

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:
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Avoid using notes – do it from memory!• Do not take too long – stick to the timings recommended by your teacher.