

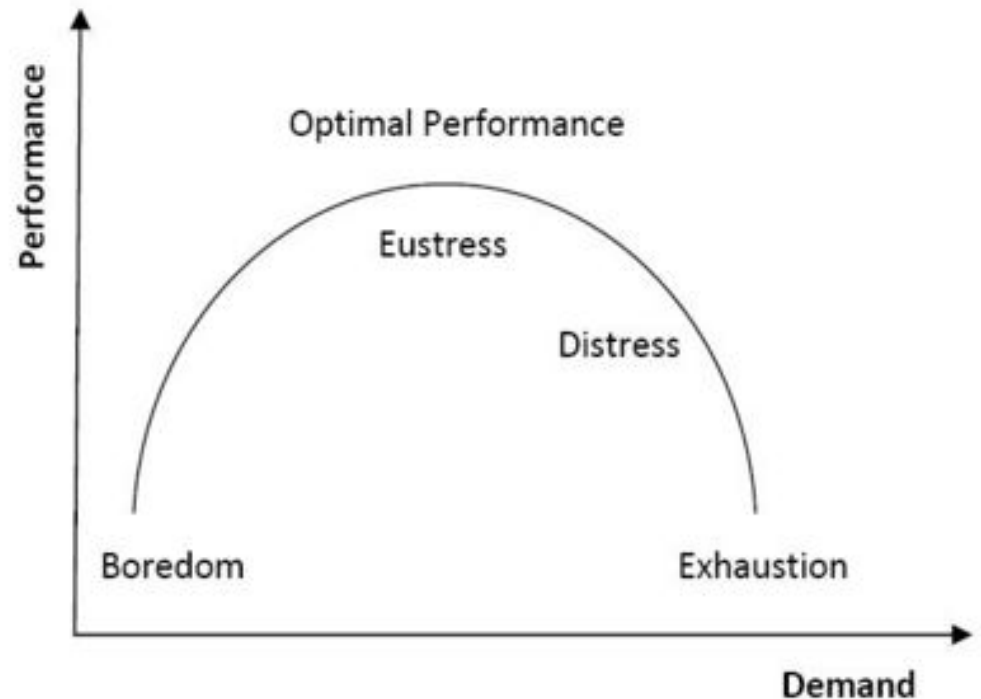
A massive, turbulent wave of white water is crashing over a dark metal railing. The railing consists of three horizontal bars supported by ornate black posts. A red rectangular sign with white text is mounted on the railing. The foreground is a wet, dark surface reflecting the scene. The sky is overcast and grey.

**DANGER
FROM
HEAVY
SEAS**

What is 'stress'?

Stress is anything that places a demand on us physically, mentally, or emotionally. It makes us change the normal way we live.

Most of us think of stress as a crisis, but not all stress is bad.



What is your balance of stress like?

Positive stress (eustress)

→ good performance

v

Negative stress (distress)

→ poor performance/burnout

Please say what
colour the writing
is...

BLUE

GREEN

RED

YELLOW

GREEN

RED

BLUE

YELLOW

GREEN

MCW

YELLOW

red

BLUE

green

YELLOW

RED

YELLOW

RED

BLUE

R
E
D

*** END ***

A SMALL
TRUTH TO
MAKE LIFE 100%

If

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

is equal to

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Luck

L+U+C+K

12+21+3+11 = 47%

Hard Work

H+A+R+D+W+O+R+K

$$8+1+18+4+23+15+18+11 = 98\%$$

Knowledge

K+N+O+W+L+E+D+G+E

$$11+14+15+23+12+5+4+7+5 = 96\%$$

Every problem has a solution.

