**One of the hardest things with revision is to get started. Students ask themselves the questions:**

**What should I revise?**

Students should revise using revision guides, their exercise books/notes from class and other resources such as Seneca

**How should I revise?**

Some of the best activities for revision are deliberate practise of calculation/ past paper questions; making flashcards /mindmaps of content completing work set be teachers such as Seneca

**How long should I revise for?**

A little a lot! Small regular sessions are more impactful than one larger session. Aim to use the following progression. As you do more revision it will be easier to do it for longer. Aim for the target and do not be too hard on yourself if you don’t hit it – 10 mins quality revision is better than none and ant the moment you have time to build.

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| --- | --- | --- |
| **Week** | **Duration per session (minutes)** | **Total for night (minutes)** |
| 1-2 | 10- 15 | 30- 45 |
| 3-4 | 15-20 | 45-60 |
| 5-6 | 20-25 | 60-75 |
| 8-9 | 25-30 | 75-90 |
| 10-11 | 30-35 | 90-105 |
| 12-13 | 35-40 | 105-120 |
| 14-15 | 40-45 | 120-135 |
| 16-17 | 45 | 135 |

Experience and research shows that 45 mins is the maximum productive time for teenagers (and most adults!) Reward yourself with a 15 min break and crack into the next session.

**How do I motivate myself? – Rewards**

We suggest a 15 minute break with a snack and doing something you enjoy. We would advise against social media as this is a time pit and an hour will have passed before you realise it.

Plan time for job, sport, meeting friends and going out – you don’t have to be a hermit but when you reward yourself you will feel so much better knowing you have done some work first! Plan on taking two nights off a week e.g Friday night and Saturday night.

**How do I make sure I stick to it?**

You need to be honest with yourself and don’t beat yourself up if you don’t hit all sessions for the week. Your secret weapon are you parents. They will give you fair feedback on how you are doing and if you get them involved in target setting and time tabling they can support you in hitting the targets. There will never be a better time to study than now – you are in full time education and you have your parents backing you to realise your full potential.

**The pact with parents**

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| --- | --- | --- |
| **What targets do I have for this week**  | **Signature** | **Parent Signature** |
|  |  |  |
| **Did I reach targets?** |  |  |
| **What can I improve on for next week?** |  |  |

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| --- | --- | --- | --- |
|  | Session 1 | Session 2 | Session 3 |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |