



Exam Revision

Plan your time Make a realistic revision schedule, that you can stick to. Ensure you include regular short breaks, meal times and opportunities to exercise.

Study Space A quiet and comfortable place to study, free from noise and distractions will help you revise better. Turning your phone off, keeping it away from your study space or even giving it to someone else to look after can also improve the quality of your revision.

Eating Watch your eating habits and aim to eat healthily. Exam preparation will not be aided by sudden changes to your diet and it's best to avoid too much sugar and caffeine. Don't skip meals as you won't concentrate well if you are hungry.

Good foods to help you revise:

- Cereals, pasta, rice, bread and potatoes are the best energy providers for your body and will keep you going during your revision.
- Snack on fruit and vegetables to make sure you get your five-a-day.
- Meat, fish, dairy and other protein and iron rich foods help you concentrate.

Drinking Well hydrated brains are more effective. Water is best and avoid sugary and fizzy drinks.

Exercise Keeping your body active and getting some fresh air each day helps you relax and clear your mind. This will allow you to revise better when you are studying.

Sleep Maintaining a good sleep routine is essential. Try not to work too late and aim to get 8 hours sleep a night.

Further revision advice can be found in the links below.

NHS: Tips on preparing for exams

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>

Young Minds: Revision and Exam Tips

<https://www.youngminds.org.uk/young-person/blog/all-the-revision-and-exam-tips-you-ll-ever-need/>