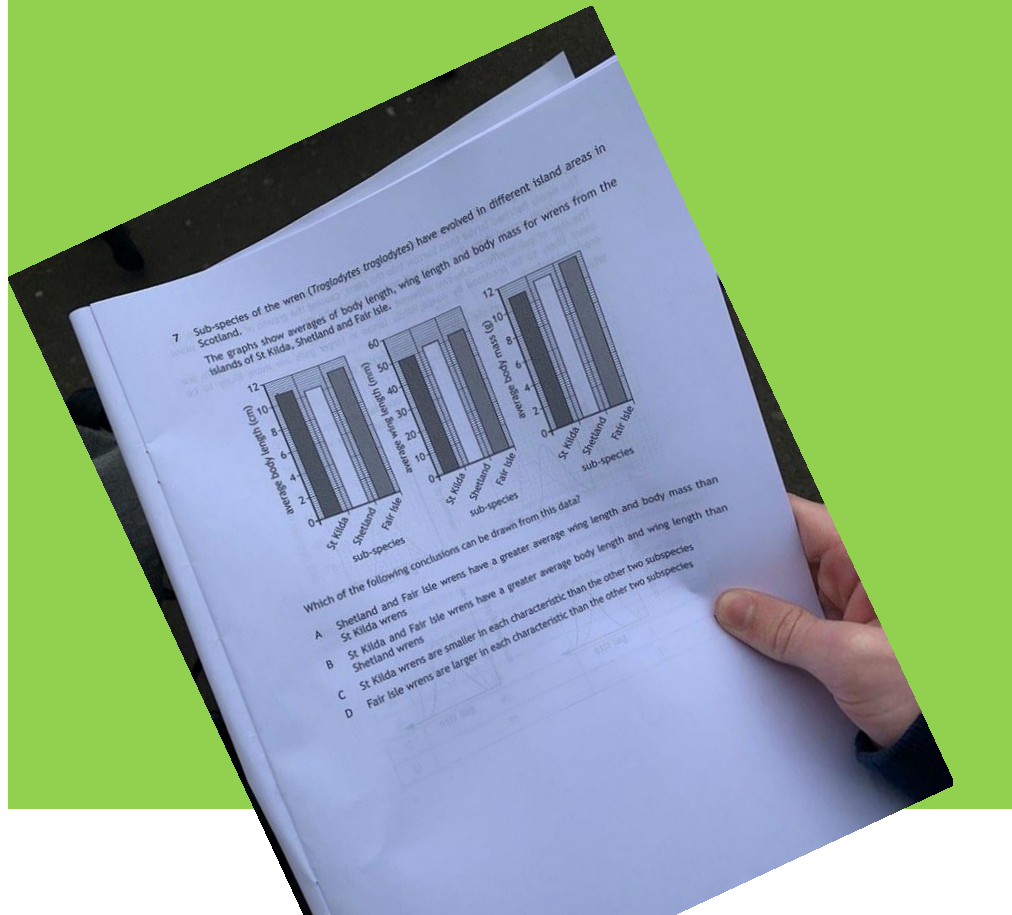
Bad Revisers

Cram their revision



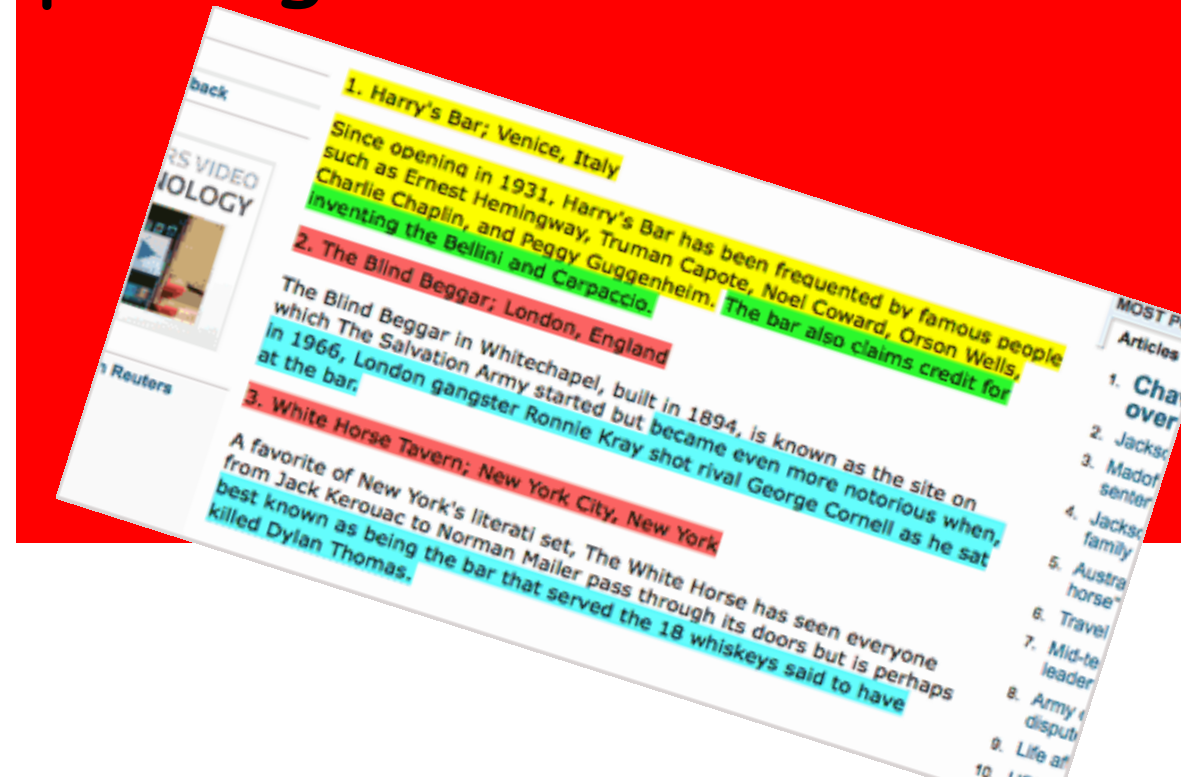
Good Revisers

- Do past papers



Bad Revisers

Mostly revise highlighting key passages



Really good
strategies

*Revision
timetable helped
most to organise
my work*

*Revision
timetable is
helpful*

Helpful ways of
