

Revision: seven point action plan

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1. Positive state of mind e.g. checking my motivation; giving myself positive messages; working 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