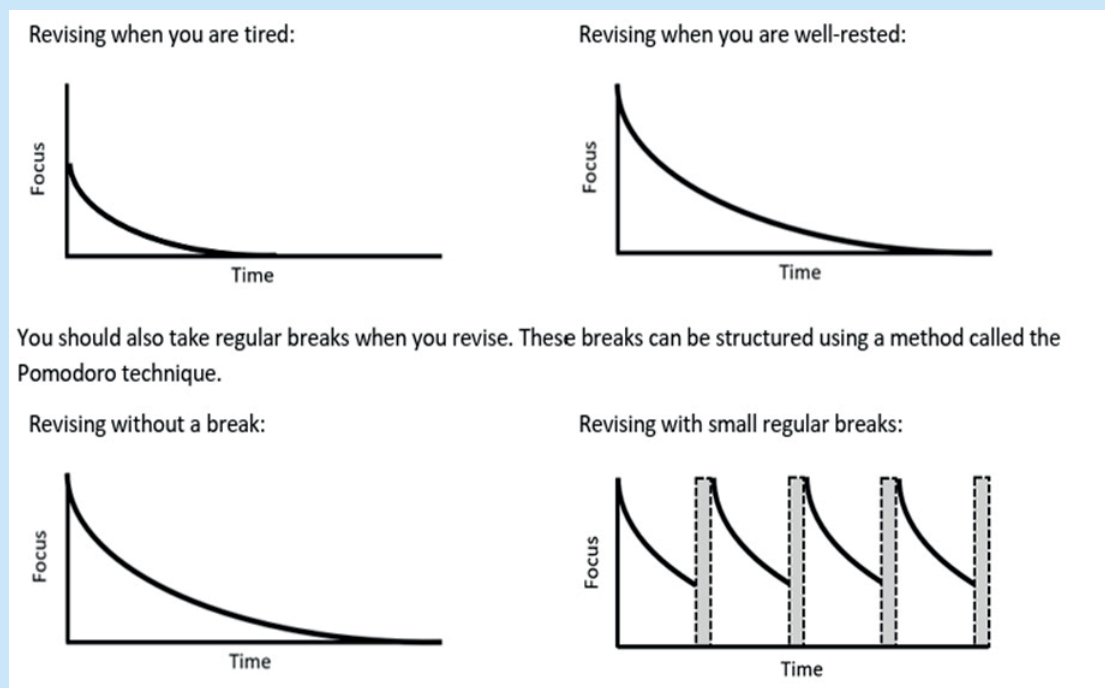


WHEN SHOULD I REVISE?

To revise effectively, you must think hard. Thinking hard is tiring. Therefore, when you revise, you should choose a time you find it easiest to focus. This should be a time when you are well-rested and when you are used to working.



You should also take regular breaks when you revise. These breaks can be structured using a method called the Pomodoro technique.

DO:

- Get into a routine of revising at a particular point every day.
- Revise when you are well-rested or at a time when you are used to working.
- Take regular small breaks.

DON'T:

- Depend on when you want to revise.
- Revise late at night or when you are tired.
- Try to force yourself to work for long periods of time without a break.

Planning revision sessions using the Pomodoro Technique:

- Choose a time when you are well-rested and used to working.
- Decide the specific task you are going to complete (e.g. I will complete a Science revision module about electrolysis of aqueous substances).
- Decide on how many 25-minute slots you will need to complete the task you have decided to complete.
- Remove your phone and any other distractions from your working space.
- Set a timer for 25 minutes. Ideally use a digital timer which is not on your phone.
- Spend the entire 25 minutes working. If you have spare time at the end, start another task.
- When the timer goes off, leave your working area and take a 5-minute break.
- Repeat. Take a longer break after every 3 25-minute sessions