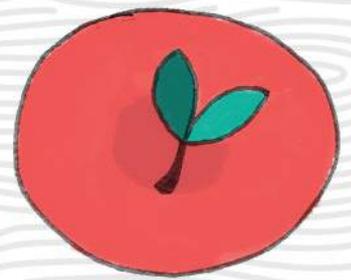
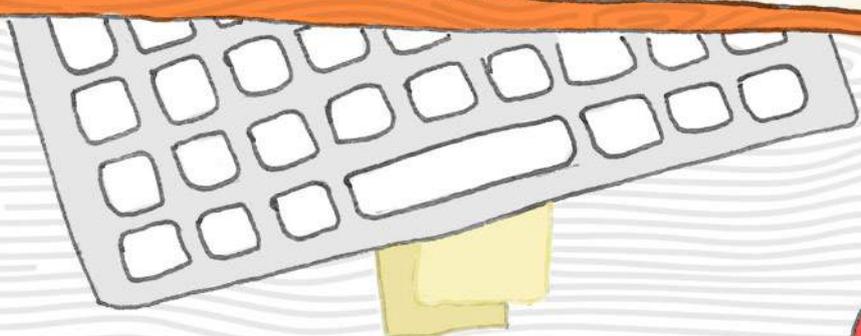




HEALTHY REVISION *guide!*

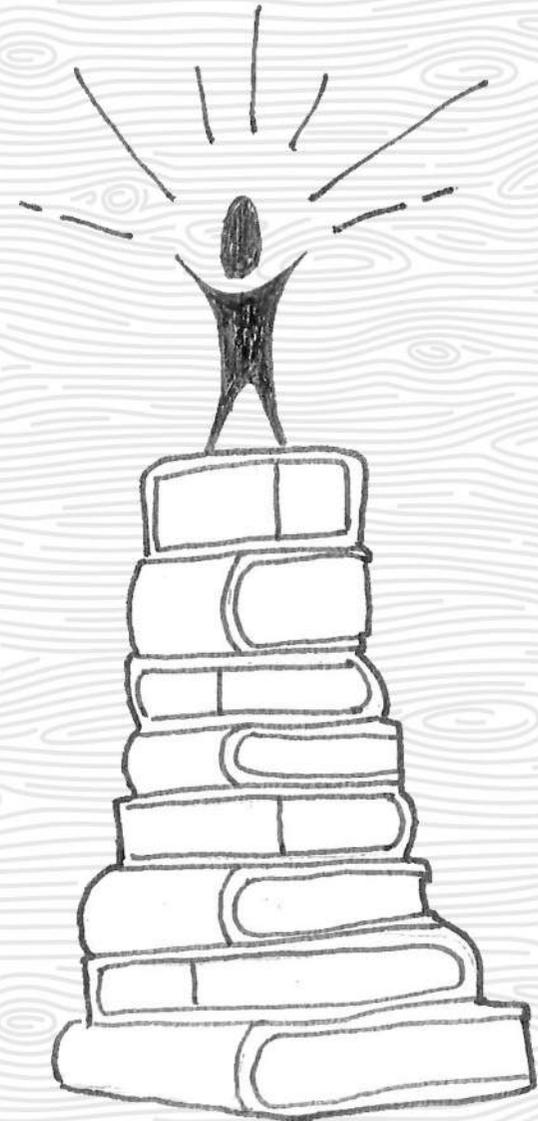


Introduction

We ran an online focus group including current students, former students, health & fitness experts, and teachers. This was to gather the best tips for a healthy revision guide. The aim of the guide is to help current students get ahead in their mocks and GCSE exams, although it is not exclusively for this purpose. The guide can be used by any student as they seek advice on study techniques and how to enhance their brain power throughout the challenging period of revision and exams.

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EXAM PREPARATION & LEARNING STYLE tips

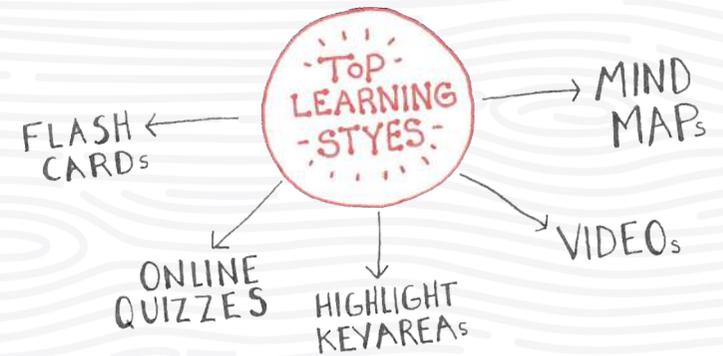
"Achieve balance - study, revise but also making time for chilling out, socialising and exercise. If stressed out, talk to friends or family"

*Blogger & Former Student, Pamela Higgins
(www.spamellab.com)*



"When planning time, think about when you study best. If you are a night owl plan a great lie in and work into the night, if you need an afternoon nap have one, plan around it."

