

Revision – Where do I start?

Memory – How do I remember everything?

Mocks – What can I learn from them?

Study, Revision and Exam Tips

Sleep – Is it really important?

Anxiety – How do I keep calm?

Organisation – How do I become more organised?

Quick Tips for Exam Preparation

- **Get started** – this is probably the most difficult stage! Sometimes the task ahead seems overwhelming so avoiding it seems the best course. Taking that first step is crucial. Making a revision timetable, setting a start date and sticking to it is helpful. Even if you think you have left it too late and you don't think you will have time to cover everything doing something is better than nothing.
- Mock exams and end of year exams help you prepare for 'the real thing'. Use any mistakes, disappointments or perceived 'failures' positively. Make sure you understand where you can improve and what you can do differently next time. Remember it is only a failure if you fail to learn something!
- Discuss how you work best with your parents so that they can support you. This will keep 'nagging' to a minimum as they will understand that you have a plan and how you intend to tackle revision. Showing them you have a timetable can prevent arguments and help them understand how much work you are doing. Explain that keeping in touch with friends and including some social time is important but that revision will have priority that you do not intend to do both at the same time!
- Short spurts of revision (20-25 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).



- Find a quiet place to revise. For example this can be your bedroom, somewhere in school, your local library. Refuse to be interrupted or distracted. Have breaks to look at social media, contact friends etc. but don't do this at the same time as revising. Setting filters for social media websites and app use during revision times or placing mobiles and tablets in another room can prevent distraction and make break times seem like a treat!
- Make sure you don't just revise the subjects and topics you like. Work on your weaker ones first.

- Make your own revision notes, because you are more likely to remember what you have written down. Stick keynotes to a cupboard or loo doors so you can see them every day!



- Re-write the key points of your revision notes, read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely write down.



- Practise on past exam papers or revision tests available on the web. Initially do one section at a time and progress to doing the entire paper against the clock. Look at mark schemes to check if you have missed anything.



- Use lots of different methods for revision and find out which works best for you.
- You will need help at some stage; ask parents, teachers, or even friends. Don't feel embarrassed if you do not understand a key concept. Ask – that is what teachers are there for! If you are struggling with a particular subject consider requesting a sixth form mentor by filling in the forms that can be found in the LRC. A weekly meeting may help save time revising and help you to enjoy a subject you have previously struggled with.

Make a revision timetable

REVISION TIMETABLE

Week Commencing:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00am	Notes	Notes	Notes	Recap	Notes	Leisure time		
10:00am	Notes	Notes	vocab	Test	Mindmap			
11:00am								BBC. Bitesize
12:00am								
1:00pm	Notes		Mind man		Mindman			Past papers
2:00pm	Notes	Notes	Notes	Notes	Past papers			
3:00pm								Review
4:00pm	Test	Notes	Recap	Recap	MP3 record			
5:00pm								
6:00pm		Notes		Notes				
7:00pm	Flashcard				Mindman			
8:00pm		Test		Read				
9:00pm								
10:00pm								

	Biology	I struggle with this subject
	Mathematics	I need lots of practice
	English	This exam is nearer the end of the exams
	Physics	I am confident (less sessions)
	Chemistry	I am confident but it is the first exam
	French	I need to work on my listening skills
	Geography	I feel most confident with this
	PE	My favourite subject!
	RS	I am not sure I always make the point concisely
	Leisure time	A life work balance is very important

The organisation of revision timetables will depend on the individual. It is useful to work backwards from the exam period to ensure that every subject gets allocated the amount of time you think you need. Notice this is the first week of revision and the subject that is prioritised is the one that the student finds most challenging. Sessions are not too long with regular breaks and repetition is key to successful revision. It is important that a variety of techniques are used such as mindmaps, using past papers, MP3 players, working with a group of friends to discuss themes etc. Re-writing notes will get boring and become less effective if overused.

Life is not always predictable so be ready to tweak your timetable and be flexible. Keeping a whole day free will give you rest but also allow for some reorganisation.

Try and incorporate some exercise in your day for example in the rest period on Monday morning could include going for walk or a run or you might have a sports match on Saturday afternoon. It is important your timetable is realistic. You will feel real achievement if you man

The day of the exam

- **Stress and anxiety**

Feeling a little anxious and stressed before an exam is normal and can actually help in exam performance as it helps us prepare. You may feel nervous and find eating breakfast difficult as you may have butterflies however it is crucial to 'fuel up' as the brain will be using a lot of energy so make sure you eat well. It is important that feelings of stress and anxiety do not take over. Develop some coping strategies to help calm yourself and keep this anxiety under control. This is an important part of 'growing up'. You will face stressful moments throughout life and **developing ways to cope is important**. Strategies that have proved helpful to others include practicing controlled breathing techniques, taking a brisk walk or exercise, talking through anxieties, stress balls etc. Please see Mrs Bishop or Mrs Owen well in advance of the exams if you find it hard to keep calm at times of stress and would like some help.



