

Why?

If you're finding yourself stressed out, twitchy, and about to start crying in the bathroom, don't.

Take control of the situation before it takes control of you.

Like any challenge, you need a plan to successfully navigate through the potential pitfalls and obstacles.

Using a revision timetable keeps you motivated and focused. Without a plan you could quickly feel overwhelmed, like there is too much to cover.

If you over-analyse anything enough it leads to paralysis, so take action. Put in the time **NOW** to devise a **realistic** and **workable** revision timetable and most importantly of all, stick to it!

• **Get organised!**

The first step, get organised. Know what you have to do. Consult last year's exam paper and if any format has changed since then, speak to your teacher. Collect past papers to get a head's up on likely questions and expectations.

Top tip: Don't just download past exam papers read the **Examiners Notes** – these tell you exactly what the examiners were looking for to score the best marks.

Create a timetable, fill in free time with study of course, but also allow for exercise and relaxation. A healthy heart leads to a healthy mind, and the culmination of both should automatically lead to outstanding results.

• **Manage your time**

Manage your time and take regular breaks. Do something during this time that will reinvigorate you, do not get sucked in by Netflix... Television is your enemy if you intend on ever returning to revision. By taking regular breaks, getting up and away from the desk, going for a walk, you will find you remember more. The ability to memorise is at its peak during the times before and right after a break.

• **Seems obvious but...Sleep!**

Sleep! 8.5 to 9.5 hours for young adults to be precise. Sleep deficit affects your ability to pay attention and also alters your mood. Studies indicate the lack of even one or two hours of sleep can reduce your effectiveness and responsiveness by as much as 25%. If you go to bed early, you will arise revitalised and ready to take on the day. If you happen to hit the 3pm slump, a 30 minute power nap is enough to keep you fired up for the rest of the day.

• **Avoid distractions**

Finally, **concentrate**, avoid distractions. When you are in study mode, ensure your iPod is safely locked and docked. Most crucially, deactivate or just stay away from your social media accounts! Facebook and Twitter will still be there if you have to repeat your exams. And you may be surprised to learn that Facebook can become a boring and lonely place when all your friends are offline getting on with their lives.

In short, focus on the long-term goals. Summer will come and exams will go, and you will look back and think, maybe it wasn't so bad after all.

The Template

Revision Timetables come in a variety of colours, sizes and styles. The trouble is, if you take too long to make one you run out of time to do any actual revision – so I have made one for you!

There are two versions of the revision timetable template attached. One is completely blank and the other has the suggested timing of each session printed on (in light-grey ink so that you can write over it).

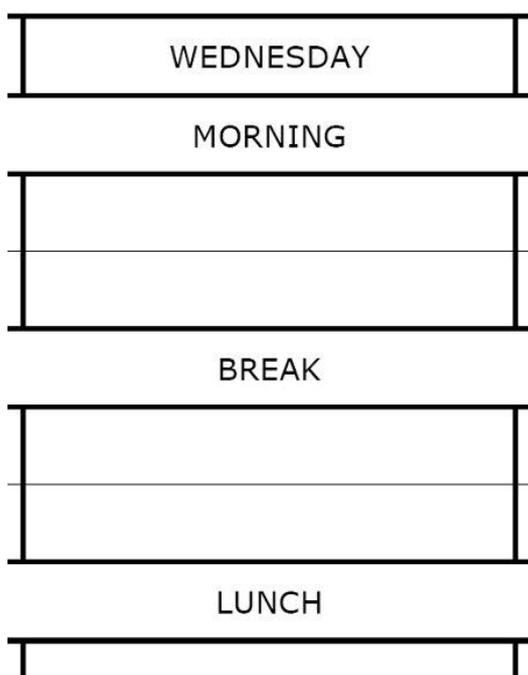
The timetable has six 1-hour blocks of revision per day. Each 1-hour block is broken into two 25-minute revision sessions separated by a ten minute break. This ten minute break allows you to cool off, and gives you some room to maneuver if you're coming to the end of a topic and you don't want to run into the next session.

There are five breaks splitting up the six sessions: two 1-hour breaks (for lunch and tea) and three 30-minute breaks.

What to do with your timetable:

• Be Realistic!

Let's take Wednesday as an example:



I suggest you start in the morning at 10:00 so Session 1 runs from 10:00-10:25, followed by a ten minute break, then Session 2 from 10:35-11:00. Session 3 starts after a half-hour break at 11:30 and runs 'til 11:55, then Session 4 from 12:05-12:30. Session 5 begins (after a one-hour lunch break) at 13:30. The day runs like this until 19:30, at which time all revision should stop until the next day.

But...

You may be a 'morning person' and want to start and finish each day earlier

You may wish to study on alternate days initially to ease into it

You may need to build in time for regular activities/ clubs/ dog walking...

- Distribute sessions appropriately. The template I've provided has sixty sessions per week – don't spend thirty of those sessions on one subject at the expense of another. Likewise, don't spend too much revision time on a subject you feel confident in.
- Create variety within the day, but not too much. You shouldn't be doing more than four or five different subjects in any one day. Perhaps alternate two subjects in the first half of the day, and a different two subjects in the second half.
- Once it's finished, *it's finished*. Spending too much time "improving" or "refining" your revision timetable is just as bad as wasting time making it in the first place.
- Colour-coding is a waste of time. Do you really think you'll revise physics better if you write it in green?