Exam Endurance Toolkit

Revision can feel like a long slog. This guide is designed to help you build structure, check what's working, and keep moving – even when motivation dries up.

Start

1 Set direction

- Pick 1–3 tasks for today
- Break each into a clear first step
- Start with a quick win



2 Create checkpoints

- Use flashcards or quick quizzes
- Test yourself after each session
- Check answers straight away

3 Track progress

- Celebrate completed tasks
- Keep a simple list of topics covered
- Track confidence (e.g. "secure / unsure / revisit")

Diversion ahead?

- Switch to a simpler plan on low-energy days
- Share the load with a study buddy
- Focus on doing something, not everything

4 Keep moving

- Follow your focus, not the clock
- Decide your next step before you stop
- Keep tasks small enough to return to easily

5 Change pace

- Switch between topics
- Mix reading, testing, and explaining
- Study in different environments when possible





6 Rest stops

- Take time to recharge
- Move, stretch, or step outside
- Set a clear end point for the day

7 Reach your destination

- You know what you know – and what to focus on
- You're not guessing – you've seen your progress build
- You go into the exam with clarity and confidence

Finish