

Revision Strategies

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What Is Revision?

- It literally translates into “again see”.
- It is the process of re-reading or re-working a subject matter that was already done.
- The intention of this act is to make the subject matter clearer to the reader.
- Cramming IS NOT revision!



Why Is Revision Important?



- It reinforces learning.
- It reminds us of forgotten material.
- It allows us to link two or more topics together.
- It helps us to better understand the material covered.
- It allows us to open our mind to a different view of the material.
- It gives us the opportunity to identify and fill learning gaps (from missed classes).

How Do We Revise?

- Start early. Don't wait until 2 weeks before the exam to start revising.
- Decide what you're going to revise. Select the topics that you do not fully understand.
- Make a revision time table so that your plan is clear.
- Find a method that works for you: flashcards, past papers, group work etc.
- Eat healthily. A balanced and healthy diet helps you to stay focused and alert.
- Exercise regularly. This helps you to get more sleep and your brain to function better.
- Take regular breaks. Do not revise in marathon sessions, small breaks helps you to focus better.
- Get enough sleep.
- Stay positive!

4 Tips To Make Studying Fun.



Use sticky notes.

Sticky notes are a fun way of keeping ideas and concepts organized. You can also use them to mark your space when reading or connotating.

Make a checklist.

Making a checklist allows you to see what you need to get done. You should always prioritize which tasks are more important and list those first.



Jam to a study playlist.

Most people find music calming and soothing. If you need to push through a procrastinated study session, popping in some headphones may motivate you.

Switch pen colors.

When you're taking notes an artsy way to stay focused is switch pen colors. You can color code ideas, subjects, or important quotes.

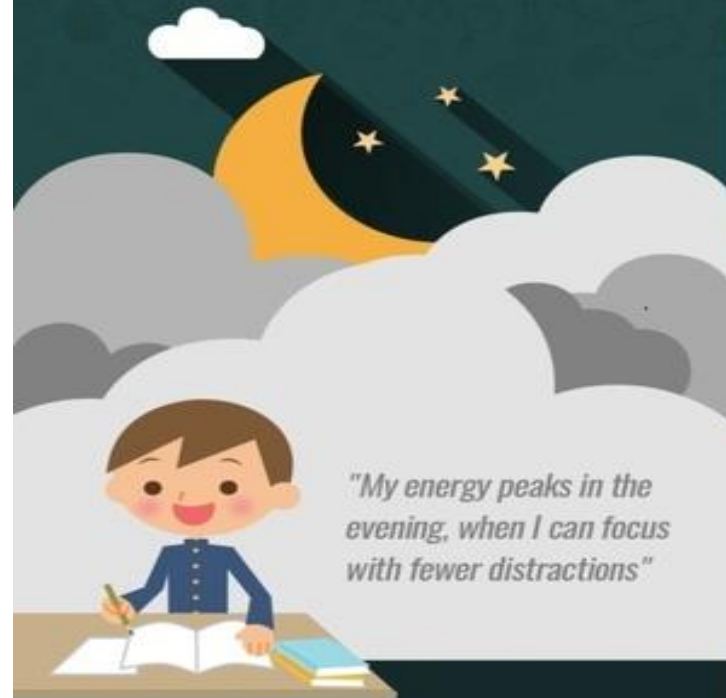


13 Ways To Improve Memory.

- *Walk* 20 minutes before an exam to increase performance.
- *Read* out loud to hear what you are reading.
- *Teach* what you learn to others to practice what you know.
- *Imagine* what you are reading as if it was a story or movie.
- *Draw* diagrams of what you are reading (especially for sciences).
- *Watch* informative videos on the topic.
- *Create* flashcards.
- *Listen* to instrumental music as it helps with memory.
- *Practice* sample questions or past papers.
- *Rest* so that your brain does not overwork.
- *Scent* your room with something you are not familiar with and use it again in the exam.
- *Group* study so that you can share ideas and explanations.
- *Meditate* so that your mind is free and calm.

What Is The Best Time To Study?

THE NIGHT STUDIER



"My energy peaks in the evening, when I can focus with fewer distractions"

NIGHT STUDYING BENEFITS:

- More peace and quiet
- Fewer distractions and interruptions
- A clearer mind for creative thinking
- Can help improve recall

THE DAY STUDIER



"I concentrate best during the day, when I have the most energy"

DAY STUDYING BENEFITS:

- Brain is refreshed and ready for information
- Natural light keeps you alert
- Doesn't disrupt your sleep schedule
- Able to study with classmates

How Often Should You Revise?

- Because we all have different home situations, the amount of time we actually get to revise varies from person to person.
- Ideally, revision take up between 2 to 3 hours per day, everyday.
- You should revise for as long as your exam would be...this means if your exam is 3 hours, you should study for 3 hours to get yourself accustomed to working for that amount of time.

Study while

others are sleeping

work while

others are loafing

Prepare while

others are playing

and

Dream while

others are wishing

- William Arthur Ward -

