

You've spent 11 years of your life at school and a few months of well planned revision is a small price to pay for future success.

An odd hour here and there is not enough. You need to keep to both your long term and weekly revision timetables.

Top Ten Revision Tips

Short bursts of revision (30-40 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).

Find a quiet place to revise - your bedroom, school, the library - and refuse to be interrupted or distracted.

Make sure you don't just revise the subjects and topics you like. Work on your weaker ones as well.

Make your own revision notes because you will remember what you have written down more easily. Stick key notes to cupboard or doors so you see them everyday.

Rewrite the key points of your revision notes, read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.

Use different techniques. Make your own learning maps. Use post-it notes to write key words on, create flash cards. Record your notes on tape and listen to them back on your Walkman. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a rap song.

Practice on past exam papers or revision tests available on the web. Initially do one section at a time and progress to doing an entire paper against the clock.

You will need help at some stage; ask parents, older brothers and sisters, teachers or friends. If there is a teacher with whom you get on well at school ask for their e-mail address so you can clarify points you are unsure of whilst on study leave.

Don't get stressed out! Eat properly and get lots of sleep!

Believe in yourself and be positive. If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen.