



1. **Short spurts** of revision (20-25 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).
2. Find a **quiet place** to revise—your bedroom, school, the local library—and refuse to be interrupted or distracted.
3. Make sure you don't just revise the subjects and topics you like. **Work on your weak ones** as well.
4. Make your own revision notes, because you will remember what you have written down more easily. Stick **keynotes** to a cupboard or lloo doors so you can see them everyday!
5. **Re-write the key points** of your revision notes, read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.
6. **Use different techniques.** Make your own learning maps. Use post-it notes to write key words on, create flash cards. Record your notes on tape and listen to them back on your MP3 or mobile phone. Ask friends to test you. Use highlighter pens to mark important points. Chant or make up a rap song.
7. **Practise on past exam papers** or revision tests available on the web. Initially do one section at a time and progress to doing the entire paper against the clock.
8. You will need help at some stage; **ask parents, teachers, or even friends.** If there is a teacher who you get on well with at school, ask for their e-mail address so you can clarify points you are unsure of whilst on study leave.
9. Don't get stressed out! **Eat properly and get lots of kip!**
10. **Believe** in yourself and **be positive.** If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen.