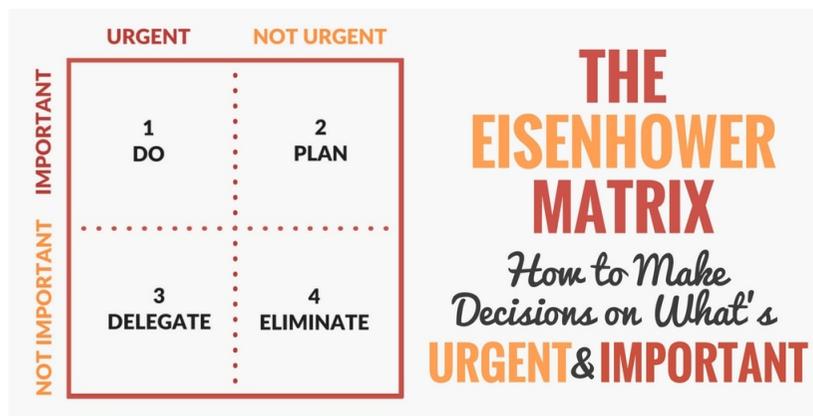


## Tips: (for A Level and GCSE)

1. **Time chunks:** Work in **time chunks** to maximise efficiency and concentration. Do 1 hour and time it, don't use your phone/respond to texts/get distracted in this time. Breaks should be 15-30mins with 1 a day of 1 hour. In the time between the chunks you can have rewards like using your phone, food, exercise, naps, baking, call a friend/family member, watching a relevant film on your subject etc. Start out with longer time like 1.5 hours and make the chunks smaller as the day goes on as your concentration diminishes.
2. **Positivity:** Keep **positivity levels high**, make a list of 3 things you achieved or are proud of everyday so you know how well you are doing, some of those days might be well earned breaks, time spent with family or friends and that is important too. E.g. I let myself relax, I learnt case study facts, I tried a new revision technique, I did exercise, I made amazing colour co-ordinated flash cards.
3. **Plan:** Plan your time well, make a revision **time table**, then get on with it.
4. **Work with your body:** Work out what **time of day** you work best, are you an early morning person who can get a lot done before 9am or an evening person? Everyone is different and it is also a genetic feature if you are a night owl or early bird so work with your body.
5. **Place:** Find a nice **quiet place** to revise that works for you, what is your local library like, do you work best in different room in your house, find out. If a place is noisy you can get white noise apps which will cancel out any surrounding noises but not distract you from your learning.
6. **Efficiency:** When revising it is important you don't just start at the beginning every time. Take specific notice of what you **struggle** with and proactively work on it, study it between things you enjoy so you don't feel too bogged down in it.
7. **Source:** Use the **text book** and course notes to revise, websites and study guides are ok but be careful and wary of the source of information.
8. **Context:** **Reading/watching films** around the subject is helpful for context and wider appreciation of the complexities of your subject, but the bottom line is that it needs to fit into the framework of the exam you are sitting, there is a reading/film list on canvas, you could do this in your breaks.
9. **Pro-active:** Be pro-active, and do **active** revision not just reading notes you need to be able to write the ideas down too, practice this.
10. **Colour:** Use **colour**/pictures/diagrams/highlighters/colour codes so your mind has other things to hold on to in order to remember in the exam.
11. **Sleep:** Get a decent nights **sleep**, use a meditation app or relaxation before you sleep, don't use your phone in the evenings, you need time to take in what you have been learning and for your brain to digest it all. Keeping calm helps you access more of your brain, stress/panic limits brain function.
12. **Urgent/Important:** Use the Urgent/Important **matrix** to plan your time/tasks.



Number	Revision Method	How to revise in this way
1	Spider diagram / mind map	Make a list of the main topics of a specific unit, you could use the spec of text book to do this. Get an A3 sheet and write all the topic headings on it. Make concise notes to consolidate the main points of the topic. This will help you see the work is manageable as you have all your notes on one A3 page.
2	Flash cards	Summarise topics on a set of flashcards maybe colourful ones. The colours could mean different things, case studies, human topics, physical topics, geographical skills etc.
3	Postit notes	Colour co-ordinate
4	Watch videos online	There are loads of good YouTubers and Tutor websites which summarise topics well and can bring things to life. I recommend: CrashCourse, SciShow, Vox, Aljazeera, TED Ed, NatGeo, Kurzgesagt, Veritasium.
5	Annotated images	Use relevant images of a place which summarises that topic or, case study, annotate the image with all the key points about it and make the picture come to life. E.g. You could be describing problems of slums or the historical/physical factors that make up a town.
6	Flow charts	Using flow charts to summarise your thoughts helps and can be added to longer answer questions in exams. (e.g. positive/negative feedback cycles, poverty cycle etc.)
7	Models	Use models to demonstrate your answers and information. E.g. core-periphery dependency model, burgess model, Rostow model
8	Annotated Maps/sketch maps	If you can draw a basic version of a map of a place you have studied and annotate it with all the relevant info you can also do this in the exam and it could help you remember it visually.
9	Diagrams	For physical geography in particular diagrams of processes can help you remember the step by step aspects of change to a particular landform.
10	Posters	Make a colourful poster with the information you wish to summarise and stick it up around your house. You don't always need to make points with paragraphs of words, emoji's and images can represent the words you wish to say.
11	Teach it	Teaching something makes you better at explaining it, call your mum/grandma/dad/ brother/friend/pen pal and explain something to them that they know nothing about, because they don't know anything they might have questions that make you need to clarify it or explain it in further detail before they fully understand it. This way you validate your knowledge and demonstrate to yourself any knowledge gaps you might have.
12	Listening	If you learn auditorily you could record yourself talking about a topic, then listen back to it. Sometimes doing things out loud, rather than in your head can be more effective.

13	BUG some questions	Looking at past papers and exam style questions can help as you need to know/learn the different expectations of each type of question. BUG = Box Command word, Underline the Geography, glance back at the question as you answer it.
14	Plan exam questions	Think about how a question needs to be answered not how the text book presents information. Do you need to make positive/negative or advantages/disadvantages tables or do you need to be able to sum up the influence of something versus something else, practice doing this/make a table or a Venn diagram. Do you need to practice describing maps without explaining them?
15	Acronyms	Use funny/silly/memorable acronyms to summarise topics and share them with your friends.
16	Numbers	If numbers are things you remember, make lists of topics and how many things you need to know for each item or for case studies base your notes on years/numbers/stats about the place.