

PREPARING FOR EXAMS

The image shows the year '2022' rendered in a 3D, colorful font. The first '2' is pink, the '0' is green, the first '2' is yellow, and the second '2' is blue. The numbers have a slight shadow and are set against a white background within a black-bordered square.

2022

Session 1

- Understand your exam timetable
- Create an action plan a.k.a. a revision schedule
- Revising

Understand your exam timetable

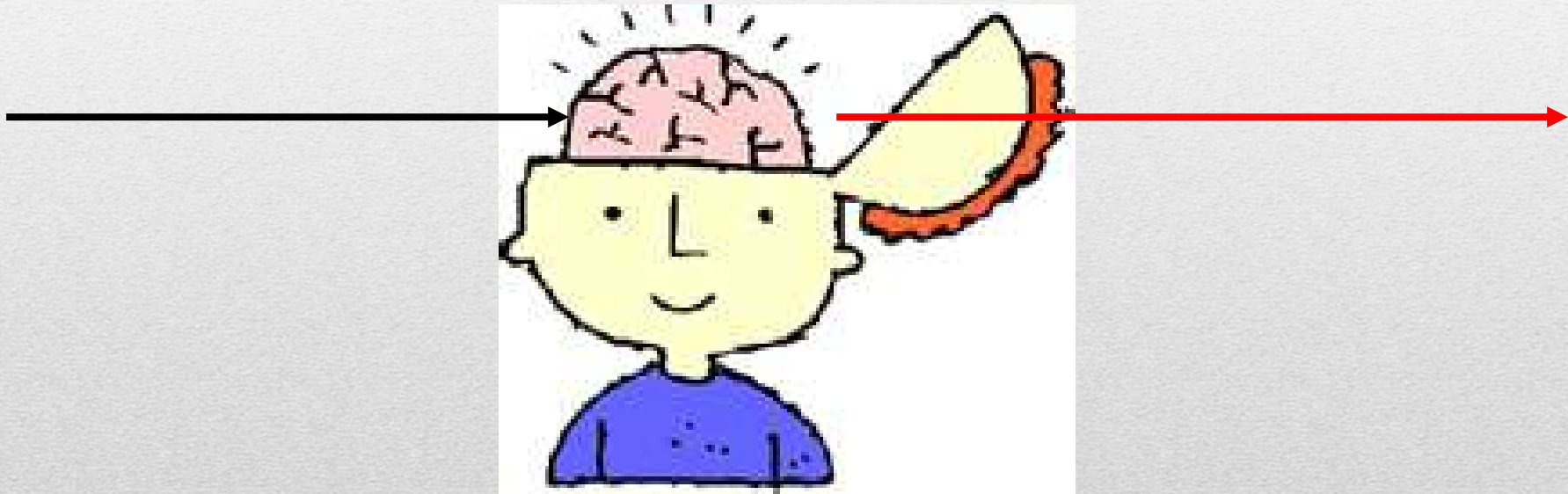
- Make a note of the important dates, whether your exams taking place in the morning or the afternoon and your seat number.
- If you're missing any or think something is incorrect, speak to your tutor or Ms. Gallagher (exams officer).
- Don't forget to keep your timetable somewhere safe.

Screenshot a copy of it!

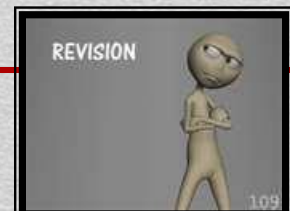
Create an action plan a.k.a. a revision schedule

- Use your timetable as a guide.
- Be realistic and plan for breaks to avoid stress or burn-out.
- There are lots of online planners that you can download for free.
- Break tasks into smaller chunks. Allocate time for each task and work out what order you need to do them in

REVISION



“It’s not what you do it’s the way that you do it!”

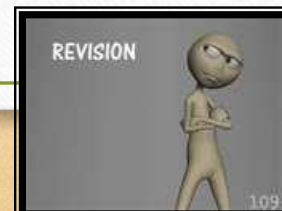


When you learn something, a group of neurons in the brain activate in the hippocampus, like a pattern of lightbulbs turning on, or flowers in a field.

Pathways to and between neurons can be strengthened over time.

Simple **repetition, ie **RETRIEVING** a memory over and over again, is the best way of consolidating the pattern.**

REPETITION



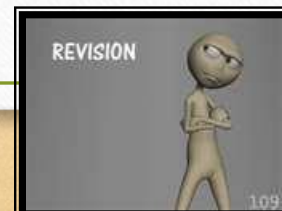
Remove barriers to effective revision:

Make sure you have ...

