












Session Three – Revision Tips

Task 1 – Which ones relate to you?

Tick the ones that relate to your revision habits?

| | GOOD REVISERS <i>by @Inner_Drive</i> www.innerdrive.co.uk | | POOR REVISERS | |
|--|--|---|--|--|
| | Eat breakfast |  | Skip breakfast | |
| | Sleep 8-10 hours a night |  | Get little sleep | |
| | Have regular bed times |  | Have inconsistent bed times | |
| | Get fresh air each day |  | Stay indoors all day | |
| | Exercise regularly |  | Do no exercise | |
| | Do past papers |  | Mostly revise highlighting "key" passages | |
| | Spread out their revision |  | Cram their revision | |
| | Keep a diary to capture negative thoughts |  | Dwell on worst case scenarios | |
| | Revise in a quiet environment |  | Revise while listening to music or TV | |
| | Drink water regularly |  | Forget to stay hydrated | |
| | Put their phone away during revision |  | Revise with their mobile phone next to them | |

Task 2 – Top 5 revision tips

What are the 5 revision tips from this session?

1.

2.

3.









4.

5.

Task 3 - Reflection

How will these help you? What will you take away from today's session?

Task 2 – 9 ways to manage exam stress

| Managing revision stress | | | Is this something you already do? Tick if yes. |
|--------------------------|---|--|--|
| 1. |  | | |
| 2. |  | | |
| 3. |  | | |
| 4. |  | | |
| 5. |  | | |
| 6. |  | | |
| 7. |  | | |
| 8. |  | | |

| | | | |
|----|--|--|--|
| 9. |  | | |
|----|--|--|--|

Task 3 – Reflection

Which of these strategies do you consider/use already?

Which ones are you going to use in the future?

When might you choose coping strategies that are not helpful?

What other choices could you make?