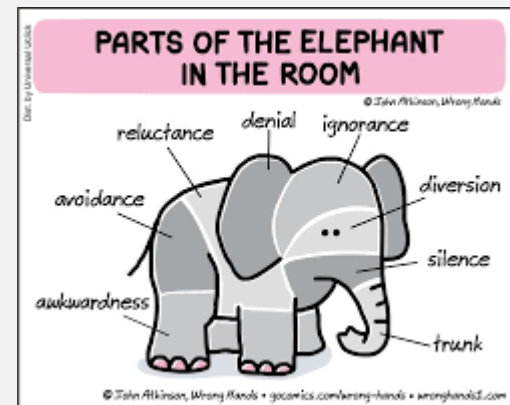


Motivation and study

Time to address the elephant in the room – you would rather be doing anything else other than revision. But thinking about how revision can help you with your future goals – might make it less terrible





Studying when you have zero motivation



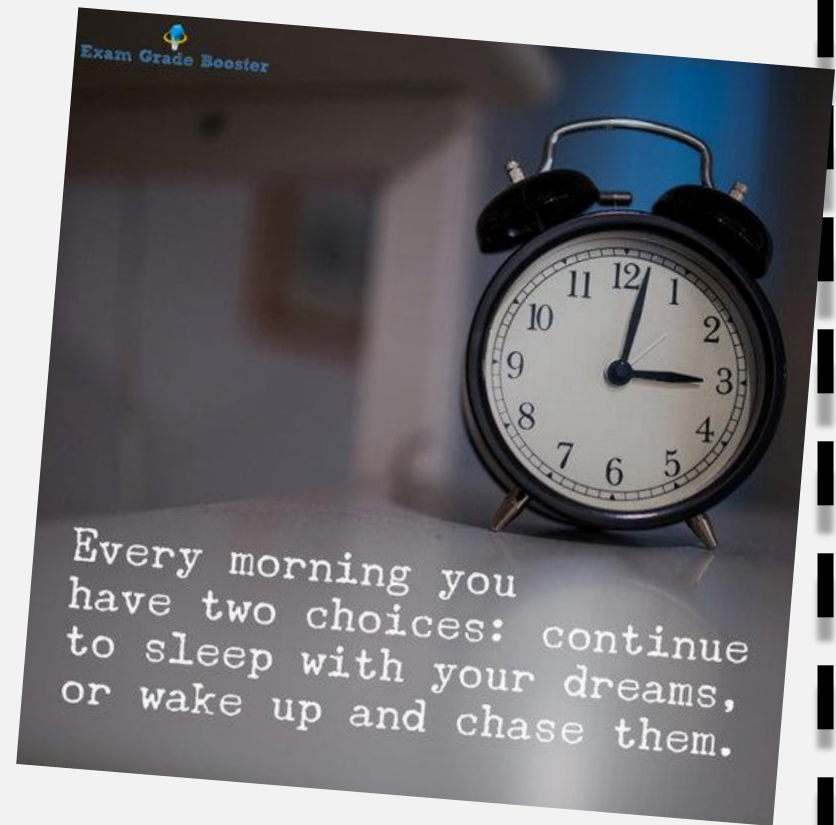
<https://www.youtube.com/watch?v=9oW0socN7qg>

08:59



Knowing why you are revising can motivate you

- Think about why you want to do well in your exams. It may be:
 - To get into a good sixth form or college after your GCSE's
 - To help you one day get your dream job
 - To prove to yourself and others that you can do it
- Whatever your goal, it's best to start revising as soon as possible.
- Be positive about revision – it can be tough, but it'll really help when exams arrive.
- Focus on your goals and don't compare yourself to others people.





5 top tips for staying motivated

1. Set small targets with rewards
2. Remind yourself of your long term goals
3. Plan a big treat after your exams
4. Use a topic planner so you can see the progress you've made
5. If you're dreading a particular topic, start with some easier topics first.





Procrastination is the thief of time

1. Procrastination means putting off a task that needs doing.
2. You need to avoid procrastination to make the most of your revision:
 - Turn off your phone, television and other distractions.
 - Give yourself regular breaks – it'll help you keep focused when you're revising.
 - Break up your revision info into small chunks so it's not one endless slog.
 - Start with something small – this will ease you into focusing on your work.



https://www.youtube.com/watch?v=ZXsQAXx_ao0

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