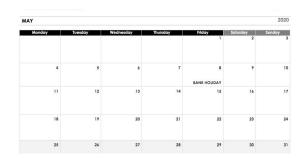
Mindset, Memory and Making it Stick

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.



Subject/Exam

Bio (1,2,3)

Chem (1.2.3)

Span Unit 2

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.

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ec1	tor	English Lit		44			
yo		8		21			
on Time	etable		w/c			Saturday	Sunday
s, using 30	min time slots of ha	rd thinking time. For t	he weekend, enter th	e times based on			
					10		
nday	Tuesday	Wednesday	Thursday	Friday	10.30		
					11		
					11.30		

11

11

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.

Subject or exam paper or topic	Put a tick for each revision session

