

How can I revise for my GCSEs?

As you are preparing for your GCSEs, try to use some of the advice and techniques below to support your revision and help you to maximise your potential.

Flash cards 	A great way to support revision is through flash cards. Here are a few top tips for effective use: • Write a question on one side and a short, bullet-pointed answer on the other • Mix up the order • Go through them regularly starting with the ones that you got wrong last time.
Quizzing 	• Quizzing is a very effective method to help with memory and recall • Use the flash cards to support your questions • Ask someone at home to quiz you regularly —whilst making tea, before bed, or on any journeys!
Exam papers 	• After using flash cards and quizzes, it is then effective to answer exam questions • Show someone at home some of the exam papers you have been through in your lessons • Practise as many papers as possible.
Provide a quiet space 	• Where possible, create a quiet space to revise • This does not have to be a separate room, it could just be that you set aside time for the TV to be off or other people in the house to provide quiet time.
Sleep 	• There are multiple studies that stress the importance of sleep • Whilst you may want to use as much of your time as possible revising, it is important to try to get a good night's sleep each night • For a teenager it is recommended you have approximately 8-9 hours sleep a night. This supports your concentration through the day.
Remove distractions 	• When you are revising, leave your phone in another room • You should spend around 15/20 minutes revising in one sitting, focusing on one subject. For this 15/20 minutes you should have no distractions • At the end of the 15/20 minutes, physically move away from your revision. At this point, you can check your phone or get a snack • After a 5/10 minute break, head back to your work (without your phone) and repeat.
Take a break 	• Whilst working hard is important, so too is rest • Try to take regular breaks • Regular exercise will also support you with your revision • Try to keep up with any regular exercise you usually take part in.