

HINTS FOR REVISING FOR EXAMINATIONS

Dos and Don'ts

- × **Don't** leave all the revision for your examinations until the last moment then have a cramming session.
 - This is inefficient.
 - Exhausting.
 - Creates tension that reduces effectiveness.
- × **Don't** work all night. Long periods of revision without a break are not effective.
 - You will get very tired.
 - You will learn inefficiently as time goes by.
- × **Don't** "watch" television or have background music on. This is obviously inefficient since it is distracting.
- × **Don't** learn everything you've written. Learn the important points – these need to be selected first.
- × **Don't** skip lessons to revise. Some of the most important revision you will do is with your teacher, who will understand the problems and what is expected in the exam.

- ✓ **Do** plan a revision timetable for the weeks leading up to the examination. Once worked out – keep to it. Leave a little slack (spare time) in your revision programme in case something comes up and you miss some of your work.
- ✓ **Do** put a series of rewards in your programme to give you a break and an incentive to work hard, e.g. an hour off to watch your favorite TV programme or a break to listen to some music/see your friends, etc.
- ✓ **Do** make sure your programme is designed so that you do not have a very long period without a break and that you do not go on too late into the evening. Get plenty of sleep. This will reduce boredom, increase efficiency and keep you reasonably fresh.
- ✓ **Do** make sure you have in your programme some periods of time for recall of material you've already learned. This will help to keep information in your brain.
- ✓ **Do** find somewhere quiet to revise.
- ✓ **Do** ask your teacher if you are stuck, can't understand something or need advice. Your teacher cannot read your mind.