

# Revision SOS



INTO<sup>®</sup> MANCHESTER



Learning Centre Guide 26

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# Don't Panic

## First things first ...

Don't panic ... no really don't! Yes, that can be easy to say, but it's true. It may feel as if you don't know where to start, or there are so many more fun things that you could be doing, but remember all that stands between you and uni, is a few weeks of study. And, did I mention, don't panic: it's never too late to start revising! Will it be easy, no will it be worth it, absolutely!

## Draw up a revision timetable

Research shows that shorter 30-45 minute spells work best, because your concentration is much higher. You can take short frequent breaks, don't try to do marathon 3 hr long sessions with no breaks!! You could also try mixing up the subjects so you can have some variety! Take a look at the proposed timetable below!

9- 9.45 Subject 1	13.30 – 2.15 Subject 3
Break 15 mins	Break 15 mins
10.10.45 Subject 1	2:30 – 3:15 Subject 3
Break 15mins	Break 15 mins
11-11.45 Subject 2	3:30 – 4:15 Subject 4
Break 15mins	Break 15 mins
12- 12.30 Subject 2	4.30 – 5.00 Subject 4
Break 1 hr	Done for the day!!

But, don't try something like this straight away, build up to it gradually.

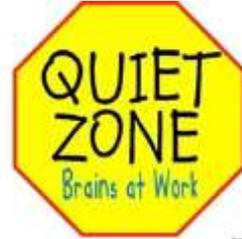
Right not you're still on timetable, so try just doing 45 mins in an evening after classes. Build it up each week.



It is not all about the work; you need good breaks too. People who manage to find the right balance between study and leisure are the ones who get the top marks. For instance after a productive day of revision, go to a cinema with friends Work hard, play not-quite-as-hard is your motto.

## Find a quiet space

This is a pretty straightforward one: you desperately need a place where you can be uninterrupted for a few hours. Your room, the centre's library, Central library are all possible. Be careful with revising in a coffee shop such as Starbucks. It may seem like a good idea but you could find yourself getting a caffeine high & distracted!



## The sooner you get started ...

You have to make a start at some point and doing it sooner rather than later is a good idea. Try to stick to a schedule and start revising in the morning - research shows that you are more likely to do all the planned work if you start early, because as it gets closer to the evening, there is bigger tendency to find other things to do!



## Spice up your revision



Use a bit of colour! Draw colourful mind maps to help you to memorise facts, use post-its for key points. Colourful notes are easier to memorise than plain black and white ones.

**Give it a go!**



## Do past papers

Ask for some past papers. Familiarizing yourself with exam technique can save you time & help to earn marks at the exam. There are only so many questions that examiners can come up with, & once you've done 3 or 4 past papers chances are that some of questions that come on the day will look familiar



## Summaries = Sorted ...

Making notes is the best way to memorise information. We've all been there, sat down reading a textbook & nothing seems to stick! The best way to remember information is by making notes over & over again. The most successful candidates often make as many as three sets of the same notes in a run up to the exams which help them to memorise the information



## Friends are there...

Ask your friends to test you, or for some people studying as a group works ... you're all this together after all!



## Stay Positive.....

You can do this! You're not the first, nor will you be the last student to take exams ... we've all been there!

**Stay calm, deep breaths, stick to the timetable and you'll get there!!**

