R&R
Revision and Relaxation
Objectives

- **Understand** your study skills
- **Plan** your revision
- **Explore** different revision techniques and tips
- **Consider** different methods of relaxation
- **Experience** one of three methods of relaxation
Your study skills

1. When I study I usually do it…
   (a) Sat in front of the TV on the living room floor
   (b) In the library for several hours a day
   (c) In my bedroom at my desk

2. Should I continue with my part-time job at the weekend?
   (a) Yes, working is far more important than revising
   (b) No, because I have too much revision to do for my exams
   (c) Yes, as long as I balance my time between study and work

3. When I have tests at school/college I usually…
   (a) Don’t bother to prepare at all or do it on the bus to college
   (b) Prepare for them months in advance
   (c) Do some revision a week or so before

4. Should I use all of my free time to do work?
   (a) No, all of my spare time will be taken up with enjoying myself
   (b) Yes, if I want to pass my exams I need to study as much as possible
   (c) No, I need to balance my study with enjoying myself too

5. My school/college books are…
   (a) Scattered all over the house and difficult to find at times!
   (b) Organised in files in alphabetical order
   (c) Usually under my bed in one spot and in some sort of order
Study skills scores meanings...

Mostly a’s
- You could be a bit too laidback. It’s worth trying to get a bit more organised and developing some of those serious study skills before your exams come around though. There’s no time like the present to kick yourself into shape!

Mostly b’s
- You’re probably working too hard. Try to take some time out from study, relax a bit and do something you enjoy. Remember, taking breaks and relaxing from time to time will help your studies in the long run. There’s only so much information you can remember.

Mostly c’s
- You have excellent study skills. You’re organised and well-prepared but you know it’s important to take a break, relax and enjoy yourself in between all the hard work. That positive attitude should take you a long way
Starting revision: managing your time

• Start revising as early as you can
• Make a list of the topics you need to revise
• Create a *REALISTIC* timetable for yourself
• Make sure you allocate time to revise all of your subjects thoroughly
• Take regular short breaks
Revision timetable example 1

- Is this a good example of a revision timetable?
- What is good about it?
- What is bad about it?

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What is good about this timetable?

- **Flexible** – they include extra maths revision.
- **Realistic** – they include blocks of time for activities and leisure, allowing them to maintain a healthy lifestyle.
- **Detailed** – the timetable is broken down into subject specific chunks which will make it easier for the student to focus their time.
Urgent- Quick

• Create revision cards for Maths
• Read page 53 of my English book and annotate notes

Urgent- Long

• Re-watch youtube video on X
• Meet with my group to create a presentation

In this week

• Submit my student finance application
Revision techniques

How do I revise?

Discover your learning style

Google ➔ Make Your Mark
Middlesex
Revision techniques – **visual learners**

- **Flash cards** – Write out a topic on a card and then use the “look, cover, check” method to test your knowledge.

- **Colour coded post-it notes** – A brilliant way to remember things as they can also be stuck all over so that you are exposed to your notes when you’re on the go.

- **Visual flow charts/mind maps** can make complicated processes or timelines easier to remember.
Revision techniques – auditory learners

- **Read** question **aloud** before answering them.
- Try making up **songs or rhymes** to memorise particularly difficult information, as it will help you to recall it during exams.
- **Make a podcast** – record your own voice reading your notes.
- **Revision classes and group working** work well for auditory learners.
Revision techniques – **kinesthetic learners**

- **Assemble charts and diagrams** – kinaesthetic learners learn by doing. The act of creating a flowchart - **using post-it notes** for example will help you to retain information.

- **Take breaks** when studying - kinaesthetic learners often have a hard time sitting still for long periods of time. Make sure you take frequent (but not too lengthy) breaks.

- Lab sessions, trial and error, real life examples, field trips, exhibitions, photographs and **hands-on activities** all work well for kinaesthetic learners.
Revision top tips

Get organised
Plan ahead and don’t leave revision to the last minute. Ask questions and get used to working independently – remember if you are planning to study at a higher level (e.g. university and apprenticeships) this will be expected of you!

Work smart
Make sure you aren’t revising for too long at a time – take regular short breaks and avoid distraction to ensure effective working. Be sure to reward yourself for your hard work – set aside time for fun!

Past papers
Print out past papers and mark schemes from the exam board website to use as practice. Time yourself based on the minutes you will have to answer each question as well as doing a full paper in the allotted time. This will give you confidence when it comes to the real thing.
Some Methods of Relaxation
Exercise

1. Relieves stress
2. Improves memory retention
3. Increases focus and concentration
4. Boosts your energy
5. You can do lots of activities such as: joining an exercise class, desktop yoga, running, dancing etc.
Get creative

1. Join an art class
2. Take up a hobby i.e dance, knitting, drawing,
3. Create something beautiful
4. Colour a mandala
5. If all else fails...doodle!
What is mindfulness?

• Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you.

• An important part of mindfulness is reconnecting with our bodies and the sensations they experience. That might be something as simple as the feel of a banister as we walk upstairs.

• Mindfulness isn’t about making your thoughts go away, but accepting them without judgement. Imagine your thoughts as clouds passing overhead, noticing them but allowing them to slowly float away leaving a clear blue sky.
How can your friends and family help you?

• Stick to routine
• Encourage you to eat right, drink water and take regular breaks
• STAY POSITIVE
• Work out a routine with your parents, guardians or family members and find the best time for revision
• Ask if there's a calming space that can be set aside for revision
• Do fun activities together- take some time out!
Any Questions?