

## **Don't panic about the exams. Keep your stress levels low.**

At the Thomas Deacon Academy, Year 11's are preparing themselves for their GCSE exams in 6 weeks. This is a time full of revision, alarm and urgency as Year 11's struggle to aim and achieve their targets.



To help the Year 11's we have composed a list of ways to make revision easy and enjoyable;

- Keeping hydrated is an easy way to maintain concentration whilst revising
- Create a revision timetable may help you with your organization skills to keep a structured and well planned out schedule
- Creativity helps your brain remember key and main points in your revision
- Having regular breaks helps you maintain concentration and allows your brain time to consolidate the knowledge
- Sleeping early and getting the regular amount of sleep allows the brain to process the information and prepare for the next day
- By eliminating distractions you are creating a better and easier environment to revise and learn in
- A healthy diet provides the body with enough energy to last the entire day
- Decide what type of learner you are and shape your revision around it
- Flashcards are proven to be the best way to revise
- Don't just read your notes as reading allows only 20% to enter the long term mind

Reported by Sania, Aisha, Arshah, Hafizah and Hifsah