

# Revision techniques for young people with epilepsy

*Work with your brain - not against it*



## 1. Active recall

### 1. Test your memory gently

Use flashcards, short quizzes or write what you remember without notes. Stop if you feel tired - it's OK to do a little at a time.

## 2. Take Short Breaks

### 2. Little and often works best

Short revision sessions with breaks are better than long study blocks. This helps reduce tiredness and brain overload.



## 3. Mix subjects carefully

### 3. Change topic to keep focus

Switch between subjects to stay engaged - but don't overload yourself. Only mix what feels manageable.

## 4. Visual revision

### 4. Use pictures, not just words

Mind maps, diagrams and colour can make ideas easier to remember. They are especially helpful if concentration is tricky.



## 5. Say it out loud

### 5. Talk through what you're learning

Explain a topic to yourself or someone you trust. Hearing it out loud can help memory and confidence.

## 6. Rest is revision

### 6. Your brain needs recovery time

Sleep, movement and quiet breaks all help learning stick. Rest is not wasted time!



## 7. Be kind to yourself

Sleep, movement and quiet breaks all help learning stick. Rest is not wasted time!

### Do:

- ✓ Take regular breaks
- ✓ Revise in short chunks
- ✓ Ask for support if you need it

### Don't:

- ✗ Push through exhaustion
- ✗ Compare yourself to others
- ✗ Feel guilty for resting

**There is no "right" way to revise.  
The best way is one that works for you.**