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| **Study timetable**  Create a timetable of what you will study and when; build in rest periods | **‘Journey’**  Imagine a topic like a journey; what’s the first step, second step and so on. |
| **Flash cards**  Summarise each topic on a small card you can carry with you and use for last minute revision | **Write a song**  Add key words to your favourite tune or song; see if you can then replay it in your head to remind you |
| **Record/listen to yourself**  Record your notes; listen to it when sleeping, walking or at the gym | **Making a PowerPoint**  Make PowerPoint presentations about topics to help you learn |
| **Friend or family help**  Give people you know questions and answers then ask them to quiz you | **Mnemonics**  Remember the first letters from words or phrases **e.g. ROY G. BIV** |
| **Writing over and over**  Write the same key information over and over until it sticks in your head. | **Paper/notes around your house**  Leave notes in your room, on the fridge or elsewhere to teach you |
| **Past Paper questions**  Practise Past Paper questions. You get them in this book or on the SQA website. | **Playing Card revision**  Write your own playing cards **e.g.** question/ answer on different sides. Then test yourself or a friend. |
| **Reading**  Read your notes or new notes you’ve made; maybe on the school bus? | **Link to objects**  Link key topics to objects in your room to help you visualise an answer |
| **Telling someone else**  Tell someone what you know about a topic; ask them to question you too | **Mind maps**  Write mind maps; it’s easier than remembering whole essays |
| **Study partners**  Work with a partner; share notes and test yourself. But don’t get distracted! | **Timed questions**  Give yourself a short time to write everything you know about a topic. |