

How To Be A GOOD REVISER



Eat
Breakfast



Sleep 8-10
hours a night



Have regular
bed times



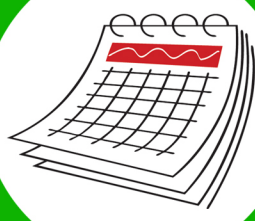
Get fresh air
each day



Exercise
regularly



Do past
papers



Spread out your
revision



Keep a diary to
capture negative
thoughts



Revise in a quiet
environment



Drink water
regularly



Put your phone
away during
revision



How To Be A POOR REVISER

- Skip breakfast
- Get little sleep
- Have inconsistent bed times
- Stay indoors all day
- Do no exercise
- Mostly revise highlighting 'key' passages

- Cram your revision
- Dwell on worst case scenarios
- Revise while listening to music or TV
- Forget to stay hydrated
- Revise with your mobile phone next to you