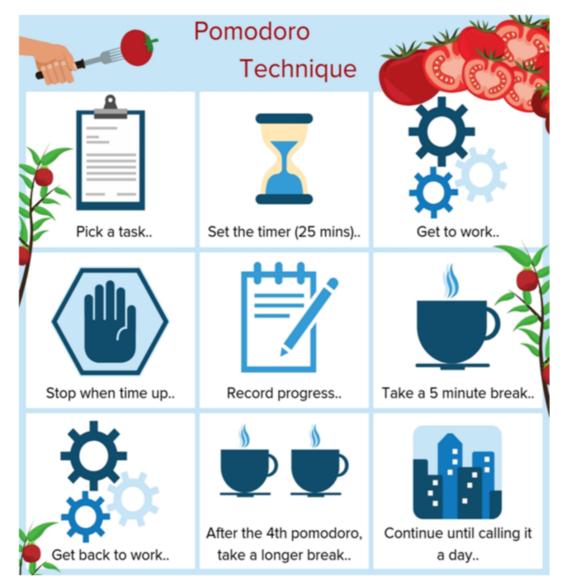
DELIBERATE PRACTICE

Practice is essential. You can revise all you like but without practice, it is wasted. A technique to support deliberate practice is the Pomodoro Technique.



When undertaking deliberate practice, you should pay attention to the below principles:

What to DO when deliberately practicing:	What NOT TO DO when deliberately practicing:
 Focus on topics and themes that you will be examined upon. Practice the areas you most struggle with. Ask your teacher or use the mark schemes to review the practice. 	 Avoid using notes – do it from memory! Do not take too long – stick to the timings recommended by your teacher.