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.

How to use this

Five steps. The whole book is these five, twelve times.

1 Set up once, on pages 7 to 9.

What you are sitting, when, and what a realistic week looks like for you. Fifteen minutes, done once, and never again.

2 Plan the week on the left-hand page.

Three subjects, a topic per slot, and circle the tick you are aiming for. A topic, never a subject: “quadratic graphs”, not “maths”.

3 Fill the dot in when the slot actually happens.

That is the only thing you do during the week. Not a diary, not a log. One dot.

4 Sunday, spend ten minutes on the right-hand page.

Filled dots go in “what got ticked”. Empty dots go in “what didn’t”. You are copying, not judging.

5 Anything that keeps coming back goes on the fix list, page 35.

With a date. Three dates on one topic and it stops being a practice problem.

THE LOOP — NOTHING HERE IS A DEAD END

WRONG ANSWER	→	CHECKLIST	→	TECHNIQUE CARD	→	STILL RED?
A past paper question you got wrong. Write the topic down.		Find that topic, set its dot to red, read the card number on the row. p.[X]		Pull that card, do the technique on that topic, re-tick with today’s date.		Third blank fix-date. It goes in the ask-a-tutor box, and that sentence is your booking.

AND BACK — After the session the topic returns to the checklist as **practised**, with the date reset. The loop starts again one topic lighter.

Wrong answer → red on the checklist → a technique card → still red → ask a tutor → back to practised.

START

Plan the week

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

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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 Maths — Higher 2 English Lit — Macbeth 3 Combined Science — Physics

◯ Fill it when the slot happened Ⓛ Ⓟ Ⓢ Circle the tick you are aiming for Learnt · Practised · Secure

PLAN

MON	●	Quadratic graphs — sketch from the table	Ⓛ Ⓟ Ⓢ
	●	Macbeth Act 1 — ambition quotes, notes shut	Ⓛ Ⓟ Ⓢ
	◯		Ⓛ Ⓟ Ⓢ
TUE	●	Forces — free-body diagrams	Ⓛ Ⓟ Ⓢ
	●	Quadratic graphs — Nov 2023 Q14	Ⓛ Ⓟ Ⓢ
	◯		Ⓛ Ⓟ Ⓢ
WED	●	Macbeth — one paragraph, marked	Ⓛ Ⓟ Ⓢ
	●	Surds — teach it to Dad	Ⓛ Ⓟ Ⓢ
	◯		Ⓛ Ⓟ Ⓢ
THU	◯	Moments — worked examples, notes shut	Ⓛ Ⓟ Ⓢ
	●	Simultaneous equations — 6 questions	Ⓛ Ⓟ Ⓢ
	◯		Ⓛ Ⓟ Ⓢ
FRI	●	Macbeth Act 3 — Banquo, notes shut	Ⓛ Ⓟ Ⓢ
	◯	Moments — Jun 2022 Q5, self-marked	Ⓛ Ⓟ Ⓢ
	◯		Ⓛ Ⓟ Ⓢ
SAT	●	Maths paper 1, first 12 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.

Filled dot → "what got ticked" · Empty dot → "what didn't" · Both overleaf

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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 ○ ○ ○

REVIEW

What got ticked?

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

- ○ Quadratic graphs — P (Nov 2023 Q14)
- ○ Macbeth ambition — S, marked Weds
- ○ Surds — S, taught it to Dad
- ○ Simultaneous equations — P

What didn't?

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

Moments — 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.

Moments — Mon slot 1, aim L

Two slots a day, not three

TOPICS THAT KEEP COMING BACK	FIX 1	FIX 2	FIX 3
Moments (physics)	28 Sep	5 Oct	
Standard form	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/reset

Wrong answer → checklist p.[X] → card 07 or 19 → still red → ask a tutor, this box