

Manage your time with a revision timetable:

By planning out your revision you can make sure you dedicate time to all the topics you need to cover which will help you to keep on top of your revision – this means less stress!

Breaks are important:

Make sure you schedule in breaks into your timetable. They will reenergise your revision, help your concentration and make you more productive.

Don't procrastinate:

Breaks are essential but don't procrastinate, it wastes time. A revision timetable will help you to stay on track you but be sure to remove any distractions - only check your phone every 30 minutes, change your working environment if you are getting bored or find yourself a study buddy to keep you on track.

Set goals:

Setting targets and goals of what you would like to achieve each day or week will help to keep you motivated and will discourage any procrastination.

Use different tools and techniques:

Mixing the type of revision you do will help your concentration. You could try refining your notes, flash cards, Question and Answer sessions with a friend, post-it notes around the house, reading different articles and books on the same subject to help your contextual understanding... the possibilities are endless.