

# Checklist for effective revision

Place a tick or cross as appropriate for each of the following questions. The more ticks, the more effective your revision is likely to be. If you have any crosses, what could you do to improve the situation?

→ What makes revision effective?

	✓	✗	What could I do about this?
Am I always clear about why I am learning things?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I give myself rewards during revision?	<input type="checkbox"/>	<input type="checkbox"/>	
Am I aware of how the information I am learning fits into the course as a whole?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I ever visualise myself achieving the outcome I want?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I have a suitable space and environment for revising?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I eat and drink sensibly during the revision period?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I have a method of testing myself?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I revise material more than once?	<input type="checkbox"/>	<input type="checkbox"/>	
Am I free from interference when I want to revise?	<input type="checkbox"/>	<input type="checkbox"/>	
Do I have enough breaks during revision?	<input type="checkbox"/>	<input type="checkbox"/>	