



REVISION

With exam season only weeks away, instead of our usual Careers Newsletter, this month we will focus on Revision—skills and techniques, where to find resources, how to keep healthy and many other useful tips. There already some pointers on The Watford UTC website, hopefully these additional resources will help with maximising your revision time and ultimately exam results!

Revision Tips, Techniques and Skills

Melio

This site is aimed at A' Level students, however, techniques can be applied by everyone for their revision.

NHS

Offers tips on how to prepare for exams, and provides details on how to deal with exam day and nerves.

Skills You Need

Provides tips and ideas that can be used for exam preparation, including what doesn't count as revision!

What Uni?

A range of revision techniques depending on what type of "learner" you are, and suggestions on what may work best.

(Click on each heading for more detail)

300 Hours

Provides practical tips on what to do if you are feeling too tired or drained, but still need to be revising.

Success at School

This site offers advice on how the whole process of revising can be made easier and more productive.

The Student Room

Tips and techniques that help with being more organised, how to study efficiently and a link to advanced information for this year's GCSEs and A' Level exams.

Tutorful

The Ultimate Revision Guide is broken down into chapters such as How to Start Revision and Revision Techniques, through to Tips for the Exam Day.

And for something completely different....

Many suggestions for effective revision will include the same type of techniques, i.e. set time aside, make a timetable and take breaks, but if you want to try something different that works for you, the following sites have some great tips:

Yogo—7 Fun Ways to Revise

Target Careers—Weird Tips to help you remember

EasyA—Revision techniques teachers don't want you to know



Resources

There are a wealth of resources available to help with revision. The sites below offer free prepared resources to maximise your revision time:

(Click on headings for further details)

The Student Room

Ace your exams

@Teacher Toolkit

10 Apps to aid pupil revision

Get Revising

Various resources for A' Level, BTEC & GCSE

Revision World

Free GCSE and A' Level resources

Quizlet

Learn It. Own It. Quizlet.

The Student Room

6 Amazing Apps to help you revise

Collins

Free Revision Resources

Students Union UCL

The Healthy Revision Guide (Revision Schedule)

Staying Healthy

Revision and exam time can be stressful and mean changes to a normal routine; it is critical that during this period, you try to take the best care of yourself. From a healthy diet, to a good night's sleep, keeping fit and well will help with focus, energy and ultimately the best results. Below are some resources to help you:

Exercise

Believe Perform—Study Skills

BBC Bitesize—How a run can help your revision

Skills You Need—The importance of exercise

PiXL—Keeping Active during Revision

Diet

Healthline—The top 9 Brain Foods for Studying & Exams

The Student Food Project—Brain Foods for Revision and Exams

300 Hours—Brain Foods

Sleep

Studiosity—Why Healthy Sleep is Vital for School Success

First Intuition—Sleep Well, Study Better

UCL—10 Sleep Tips for the Assessment Period

Mental Health—Dealing with Stress

Save the Student—8 Tips to Cope with Exam Anxiety

Young Minds—Exam Stress

InnerDrive—9 Ways to Manage Revision Stress

(Click on each resource for further detail)

2022—Exam Timetable

Exams run from 16th May to 28th June 2022

A full timetable is available on the WUTC Website—[click here](#)