

7-Day Revise for Recall Plan

For exam-month students (and parents supporting them). Simple. Repeatable. No comfort study.

How to use this plan

- Each day: do **one topic** using the 20-minute recall routine below.
- Add one timed set (even small). Then update your mistakes list.
- If you re-read, you feel busy. If you recall, you get marks.

Daily non-negotiables

<p>20-minute Recall Routine</p> <p>1) 10 min Recall: blurting / flashcards / teach-back</p> <p>2) 7 min Timed practice: 2-5 questions</p> <p>3) 3 min Mistakes list: write the pattern + fix</p>	<p>Sleep Protection (for memory)</p> <ul style="list-style-type: none"> - Same wake-up time (most days) - Lights down 60 min before bed - Phone out of the bed zone - Caffeine cutoff ~8 hours before sleep
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7-Day tracker

Day	Topic / Unit	Recall method (circle)	Timed practice (Q# / minutes)	Mistake pattern found	Done
Day 1		Blurting / Flashcards / Teach-back			[]
Day 2		Blurting / Flashcards / Teach-back			[]
Day 3		Blurting / Flashcards / Teach-back			[]
Day 4		Blurting / Flashcards / Teach-back			[]
Day 5		Blurting / Flashcards / Teach-back			[]
Day 6		Blurting / Flashcards / Teach-back			[]
Day 7		Blurting / Flashcards / Teach-back			[]

2AM Worry Parking

Write 2 lines and stop:

1) **Worry:** _____

2) **One action tomorrow:** _____

Then: 4 in, 6 out x 5. Sleep is part of the plan.

Mistakes Bank + Past Paper Review

Track patterns. Fix patterns. That is how marks jump.

Mistakes list (Top 10)

Write the pattern once. Then fix it every time it shows up.

Mistake pattern	Example (1 line)	Fix next time	Reviewed
			<input type="checkbox"/>

Past paper review (quick)

Question	What I missed (markscheme)	Pattern	Fix

For parents (quick support plan)

- One calm check-in/day (fixed time).
- Ask: "Comfort or plan?"
- Avoid hourly monitoring and comparisons. Safety improves performance.

Educational resource. Not a substitute for personalised medical or mental health advice. If anxiety, panic, or sleep problems are severe or persistent, seek professional support.