

# Revision Guidance

- Revise for 90min periods (only as long as a.....?)
- 20mins **concentrated** revision — NO DISTRACTIONS — **NONE!**
- 10mins **active** recovery (get up and move, take a break)
- **Have a plan** — decide what you are going to revise before you sit down
- Focus on areas of **weakness** (don't do topics you know because it makes you feel better!!)
- **Test** yourself after each period of revision
- **DIAGNOSIS** (WWW/EBI) **THERAPY** (CORRECT GAPS IN KNOWLEGDE)  
**TESTING** (CHECK AGAIN TO SEE IF YOU HAVE SECURED THE KNOWLEDGE)
- **USE YOUR PERSONALISED LEARNING  
CHCEKLIST**