



Take control and help yourself

May 2nd 2016

Exam season is upon us, so here are some of our top tips for surviving.

revision

/rɪˈvɪʒ(ə)n/

noun

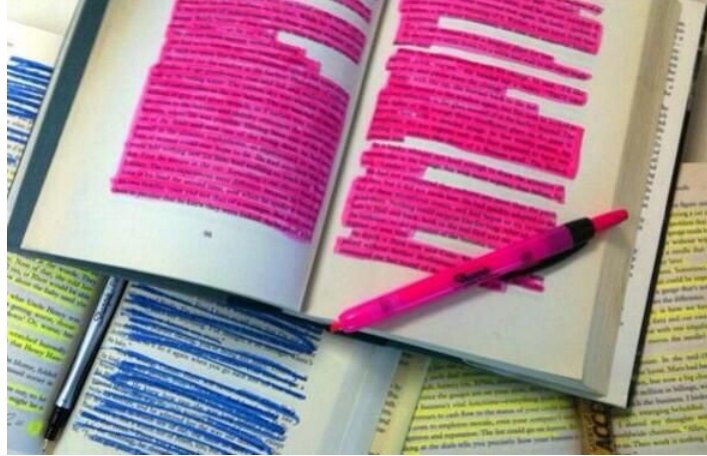
the action of revising.

"the scheme needs drastic revision"

synonyms: **emendation, correction, alteration**, changing, **adaptation**, editing, copy-editing, rewriting, redrafting, recasting, rephrasing, reworking, updating, revamping [More](#)

There is a plethora of advice and resources available to young people regarding exams but at the end of the day we are all unique and have to do what works for us. Talk to people about your exams, revision and anxiety even, but don't compare yourself to others. It does not help!

Firstly note the definitions of revision, it should be active. Spend more time *doing* things you can do and less time *stressing* about what you can't do and you might start to feel more positive about the impending exams. Easier said than done, we know, we have been there and so have millions of people your age before you; including your parents once upon a time.



Despite what you might want to believe highlighters are not magic, so simply colouring in your exercise books and making them look pretty will not help you in the exam. It may be a good starting point to organise your notes but you need to go further. The table below suggests a tried and tested 3 step method for retaining information and more importantly, being able to confidently apply the skills and knowledge you have to different scenarios and contexts - which is basically what the exams require you to do isn't it?

Step 1	Pick your subject and topic and revisit your class notes using a technique you are comfortable with.	At this stage you could: highlight, make notes, use post-its, make flash cards.
Step 2	Once you have familiarised yourself with the topic revamp the work you have just done into a totally different format, one that gets you thinking <i>how</i> you could present key information to someone else.	Think about your learning style and be creative: use mindmaps, songs, poems, flowcharts, diagrams - things you might visualise in the exam.
Step 3	Now try and rehearse your ability to recall and apply what you have been revising. This could be the following the day or after a break to make the scenario more realistic.	Here try and simulate exam situations: complete online quizzes, past exam papers, get friends and family to create questions for you.

Revisit > Revamp > Rehearse

Be smart with your revision!

