**Revision: seven-point action plan**

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| 1. **Positive state of mind** (e.g. maintaining motivation; giving myself positive messages; regulating stress; accepting the challenge; keeping exams in perspective). *Things I will do:* |
| 1. **Time** (e.g. going over my work from early in the year in different ways; organising and using time effectively (chapter 6); dealing with my excuses; using spare moments, etc.). *I will:* |
| 1. **Variety** (e.g. working in many short spells; using varied and interesting ways of going over my material). *I will:* |
| 1. **Over-learning** (e.g. rewriting notes, flash cards, new essay plans, memory triggers). *I will:* |
| 1. **Practice** (e.g. doing past questions; working under exam conditions; having a trial run). *I will:* |
| 1. **People** (e.g. revising with others; using available support; asking for help, etc.). *I will:* |
| 1. **Selection** (What topics will I revise? What level of detail can I really use under exam conditions?) *I will:* |