

## SLEEP AND MEMORY CONSOLIDATION

**01** Sleep plays a crucial role in consolidating memory and learning. During sleep, the brain processes new information learnt during the day. Adequate sleep before exams helps to strengthen memory and recall leading to better exam performance. ←

## SLEEP AND COGNITIVE FUNCTIONING

→ Sleep deprivation negatively impacts cognitive abilities, including attention, focus, problem-solving, and decision-making, all of which are essential during exams. If you don't get enough sleep, you may find it difficult to understand exam questions and process the answers. **02**

## SLEEP AND EMOTIONAL REGULATION

**03** Sleep deprivation can lead to emotional instability, increased stress, and anxiety, which can negatively affect exam performance. Being able to regulate emotions and reduce stress by having adequate sleep will help during the exam season when it's easy to get anxious. ←

## RECOMMENDATIONS

→ 8-10 hours of sleep per night is optimal for students, and students who pull all-nighters or get insufficient sleep before exams often perform worse! **04**

### FURTHER READING

Team, N. editorial (2024). Sleep and Grades: The Critical Link Between Rest and Academic Performance. [online] NeuroLaunch.com. Available at: <https://neurolaunch.com/sleep-and-grades/>. [Accessed 18<sup>th</sup> Feb 2026]

National Sleep Foundation. (n.d.). Guidelines. [online] Available at: <https://www.thensf.org/guidelines/>. [Accessed 18<sup>th</sup> Feb 2026]

News, M.G.H. and Affairs, P. (2022). Scientists find link between sleep and learning new tasks. [online] Harvard Gazette. Available at: <https://news.harvard.edu/gazette/story/2022/06/scientists-find-link-between-sleep-and-learning-new-tasks/>. [Accessed 18<sup>th</sup> Feb 2026]

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y9, 10 and 11 we deliver **'Maximising Success'** in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.



## VISUALISATION TO REDUCE ANXIETY

01

Visualisation is a strategy often used by top performing athletes to help achieve desired outcomes. By picturing a 'film' in your mind of a future situation using all the senses: sight, smell, sound, taste and feel, you can reduce anxiety around exams and revision. It's important to imagine the steps to achieve your goals, potential obstacles and how you can overcome them.



## AFFIRMATIONS FOR CONFIDENCE



Affirmations are a positive way to give yourself some confidence heading into the exam period. Affirmations are positive statements that you repeat to train your brain to believe they are true. By saying out loud or writing down some positive and motivational affirmations daily you help boost confidence and self esteem ahead of the exams.

02

## POSITIVE GROWTH MINDSET

03

Having a growth mindset means that you believe you can learn, develop and improve with practice. So even if you are struggling with a topic, remember you don't know it YET, but thats part of the learning process. Think of challenge in a positive way - a chance to learn



## RECOMMENDATIONS



Believing in yourself and imagining your success can go a long way. Visualise your goals and the steps you need to take to achieve them and practice saying/writing positive statements

04

### FURTHER READING

Annu Kadian (2023). The Use of Affirmations in Increasing Self- Esteem. International Journal For Multidisciplinary Research, 5(4). doi: <https://doi.org/10.36948/ijfmr.2023.v05i04.4348>. [Accessed 18<sup>th</sup> Feb 2026]

Dweck, C. (2017). Mindset: Changing the way you think to fulfil your potential. London: Robinson.

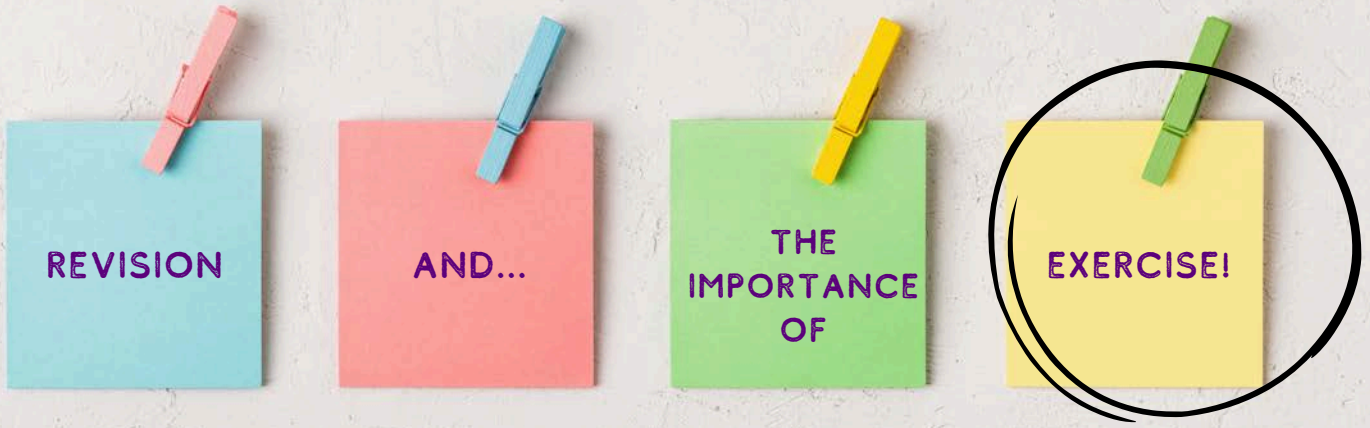
Prinz, J.N., Bar-Kalifa, E., Rafaeli, E., Sened, H. and Lutz, W. (2019). Imagery-based treatment for test anxiety: A multiple-baseline open trial. Journal of Affective Disorders, [online] 244, pp.187-195. doi: <https://doi.org/10.1016/j.jad.2018.10.091>. [Accessed 18<sup>th</sup> Feb 2026]

