



## Ros's advice on finding time to study in the holidays

### 1. Use your School Timetable

There were some Christmas Holidays where I'd waste three whole days just making my revision timetable. Some of the most useful advice I received as a student was to base my holiday revision timetable on my school timetable. For example, if I had Biology in the morning, I'd finish off my Biology notes, and if I had Maths in the afternoon I might do some maths practice questions. I'd usually take lunch at the same time as lunch break at school, and if I had Games I used to go for a run or to the gym. You don't have to follow it 100%, but it offers a great guideline and saves you loads of time in planning.

### 2. Be Flexible

The key to any good holiday revision plan is not to be too rigid. During your weeks off, things will crop up from time to time which mean you may have to reschedule some of your planned revision. This isn't a problem: since you're the one doing the revision, you're the one in control of your time! This means there's nothing wrong with moving things around, just so long as you leave a workable amount of time to complete the work the next day.

### 3. Eat that Frog


One of my favourite quotes is by American novelist Mark Twain, who once said 'eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day'. I love it because it's so true! When it comes to revision, we all put off doing the hardest or least enjoyable work. When I was at uni I would aim to get my least favourite work out of the way earlier – it made the rest of my week way more bearable!


### 4. Enjoy the break!


Yes, holidays are important for getting work done ahead of our exams on the other side of them. But they're also a vital time for us to rest and enjoy ourselves. So remember to always leave time not just to study, but also to the things you enjoy doing. The above advice really helped me have a balanced life at uni, so hopefully it will work for you too!

## Use Your Time Wisely

Ultimately, we want to make sure we're using our revision time effectively, and wasting as little of our precious holiday as possible. Here are three tips that will save you bags of time, and gain you marks in the process:

 **Check your syllabus:** the good news is that if it's not in your syllabus, it won't be in your exams. This is great because it means you already know exactly what you need to be revising, so can get stuck into it straight away. And by taking 15 minutes to go through your syllabus, you can also identify the trickier parts of the course that need most attention, meaning you can spend your time and effort where you need it most.

 **Get a specific goal:** rather than telling ourselves that we 'want to pass' or 'want to do as well as possible' in our mocks, specific goals make it easier to motivate ourselves to work. We find students who set a specific goal for an exam (e.g. 75%) are more motivated to work hard, and much clearer about what revision they need to do to achieve this mark. It's a simple psychological technique that can pay off in a big way.

 **Practice Questions:** If you can only do one thing between now and your mocks, let it be practice questions. Research points to practice questions being the single biggest difference between students who get top marks and those students they beat. Exams are like playing sport, playing an instrument or learning how to drive – the more we practice, the better we get.