revising

It was extremely helpful

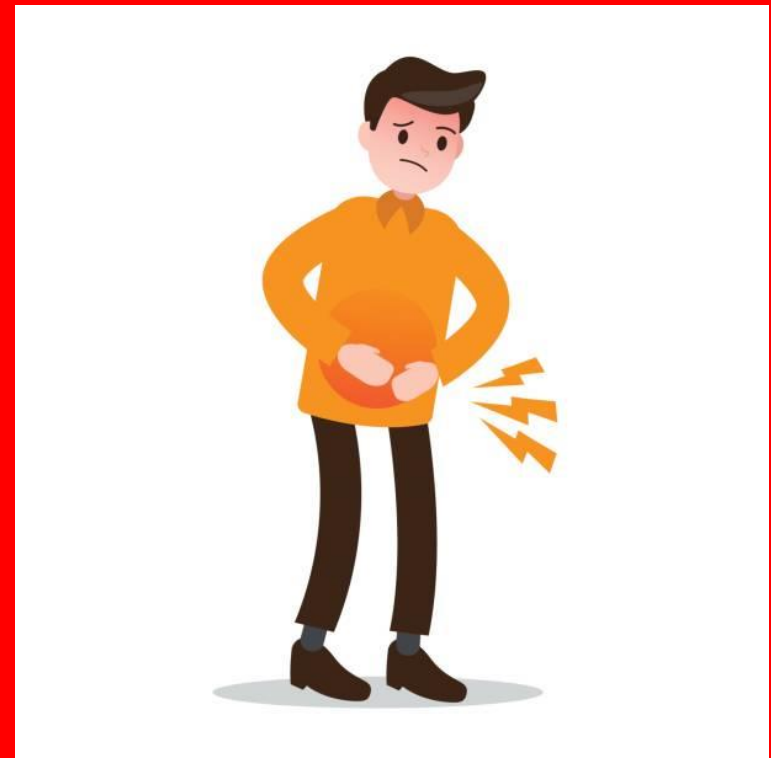

Good Revisers

- Eat Breakfast



Bad Revisers

- Skip Breakfast



Good Revisers

- Sleep for 8-10 hours per night



Bad Revisers

Get little sleep

Poor sleep:
linked to increased
risk of depression,
with 12 to 25 age
group more vulnerable