*Teacher & Blogger,
Suzanne Hubble
(www.fit-er.com)*



88%
OF RESPONDENTS
SAY PREPARING
WELL FOR EXAMS
IS IMPORTANT

REVISION

tips

"TEST YOURSELF. ASK FRIENDS AND FAMILY TO TEST YOU ON THE KEY THEMES." **TEACHER, SCARLETT MCGINLEY-HUGHES**

"TARGET YOUR PREFERRED LEARNING STYLE, USE IT UNTIL IT BECOMES SECOND NATURE TO REVISE THIS WAY."

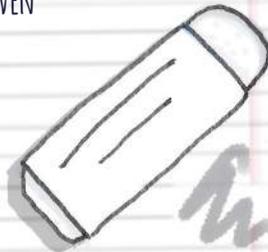
CURRENT STUDENT, JORDAN MASON

"CREATE A STUDY GROUP WITH YOUR FRIENDS TO ENCOURAGE EACH OTHER TO GO TO THE LIBRARY TOGETHER. YOU WILL ALSO SHARE TIPS"

STUDENT & BLOGGER, NIA ([WWW.THEMIXEDMEDIC.COM](http://www.themixedmedic.com))

"REVISE FOR SHORTER PERIODS OF TIME AND IN BETWEEN CATCH UP ON YOUR FAVOURITE SHOWS, LISTEN TO MUSIC OR WATCH YOUTUBE. THERE'S EVEN SOME FUN REVISION TOOLS ON THERE!"

BLOGGER, TEACHER & PARENT, EMMA CONWAY ([WWW.BRUMMYUMMYOF2.CO.UK](http://www.brummyummyof2.co.uk))



"ALL REVISION SHOULD BE ACTIVE. IT'S NO GOOD READING THROUGH NOTES OR MAKING PRETTY REVISION SUMMARIES IF YOU THEN DON'T DO SOMETHING WITH THEM AFTERWARDS."

BLOGGER & PARENT, KAREN WHITLOCK ([WWW.STOPPINGATTWO.CO.UK](http://www.stoppingattwo.co.uk))

"IT IS IMPORTANT TO TAKE A "VISUAL" BREAK FROM HEAVY READING. WHEN POSSIBLE, HEAD OUTSIDE FOR BREAKS BETWEEN STUDYING TO GIVE YOUR EYES A CHANGE IN LIGHTING"

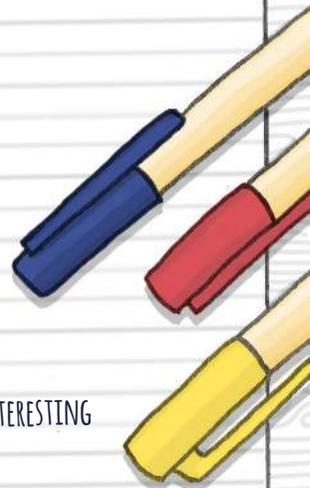
KIM AND AMANDA, BLOGGERS ([WWW.THEEDUCATORSSPINONIT.COM](http://www.theeducatorsspinonit.com))

"MAKE A LIST ALL THE TOPICS IN EACH SUBJECT, EVERY TOPIC, AND GIVE THEM A RATING; THOSE YOU KNOW, HALF KNOW AND DON'T KNOW. THEN PUT THESE IN TO A TIMETABLE AND WORK OUT THE TIMINGS OF HOW LONG YOU NEED TO SPEND ON EACH"

BLOGGER AND PARENT, SARAH NEWTON ([WWW.SARAHNEWTON.COM](http://www.sarahnewton.com))

"WHEN BEGINNING TO REVISE, CHOOSE YOUR MOST INTERESTING TOPS FIRST TO GET YOU IN THE RHYTHM OF REVISION"

BLOGGER & FORMER STUDENT, SURYA TEJA ([WWW.LIFETIPSPRO.COM](http://www.lifetipspro.com))





What food is best to eat for breakfast on the morning of an exam?

