

**1.**

### **What's best for you?**

The way you learn may not be the same way someone else takes in info. If you learn visually, use prompts such as writing in different colours. If you prefer audio, try find a video on the topic.

**2.**

### **Revise in short bursts**

If you find it difficult to pay attention, break down your revision into 20 minutes at a time and take a short of 5/10 minutes in between.

# Revision Tips

**3.**

### **Boost your brain!**

Eating certain foods can improve your memory and focus. Green vegetables, fatty fish, nuts, blueberries, pumpkin seeds are great to snack on while revising. Exercising and getting you're blood pumping can also help.

**4.**

### **Keep short notes**

Avoid re-writing the textbook. When revising, first write clear notes. Then, take these notes and shorten them to 1 sentence per point. AND then, take those sentences and summarise in 1 word. This will test you memory.

**5.**

### **Plan out your revision**

If you have a few topics to revise for, work out what you will need to do the most for. This could depend on the exams you have and the topics you need to learn.

**6.**

### **Memorise some terms**

For some subjects you may need to do some definitions, timelines or processes. Make some flashcards to help you remember and get someone to test you.

**7.**

### **Try teaching**

Sometimes explaining to another person what you have learnt can help you remember better and show you how much you have taken in.