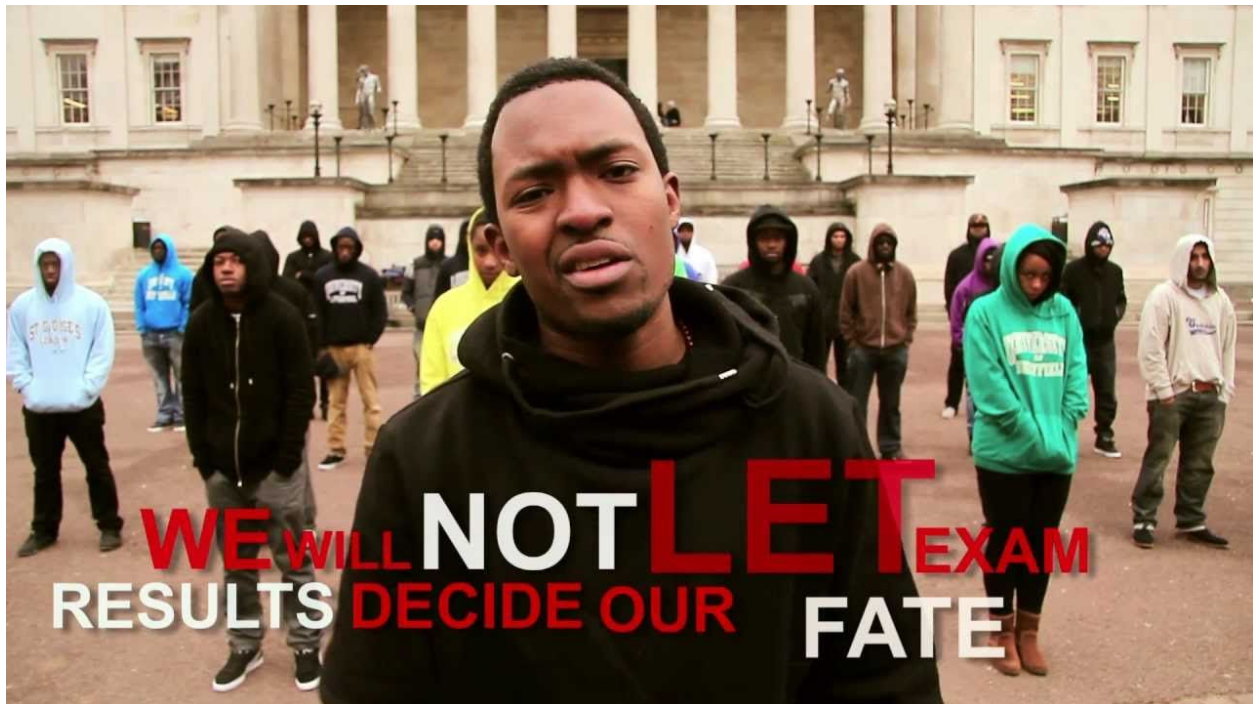
Obviously it is important to tailor your revision to the subject demands and to think about how the exam will test you. For example, most exams are quite formulaic in their approach and will test firstly your ability to recall or comprehend information you are given. They will then ask you to explain or apply this information before moving towards more advanced skills like analysis and evaluation. We found this handy resource that gives you ideas about how you could tailor your revision towards these different level thinking skills: [Smart revision ideas](#) (Credit: Jamie Davies)

Don't overload!

Lots of sites will give you tips about maintaining your well being during exam season and be sure to listen to your body and it's needs. It is important to eat well, sleep well, exercise and take breaks from revision. Your brain can only work for so long and take in so much information at any one time. Reward yourself. At the same time, however, don't waste all your revision time tidying and arranging your revision space. Use your time to do *actual* work. Whilst background music and revision groups can be good for some people, if you are easily distracted is this the best idea for you?

What's the worst that can happen?

It is very easy and normal to feel overwhelmed and anxious about exams, we naturally want to do well for ourselves and for those we care about; we want people to be proud of us and as humans we aim to please. It is not uncommon for people to suffer from panic attacks in exam situations so don't beat yourself up if this happens. See our advice on managing panic attacks if you are prone to them. Once the exam is done don't spend hours trying to recall your answers or asking friends what they wrote, it can't be changed so use that time productively to work towards your next exam. Results day is along way off so find activities to occupy your summer. If on results day when you open that envelope you don't see what you hoped for or feel you deserve then it really is not the end of the world...honestly! You might have to rethink your options but there is support and guidance to help you figure this out. We think spoken word artist Suli Breaks sums it up perfectly, check out his work by clicking below:



Don't suffer in silence, talk to us if you have any questions or concerns or want some more guidance towards useful revision sites. You can message us on [facebook.com/bedazzleuk](https://www.facebook.com/bedazzleuk) or call us on 0330 0103 121.