

ASPIRENorth Study Skills



Tips for Revision

DOS	DONT'S
<ul style="list-style-type: none">★ Find out which time of day you work best at★ Use techniques that work for you, not your friend★ Ask people at home or friends to help★ Make sure you drink plenty water★ Have regular breaks★ Try and go outside or get some exercise★ Section your work into manageable chunks★ Make your revision notes well in advance★ Ask your teachers for help or extra work if you think it will help★ Have a tidy study space with plenty of pens/highlighters/sticky notes or whatever you are using	<ul style="list-style-type: none">★ Leave it until the last minute★ Hope that you remember everything from class★ Study for hours and hours at a time★ Rely on energy drinks and coffee to get you through★ Stress. This is a hard one but try not to put more pressure on yourself★ Get distracted easily★ Spend all of your time on Facebook (or other social media)★ Ignore your study plan★ Just memorise stuff – try to understand it★ Overdo it and miss out– it's about careful balance

Important Factors to Consider

Environment	When and where you revise can make a big difference to what you remember. Make sure you have somewhere you can sit comfortably, have enough light and minimal distractions.
Time Management	Make a timetable and stick to it but be realistic! You'll be surprised by how much you can squeeze into a quick spare half hour.
Notes	Make notes that make sense to you and are easy to understand. Making them in advance will save you lots of time.

How do YOU learn?



There are 3 main types of learner:

- Visual
- Audio
- Kinaesthetic

Knowing which one fits you best will help you to figure out what techniques you can use for revision.

Most people use a combination of techniques so don't worry about trying something new – you might be surprised how useful it is for you!

Visual:

Learn best by seeing information. Ideas, concepts, data and other information are associated with

You might like...

- Pictures, charts, maps, graphs
- Using lots of colours
- To study with no background noise
- Taking notes/use handouts
- Pictures by your notes or mind mapping
- Videos, blogs and other media
- Visualising things in your mind



Audio:

Remembers what they say and what they hear, learning through listening

You might like...

- Participating in debates/discussions
- Making speeches or presentations
- Reading text out loud
- Using music
- Mnemonics
- Dictating to someone else to write
- Using story-telling to illustrate your point

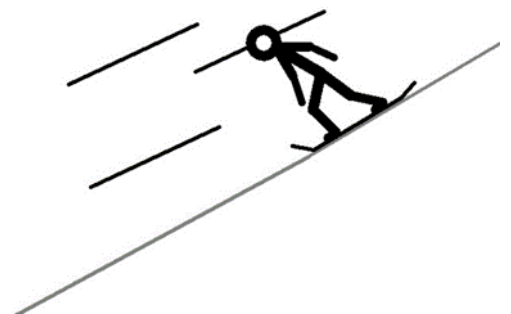


Kinaesthetic:

Learn best by moving their bodies as they learn. These are 'hands-on learners' or 'do-ers' who concentrate better and learn more easily when

You might like...

- Taking regular study breaks
- Moving around (reading on a treadmill, building things)
- Using past papers
- Bright colours for highlighting
- Sticking up lots of posters around you
- Listening to music to help study
- Skim through your notes before you read in detail



Resources:



<https://education.gov.scot/nationalqualifications/exam-preparation/Exam%20preparation>

Learn how to become an effective learner and how to manage your own learning. Find out how to get the most from lessons, make good notes, and prepare for exams.

<http://www.bbc.co.uk/scotland/learning/studyskills.shtml>

Study tips to make your revision as effective as possible

<http://www.bbc.co.uk/scotland/brainsmart/>

Brainsmart is full of hints on how you can study for your exams and have fun at the same time.

<http://getrevising.co.uk/>

Need to make a revision timetable? Or some revision cards? How about testing your knowledge in a wordsearch or quiz?

<http://www.sqa.org.uk>

The SQA have created a guide to sitting your exams. There's also an exam timetable app for mobile phones.

www.bbc.co.uk/scotland/pinball

Kick start your ideas, develop creativity and get thoughts flowing with these fun and simple tools

Don't stress, plan in advance and you will pass your exams with flying colours. You can also e-mail us if you need any extra hints, tips or advice!