To go to the top,

to that 100%,

**what we really need to do to
go that bit further is consider
our...**

ATTITUDE

A+T+T+I+T+U+D+E

1+20+20+9+20+21+4+5 = 100%

It is our **ATTITUDE** towards life
and work that gets us to

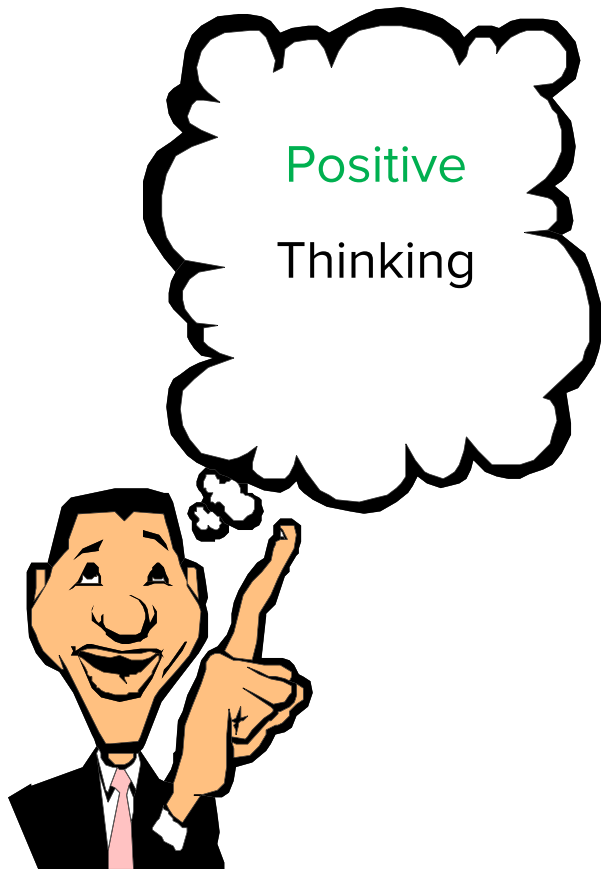
100%

ATTITUDE

IS

EVERYTHING

Positive Thinking – I CAN do this!



This is a **chance** to show everything I have learned

This is **my chance to achieve**

I **am capable of doing very well** in this exam

I **deserve** to do well, because I have **worked hard**

I **know what is expected of me** in this exam

I am prepared

Please say what
colour the writing
is...

BLUE

GREEN

RED

YELLOW

GREEN

RED

BLUE

YELLOW

GREEN

MCW

YELLOW

red

BLUE

green

YELLOW

RED

YELLOW

RED

BLUE

R
E
D

* END *

Revision...

How to Revise...

Think of a 'session' as a **third** of a day - it could be **3** to **4** hours long

Many people find it helpful to revise for **2** out of the **3** sessions per day

Here is a possible pattern:

	Day 1	Day 2	Day 3
MORNING	Revise	Revise	Free
AFTERNOON	Revise	Free	Revise
EVENING	Free	Revise	Revise

How to Revise...

	Day 1	Day 2	Day 3
MORNING	Revise	Revise	Free
AFTERNOON	Revise	Free	Revise
EVENING	Free	Revise	Revise

Break each session up into half hour slots...

25 minutes work followed by a 5 minute break

How to Revise...

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Morning	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	HIST - WW2	FRENCH - writing
Afternoon	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	RELAX	RECAP - WW2
Evening	MATHS - algebra	ENG – poems	BIOL - nerves	RECAP – algebra - poems	CHEM – salt	RECAP - nerves - salt	RELAX

Spend time making a thorough revision timetable and **STICK TO IT**

How to Revise...

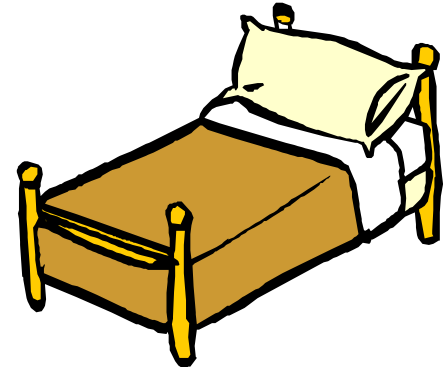
What kind of person are you?



Some students are early birds.