- **Nervous panic**

Prior to the exam some students love chatting with everyone and letting them know how under or over prepared for the exam they are. This can have a negative effect on some students who can get over anxious and can doubt themselves at the last moment. Some students might need quiet time to prepare themselves so please be mindful of others and their individual needs for exam preparation. Your actions can have a noticeable effect on others, so think!



- **Get a good night's sleep.**



Relaxation techniques such as controlled breathing, a relaxing bath, reading your favourite book for a short time can all help you get a good night's sleep the night before an exam. Trying to 'switch off' can be tricky so try and develop a good sleep routine and do not stay up late revising as you will not be able to sleep well.

- **Arrive in plenty of time:** To perform well on the day, you need to be relaxed and to feel in control of the situation. Making sure you have plenty of time is crucial so that you can arrive calm and ready to perform. If there is a transport issue contact the examination officer, Mr Evans. He will do his best to help you remain calm and will help you get to the exam on time.

- **Have your equipment ready**

Each exam has its own requirements. Apart from black ink pens, pencils, rulers, etc, you may need a calculator for the Maths or Science exam. Drawing pencils may be required for diagrams in some subjects. You will need a clear plastic bag or pencil case to keep things in. A clear water bottle with the label removed is allowed in the exam and keeping hydrated does help your concentration.

- **Be positive**

On the day of the exam, remind yourself of the good things (the material you know well, the revision you have completed, all the past exam questions done, the good grades achieved) rather than dwelling on areas of weakness. Having that self-belief will give you the confidence to trust your judgement within the exam hall and 'hit the target'. Many studies have shown that if you think positively you will perform better.



Once in the exam try and avoid:

- **Not reading the paper correctly**



Use a pencil or highlighter to mark the key points of the question so that you understand what you are being asked. It can be disappointing when a question is not quite what you want or does not ask you about something you know well, but you will not get marks for anything other than what answers the question in front of you. If the paper asks for one example giving two is not acceptable!

- **Not finishing the paper**

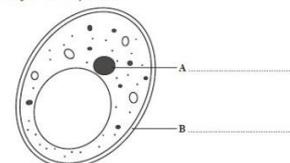
This is where all the past paper practice you have done pays dividends. It helps you pace yourself. The more practice you get the faster you will be. Making sure you do not dwell too much on one question is important, you can always go back if you find you have time at the end of the paper.



- **Ignoring the marking scheme**

The mark scheme will give you an indication of how much detail is needed to answer a question and the number of points you need to make. You often know what to expect from past papers but occasionally the format changes slightly without notice so check!

1. The diagram shows a yeast cell.



Label structures A and B on the diagram.
Choose your answers from the list in the box.

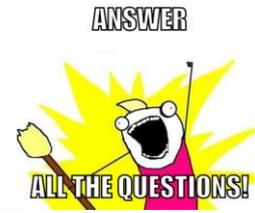
cell membrane cell wall nucleus vacuole

(Total 2 marks)

- **Repetition**

Make the point once only. There are no extra marks for restating facts, even if you phrase them differently. You will waste time and get no further marks.

- **Missing part of a question or a question.** Tick the question paper as you go if you think you might leave something out.



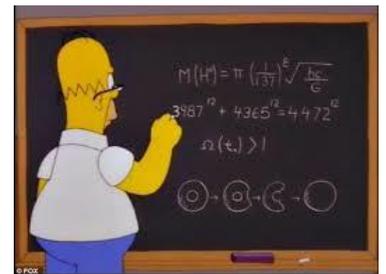
- **Make sure you read the paper carefully.** It will tell you what you need to answer. Sometimes there is a choice of question to be answered. Occasionally students answer more questions than they are asked to. They then run short of time and risk the examiner not marking any of them. When we are anxious we can make silly mistakes. Take a deep breath and check at the start of the paper rather than rushing in too fast.

- **Irrelevant quotations**

Only use quotes that are relevant and support the point you are making. Don't use them just because you know them. This is particularly relevant in English.

