

Try this for 5 School Days...

Day 1	Get confident! Take a subject you enjoy, and revise a topic from it. Ask someone to test you, or set yourself some questions to recall your revision. If you see yourself succeeding at first, it will give you the confidence and inspiration to carry on.
Day 2	Create a revision timetable - properly, with times set aside for real hard work. Meet a friend and swap some revision, see if you can help each other. (You've also got someone to chat to when you take a break from it all!).
Day 3	Get up 30 minutes early. If you like working in a morning, make some notes on some topics, or jot down some questions you need to find the answer to. If you don't like work in a morning, just sit quietly for a bit, and visualise yourself achieving fab results at the end of all this... relax for a while.
Day 4	Start the day with your positive visualisation. Revise two new topics. Have you stuck to your revision timetable?
Day 5	Get a new revision book, or try a new revision site. Chat to a friend, get them to test you or swap ideas.

Remember that this is just the beginning, but you need to take time to get motivated and realise that it doesn't have to involve sitting in a room with your head in a book all night every night.

Always

Take time out and have a good break after any revision session. At weekends, your teachers do understand that you have jobs / family / social life... just make sure you do some revision!

