Creating the Perfect Revision Environment

✓ Have everything to hand before you start. This means pens, pencils, paper, textbooks, exam paper and notes.
✓ A desk and chair. It will be very difficult to study successfully on your bed, or even your floor. Sitting at a desk helps you concentrate and you'll get more out of your revision that way.
✓ If possible try and set aside an area that's just for revision. Wherever possible, avoid your bedroom as this is full of distractions.
✓ Make sure your work area is well lit preferably by natural light.
✓ Remove all distractions, turn off your phone, move away from the TV and shut down your internet connection.
✓ Most people revise most effectively in a quiet environment however playing music at certain times might motivate and inspire you.
✓ Drink Water. Water allows many of the chemical reactions in our bodies to take place and therefore, the speed at which our brains can work and process all those notes will be affected if we become dehydrated.
✓ Stock up on brain foods; blueberries, broccoli, tomatoes, oily fish, whole grains, nuts

✗ Other people. They're bound to start doing something that'll distract you from your work!
✗ Television. Watching The Only Way is Essex while trying to revise hasn't proved to be the best revision technique!
✗ Radio. Background music can be beneficial, but having a radio on with a DJ talking constantly might distract you.
✗ Social media – Facebook, Twitter, SnapChat, Instagram, Whatsapp – won't help you get a GCSE, whilst you are working put these away.
✗ Your bed. Not so much of a distraction, but lying down while you attempt to study will most likely result in you falling asleep!
✗ McDonald's, Pizza Hut, KFC, Subway, Dixie's Chicken; fast-food will only make you feel sluggish.