

# Exam and Revision Support for Neurodivergent Pupils

## Revision Support

For neurodivergent students, effective revision involves breaking down tasks into smaller steps, using timers for short focus bursts, and incorporating breaks for movement and rest. Strategies include using your strengths (e.g., visual aids for visual thinkers), minimizing distractions, and utilizing tools like fidget toys or background noise. Creating a structured but flexible schedule and focusing on one task at a time are also key.

### Structure and scheduling – ask someone to help you organise this.

- **Create a realistic schedule:** Plan your revision week, including time for specific topics, breaks, and hobbies. Break down revision into short, focused bursts with frequent breaks to avoid overwhelm.
  - Try to change topics every 20 minutes or so to maintain focus and prevent burnout.
  - Plan short, frequent sessions rather than long cramming.
  - Use quizzes or apps that support spaced repetition.
  - Use timers like [Focus Keeper](#) to structure your sessions.
- **Clear Structure & Predictability**  
Make sure your revision timetable has clear steps and realistic goals. Avoid vague instructions like “revise Chapter 3”—instead, specify tasks (e.g., “Summarise key points from Chapter 3 using a mind map”).
- **Use a flexible approach:** Accept that not everything will go to plan and build in flexibility.
- **Match tasks to energy levels:** Do high-energy tasks like deep thinking during your most productive times of day, and make sure you plan in breaks and rest times throughout the day.
- **Create daily to-do lists:** Write a list of what you want to achieve the next day to stay focused.

## Study methods

- **Chunk Information**  
Break topics into small, manageable sections. Try to connect new information with what you already know, rather than trying to learn by rote, and use mind maps to show this.
- **Embrace creativity:** Explore alternative note-taking methods like visual diagrams or storyboards to represent information in engaging ways.
- **Break down tasks:** Divide large assignments into tiny, manageable steps, like "open brief," "highlight keywords," and "write first paragraph".

- **Multi-Sensory Techniques**

Combine text with visuals, audio, and hands-on activities, and make use of your own learning style:

- **Verbal:** Record yourself explaining or summarising a topic and listen back.
- **Visual:** Use mind maps, diagrams, and color-coded notes.
- **Kinesthetic:** Create flashcards with images, or practice questions, or turn revision into a game.

- **Podcasts & Youtube Channels:** Find creators in your field who present information in a way that resonates with you. Visuals and humor can improve engagement and comprehension.

- **Reduce Cognitive Load**

Limit distractions and simplify layouts. Avoid cluttered revision guides—use bullet points and clear headings.

- **Active learning is key:** Use flashcards, practice quizzes, and spaced repetition tools like [Anki](#) or [Brainscape](#) to actively engage with material and solidify knowledge.
- **Gamify revision:** Turn studying into a game by using apps like [Forest](#) or [Focus Keeper](#), setting timed challenges with rewards for completion.

## Environment and focus

- **Minimise distractions:** Some people focus better with background noise like instrumental music or a fan.
- **Limit high-focus distractions:** Limit distractions by choosing a study space where you won't be disturbed. Silence notifications on your phone, or put it in another room. Tools like [Freedom](#) can block distracting websites and apps.
- **Try fidget tools:** Discreet fidget toys can help manage restlessness and help channel energy. You may find they improve focus during study sessions.
- **Body doubling:** Study in the same room as a friend or sibling, even if you are working on different tasks.

## Self-care and support

- **Prioritize breaks:** Schedule short breaks for movement and rest, and remember that downtime is essential for processing and reducing anxiety.
- **Ask for help:** Communicate your needs to teachers, tutors, and support services, and be honest about what you require.
- **Explore adjustments:** Find out about any exam adjustments or accommodations that could support you.
- **Trust yourself:** Focus on what works for you and remember that it's okay to ask for help.

Links and apps;

[Exam Tips for Neurodivergent and Disabled Students | YoungMinds](#)

[Copleston High School - I am neurodivergent. Is revision different for me?](#)

*Some of the following apps offer free trials, or limited access for free, others may require a subscription or payment, but it is worth exploring apps that may be helpful for you.*

### **Planning & Organisation:**

- **Miro:** Create visual mind maps of key topics, concepts, and exam structure to identify weak areas and plan your revision effectively.
- **Trello:** Organise revision materials into "boards" like topics, with "cards" representing specific content you need to learn. Track progress and prioritise revision tasks.
- **My Study Life:** Plan revision schedules with reminders and deadlines, ensuring you cover everything and avoid last-minute cramming.
- <https://goblin.tools> will break down tasks into small steps for you.
- <https://habitica.com/static/home> If you are struggling with having a routine, or knowing what to do, habitica is a fun way to keep track of things that you need to do.

### **Active Recall & Practice:**

- **Anki:** Flashcard app with spaced repetition algorithms to solidify knowledge. Create flashcards or use pre-made decks for key terms, formulas, and practice questions.
- **Quizlet:** Create quizzes and study sets, including various learning modes like fill-in-the-blank and matching, to actively test your understanding.
- **Brainscape:** Adaptive flashcard system that adjusts difficulty based on your performance, optimising memorisation and recall.

### **Engaging Resources & Study Aids:**

- **Crash Course:** Educational YouTube channel with engaging and entertaining videos that explain complex topics in a concise and accessible way.

### **Accessibility & Focus Aids:**

- **NaturalReader:** Text-to-speech tool for reading study materials aloud, reducing fatigue and aiding information processing.
- **Immersive Reader:** Built-in tool in Microsoft Edge and OneNote, providing dyslexia-friendly reading features and focus options, improving accessibility.
- **Freedom:** Blocks distracting websites and apps, creating a focused study environment and minimising distractions during revision sessions.