FROM CHECKLIST TO USEFUL PRACTICE.

Update the syllabus with what your practice shows — not just the order of chapters in a book.

1 **Mark confidence**
For each topic: confident, needs revision or unfamiliar. Pick the section causing the biggest bottleneck.

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2 **Choose one action**
Review a core concept, answer MCQs, write an essay plan or practise interpretation. Keep the goal specific.

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3 **Apply it**
For Section 3, use content to read graphs, units, experiments and equations. Keep Sections 1 and 2 broad.

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4 **Move to mixed / timed work**
Progress from foundations to questions to timed mixed sets as your reasoning becomes usable.

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5 **Review and loop back**
Record why an answer failed, update confidence and choose the next targeted action.

> The master topic list stays in the syllabus PDF. Do not wait for every topic to be perfect before practising, and do not ignore writing or interpretation because science looks easier to list.