
REVISION STRATEGIES

DURING A NATIONAL LOCKDOWN

by Scarlett Spicer
Student Wellbeing Intern and recent graduate

Revision is very subjective your degree but also the person, your mindset and the time you have. Once you find a method that works for you it can feel like such a relief, here are some you may find useful or adaptable to your way of working.

Pomodoro technique

This technique uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by a short break of 5 minutes. Once you have done 3 or 4 of these 25 minute intervals, take a longer break the regular breaks promote mental agility, focus and flow, without them you risk burnout.

The Zadie Smith technique

The renowned writer of *White Teeth*, swears by her 10 – 2 technique. For four hours in the day, in her case 10am–2pm, she switches off notifications, emails and anything else that may grab her attention. She uses this concentrated time to write, edit and revise without the distraction of the internet. If she needs to research, ask Google a question or send an email, she writes down a prompt in her notebook and spends an hour afterwards filling in the gaps.

15 minute bursts

This one I used for when I was feeling particularly overwhelmed. Set a timer for 15 minutes and just do what you can. It could be a reading or writing a paragraph, editing a sentence, revising one method – just one small thing. The small time frame really helped me not punish myself for not doing 'enough,' feeling like I was wasting time or feeling like I had to do everything at once. Once I started to gain confidence with 15 minutes, I would increase to 30 minutes then sometimes to 45 minutes. If I ever started to wobble or feel anxious, I would reduce the time again. It helped me focus on a small segment of what I was doing and not worry about the wider project. Slowly but surely, I began to build up the momentum to take on larger tasks.