Dudley College of Technology

MY REVISION PLANNER

Let's get revision started!

GET AHEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
AFTERNOON							
EVENING							

TOP 3 GOALS FOR THIS WEEK

1. ☐
2. ☐
3. ☐

WELLNESS TRACKER

	M	T	W	T	F	S	S
Exercise	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○
Good night's sleep	○	○	○	○	○	○	○

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MY REVISION TIPS

Dudley College of Technology

MY MOTIVATIONS

Use this page to record what is motivating you to revise! Is it securing your place at college or university? Is it getting your dream job? You decide!

1.
2.
3.
4.
5.

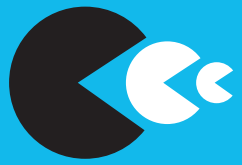
We know that revision can be difficult and stressful. Here's our helpful revision tips to help you succeed!

Make a Plan
Work out how much time you have and plan enough time for each subject.

Stay Focused
Find a quiet place to study that is away from distractions.

Start Early
By starting your day early, you can get more of the revision done, leaving you feeling positive about the day and what you've achieved.

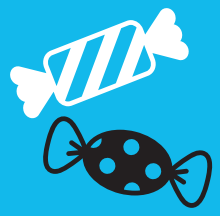
Find Your Technique
Try a range of revision techniques to keep things interesting, from flash cards and past papers to writing down notes from memory.



Study in Bite-Sized Chunks
Break your work down into more manageable chunks to make it less overwhelming.

Get Enough Sleep
Sleep is important! Try to get at least eight hours a night (and stick to a routine).

Reward Yourself
For each thing you tick off your revision list, reward yourself. This will motivate you to keep going.



Be Organised
Set up your revision space, making sure you have everything you need for the revision session.

We will give you the confidence to open your eyes to new opportunities!

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