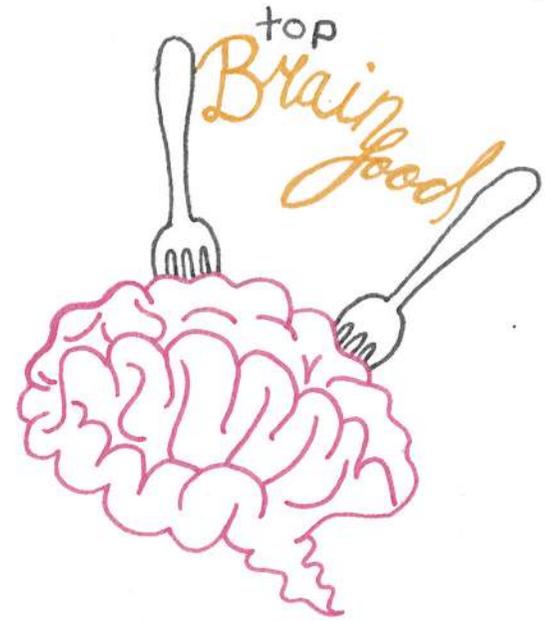
"Something that will keep you full and filled with slow-release energy, so a mixture of complex carbohydrates and protein with some fruit or veg; an omelette with loads of veg; porridge with banana and nuts; a protein smoothie with added superfoods. Stay away from high sugar cereals!"

*Blogger & Former Student, Pamela Higgins
(www.spamellab.com)*

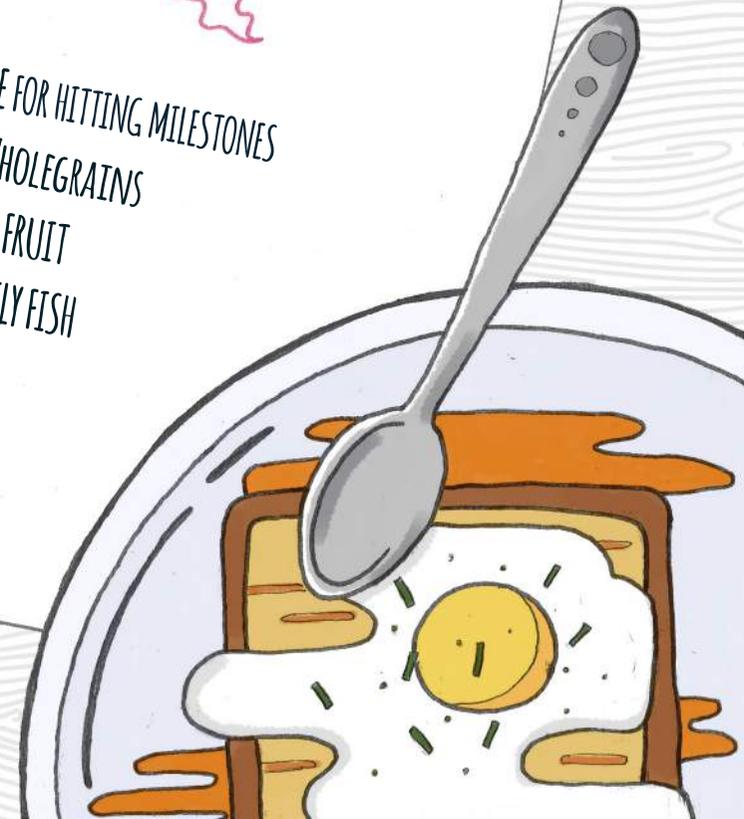
TOP FOOD FOR BREAKFAST

- PORRIDGE
- EGGS ON TOAST
- SMOOTHIES
- FRUIT

EATING & REVISION



- CHOCOLATE FOR HITTING MILESTONES
- WHOLEGRAINS
- FRUIT
- OILY FISH



Sleeping AND Revision

"Your body and mind both need rest and repair time. Lack of sleep can leave you feeling fatigued, burnt out and not as capable of concentrating as well."

Blogger & Former Student,
Pamela Higgins
(www.spamellab.com)

You must have a balanced sleeping pattern in order for your brain to be recharged."

