

# Reaching the highest grades



# Resilience

Perseverance

Managing your time and commitments



Laura Muir, qualified vet and  
Olympic silver medallist



# Resourcefulness

Teachers

Peers and relatives

Exam boards



Evelyn Glennie, musician.

# Reflection

Knowing when and how to work with others

Time-tabling

Knowing your strengths - and areas to develop

Wanting to achieve your goals



Daley Thompson, Olympic gold medal winning decathlete

# The Tips

1. **Start.**
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**