



# Revision and exams tips

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## Revision location and times

- Think about where you do your revision – it should be somewhere quiet and comfortable, but not too comfortable!
- Don't revise in front of the TV.
- Get everything together so it's close at hand.

2

## Avoid distractions during revision

- If it helps, listen to music but play it at low volume and choose something that won't distract you. If you do find yourself singing along, then you are distracted!
- Don't be tempted to keep checking your 'status' or social media accounts.
- Don't answer text messages immediately!
- Log off Facebook and Twitter and leave your phone in another room.

3

## Understanding your revision

- Understanding a topic helps you to remember information and structure answers more easily.
- First break the information down – a simple way is to consider the overall theme, the main ideas then any details.
- Then put it back together so you can see the whole picture! A bit like doing a jigsaw puzzle.
- If there is anything you don't quite understand, speak to your teacher.

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## Look after your well-being

- Fresh air, drinking water and natural light are good.
- If you feel overwhelmed or stressed out, take a break. Go for a walk if you are feeling fidgety, or try some mindfulness.
- Remember to give your eyes a regular break if you are spending a lot of time using a computer screen or looking at books. Follow the 20-20-20 rule: briefly stop revising every twenty minutes and look at something 20 feet away for about 20 seconds.
- Revise early in the evening. Don't revise late at night as this might disrupt your sleep.
- If you are feeling particularly anxious or worried, speak to a parent, carer, teacher, friend or someone else you trust. Please see our website for a list of support help lines:  
<https://www.st-thomasmore.walsall.sch.uk/well-beingcontacts/>

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## Preparing for exam day

- Check you have all the necessary equipment.
- Make sure you have checked your exam timetable thoroughly and notify a staff member if there is anything you don't understand.