

### MIX IT UP

Keep your brain active by mixing up your topics or subject every hour or so. Switching your work around will help you stay focused.

### GET PLANNING

Planning is key to exam success. Prioritise your tasks then break your revision down into bitesize chunks and map out a plan.

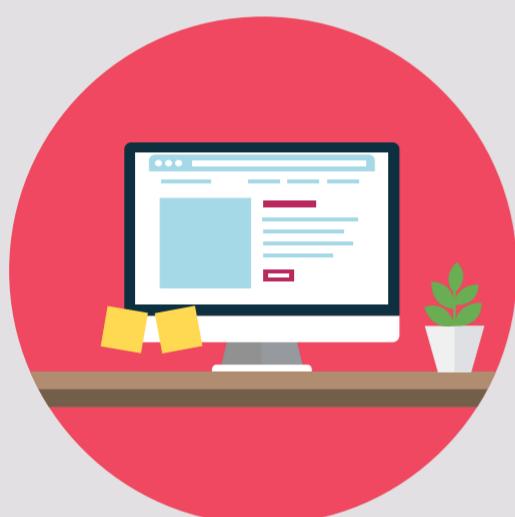
### START EARLY

Mornings are the best time to revise. You'll get your day's work done much quicker and will have time to relax in the evening.



### EAT & DRINK REGULARLY

Keep your brain fed and watered so that it can work efficiently. Try to stick to healthy options if possible.



### FIND A QUIET SPACE

Find a good place to revise, ideally somewhere quiet where you won't be disturbed or distracted and you have space to spread out.

## TOP TIPS

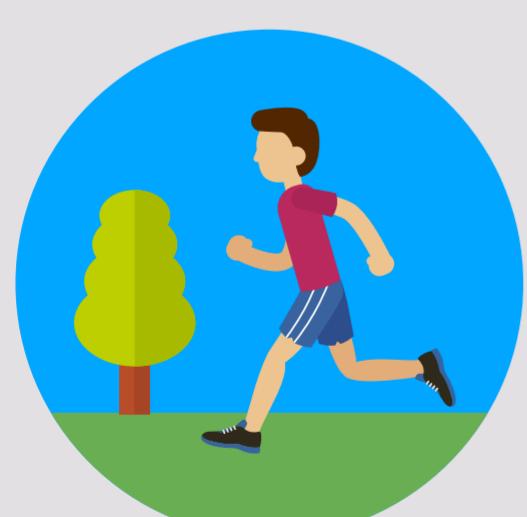
## FOR REVISION

## SUCCESS



### TEST YOURSELF

Check what you know. You can do this with friends and family or on your own. It will focus your revision time and highlight any gaps in your knowledge.



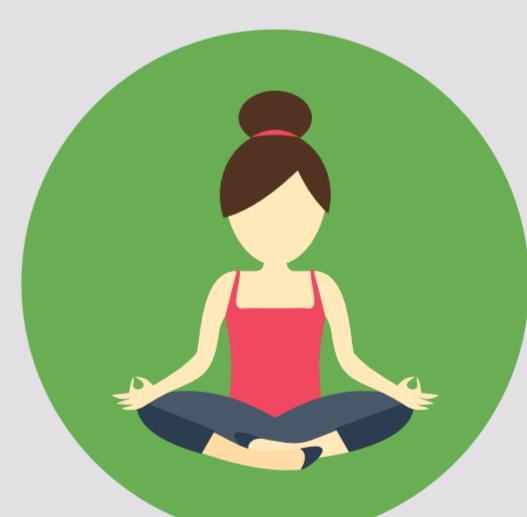
### TAKE A BREAK

Avoid information overload by taking regular short breaks. Move around if you can, give your mind a rest and get some fresh air.



### PUT YOUR PHONE DOWN

We all like to be connected but getting distracted by your phone will seriously hinder your revision. There are lots of apps to help if you can't bring yourself to turn it off!



### STAY CALM

Be positive and, most importantly, stay calm. Exams can be stressful but you won't revise - or perform - at your best if you're stressed.

# GOOD LUCK!

Once you've done the hard work, make sure you give your brain plenty of rest ahead of your exam by getting an early night then simply do your best! Good luck!