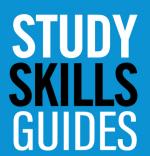
## Revision: seven point action plan



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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:
<b>2. Time</b> 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>I will</i> :
<b>3. Variety</b> e.g. working in many short spells; using varied and interesting methods to revise information. <i>I will</i> :
<b>4. Over learning</b> e.g. rewriting notes, flash cards, new essay plans, memory triggers. <i>I will</i> :
<b>5. Practice</b> e.g. doing past questions; working under exam conditions; having a trial run. <i>I will</i> :
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 FD, Basingstoke: Palgrave Macmillan