**Revision: seven-point action plan**

This template can help you identify actions towards your exam revision goals. Jot down what you aim to do and the tasks that would help you to accomplish it.

|  |
| --- |
| **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:* |
| **2 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:* |
| **3 Variety** (e.g. working in many short spells; using varied and interesting ways of going over my material).  *I will:* |
| **4 Over-learning** (e.g. writing out overviews; using flashcards and memory triggers; making essay plans).  *I will:* |
| **5 Practice** (e.g. doing past questions; working under exam conditions; having a trial run).  *I will:* |
| **6 People** (e.g. revising with others; using available support; asking for help, etc).  *I will:* |
| **7 Selection** (What topics will I revise? What level of detail can I really use under exam conditions?).  *I will:* |

See also: The Study Skills Handbook, pages 386-291.