

# How to Revise...



Hodgson Academy  
**Imagine Believe Achieve**

How to Revise:  
Revision Tips Booklet.













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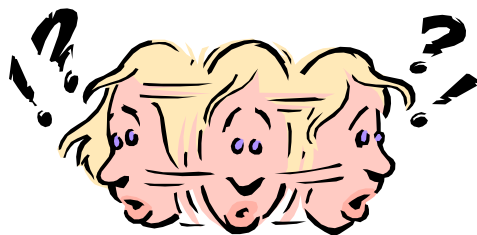
**HOT TIP: Flick through outline cards before the test**



We work best when we are faced with a **challenge**.

Challenge yourself to really sort out a topic that you have found difficult.

- Will taking a new approach and turning it into a chart, diagram or Mind Map help?
- Get someone to test you after you have learned something new.
- We learn extremely well when we have to teach someone else – why not try teaching one of your parents, a brother or sister, your grandparents or even your friends?
- Get them to ask you questions about what you have just taught them – can you answer their questions?





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**HOT TIP: Believe in yourself – you CAN do it!**

Don't forget to allow yourself some **treats**. Break up your revision sessions and plan some treats to look forward to: fruit, chocolate, a drink, ten minutes in the garden, glancing at a magazine, going for a walk...whatever will motivate you.

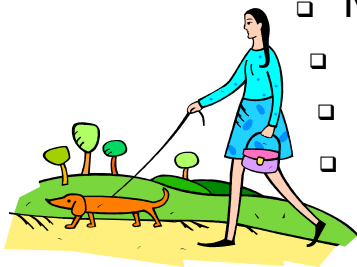


Remember, breaking up your revision gives you more stops and starts and more stops and starts increase your learning.



Relaxation is important to help you stop feeling the pressure of tests and getting stressed. Find a simple technique that works for you and practice using it when you are stressed or can't sleep. Have you tried:

- A warm bath
- Visualising yourself passing the test
- Brain gym exercises
- Stroking a pet
- Deep breathing
- Meditating
- Going for a walk
- Asking someone to give you a head massage
- Yoga
- Losing yourself in some soft music?



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**HOT TIP: Feed your brain! Fresh fruit, water, fish and vegetables give you brain power!**

