

EXAM DAY

The time has come to put your knowledge and skills to the test.



Get a good nights sleep- at least 8 hours!

Pack your materials the night before

Bring a water bottle with **NO LABELS**

Read through questions and instructions **twice!**

Don't overthink questions, they're not there to trick you!

Use any extra time to check your answers

STAY POSITIVE!

Now this one sounds cliché, but it works. Keep a positive mindset and avoid using negative language with yourself and others.

Trust in your abilities
and the time and effort you
put into preparing!

FOR KEEPING ON TASK



FOCUS KEEPER

This app promotes productivity and motivation through its timer tool. The length of revision sessions and breaks can be adjusted to match your revision timetable.

COLD TURKEY



This app temporarily blocks the usage of other apps and promotes higher productivity when working. Note that this app is only available on android!

FOR MANAGING STRESS



STOP, BREATHE & THINK

This quick and easy app focuses on mindfulness and tackles stress and anxiety. It tailors short guided meditations and exercises to identify how you feel mentally and physically and allows you to keep track of your daily emotions.

MINDSHIFT



This app helps to develop alternative ways of thinking and coping with anxiety. It offers in depth information and methods in dealing with both academic stress and general forms of anxiety. Although it does require a bit of reading, the accurate information you get in return is well worth the effort.

EXAM-PLS OF SUCCESS!

A QUICK GUIDE FOR EFFECTIVE REVISION, PREPARING FOR THE BIG DAY AND MANAGING STRESS



At the moment, it may seem like study leave is a chance to finally take a break after a busy and tiring school year. But once you're in charge of your own revision time... it can be a little daunting.

So have no fear! This booklet will give you the ins and outs of managing your revision time and will provide some useful tips, tricks and apps to help you tackle revision and help you prepare for your end of year exams.

10 STEPS TO SUCCESS

1. To start off, we'll get the obvious tip out of the way. Yes, you've guessed it: make a revision timetable. We know teachers say this constantly, but this technique helps you stay focused and motivated during study leave, while also ensuring you are fully prepared without overworking yourself. Before dismissing this technique, give it a try - the results may surprise you.

2. DECLUTTER YOUR STUDY SPACE

Make sure anything that could distract you is tucked away and you have enough space for all of your material. You can listen to music if it helps you concentrate; instrumental would be best.

No matter what, **do not revise in bed.** This will keep you from being fully productive and can even negatively impact your sleep cycle.

3. CONTEXT IS KEY

Studies have shown that revising in the same kind of environment as your exam can help you recall information on the day. So if you're going to be sitting the exam in a quiet room, revising in quiet may be the way to go.

4. GIVE YOURSELF TIME

Cramming may have worked in the past, but it won't cut it this time. Plan ahead and give yourself plenty of time to revise; you'll thank yourself later!

5. BREAK IT UP

Break up your revision into 45 minute sessions - this will ensure you're as productive as possible and will help you maintain focus! Another tip is to include regular breaks - these can be put into your revision time table.

But in the end, if you're on a roll, **DON'T STOP.** Keep working until you naturally need a break! You can be a little flexible with your timetable.

6. STUDY IN GROUPS

Studying in groups can be a useful process, especially if you dedicate your time to teaching each other material. However, this does not work for every student and it's important you choose a group of focused and diligent peers to study with.

7. PAST PAPERS

These are extremely useful - you can familiarise yourself with exam-style questions and practice completing them in their allotted time. It is best to ask teachers for practice questions or sample papers, as older past papers include moot material and mark schemes that differ from the current syllabi.

8. EAT RESPONSIBLY

The temptation to eat quick and easy food when revising is palpable, but it's necessary to eat brain food and drink plenty of fluids to keep your mind and body healthy! Fruits, nuts and yoghurts are good sources of protein and vitamins that will aid in your concentration and memory, and water is always the best choice to keep you hydrated.

Try drinking a glass of cold water when you wake up - it could be a healthier replacement to your regular cup of coffee.

9. IT'S UP TO YOU

There are countless different ways to revise. You can use different colours, flashcards, mind maps, posters... it's really up to you! Try as many as you can to see what works best for you!

10. DON'T COMPARE

This may seem unimportant, but comparing yourself to your peers' revision methods or achievements can be disheartening and frankly, distracting. All students have different ways of preparing for exams, and although working together can be useful, do what's best for you and be proud of your own accomplishments!