



Revision is just like any other training activity – in order to get the best performance you need to work on all aspects of your game

However, many students focus on the information they already know – as psychologically this makes them feel good

This means that you're revision is imbalanced... you keep skipping 'leg day'

Starting with something difficult that you don't understand can be demoralising and this is why students revise what they know- it gives them a sense of achievement. To tackle the difficult parts, you need to warm up

Revision workout

10 minutes quick fire applying concepts to questions - High level of confidence

10 minutes - condensing notes - Medium confidence

15 minutes - reading and reviewing notes - low confidence

10 minutes - questions for clarification on low confidence material

10 minutes cool down - key term flash cards activity

Start with an activity you are confident on, then work up in difficulty – write down concepts you don't understand – then finish with an area you are confident in

Never skip leg day!!!