



Revision Advice

PUPIL PROGRESS

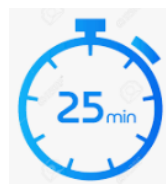
PASSION, PURPOSE, POSITIVITY + PROGRESS

Frequently Asked Revision Questions

Is it good to revise for long periods of time or for shorter bursts?

Answer: almost always in shorter bursts.

Studies have shown that most people have an attention span of 20-25 minutes. If we push ourselves to work beyond this, our focus and productivity usually drops. It's good for your brain to take regular, short breaks!



Tip: keep snacks and water nearby that you can consume during these breaks to help boost your energy!

Where should I work?

Answer: set up at a tidy desk or table in a quiet room (the School Library or Walsall Library would work as well)



Working on your bed or on a sofa puts your brain into relaxation mode. This will make it harder for you to focus! It can also work the other way round – if you begin to associate your bed with revising, your brain will struggle to switch off when you are trying to sleep.

What should I do with my phone? And TV?

Answer: keep your phone in another room, and stay away from the TV or devices!

Avoid having your phone close to you while you revise. Instead, use it as a reward after a couple of hours of work! You should also avoid having the TV or Netflix on in the background. Even if you think you are still focused, your brain may still be picking up what's going on in the TV show. This will make your study far less effective.



Is it a good idea to copy or read your notes to learn them?

Answer: no, not really. Studies show this wastes around 95% of your time.

Doing activities that force you to engage with your notes in different ways are much more effective. You could:

- Explain your notes to others (family member or friend)
- Record yourself reading the notes out loud and listen back
- Test yourself with **practice papers** or **other questions**

