

What this is

Most revision fails because **done** is never defined. You read a page, feel vaguely worse, and mark the topic finished. This book replaces one fuzzy tick with three honest ones.

What it does

- ☐ Makes you name the evidence before a topic counts as covered.
- ☐ Gives every tick a date, so a book full of March ticks cannot pretend to be May.
- ☐ Turns a week you did not finish into next week's plan, in ten minutes, on one page.
- ☐ Tells you when a topic has stopped being a practice problem and has become a question to ask.

What it does not do

- ☐ **It does not promise a grade.** Nothing printed can, and anything that does is selling you something.
- ☐ It does not contain your syllabus. It is board-neutral on purpose — you write in what you are actually sitting.
- ☐ It does not know whether you did the work. Only you can fill a dot in, which is the entire point.
- ☐ It does not mind a missed day. A rest day counts. So does a day you froze.

The three rules

- 1** A tick needs evidence, not a feeling.
Learnt — you explained it with your notes closed. Practised — a real past-paper question, written, not skimmed. Secure — self-marked against the mark scheme, and you could teach it. If you cannot name the evidence, the box stays empty.
- 2** Ticks age.
Every tick carries a date. A
secure
tick older than fourteen days drops back to
practised
and needs re-checking. That is not a punishment; it is the whole reason spaced revision works.
- 3** Three blank fix-dates on one topic is a signal to ask, not to try harder.
If a topic has been on your fix-list three times and is still not secure, more solo hours will not fix it. Getting stuck is information, not failure.

Plan the week

01
OF 12

Three subjects. A topic per slot, never a subject. Ten minutes, today.

EXAMPLE This week is filled in to show you the shape of it. Yours will look nothing like it, and that is correct.

THIS WEEK 1 Biology — Paper 1 2 History — Paper 2 3 Maths — Pure



Fill it when the slot happened



Circle the tick you are aiming for

Learnt · Practised · Secure

PLAN

MON		Glycolysis — 6-mark question, timed			
		Weimar 1919–23 — causes, notes shut			
TUE		Binomial expansion, negative n			
		Glycolysis — Nov 2023 Q4(b)			
WED		Weimar — one paragraph, marked			
		Binomial — teach it to Dad			
THU		Chemiosmosis — worked examples, notes shut			
		Integration by parts — 6 questions			
FRI		Nazi consolidation — notes shut			
		Chemiosmosis — Jun 2022 Q5, marked			
SAT		Maths Pure 1, first 8 questions			
		Mark it. Red pen. Write the topic down.			
SUN	Rest day. Nothing planned, on purpose. It still counts as a tick.				Then the Sunday reset →

PAST PAPERS THIS WEEK

Two, minimum. A slot only earns P or S if a real exam question was written.



BUFFER SLOT

One slot left empty on purpose. Use it for whatever overran. Do not plan it now.

01
OF 12

Sunday reset

Ten minutes. Do this before you plan next week,
not after.

THIS WEEK

M

T

W

T

F

S

S

A rest day counts. So does a day
you froze.

FREEZE

What got ticked?

Only what you can prove. Topic, and which tick it reached: learnt, practised or secure.

Glycolysis — P (Nov 2023 Q4b)

Weimar causes — S, marked Weds

Binomial — S, taught it to Dad

Integration by parts — P

What didn't?

No reasons needed. Just the truth, so next week gets planned from facts.

Chemiosmosis — never opened it

Third slot, every single day

What moves to next week?

Copy each onto next week's plan page. Nothing carries over by itself.

Chemiosmosis — Mon slot 1, aim L

Two slots a day, not three

TOPICS THAT KEEP COMING BACK	FIX 1	FIX 2	FIX 3
Chemiosmosis (biology)	28 Sep	5 Oct	
Chi-squared test	5 Oct		

Three dates on one row means it is not a practice problem. Put it in the box below.

Ask a tutor

Write the question the way you would say it out loud. That sentence is your booking.

QR
PLACEHOLDER

sessioned.co.uk/go/a-reset