

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

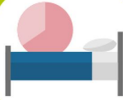
POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

**Have regular
bedtimes**



**Have inconsistent
bedtimes**

Get fresh air each day



Stay indoors all day

Exercise regularly



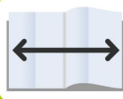
Do no exercise

Do past papers



**Mostly revise highlighting
'key' passages**

Spread out their revision



Cram their revision

**Keep a diary to capture
negative thoughts**



**Dwell on worst
case scenarios**

**Revise in a quiet
environment**



**Revise whilst listening
to music or TV**

Drink water regularly



Forget to stay hydrated

**Put their phone away
during revision**



**Revise with their mobile
phone next to them**