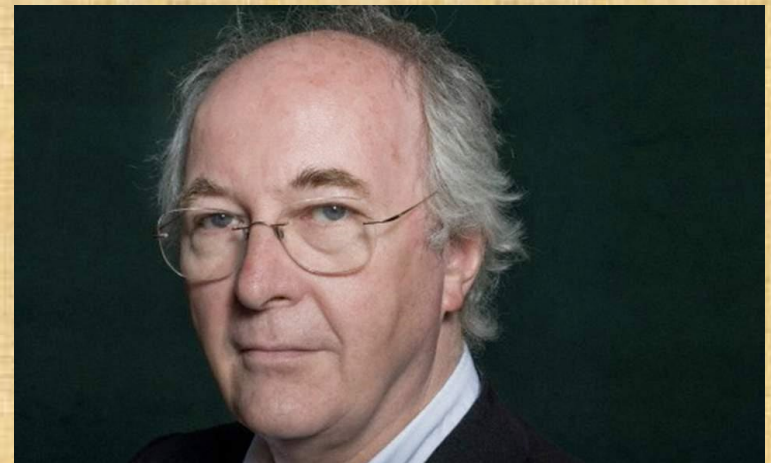




# Reaching the Highest Grades





# The start

- Revision timetable
- Know your strengths
- Revision guides
- Exam Dates



Philip Pullman, author



# Resilience

- Perseverance
- Manage distractions



Laura Muir, athlete and vet



# Resourcefulness

- Teachers
- Peers, relatives
- Exam boards –  
past papers, mark  
schemes, **report  
on the exam**



Evelyn Glennie, musician



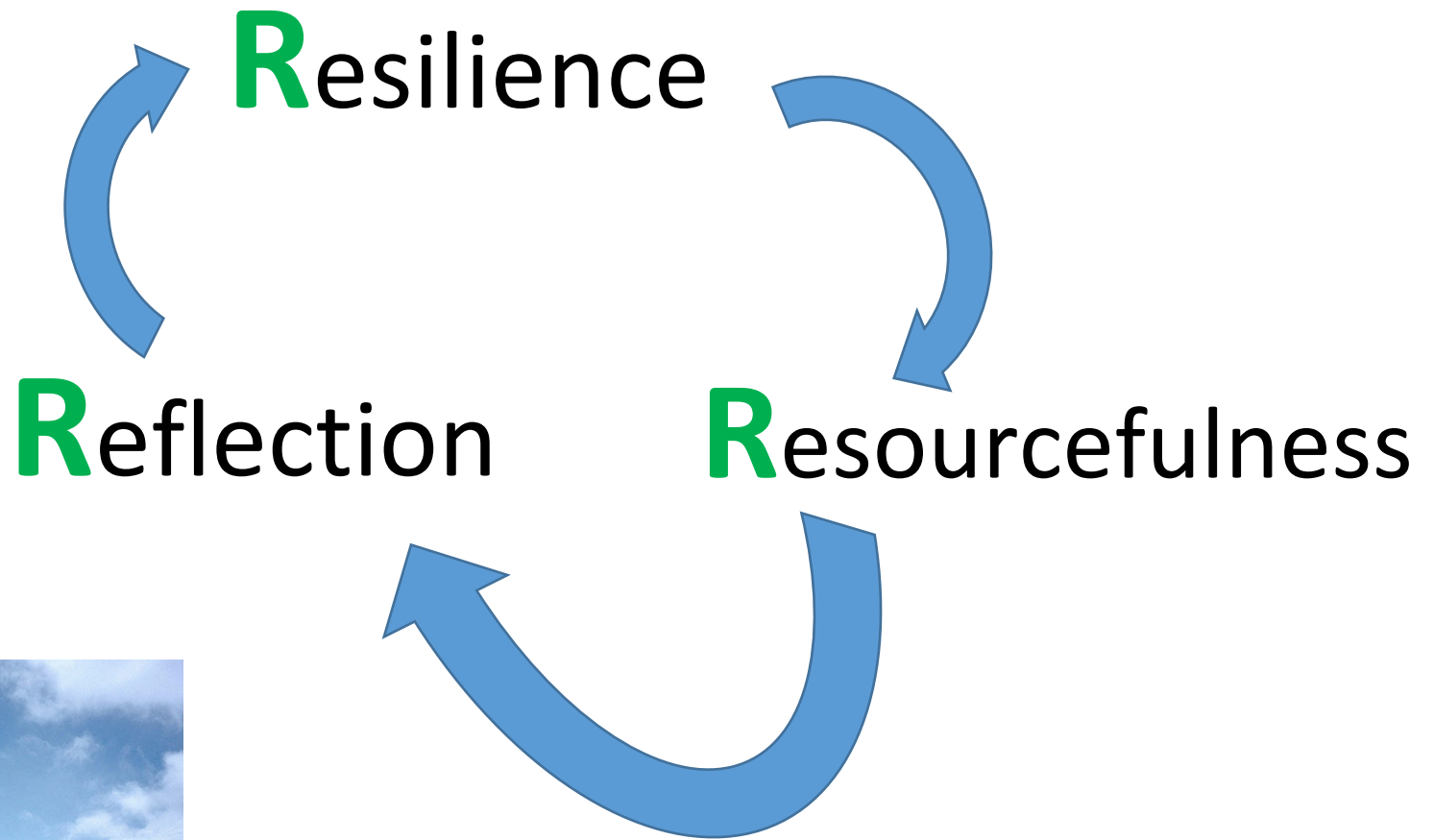
# Reflection

- Knowing when and how to work with others
- Revising your plan
- Distilling
- Your goals



Daley Thompson, decathlete





# The Tips

1. Start. The Zeigarnik Effect.
2. Put your phone out of sight and earshot. Beat fomo (fear of missing out).
3. Don't listen to music while you revise.
4. Space out your learning. Start early so you can spread it out. 10 to 30% improvement.
5. Test yourself using quizzes or past papers. It's called retrieval practice. This will embed information into your long term memory.
6. Teach someone else.
7. Find a study buddy - perhaps.
8. Interleave. Don't do two hours of Chemistry. Do 30 minutes each of Maths, English, French and Chemistry. Do this each day and switch the subject order.
9. Take breaks - including physical exercise.
10. Revise differently for different subjects