

REVISION TIPS FOR AUTISTIC LEARNERS

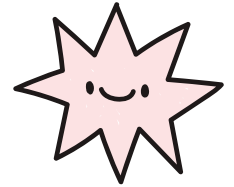


1. Create a Comfortable Study Space

Your environment matters. Too much sensory input can be distracting or stressful.

- Choose a quiet, familiar space with lighting and seating that feels comfortable for you.
- Use noise-cancelling headphones or calming instrumental music if total silence feels too heavy.
- Keep your workspace clear and organised to reduce visual clutter.

App suggestion: Noisli — create custom background sounds to help you focus (like rain, wind, or café sounds).

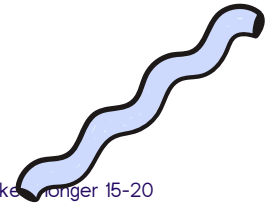


2. Break Tasks into Manageable Steps

Large tasks can feel overwhelming, so break them into small, clear steps.

- Turn "Revise History" into smaller steps like "Review WW2 notes," "Make a timeline," and "Practice key dates."
- Write these steps on a checklist — ticking things off feels rewarding and keeps you on track.

App suggestion: Todoist — helps you create to-do lists and tick tasks off when you're done.

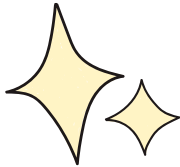


3. Work in Focused Time Blocks

Long study sessions can drain your energy fast. Instead:

- Use the Pomodoro technique: work for 25 minutes, then take a 5-minute break. After 4 rounds, take a longer 15-20 minute break.
- Adjust the timings if needed — maybe 15-minute bursts work better for you.

App suggestion: Be Focused or Pomodoro Timer — both help track your study and break times.



4. Use Visual Supports

Many (but not all) autistic learners process information visually. Try:

- Mind maps, diagrams, or flowcharts for big ideas.
- Colour-coding notes — one colour for definitions, another for key facts, and so on.
- Flashcards for quick recall — digital versions like Anki or Quizlet can be helpful too.

App suggestion: MindMeister (for mind maps) or Quizlet (for flashcards).



5. Use "Body Doubling" for Motivation

Studying alongside someone else (even if they're working on something different) can make it easier to stay on track.

- This can be a friend, family member, or even a virtual body double on platforms like Study With Me videos on YouTube.

App suggestion: Focusmate — pairs you with a virtual study partner for accountability.

6. Work with Your Strengths

If you have a special interest related to your subject, lean into it.

- Use that interest to find connections — for example, if you love trains, explore how the Industrial Revolution shaped railway development.
- Turn your revision into something creative — make infographics, write quizzes, or teach the material to someone else.



7. Take Care of Yourself

It's easy to hyperfocus and forget to rest, eat, or hydrate. Build breaks into your plan and set reminders if needed.

- Get up and stretch, stim, or engage in a calming activity to reset.
- Sensory breaks — like using a weighted blanket or favourite comfort item — can help you recharge.



8. Be Kind to Yourself

Everyone learns differently. It's okay if you need more time, less time, repeat things more often, or study in a way that looks "unusual" to others. What matters is that it works for you.