They will definitely want to use the morning session

Late risers will avoid mornings like the plague! They will work well later in the day

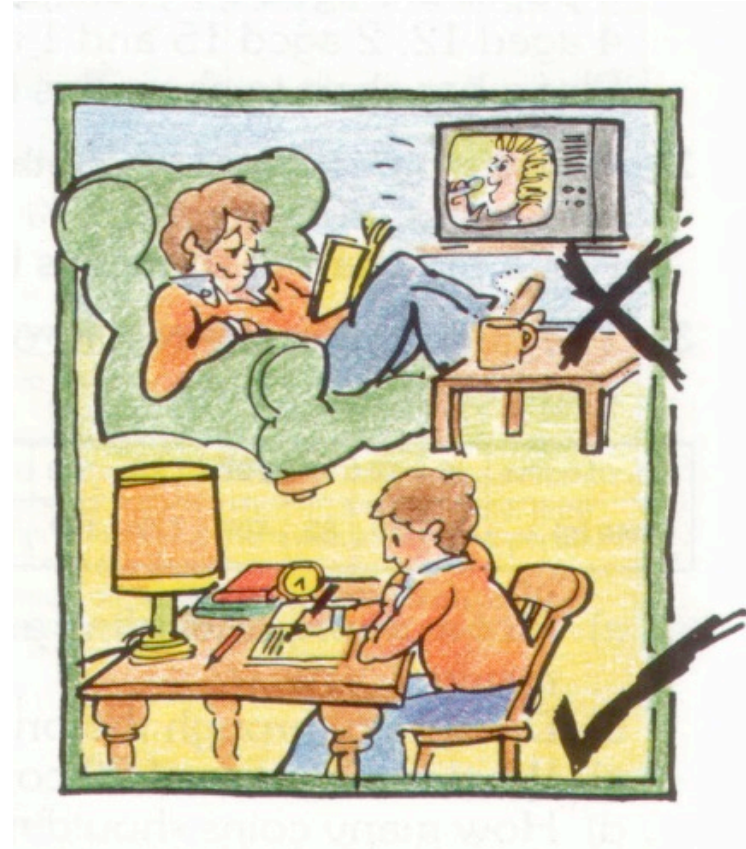


Night owls will do their best revision in the evenings

How should you revise?

Where should you revise?

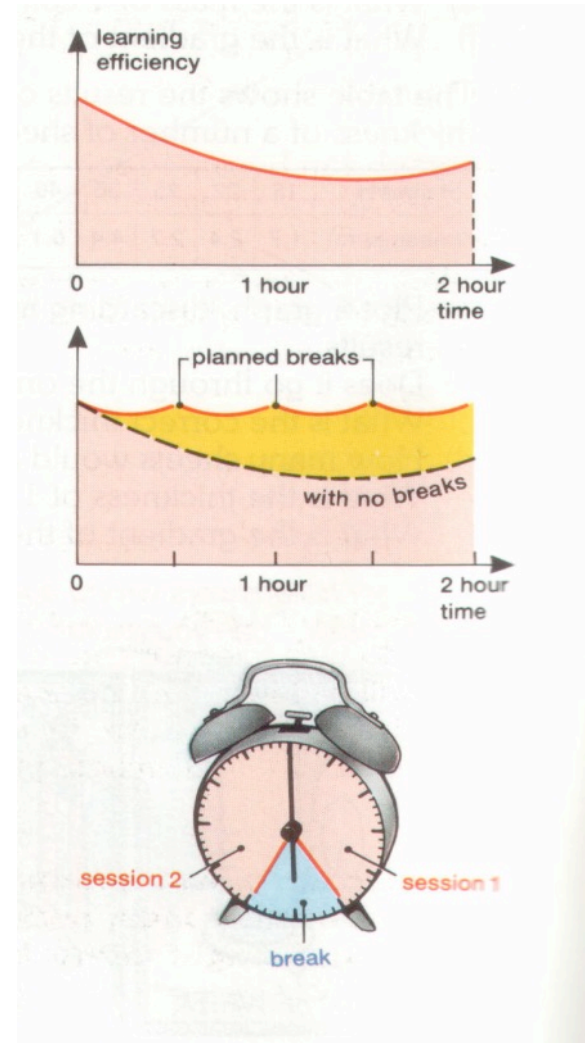
- Warm
- Well lit (a reading lamp reduces eye-strain)
- Have a clock or watch nearby (time your revision sessions)



How should you revise?

