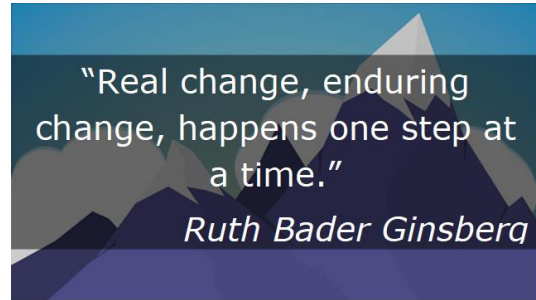


# The Habit of Revision



Revision isn't just about stressfully cramming as much information as you can into your brain at the end of the year. To get the most out of your time at college, it should be an ongoing habit that you have throughout the year.

Revising over time will take effort and motivation, but effort is a little like habit. Start focusing on creating new study patterns and be prepared to stick with them for at least 30 days.



## Activity One

Take [this short quiz](#) to see how productive your study patterns are.

If you realise that you have a habit of **procrastinating**, then you can start to take steps to change this. It's important to be able to reflect on what helps you to study well and what doesn't so you can achieve your full potential.

## Activity Two

Build a new habit.

In approximately 4 weeks you can make a new habit, and in 12 weeks you can develop a permanent lifestyle change.

Maybe you want to read a little bit every day, start doing a small daily exercise or walk, or maybe you just want to start off the day right by making your bed. Whatever you choose to do, remember that it needs to be realistic. Try:

- Make sure it is something that is achievable every day.
- Set a reminder on your phone so you don't forget.
- Give yourself an incentive or reward for completing your daily task.



### 2019 Results

A Level 75% A\*-C grades

A Level 99% A\*-E grades

BTEC L3 100% D\*D\*D\*-PPP



99% of staff enjoy working at One

99% of staff are proud to work at One

98% of staff are satisfied working at One

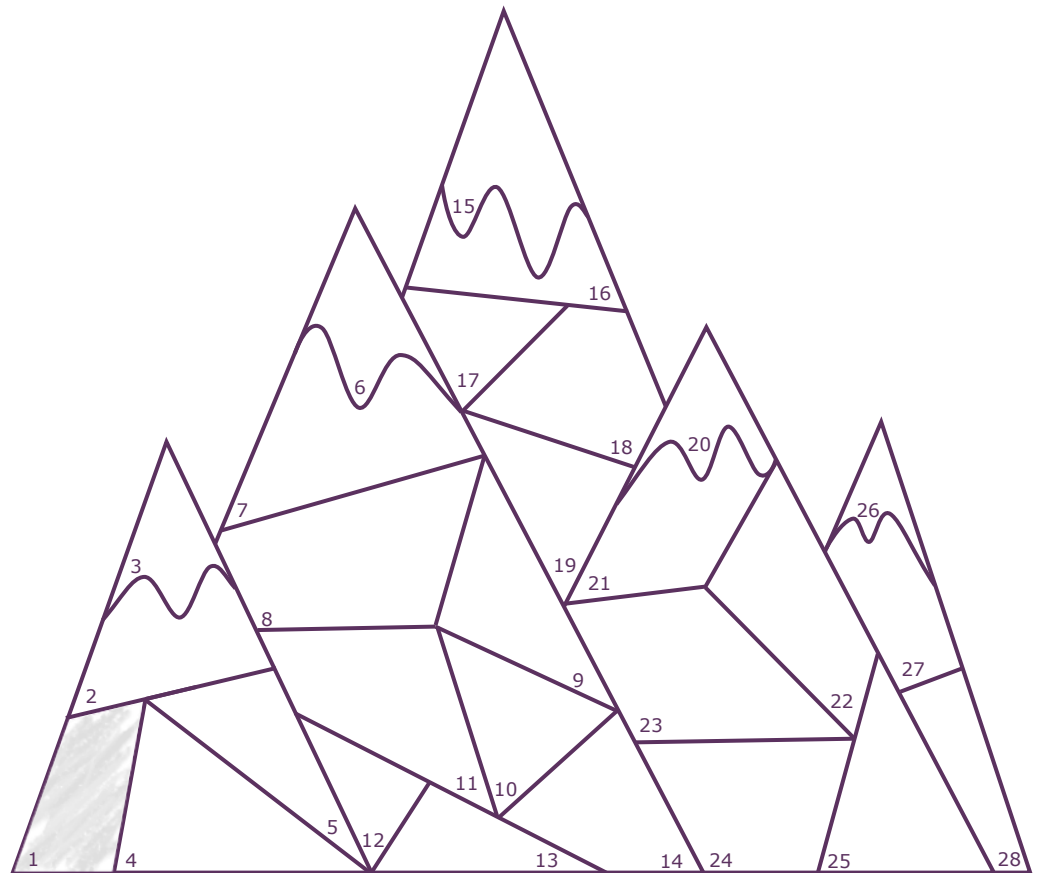
My new goal: \_\_\_\_\_

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## Stretch Activity

Watch the video below. Do you recognise any of the habits?



<https://youtu.be/arj7oStGLkU>



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A Level 99% A\*-E grades

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**one**

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