



Revision: seven point action plan

1. Positive state of mind e.g. checking my motivation; giving myself positive messages; working on stress; accepting the challenge. *Things I will do to stay positive:*

2. Time e.g. going over work from early in the year in different ways; organising study timetable; dealing with excuses for not revising; using spare moments. *I will:*

3. Variety e.g. working in many short spells; using varied and interesting methods to revise information. *I will:*

4. Over learning e.g. rewriting notes, flash cards, new essay plans, memory triggers. *I will:*

5. Practice e.g. doing past questions; working under exam conditions; having a trial run. *I will:*

6. People e.g. revising with people where possible. *I will:*

7. Selection What topics will I revise? What level of detail can I really use under exam conditions?
I will:

Adapted from:

Cottrell, S. (2012) *The Exam Skills Handbook: Achieving Peak Performance*. 2nd ED. Basingstoke: Palgrave Macmillan