



TOP 10 STUDY TIPS FOR TEENS



Smarter revision for GCSEs & A-Levels

1

ACTIVE RECALL



Test yourself—don't just reread notes!

Use flashcards or quiz apps like Anki or Quizlet.

2

POMODORO TECHNIQUE

25 minutes study
+ 5 minutes break
= better focus.



3

REVISION TIMETABLE



Keep it realistic and flexible.

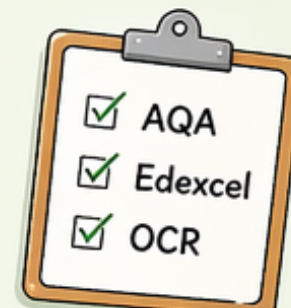
Plan around school, homework and downtime.

4

KNOW YOUR EXAM BOARD

Revise what actually comes up!

AQA, Edexcel, OCR
— know your spec.



5

USE PAST PAPERS



Practice under timed conditions.

Mark with the mark scheme and learn how answers are structured.

6

STUDY WITH FRIENDS

Quiz each other and teach topics aloud.

Teaching someone else = deeper understanding!



7

REMOVE DISTRACTIONS



Phone away = better concentration.

Try focus apps like Forest or keep your phone out of reach.

8

BREAK TOPICS DOWN

Small chunks = less stress.

Break big topics into smaller parts and tick them off!



9

FIND YOUR STYLE



Notes, diagrams, talking—what works for you?

There's no one best way to revise!

10

TAKE CARE OF YOURSELF

Sleep, food and breaks matter!

A healthy body helps your brain perform better.



TOP TIP:

CONSISTENCY BEATS CRAMMING EVERY TIME

Small steps + regular effort = big results!

