

Mindset, Memory and Making it Stick

GET READY TO REVISE

1. Create an exam calendar

Use your exam timetable to **fill in the calendar**. Add other planned events. Note any personal **obligations** you have (events, sport, etc.) in the calendar.

MAY							2020
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	BANK HOLIDAY	15	16	17
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

2. Create a weekly plan.

- **First, list all of your subjects (or exam papers or topics).** Highlight or star the subjects you may need to spend more time revising.
- **Then, decide on how many hours** you want to revise this week and the weekend. Note any personal **obligations** you have (events, sport, etc.) in the calendar.
- **Now, use your subject list to fill in** the weekly plan. One subject or exam paper goes in each box which represents 30 minutes. If you need more than 30 mins, then give that subject two 30-min slots.
- **Each time you revise a subject, tick it off on your list.** Work your way through all subjects and then start over or do the highlighted/starred subjects only. Then repeat.
- **On the day before the exam,** revise for that exam only.

Subject/Exam	
RE	✓✓
Bio (1,2,3)	✓✓
Chem (1,2,3)	✓✓
Span Unit 1	✓✓
Span Unit 2	✓✓
English Lit	✓✓

Weekly Revision Timetable						30 min slots	Saturday	Sunday
w/c _____								
Schedule exam topics, using 30 min time slots of hard thinking time. For the weekend, enter the times based on your schedule.								
Monday	Tuesday	Wednesday	Thursday	Friday		10:30		
Before school						11		
School day						11:30		
4:30								
4:30						1:30		
5:00	Physics							
5:30	Maths					2:00		
6:00	Maths					3:00		
6:30	English Lit							
7:00	English Lang							
7:30								

3. Prepare your space.

- Find a quiet space with light.
- Display your calendar, weekly planner and subject list.
- Gather all of your revision materials. Organise and label.
- Remove things that might distract you. (Put them out of sight.)
- *Optional: Use a timer.*

List by subject or exam paper.

[illegible]