Current Student,
Jordan Mason

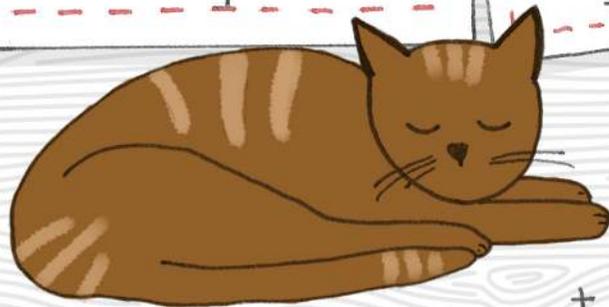
z Z

"It allows you to switch off from everything, rest and re-energise for the next day. When you wake up you will hopefully be fully focused and ready for your exams."

Blogger & Parent,
Anita Burr
(thehousethatneverrests.com)

"It's super important to refresh yourself every night and ensure you are running off genuine energy and not false energy from caffeine or energy drinks"

Blogger & Student,
Jenna (www.primalhopeuk.wordpress.com)



Why do you think sleep is so important during the exam period?

"EXERCISE IN THE MORNING TO RELEASE ENDORPHINS THAT HELP YOU FEEL BETTER AND FOCUSED. EXERCISING AT NIGHT WILL RELIEVE STRESS AND TENSION, AND WILL ALLOW YOU TO SLEEP BETTER."

STUDENT & BLOGGER, NIA
(WWW.THEMIXEDMEDIC.COM)



"IT'S A GREAT STRESS BUSTER AND REALLY HELPS TOWARDS YOUR OVERALL WELLBEING, CONCENTRATION LEVELS AND EVEN CONFIDENCE."

BLOGGER & FORMER STUDENT, PAMELA HIGGINS
(WWW.SPAMELLAB.COM)

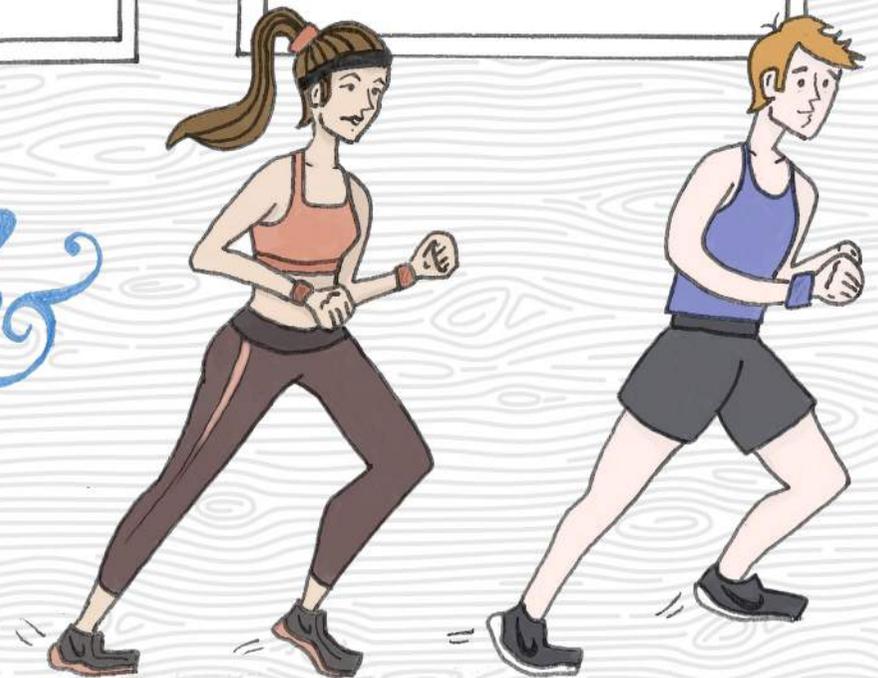


"BY DOING REGULAR EXERCISE YOU WILL COPE BETTER DURING THE HIGH STRESS EXAM PERIOD. WHEN YOUR BODY IS ACTIVE YOU WILL BE LESS STRESSED, MAKING YOUR REVISION MORE EFFECTIVE."

TEACHER & BLOGGER, SUZANNE HUBBLE
(WWW.FIT-ER.COM)



EXERCISE & REVISION



Music + REVISION



"Music without vocals can help; sometimes vocals can be a distraction. It varies from person to person"

Teacher, David Kociuruba

"I use educational podcasts or you tube videos related to my topics revising instead of music."

Student & Blogger, Cennet Tezgel
(cennettezgel93.wordpress.com)

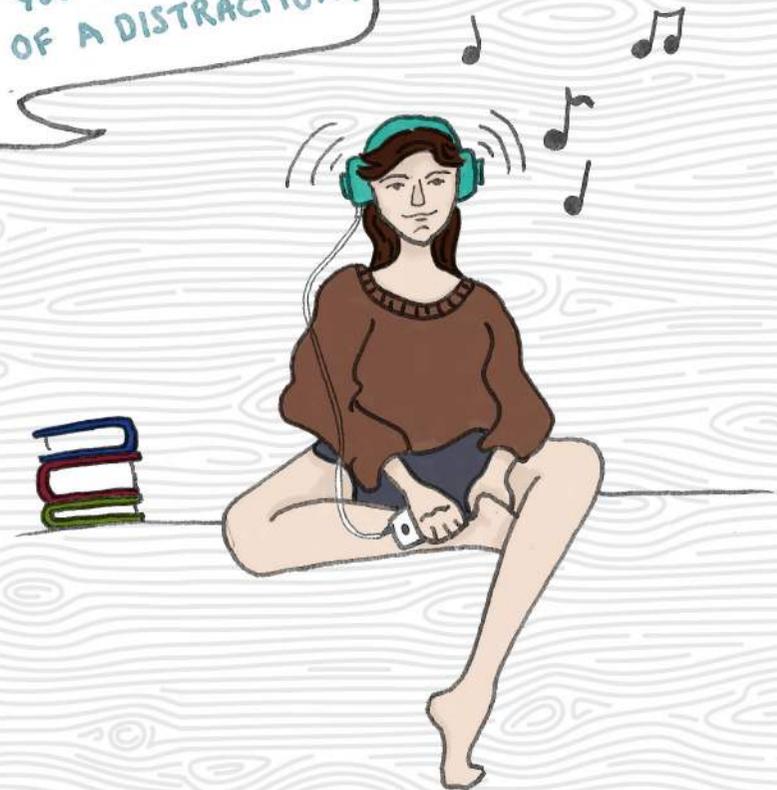
"Sometimes music can help jog your memory when in an exam, but I would say that's only if you listened to the same song every time you revise a topic"

Student & Blogger, Eleanor Hartley
(www.foreverdreaminggreen.blogspot.co.uk)

"Avoid anything with lots of bass, you might end up doing more dancing than revising!"

Former Student & Blogger, Feji
(uncovertheuntold.com)

CAN MUSIC HELP REVISION,
OR DO YOU THINK IT IS
MORE OF A DISTRACTION?



FINAL TIPS

"DISABLE YOUR FACEBOOK ACCOUNT AND TEMPORARILY INACTIVATE SOCIAL MEDIA, THEY'RE ONLY USEFUL FOR ORGANISING SOCIAL EVENTS WHICH YOU CAN GET BACK TO AFTER EXAMS."

STUDENT & BLOGGER, NIA
(WWW.THEMIXEDMEDIC.COM)



"STAY POSITIVE, EVEN WHEN YOU FEEL AN EXAM HASN'T GONE WELL THERE'S STILL A CHANCE FOR SUCCESS!"

CURRENT STUDENT, JORDAN MASON



"FOCUS ON REMEMBERING WHAT YOU DO KNOW. DON'T WORRY ABOUT ANYTHING YOU DON'T KNOW OR HAVEN'T LEARNT"

FORMER STUDENT, ALAN REEVES





"GCSES ARE VERY IMPORTANT FOR YOUR CAREER/FUTURE PLEASE TAKE THE TIME TO STUDY HARD, YOU WILL REGRET IT IN LATER LIFE IF YOU DON'T. GCSES ARE THE KEY TO A GREAT CAREER."

BLOGGER & PARENT, ANITA BURR
(THEHOUSETHATNEVERRESTS.COM)

"REVISION IS A NECESSARY EVIL. FACE IT BUT GIVE YOURSELF TREATS AND INCENTIVES AND KNOW THERE IS AN END IN SIGHT!"

TEACHER, DAWN JONES



"SLEEP WELL, EAT RIGHT, PREPARE AND RELAX. IF YOU PUT IN THE WORK YOU WILL ACHIEVE GREAT THINGS. GOOD LUCK."

BLOGGER & STUDENT, KATIE
(WWW.THESCOTAFFAIR.COM)



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