- **Syllabus / Tier**
- **Past Exam papers for subjects**
 - **Mark Schemes**
 - **Textbooks**
 - **Examiners' reports**
- **Advanced information**

PLUS

- **Coloured pens**
 - **Paper**
 - **Post-its**
- **Flashcards**



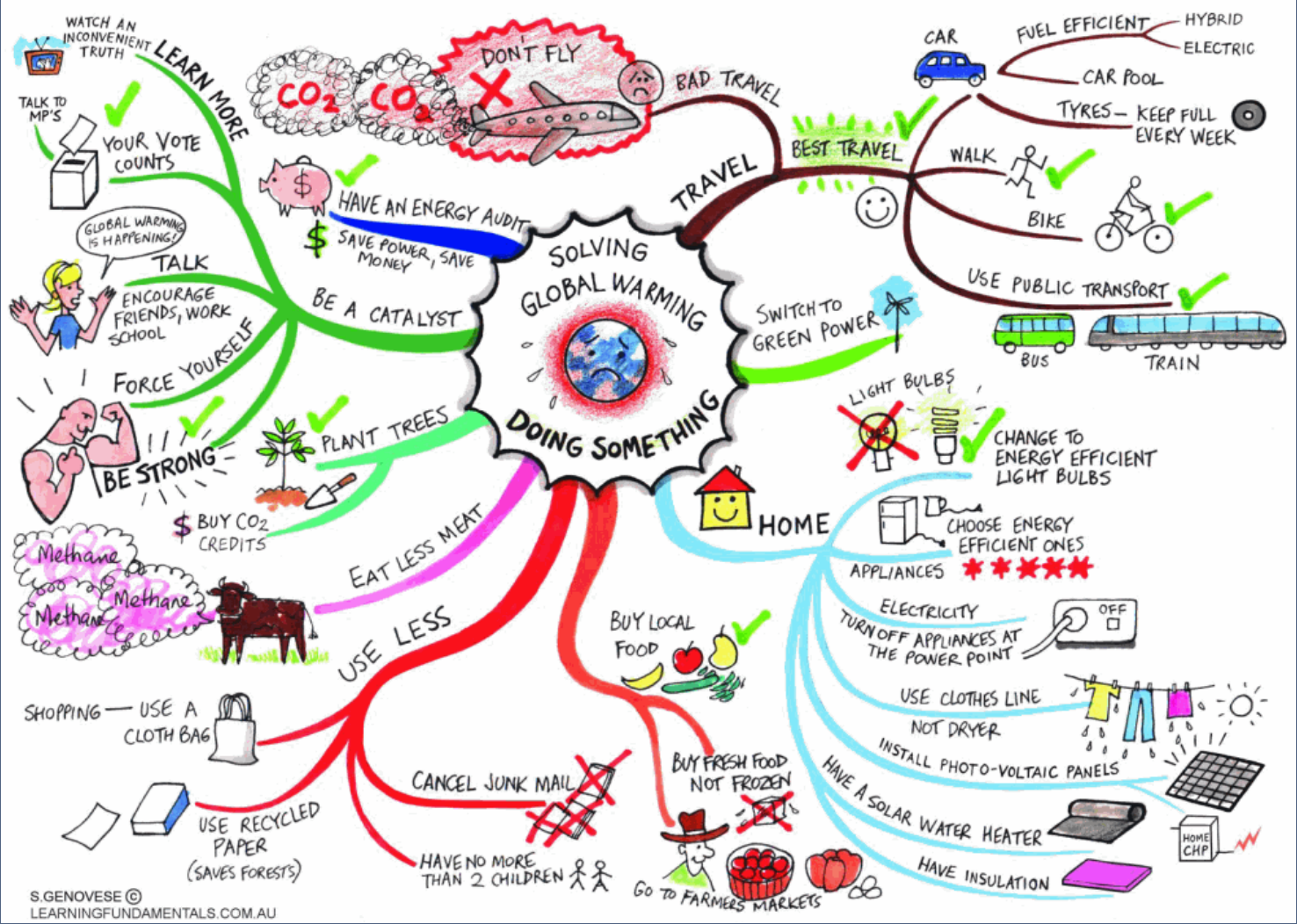
“**E**XCITING?” / **E**NJOYABLE **E**XAGGERATED?”