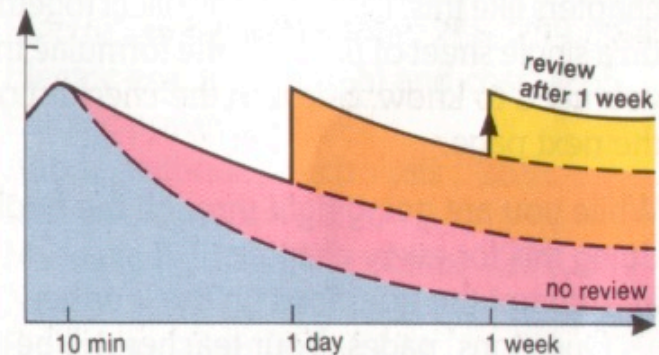
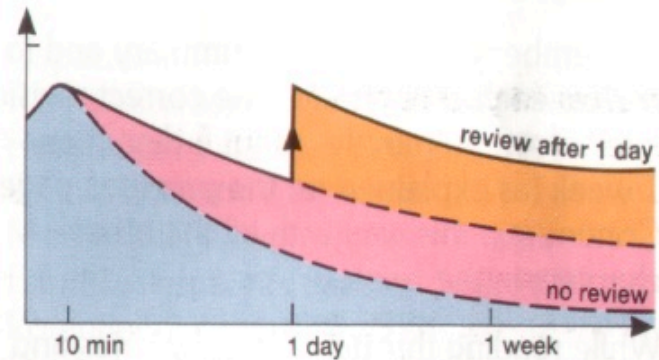
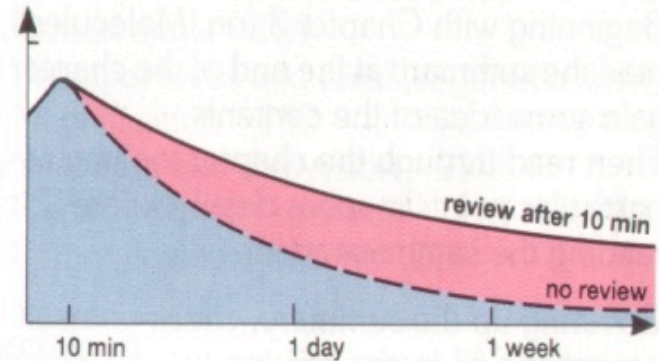
How to plan your revision:

- Have a definite finishing time
- Plan regular breaks
- Get up and walk around during your break
- Drink plenty of water
- Have a tick list of topics to cover
- Gradually aim to summarise your notes



How should you revise?

- Revise the same work again after 10 minutes
- Briefly review the work:
after 1 day
after 1 week.
- This method will fix the work quite firmly into your long-term memory



There are many ways to revise

Choose the right way for you!

You have a particular learning style and you should revise using the techniques that will be best for your learning style

It is best if you try to use a combination of ideas though from all learning styles to give you a balance

Visual Learners:

Maps

Posters

Charts

Spider diagrams

Cartoons

Summary notes

Mental pictures

Mind maps

Auditory Learners:

Record ideas on tape

Say keywords aloud

Tell another person

Make a presentation

Get someone to test you

Exchange ideas with your friends

Play quiet, relaxing background music

Kinesthetic Learners:

Walk 'n' talk

Draw cartoons

Posters & storyboards

Make a model

Role play/drama

Make a mind map

Write a story

Annotate diagrams

Make cue/flash cards

How to Revise...

Just remember that, no matter when you revise, you need to go to bed at a sensible time and be able to get to sleep.

It may be that you have to read a fiction book, watch television or have a bath before you go to bed to get a good night's sleep

How to Revise...

ABOVE ALL...

PRACTICE PAST PAPERS
AND QUESTIONS AS THESE
ARE THE **BEST** WAY TO
HELP YOU DO WELL

SUMMARY...

- Positive attitude
- Prepare a thorough revision timetable and STICK TO IT
- Be honest with yourself and plan in relaxation as part of your timetable
- Work for 25 minutes and take 5 minute breaks
- Use a variety of revision tools and techniques