

# **Birmingham University**

## **Revision Advice**

- *It's hard to be great without the ability to concentrate.*
- *The more distractions we've built into our culture, the harder it is to develop serious thinkers and planners.*

***We Need To help  
Ourselves Achieve Our  
Full Potential !!!***

- Decide that you're ready, willing, and able to take control of your learning and success in school.
- Make "avoiding distractions while I'm studying" one of your academic goals for this year.

**Commit.**

- Turn off the TV, your mobile phone, the video games, the radio. Clear your desk of junk. Do what you can to eliminate as many distractions as possible.
- Find a quiet place to do schoolwork. Quiet is better than noise when you're trying to concentrate.

**Take action**

- Everyone's different. What's the best time of day for you to study?
- Some students like to come home from school and immediately hit the books so they'll have the evening to themselves.
- Others like to forget school for a while, expend some energy, and then do their homework later, after they're refreshed.
- Some find that early mornings are peaceful and best for studying. Are you a "morning person" or a "night person"?
- Establish a study routine that will provide you with the organisation and structure you need.

**Know your best study times**

- You should study in a comfortable place that's free from as many distractions as possible.
- Ask at home to respect your goals and routines. Ensure you have a space that is suitable to your needs.

**Select the right place.**

- Keep a planner, have your supplies nearby, break up large assignments into smaller, more manageable ones.
- Know when report cards are coming.
- Know when major assignments are due.
- Tell your parents/ guardians about what is happening in school.

**Organise yourself**

- Studying for tests, writing book reports, reviewing history notes, or learning the lines for the lead in the school play is not the time to multitask.
- You can't give 100% of your attention to more than one thing simultaneously. Physically (and mathematically) impossible.

**Don't try to multitask.**

- If you have trusted friends whose opinions you value and talents you respect, study with them.
- Study buddies can keep each other on track,
- Answer each other's questions about the subject or the assignment, compete with and challenge each other.

**Have a study buddy.**

- Eliminating distractions is hard, so don't be discouraged if you hit a rough patch or two.
- If you're having difficulties with the content of a subject, get help right away.
- If you need help organising yourself, ask your parents, a trusted teacher or other adult for their support.
- It's always good to have a mentor. Then, when the time's right, return the favour or pay it forward by being a role model to someone else later.

**Ask for help.**

- A positive attitude is much more helpful – and more fun – than a discouraged, cynical, or defeatist one.
- Choose to recognise the good things that happen to you every day. There are plenty, rather than focusing only on the bad.

**Stay positive**

- Believe in yourself. And why shouldn't you? You've set your goals, you've taken steps to organise yourself, study more efficiently, and keep a positive frame of mind.
- If you have a setback, learn from it.
- Give yourself plenty of fun time with friends and family, away from the pressures of school.
- Balance is important, enabling you to return to schoolwork refreshed and with renewed vigour.

**Stay strong and balanced**