

Last Minute Revision Tips

After all these years of hearing the word revision, it is now time for the exams to begin.

Yep, it's real! You will have perhaps been dreading this day or maybe even looking forward to it. Bring it on some of you will cry...or you may just cry because you haven't revised.

Whatever your situation, let's go for it!

Why are exams important?

An examination is a great way of judging how good you are at learning things. We know they are sometimes a little stressful but we have to remember that they are only the end of the process.

Good results will help you for your future. Once you have a grade in a subject, you have that grade forever so it makes sense to get as many good grades as possible.

However, make sure you remain calm, stressing out about it now won't help.

Last minute tips

You are not going to be able to learn a whole subject's worth of information now but your memory will **amaze you** at how much it can remember. Let's keep our brain working up to the exams without going into overload, try these little tips:

Make a 'cheat sheet'

Now this isn't really cheating but to give you **a little reassurance** the night before the exam, make yourself a '**cheat sheet**' by listing only a few essential facts, the things that are worrying you, on a single postcard. Writing them down will **help you to remember** them and you can look over it again before the exam. Just remember not to take it into the exam with you...that would be cheating.

Be well rested

Relax, eat well and sleep soundly – you will be at your **sharpest** on the day. You need to make sure your sleep pattern is in sync, so go to bed at the same time and wake up at the same time every night and day. Yep, that means avoid late nights, even at weekends. You will need between **8-10 hours sleep** every night.

Avoid junk food and definitely energy drinks. Sugar spikes make you feel more tired than the energy that the sugar rush gives you. Drink plenty of **water**, snack on **nuts, seeds** and fruit...**blueberries and bananas** are fantastic. Make sure you have a good breakfast too, there is nothing worse than your stomach rumbling throughout the exam. What to eat? Try porridge with a dash of honey and some banana chopped up on it.

Start early

From the moment you're up, grab your revision notes and cheat sheets and get reviewing. **Scanning** through your notes will help your brain to remember them for later recall.

Get rid of distractions

We know all this stuff anyway but turn off the TV, your mobile phone and tell your parents and everyone not to disturb you. The fewer distractions you have not only the better you will work and **focus** but you'll also find you work harder.

Revise EVERYWHERE

Bus, car, garden, toilet...yep...everywhere. Those final reviews will make all the difference.

Add some variety

Just reading through your text books or looking over notes is good but perhaps add some pictures, just **simple doodles**, this will activate your brain. A picture paints a thousand words.

Have a break

Your brain does need **rest** so give it one, it will probably be very thankful! Revising non-stop will eventually just wear you out and while you may be reading or writing, chances are none of it is actually sinking in and will be forgotten about by the next day when the exam paper is in front of you.

Enjoy a power nap

Most teens love to **sleep** but we're not talking about lying in bed for hours here. Studies show that sleeping improves memory so that **30-minute afternoon doze** may be helpful!

Get motivated and think positive

Use positive language. Saying, “Oh no, I’m dreading this and I’m going to fail”, isn’t going to do you any favours is it? Your brain always focuses on the strongest commands so load it with positive statements such as, **“Bring this on, I’m as ready as I can be!”**

Try and get a **positive attitude** and keep yourself motivated. Stress can lead to mistakes so relax, take deep breaths and remind yourself; At the end of the day, it is only an exam.

Finally, good luck

Remember, as important as they may be, they are not the end of the world. Fast forward you mind to exam results day and you now know your grades. Could you stand in front of a mirror and know that you gave it your best shot? Think about that statement from today (what is in the past has passed) and give it your best shot from today. Failure only happens when you quit.

Winston Churchill, British prime minister, **Abraham Lincoln**, US president, **Thomas Edison**, inventor of the light bulb, **Leo Tolstoy**, writer of War and Peace, **Walt Disney**, creator of Mickey Mouse, **Richard Branson**, British tycoon and **Michael Faraday**, pioneer of electromagnetism – all these people didn’t do great at school.

So, remember give it your best shot from today but you still have your whole life ahead of you.

Go to our social media @futuretoolbox for daily tips.