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y9, 10 and 11 we deliver '**Maximising Success**' in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.



## EXERCISE AND REDUCING STRESS

**01** Physical activity reduces stress by releasing endorphines which are natural mood boosters. Research shows that exercise helps you to feel calmer and more relaxed, so it's important to keep doing regular physical activity throughout the revision period. ←

## EXERCISE AND IMPROVED CONCENTRATION

→ Taking breaks during revision to do some physical exercise helps to switch off and reset your brain - so that when you go back to studying you have increased focus and attention to the topic you are revising. **02**

## EXERCISE AND MEMORY

**03** Exercise has been linked with increased cognitive function and research suggests it also helps memory retention. Physical activity increases oxygen to the brain and releases proteins that support areas of the brain involved in memory ←

## RECOMMENDATIONS

→ Students should take regular breaks from revision to outside and doing some physical activity. This helps to stay calm, focussed and prepared! **04**

### FURTHER READING

Chaire, A., Becke, A. and Düzel, E. (2020). Effects of Physical Exercise on Working Memory and Attention-Related Neural Oscillations. *Frontiers in Neuroscience*, 14. doi: <https://doi.org/10.3389/fnins.2020.00239>. [Accessed 18<sup>th</sup> Feb 2026]

Jackson, E.M. (2013). Stress relief: The role of exercise in stress management. *ACSM's Health & Fitness Journal*, [online] 17(3), pp.14–19. doi: <https://doi.org/10.1249/fit.0b013e31828cb1c9>. [Accessed 18<sup>th</sup> Feb 2026]

Pastor-Vicedo, J.C., León, M.P., González-Fernández, F.T. and Prieto-Ayuso, A. (2024). Effects of physical activity breaks on cognitive function in undergraduate students: a pilot study. *Cogent social sciences*, 10(1). doi: <https://doi.org/10.1080/23311886.2024.2326692>. [Accessed 18<sup>th</sup> Feb 2026]

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y9, 10 and 11 we deliver **'Maximising Success'** in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.

REVISION

AND...

THE  
IMPORTANCE  
OF

WHERE  
YOU  
STUDY!

## LIGHTING

**01** Exposure to natural light can improve mood and boost productivity. It helps regulate your circadian rhythm, ensuring you stay alert and focused during the day. Poor lighting can make you feel tired and be a strain on your eyesight, so aim for a bright and well-lit environment with natural light is possible!



## ACCESS TO RESOURCES

→ Having your resources like stationary and revision material within easy access of where you are studying is essential! You are more likely to get distracted or have to stop if you are not well prepared with everything you need in front of you.

**02**

## SHOULD I LISTEN TO MUSIC?

**03** Music can help improve your mood and help block out other distractions. However, if the music is too loud or lyric-heavy then it can also stop you from being able to focus. Ideally, if you feel like you need to listen to something, use instrumental music and find a genre that works for you!



## RECOMMENDATIONS

→ Keep your revision bright with all resources within easy reach. Minimise distractions by putting away your phone and consider apps/tools to block distracting notifications.

**04**

### FURTHER READING

Anon, (2018). The one about listening to music while studying: Studies every teacher needs to know | InnerDrive. [online] Available at: <https://www.innerdrive.co.uk/blog/music-while-studying/>. [Accessed 18<sup>th</sup> Feb 2026]

Kiziltunali, B. (2023). A Literature Review: The Impact of Light on Students' Learning Performance. [online] August 2023. Available at: <https://www.hlomag.co.uk/aug23/the-impact-of-light-on-students>. [Accessed 18<sup>th</sup> Feb 2026]

Pot, J. (2023). The 7 best apps to help you focus and block distractions | Zapier. [online] zapier.com. Available at: <https://zapier.com/blog/stay-focused-avoid-distractions/>. [Accessed 18<sup>th</sup> Feb 2026]

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y10 and 11 we deliver '**Maximising Success**' in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.



