

Revision

Seven point action plan



1. Positive state of mind—e.g. checking my motivation; giving myself positive messages; working on stress; accepting the challenge. Things I will do to stay positive:

2. Time—e.g. going over my work from early in the year in different ways; organising a study timetable; dealing with my excuses for not revising; using spare moments. I will:

3. Variety—e.g. working in many short spells; using varied and interesting ways of revising. I will:

4. Over learning—e.g. rewriting notes, flash cards, new essay plans, memory triggers. I will:

5. Practice—e.g. doing past questions; working under exam conditions; having a trial run. I will:

6. People—e.g. revising with other people where possible. I will:

7. Selection—e.g. what topics will I revise? what level of detail can I really use under exam conditions? I will:

Adapted from: Cottrell, Stella (2013). *The exam skills handbook: achieving peak performance*. 2nd ed. Basingstoke: Palgrave Macmillan.