

Revision Evolution



Getting Started – Preparing for Revision Success

Before a single note card is written or past paper attempted, the key to effective revision is preparation. A structured, well-designed environment and schedule can significantly improve focus, memory, and motivation. Here are the foundations your child needs for revision success.

1. Create a focused workspace

A clear, dedicated study area helps the brain associate that space with concentration and productivity. Encourage your child to keep distractions (especially phones) out of reach and to have all materials – pens, notes, water – within easy access. Good lighting and a tidy desk can reduce cognitive load, freeing the brain to focus on learning rather than navigating clutter.

2. Establish a realistic routine

Learning spread over time is more effective than cramming. Help your child create a timetable that includes short, focused sessions (around 25–40 minutes) followed by short breaks. Regular, spaced study helps transfer knowledge from short-term to long-term memory. Building in variety – alternating between subjects and types of tasks – prevents fatigue and keeps the mind alert.

3. Plan for balance

Rest, nutrition, and sleep are essential. Memory consolidation occurs during sleep, meaning revision is only effective if students are well-rested. Encourage your child to take physical breaks and to step outside for fresh air – movement increases blood flow and supports mental clarity.

4. Set achievable goals

Starting with small, manageable targets builds confidence. Support your child in setting specific, measurable goals (such as completing one topic or one past paper question per session) and celebrate small wins along the way.

By helping your child prepare both their space and their schedule, you're setting them up not just for success in tests and assessments, but for lifelong independent learning.

Watch the accompanying video on the St. Bernard's High School website for practical examples of how to set up an effective study space and timetable at home.