## STRESS REDUCTION

**01** Taking time to do something you love can break the monotony of non-stop studying. I can help you feel more refreshed and release endorphins which are natural mood lifters and will reduce stress and anxiety. ←

## MENTAL HEALTH

→ If you are only spending your time studying then you're more likely to suffer from burn-out and feel overwhelmed by the task at hand. If you mix in activities that you enjoy alongside your studies then you're more likely to be motivated to work harder when it's time to revise! **02**

## CONNECTING WITH PEOPLE

**03** Intense periods of studying and revision can be isolating and if your breaks are also on your own (watching TV, gaming etc) then you can soon find yourself lacking in social connections. Eating your regular meals with family away from your studies and taking time out to go and see friends is important to maintain a healthy balance and create a support network. ←

## RECOMMENDATIONS

→ Plan in regular social activities alongside your revision timetable. Go out with friends who are also revising to either revise together, or socialise together. **04**

### FURTHER READING

Seppala, E. (2014). Connectedness & Health: The Science of Social Connection - The Center for Compassion and Altruism Research and Education. [online] The Center for Compassion and Altruism Research and Education. Available at: <https://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>. [Accessed 18<sup>th</sup> Feb 2026]

NHS (2022). Occupational burnout. [online] Newcastle Hospitals NHS Foundation Trust. Available at: <https://www.newcastle-hospitals.nhs.uk/services/newcastle-occupational-health-service/covid-support-materials/managing-occupational-burnout/>. [Accessed 18<sup>th</sup> Feb 2026]

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y10 and 11 we deliver '**Maximising Success**' in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.

REVISION

AND...

THE  
IMPORTANCE  
OF

HEALTHY  
EATING!

## EMBRACE A BALANCED DIET

**01** Eating plenty of different types of food will enable your brain to get the essential brain-boosting nutrients it needs to concentrate on studying. Although it's tempting to have sugar in food and drink to help boost your energy, long term this will make you feel more tired and be less alert.



## HEALTHY FATS FOR BRAIN HEALTH

→ Foods that are high in healthy fats like fish packed with Omega-3s and nuts like walnuts have been linked to better brain power. Other brain healthy-foods are berries and green leafy vegetables.

**02**

## BREAKFAST

**03** Students that regularly have a healthy breakfast have been proven to be able to remember more and be less distracted. Check out the breakfast recommendations below, and make it simple and sustainable so that you will be more likely to keep it up! If you are short on time, make overnight oats the evening before to eat with fruit in the morning!



## RECOMMENDATIONS

→ Make time for breakfast in the morning and if you know that you won't have time, be pro-active and pack something to take with you the evening before.

**04**

## FURTHER READING

Harvard Medical School (2024). Foods linked to better brainpower. [online] Harvard Health. Available at: <https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower>. [Accessed 18<sup>th</sup> Feb 2026]

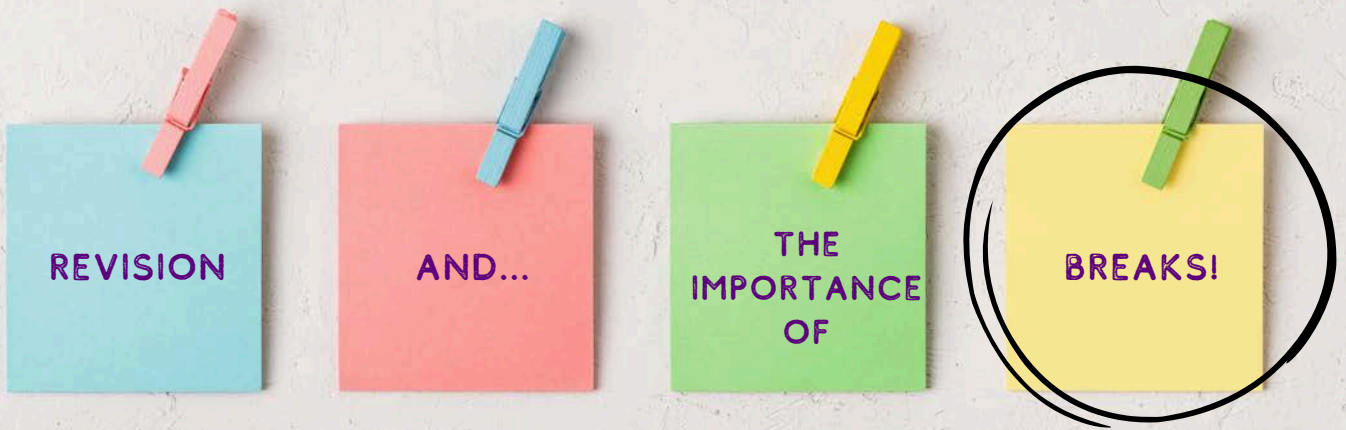
Very Big Brain. (2025). 9 Brain Healthy Breakfast Ideas To Start Your Day Right. [online] Very Big Brain. Available at: <https://verybigbrain.com/body-brain-connection/9-brain-healthy-breakfast-ideas-to-start-your-day-right/>[Accessed 18<sup>th</sup> Feb 2026].

## KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y10 and 11 we deliver '**Maximising Success**' in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.



## IMPROVE FOCUS AND CONCENTRATION

**01** Studying for long periods of time without breaks, results in reduced concentration which means we absorb less information, and revision is less productive. Taking regular breaks when studying helps reset our attention span so when we start studying again we have renewed focus. ←

## ENHANCE MEMORY

→ Its important to give the brain time for memory consolidation. This is when the brain converts short term memories, into long term ones. Taking regular breaks when studying gives your brain a chance to process all the new information. Research has shown that study sessions that include short breaks lead to better retention of information long-term. **02**

## REDUCE STRESS AND BURNOUT

**03** Academic studies can be very demanding, and continuous studying without breaks can result in high stress and eventually burnout. When taking a study break, practicing mindfulness exercises or doing some deep breathing can help reduce stress. This makes studying less overwhelming, increasing motivation and general mental health. ←

## RECOMMENDATIONS

→ Make sure to take frequent short breaks from studying, for example, 5-10mins for every 1hr you study. Try to incorporate different kinds of breaks: movement, relaxation, creativity, food and drink, and going outside. **04**

### FURTHER READING

BBC (2026). Why You Should Take More Breaks. [online] BBC. Available at: <https://www.bbc.co.uk/programmes/articles/1Ptmp4N866dL2bV5NwrRGJs/why-you-should-take-more-breaks>. [Accessed 18<sup>th</sup> Feb 2026]

Hero, L. (2024). The Essential Advice: Science-Backed Benefits of Study Breaks. [online] Workplacehero.co.uk. Available at: <https://workplacehero.co.uk/blog/the-essential-advice-science-backed-benefits-of-study-breaks>. [Accessed 18<sup>th</sup> Feb 2026]

Terada, Y. (2018). Research-tested benefits of breaks. [online] Edutopia. Available at: <https://www.edutopia.org/article/research-tested-benefits-breaks>. [Accessed 18<sup>th</sup> Feb 2026]

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y10 and 11 we deliver '**Maximising Success**' in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
[enquiries@thelifeskillscompany.com](mailto:enquiries@thelifeskillscompany.com)  
for more information.



## BEFORE THE EXAM

- Do you know the date, time and place of ALL the exams?
- Do you know what equipment is required for each exam and what is NOT allowed?
- Do you know if you are allowed bottled water?
- Have you prepared timings for each exam (from past papers) i.e. the time you will start and finish each question/section?
- Have you visited the exam room and got the feel for it?
- Do you plan your revision so that you do NOT have to cram the night before?
- Do you make sure you get to bed at a reasonable time?
- Do you visualise the exam going well i.e. imagine you are confident and relaxed, and if you do have negative thoughts – replace them with positive ones?
- Do you have a good healthy breakfast including slow releasing carbohydrates like cereals and brown bread? Even if you don't feel like eating?
- Do you avoid drinking lots of coffee or tea or other drinks containing caffeine AND drink plenty of water to stay hydrated?
- Do you get some exercise?
- Do you plan your journey so that you arrive in good time for the exam?
- Do you avoid people that can confuse you or make you feel stressed? Keep your thoughts to yourself and concentrate on the exam?
- Do you stay calm and if necessary use a relaxation exercise?



## DURING THE EXAM

- Do you read the instructions carefully; do the right number of questions from the right sections, and answer compulsory questions?
- Before you write anything, do you read a question carefully, read it twice AND highlight the key words in the question?
- Do you choose your questions (if appropriate) and tick the ones you can answer best?
- Do you notice how many marks each section or question carries and spend the corresponding amount of time?
- Do you make sure you answer the question and not WHAT you think is the question?
- Do you plan your answers?
- If you go blank, do you use a relaxation technique and/or come back to a question later?
- Do you know that if you start to run out of time, more marks can be gained by completing your remaining answers in outline only? You simply express what you would do and how to do it e.g. by outlining the main arguments in an essay e.g. by jotting down formulae and notes without doing the calculations.
- Do you check your answers for mistakes?



## AFTER THE EXAM

- Do you avoid comparing your answers with your friends?
- Do you avoid worrying about the exam you have completed and focus on the next one instead?

### KS4 WORKSHOPS

For students that would benefit from understanding the principles of effective revision, revision strategies and a pro-active system of success in Y10 and 11 we deliver '**Maximising Success**' in schools across the South of England.

Three workshops across KS4 to help students revise enjoyably and effectively.

Contact:  
enquiries@thelifeskillscompany.com  
for more information.