

# Year 11: GCSE revision



NATIONAL  
CHURCH OF ENGLAND  
ACADEMY

## The top tips for using your brain effectively.

1. **Avoid distractions:** your brain will take in whatever is around you; this can disrupt the storing of subject knowledge. Find a quiet place with no distractions, including phones! Remember, the revision base;
2. **Sleep:** your brain needs sleep to sort through and store the day's information. If you don't get enough sleep, you'll be tired but also you also won't remembered as much.