- **Not showing your workings**

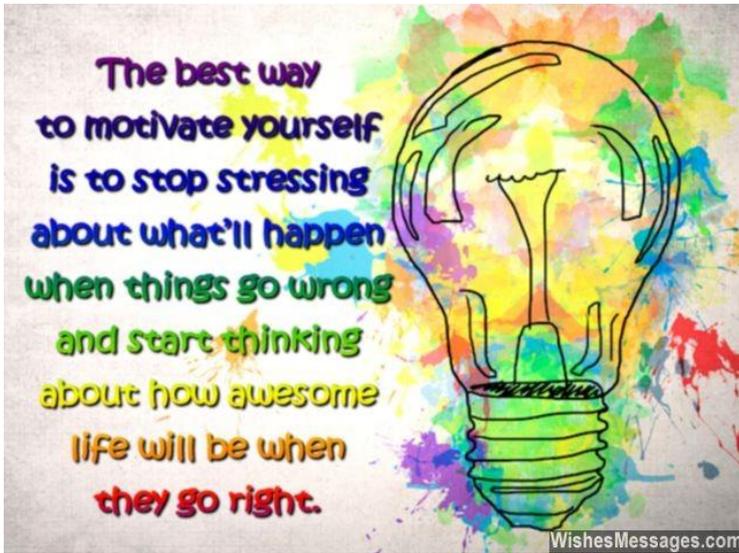
This is especially important in mathematics as you will get some credit for formulae or calculations even if the final answer is incorrect. Making a rough plan in literary subjects will help with timing and help you not to forget all the points you want to make. You can hand this in with your paper and it may be looked at if you run out of time.



- **Discussing the paper afterwards**

We have all been in the position where friends come out of an exam and say that the paper was amazing or awful. You might have thought it was OK but after the frenzied post exam analysis you think it is highly likely that you have just done the worst exam ever! We often are not great at predicting how well we have done. Friends do not always tell the whole truth and often think they have done better or worse than they let on! You are best focusing on the next exam rather than dissecting an exam you have already done and cannot influence.

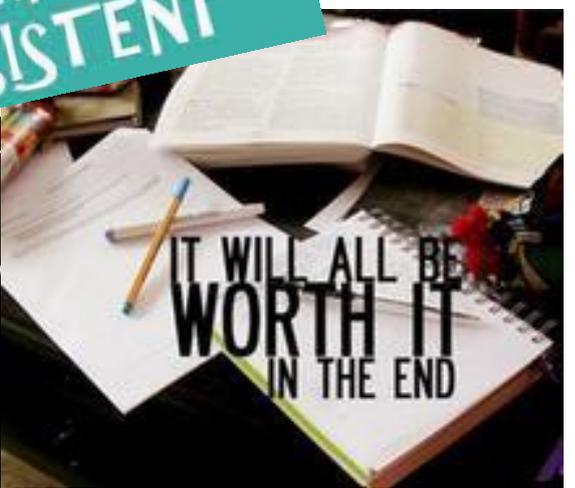
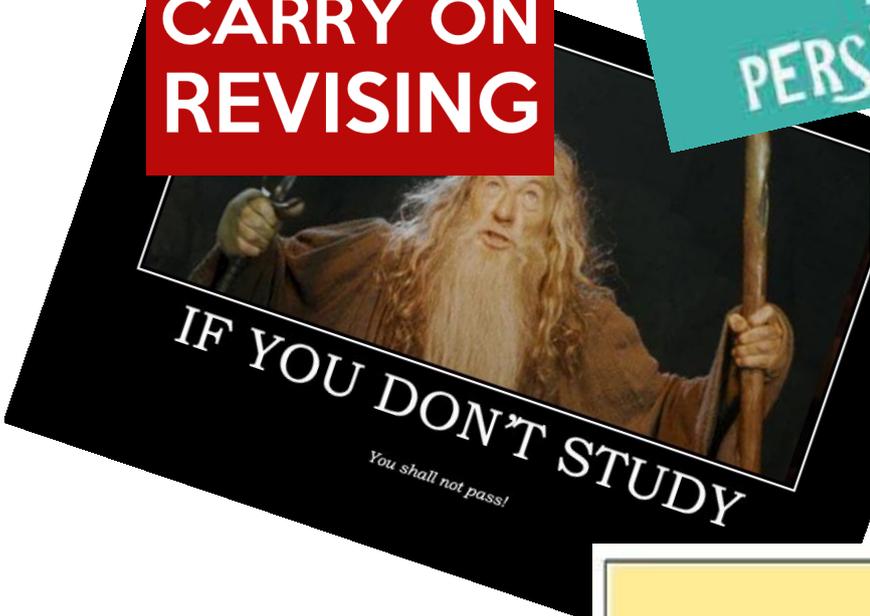
Remember exams can be seen as an opportunity to show what you know and have been working on for a number of years. See them as a challenge and you might actually enjoy them!



NOTHING IS IMPOSSIBLE
the word
ITSELF SAYS
I'M POSSIBLE
-AUDREY HEPBURN

KEEP CALM AND CARRY ON REVISING

BE POSITIVE, PATIENT AND PERSISTENT



But if things do not go as you have planned remember it is not the end of the world. Success is about persistence and not giving up.....

“ I **FAILED** in some subjects in exam, but my friend **PASSED** in all. Now he is an engineer in Microsoft and I am the owner of Microsoft. ”
- Bill Gates