

Top tips for forming good revision habits

1. Think about commitments you already have e.g. an evening when you have football training
2. Then work out when you have time available
3. Think of other things you like to do that relax you or you enjoy
4. Look at your available time and think of how you can share it between these things

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1. Try to use a room or part of a room that is only for revision, that way you will associate working with being there and distractions will be easier to avoid.
2. Sit a chair and a table/desk (not on your bed).
3. Tell someone you're starting revision and tell them to ask you what you will be doing in that time.
4. Be very specific about when, where and what you will revise.
5. Keep distractions away – no TV, no phone, no computer game. Make it easy to avoid temptation by making your environment temptation free.
6. Set a clear end time so you know when you can stop.
7. If it is not a school day, make an effort to get up and treat it like a job that needs doing.

