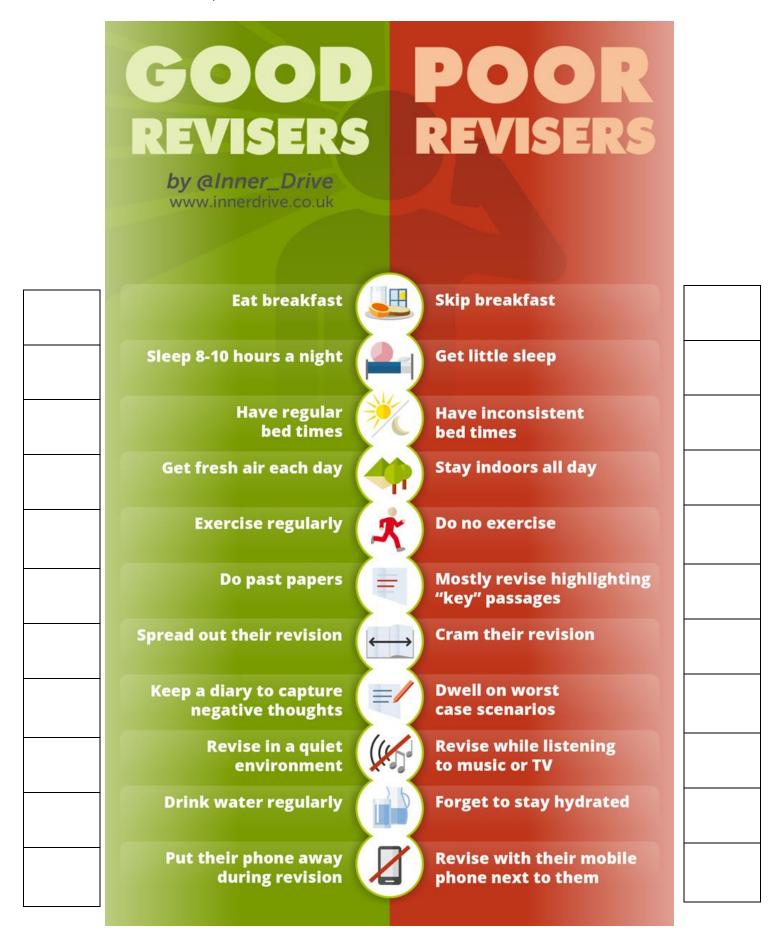
<u>Session Three – Revision Tips</u>

Task 1 – Which ones relate to you?

Tick the ones that relate to your revision habits?



1.		
2.		
3.		
4.		
5.		
Task 3 - Reflection		
How will these help you? What will you take awa	ay from today's session?	
	ay from today's session?	

Task 2 – Top 5 revision tipsWhat are the 5 revision tips from this session?

Task 2 – 9 ways to manage exam stress

			Is this something
		Managing revision stress	you already do? Tick if yes.
1.	A A		, ,
2.	L S S S S S S S S S S S S S S S S S S S		
3.			
4.			
5.			
6.	z ^z Z		
7.	(1.0) (1.0) (1.0) (1.0)		
8.			

|--|

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?