

## **Tips for Revision**

### **1. Subject → Units → Aspects of Units**

Break down your study material hierarchically. Start with broad subjects, then divide them into specific units, and further into key aspects. This organization helps clarify what to study and makes the material less overwhelming.

### **2. Eat the Sprout First**

Tackle the most challenging or least enjoyable topics first during your study sessions. This approach ensures you address difficult material while your energy and focus are at their peak, making subsequent tasks feel easier.

### **3. Set Clear Time Frames**

Establish specific time limits for each study session. This creates a sense of urgency and helps maintain focus. Use techniques like the Pomodoro Technique (e.g., 25 minutes of studying followed by a 5-minute break) to optimize productivity.

### **4. Structure Times to Enjoy**

Incorporate breaks and leisure activities into your revision schedule. Planning enjoyable activities gives you something to look forward to and can help recharge your mind, making your study sessions more effective.

### **5. Social Always Trumps Non-Social**

Studying with others can enhance learning through discussion, collaboration, and motivation. However, when you discuss social aspects of your life at the same time these elements have an emotional attachment. At the end of the session, you remember these rather than the academic aspects of the session