

5 Ways to Make the Most of Your Revision Time

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Space Out Your Learning



Don't leave everything to the last minute. Start early and revisit topics regularly. This will help keep information in your long term memory.

Create a Sense of Purpose



Telling yourself how learning the material will help you achieve your future goals can help create a sense of purpose and keep you motivated.



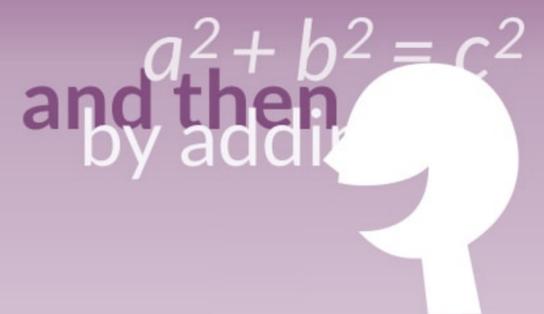
Test Yourself

Research suggests that this is one of the most effective ways to improve your memory. It can help prepare you for exam conditions.



Sleep Well

Sleep plays a major role in how you feel and how much you remember. Don't neglect getting a good night's sleep. Regular routines such as consistent bedtime and wake-up times will help.



Teach It

By teaching the material to someone else, it can help ensure you fully understand the main concepts with clarity.