REVISION CHART FOR FIRST YEAR STUDENTS

WEEK 1: Monday 23rd - Friday 27th November

SUBJECT	Topic(s) for Revision
ENGLISH	
GAEILGE	
MATHS	
HISTORY	
GEOGRAPHY	
FRENCH	
SCIENCE	
OPTION 1	
OPTION 2	

STUDY ROUTINE Study in the same place at the same time every evening Your study environment needs to be quiet without the distractions of TV or mobile phones Draw up a weekly timetable for each subject and set clear targets Keep the plan simple and easy to follow Give extra time to more difficult subjects Include activities and time-out. STUDY TECHNIQUES STUDY TECHNIQUES STUDYING IN PROGRESS! Learning involves reading slowly with concentration Check how much you remember by jotting it down roughly or saying it aloud Take a short break every 20 minutes for a few minutes. Ask your parent to examine what you have learned MEMORY TECHNIQUES MIND MIND Maps(where an event or theory is placed at the centre of a page and you draw symbols to jog your memory) Pick out the main points Ask yourself questions Read the passage and make notes Recite the main points to test yourself. Revise often, by checking over your notes regularly MIND YOURSELF Get plenty of fresh air Stay positive Pick a time to finish study at night		Ctudy in the same alone of the		
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Get regular exercise				
Have a day off study				
PREPARE • Get a routine that works for you	PREPARE			
• Start studying early				
Prioritise your subjects/topics				
• Take one exam at a time	EXAM TIME			
Sleep is key!Stay away from social media		1		
REMEMBER • "I can do this!"	PEMEMREP			
• "I will learn from this experience"	KLIVILIVIDEK			
Practice relaxation. Reward yourself				