

Central
Saint Michael's
Sixth Form

A UNIVERSITY-STYLE SIXTH FORM



REVISION GUIDE

We're here to help!

Time to make a revision timetable

Download our templates today



Central Saint Michael's Sixth Form

MY REVISION TIMETABLE

Notes:

Name: _____ Date: _____

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Make a revision timetable that actually works!

Follow these 6 simple steps:

1

Set targets

By working out how much time you have until your exams, you will know how many hours you should dedicate to specific subjects.



2

Prioritise subjects

Work out which subjects you struggle with most and dedicate more time to these subjects.



3

Colour code

Make your timetable attractive! Assign each subject a colour.



4

Breaks

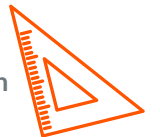
It's important to give yourself enough breaks. Everyone revises differently. For some revising for 20 minutes with a 5-minute break works best. For others it's revising for an hour with a 10-minute break. Experiment to find out what works best for you.



5

Be specific

Make a new timetable for each week and be specific. Write down what topics you're going to revise for each subject.

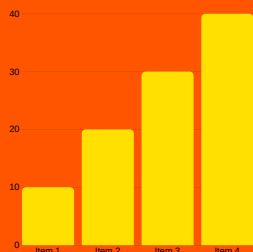


6

No distractions

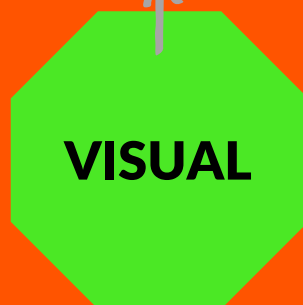
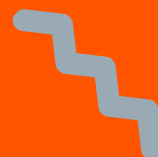
Take yourself away from any distractions. You can download apps that allow you to block specific notifications on your phone.





Do you like to visualise objects?

- Colour code your notes
- Use pictures and graphs
- Mind maps
- Watch online videos



Enjoy listening to music?

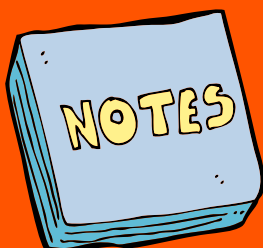
- Use rhythms or clever rhymes to revise
- Repeat your revision out-loud
- Use a dictaphone in class
- Watch videos



Prefer reading?

- Paraphrase your notes and keep them concise
- Write your notes into lists
- Rewrite and rewrite your notes out
- Use flash cards

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- Can't stay still when revising?
- Pace the floor whilst revising
 - Break your revision up into short intervals with breaks in-between
 - Visualise what you are learning
 - Remove all distractions from your room



What kind of learner are you?

REVISION TOP TIPS & HACKS



Chew gum

Studies show that chewing gum can help keep you awake.

"What do I revise?"

You need to learn what your weaknesses and strengths are. You can do this by using past papers to see which areas you do/don't do well in.

Set manageable goals

Set daily goals for yourself that are manageable. Ticking them off at the end of the day will feel like you have accomplished something.

Revise in new environments

Revising in a new environment every day will be refreshing and help you stay focused. Never revise in the same areas you relax e.g. your bed.

Healthy lifestyle

Exercise can help with stress and anxiety. Exercising releases endorphins which help you retain information. A healthy diet also helps you stay awake and refreshed.

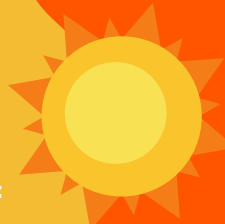
Listen to music

Listen to background music whilst revising can also help you concentrate. Film composers such as Hans Zimmer are perfect to listen to!

HOW TO STAY MOTIVATED

FOMO.

Do not give in to temptation!
Remember you have the whole of summer to live your best life.



Reward yourself at the end of each revision session so you have something to look forward to.



Book something special for the end of your exams.

Exercise!

Staying active is a great way to reduce stress. Even by taking 5-minute walks around the library every hour will help your concentration and mental state.