No - revision is *never* exciting but ... it's do-able
if you can make it vaguely interesting and fun;

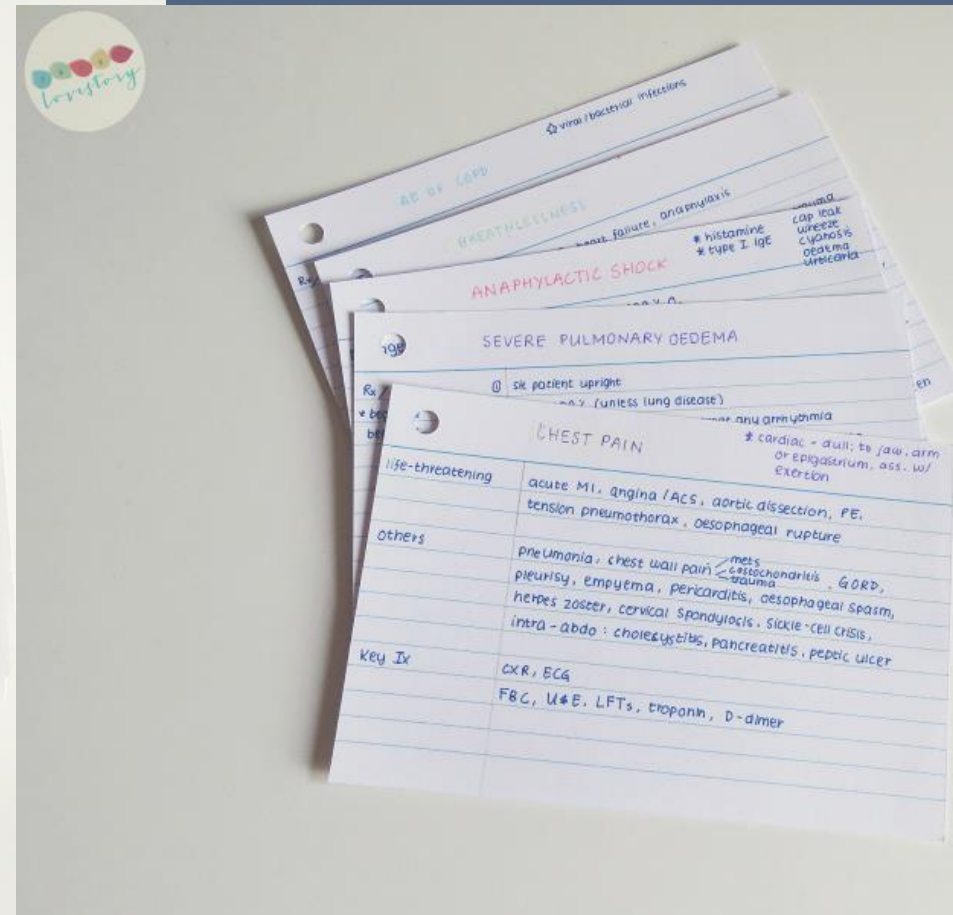
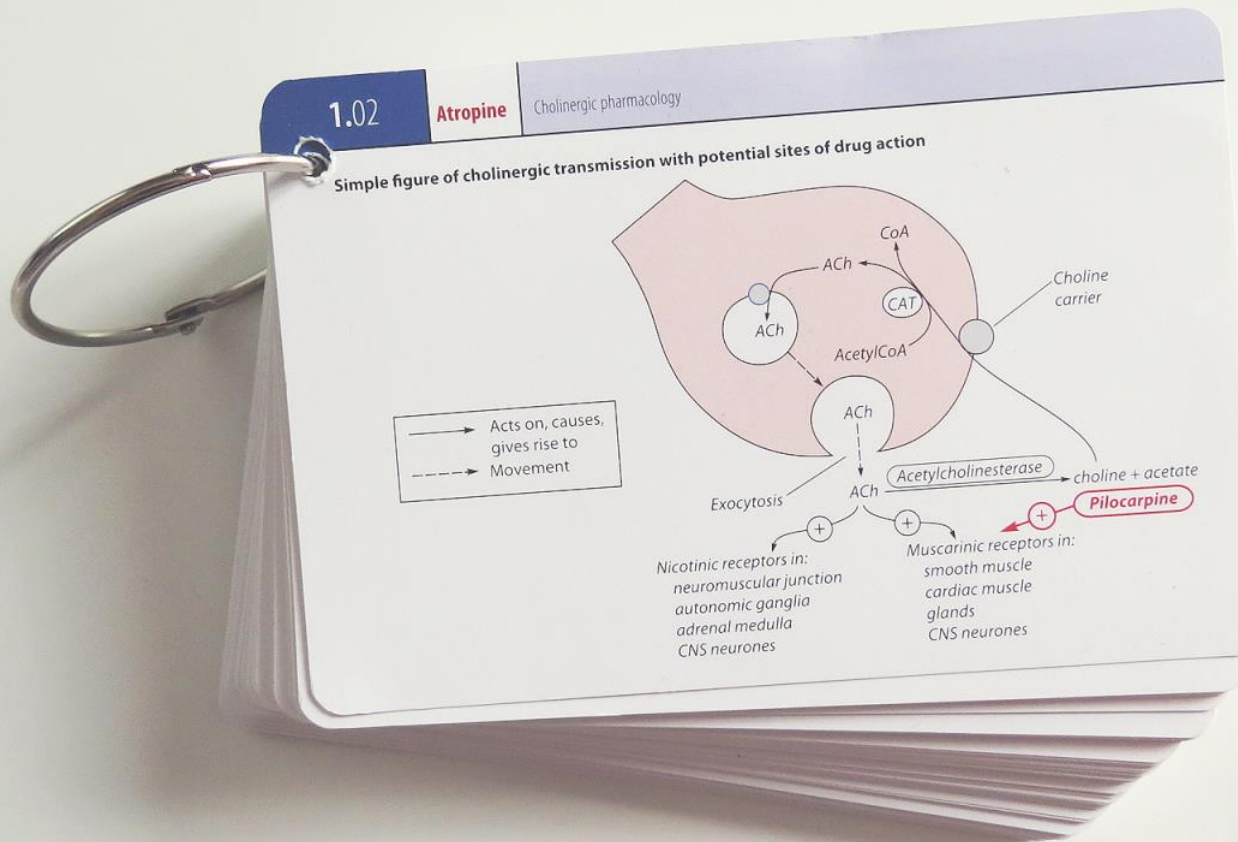
Be as active as possible;

