

Revision environment



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Silent do now:

1. Where do you revise?
2. How do you cope when you are stressed?
3. How do stay healthy during exam period?
4. How many hours of sleep do you need?

38 days to go!

Discipline

Hard Work

Honesty

Humility



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Turn and Talk

Where do you
revise?

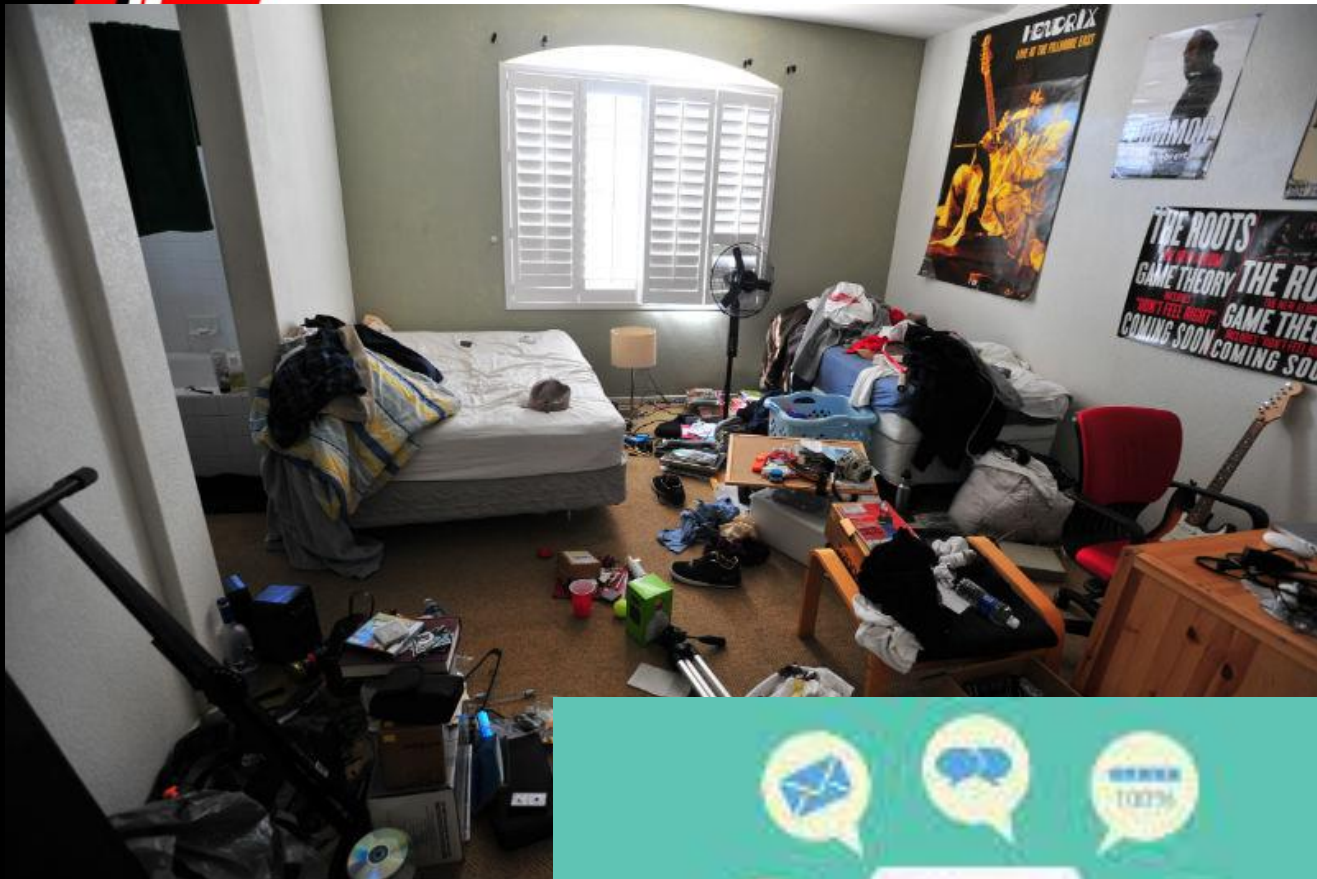
What are the
advantages and
disadvantages of
this?

Discipline

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Revision Space- why is it important

Shut door to
keep out noise

Keep pens and
books close



Try relaxing
instrumental
music

No distractions-
no TV, phone off
and not on study
desk

Tidy desk with
space to work

Well lit space
easy to read

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Library

- ✓ Lots of books about subjects you are revising
- ✓ Access to the internet for research
- ✓ Fewer distractions than at home or with friends
- ✗ Can get busy- hard to get a desk
- ✗ Involve time travelling, have to bring books/ equipment with you





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Home Learning Club

- ✓ All the resources are here at school!
- ✓ You can ask staff to help/support if you get stuck.
- ✓ Easy to stay focused
- x Won't have 'your' belongings
- x Will have to be organised in the morning to make sure you bring everything you need.



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Room at home

- ✓ Set up your study space as you want
- ✓ Easy to get snacks and drinks
- ✓ Have your belongings
- x Distracted by your family
- x TV, games and other distractions are easy to find
- x Hard to find a place to study



Friend's house

- ✓ Discuss revision problems with your friend
- ✓ Revise better when teaching someone else
- ✓ You and your friend can test each other
- X You and your friend can distract each other
- X Frustrated if your friend is doing 'better' than you



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Stress



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Exams are stressful- for EVERYONE!

Small amounts of stress are good, it can motivate us- but too much can negatively impact your health

- Don't revise late in the evening- this will affect your sleep
- Not taking breaks will make your revision less effective
- Don't set unrealistic targets
- ✓ Go outside for exercise and fresh air
- ✓ Set aside time to see your friends, have time with family and watch your favourite show
- ✓ Eating and sleeping well are just as important as revising

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Top tips to stay healthy during exams



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1. Don't skip sleep to revise- sleep helps your process what you have learnt
2. Relax before bed- avoid caffeine, exercise, using your phone or watching a program
3. Keep your phone away from your bed- it'll disrupt your sleep
4. Eat plenty of fruit and veg
5. Don't skip meals- it makes it harder to concentrate. Your brain needs feeding.
6. Have sweets and chocolate as a treat
7. Drink lots of water

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ACTIVITY:

1. Write a list of what you already do which helps in your revision environment
2. Write a list of what you need to start to do to have a good revision environment.

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