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3 Steps to

Effective Examination Preparation



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**The Right
Revision
Environment**



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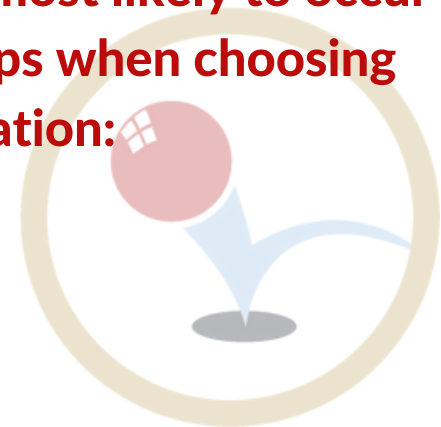


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The Right Revision Environment

There is no one right place to revise.
However, effective revision is most likely to occur
if you follow these simple steps when choosing
your revision location:



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1. Quiet

- You can't revise effectively if there is too much noise or distraction
- Find somewhere where you will be able to concentrate
- Try your room, the kitchen table, a relative's house or a library.



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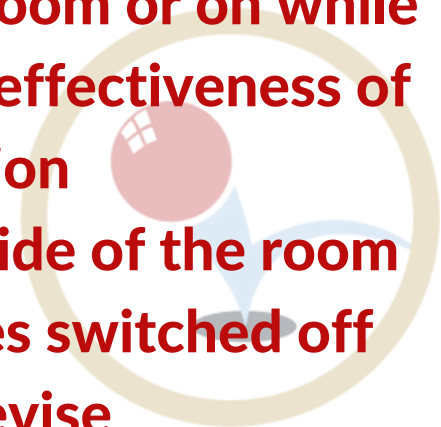


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2. Be Free from Devices

- Phones, televisions, games consoles and music players get in the way of effective revision
- Having a device in the room or on while you revise reduces the effectiveness of your revision
- Leave your phone outside of the room and keep other devices switched off while you revise



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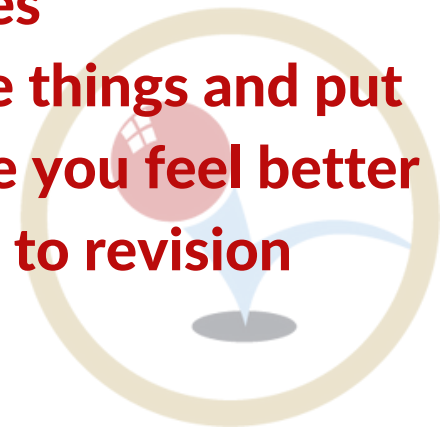


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3. Be Tidy and Organised

- A tidy revision environment is a calm and effective revision environment
- Keep your revision area clean and tidy at all times
- make sure you organise things and put them away - it will make you feel better about sitting down to revision



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4. Keep your Area Well Lit

- Dull lighting in a revision area will make you tired and sleepy and will reduce the effectiveness of your revision
- Make sure you keep bright lights on to help you to stay alert and able to concentrate for longer



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5. Keep Hydrated

- Make sure that you have access to plenty of water while you revise
- Water keeps you hydrated and aids concentration
- Have some low sugar snacks to eat as well - fruit is ideal. Avoid sugary drinks and snacks as too much sugar eventually makes you tired and lose concentration

