

Supporting you with revision:

- When to start your revision
- Why revision works

When to start your revision

10 weeks until final mock exams (January 2024)

Then 6 weeks until GCSE exams begin

- If you do 5 hours of revision per week – that's 50 hours
- If you study 10 subjects – that's 5 hours of revision per subject before the mocks. **Starting now....**

Why revision works

- It is a way of moving information from our (rubbish) short-term memory, into our (really brilliant) long-term memory.
- You need to recall information often to get your brain to move the information into your long-term memory.
- So little and often revision will work – cramming last-minute will not.

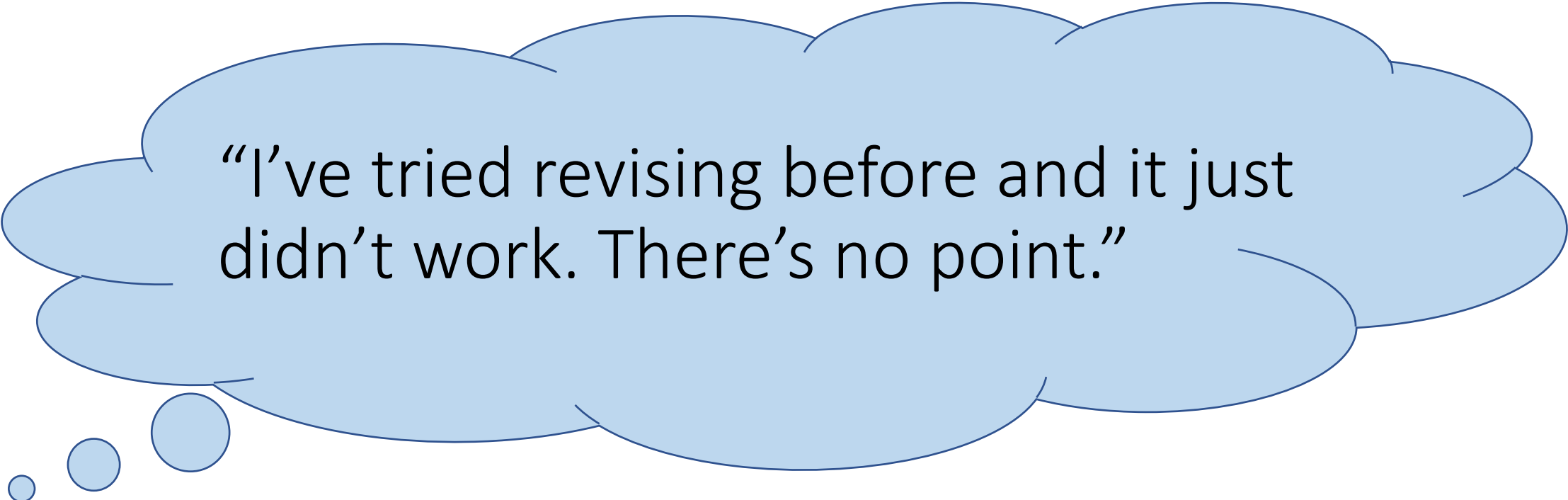


Revision myth busting



“No one else has started revising yet”

- Yes, they have...
- ...And this is about everyone else in the UK



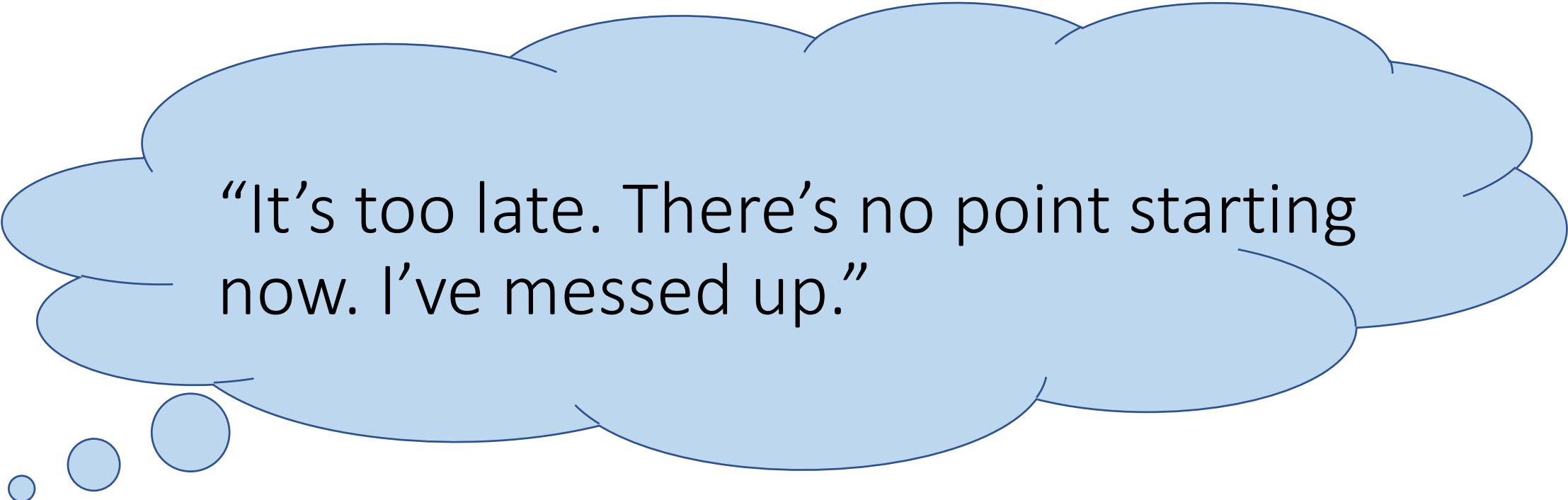
“I’ve tried revising before and it just didn’t work. There’s no point.”

- If you revise **properly**, it WILL work.



“It’s too early to start revising now.”

- 10 weeks at 5 hours per week = 5 hours TOTAL revision per subject before mocks
- If you revise properly, you won’t forget it



“It’s too late. There’s no point starting now. I’ve messed up.”

- 10 weeks at 5 hours per week = 5 hours TOTAL revision per subject before mocks
- If you revise properly, you won’t forget it



“I’m too stressed and anxious to revise”

- Revision **reduces** feelings of anxiety and stress about exams. You will feel much more prepared and confident.
- The trick is to know WHAT and HOW to revise effectively.



“I just can't be bothered”

- This is sometimes anxiety hiding as laziness.
- Chunk your revision, reward yourself, make yourself accountable to someone else.