- work with friends if you're social;
- drawing pictures if you're artistic;
- use colours if you're visual;
- using crazy ideas or images if you're imaginative;
- give yourself rewards for successful revision;

Revision Methods: Mind mapping



Flash Cards: Notes from notes from notes



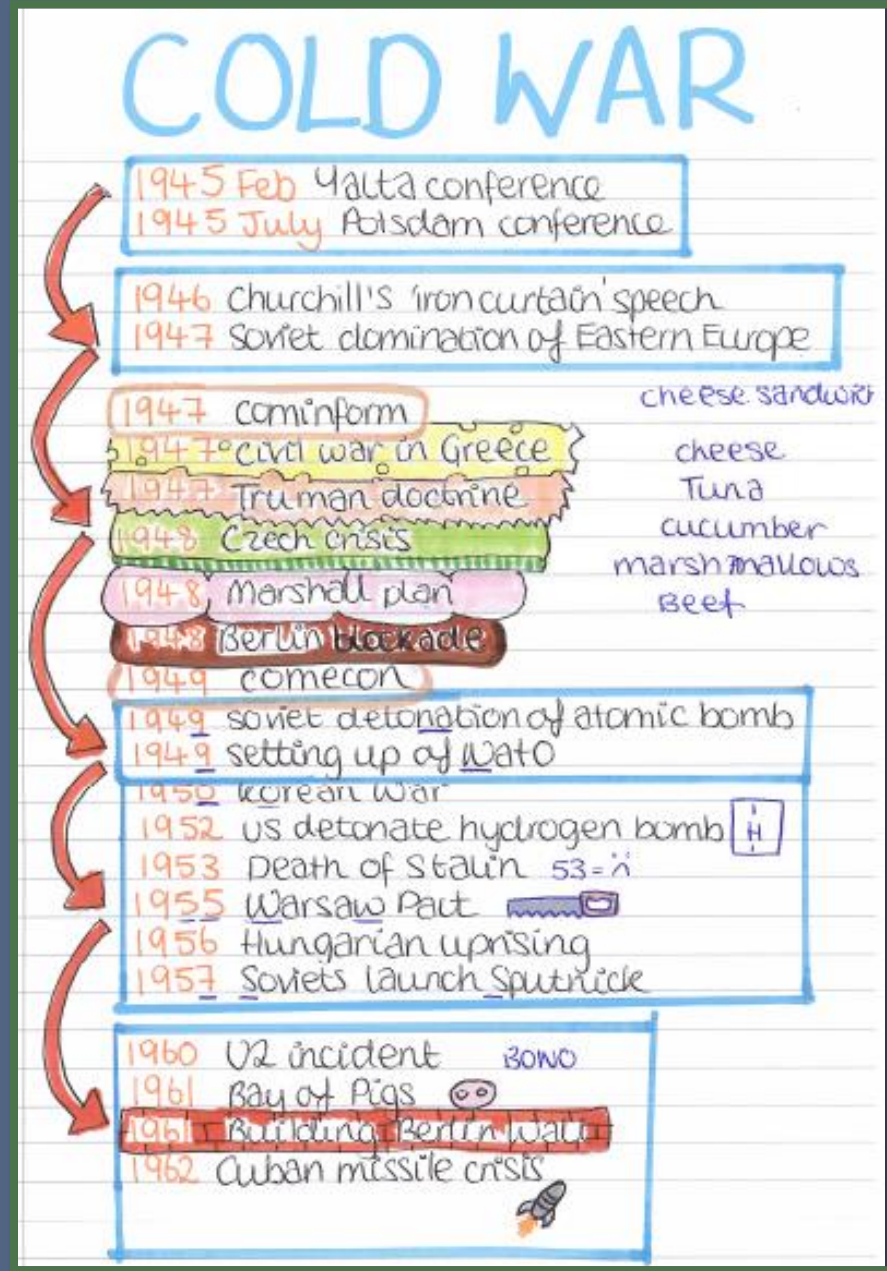
Record yourself



Post its



Timelines and Visualisation

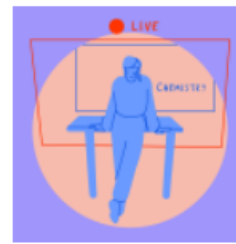


Teach- talk

Teaching and talking it through with someone else can be an effective way to learn

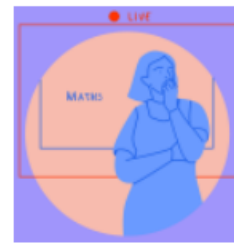


Tassomai: English, Maths and Science Live Lessons



Thursday 5th May
@ 5pm
Chemistry Live Lesson on the
Core Practical – Preparing
Soluble Salts from an
Insoluble Base

[Book now](#)



Tuesday 10th May
@ 5pm
Rapid Recap Maths Live
Lesson on Paper 1
(non-calculator)

[Book now](#)



Wednesday 11th May
@ 5pm
English Language Live Lesson
on Exam Technique

[Book now](#)



Thursday 12th May
@ 5pm
Biology Live Lesson on
Paper 1 - exact topic TBC

[Book now](#)