I enjoyed the
memory games

*Don't let the
monkey
control your
brain!*

*Making
timetable was
useful*

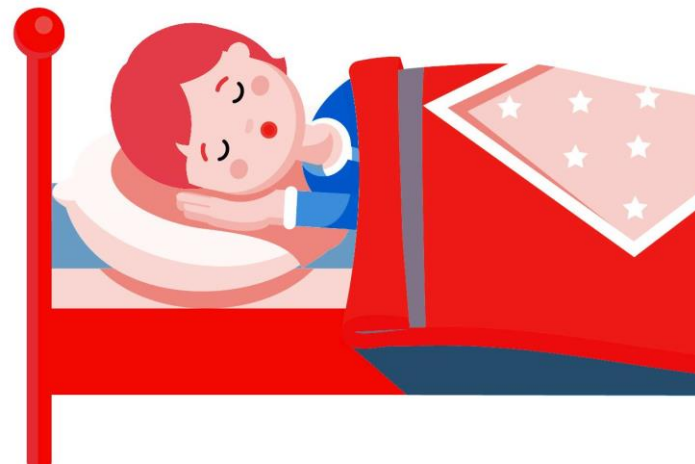
Do it in advance
to have better
marks

*Revision timetable will be
very useful*

Good Revisers

- Have a regular bedtime

**REGULAR
BEDTIME =
SMARTER
KIDS**

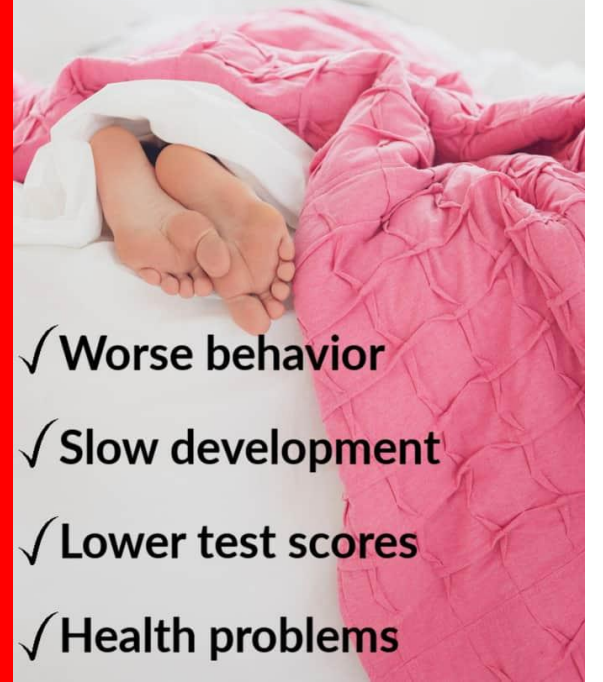


Bad Revisers

Have inconsistent bedtimes

Irregular Bedtimes lead to...

- ✓ Worse behavior
- ✓ Slow development
- ✓ Lower test scores
- ✓ Health problems



Good Revisers

- Get fresh air each day



Bad Revisers

Stay indoors all day



I found making the
timetable useful

*Making the
timetable was
useful and has
motivated me to
revise*

*I have learned
the more past
papers I do the
more normal
exams will be*

I have learned
more things to
help you to
revise and what
should help me

*I thought it was very
useful.
Keep it up guys 😊*

Good Revisers

- Exercise regularly



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Bad Revisers

Do no exercise



I now have a
revision timetable!

*Helpful
information
about exam
dates*

To keep
healthy
relationships
to reduce
stress

I didn't have a
schedule until
now

*I have an understanding of
new revision techniques now*

I found the guide
very useful and
organising
information

*To manage
time properly*

I learned
from this
session and I
would benefit
if there was
another

I like the
stickers

Revision timetable is useful

Good Revisers

- Drink water regularly



Bad Revisers

Forget to stay hydrated



By the time a worker is thirsty, he or she is already 2-3 percent dehydrated.

Very good and
useful. Thank you
very much

*Learned how to
revise – should
start*

*Useful tips
More fun
ways to revise*

**Good memory
techniques**

Organising revision