

# 5 Tips for Promoting a Sense of Calm during Revision

An organised and mindful approach to revision will help ease the stress that comes with the exam period. Our tips below are designed to help your students create a calm revision space around them...

1

## Include extra-curricular events in revision timetables

Encourage students to include extra-curricular activities, family commitments and other important tasks in their revision timetables. This will help them to manage their time and juggle any other commitments. Breaking up long revision periods with other events will also help make the exam period seem less daunting overall.

2

## Introduce 'social media detoxes'

With technology and social media such a major part of our lives, and often a source of stress or anxiety for a lot of people, it's a good idea to introduce a social media detox during revision periods. Encourage students to switch off their phones, or move them to another room, during timetabled revision sessions. It'll help remove the temptation of distraction and focus their minds.

3

## 'Little and often' beats cramming

Short, regular revision sessions are far more effective than spending hours trying to cram. By allocating 15-minute blocks to a particular topic or subject, students will be better engaged and motivated. This is especially effective when learning lists, e.g. French vocabulary or scientific definitions.

4

## Positive reflection

It really helps to think about how successful each revision session was. At the end of each session, encourage students to list five things they've learnt, three things they'll confidently remember and three things that they're still unsure about. When they return to their notes for further revision, they can focus on filling in the knowledge gaps.

5

## Keep things in perspective

Remind your students that whilst exams and qualifications are stepping-stones to their future, they are not the be all and end all. There will always be options and alternative pathways that they can explore at school, and in later life. Approaches like mindfulness also help to create a more calm and objective mindset.



For more support on the topic of wellbeing around revision and exams, and to learn more about our #healthyhappyschools campaign, visit [go.pearson.com/healthyhappyschools](https://go.pearson.com/healthyhappyschools).