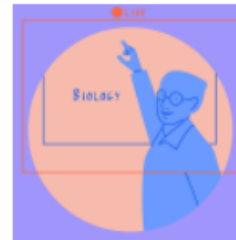
Tuesday 17th May
@ 5pm
Physics Live Lesson on
Paper 1 - exact topic TBC

[Book now](#)



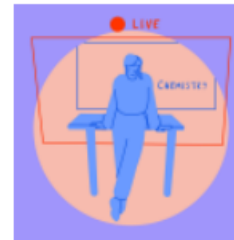
Wednesday 18th May
@ 5pm
English Literature Live Lesson
on Exam Technique

[Book now](#)



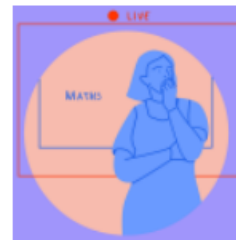
Thursday 19th May
@ 5pm
Biology Live Lesson on Paper
2 - exact topic TBC

[Book now](#)



Tuesday 24th May
@ 5pm
Chemistry Live Lesson on
Chemistry Paper 1 Rapid
Recap

[Book now](#)



Wednesday 25th May
@ 5pm
Rapid Recap Maths Live
Lesson on Paper 2
(calculator)

[Book now](#)



Thursday 26th May
@ 5pm
English Language Live Lesson
on Grammar and Punctuation

[Book now](#)

Try the pomodoro method. This involves you working for 25 minutes then taking a 5 minute break. You can work out how many 'Pomodoros' a study task will take to help you stay on track.

- Free iPad app: Focus Keeper is a simple pomodoro timer
- Free Android app: Goodtime – pomodoro timer



Session 2: Look after yourself

Preparing to Perform:

- Time management
- Keeping Active
- