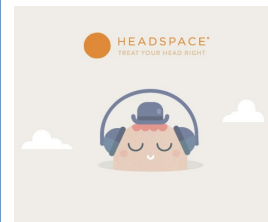


Revision Help!

We know that preparing for exams and the actual exams are really, really stressful. Why not try these useful revision tips to help ease some of the anxiety and stress you may be feeling:

- * **Start now**
- * **No bamboo revision** — use **flashcards, tests and short spells of revision**
- * **Get plenty of sleep.** Eat the right nutritious food and keep hydrated with plenty of **water**
- * **Do lots of past exam papers** — in **timed conditions**
- * **Understand the mark scheme** as much as you understand the exam paper
- * **Find a revision buddy** — someone you know you will work with and not sit and chat with
- * **Don't spend time with people who are stressed** — this will only stress you out

Useful APPS... why not download some of these APPS to your phone (they are really good):



Headspace:

Guided Meditation and Mindfulness

Exam Countdown: A really useful app that allows you to enter your exams and dates and give you a countdown until they begin to help plan your revision.



Quizlet: Lets you create your own flashcards or choose from the millions designed by other Quizlet users!

MindMap: Create your own Mind Maps to help support your revision

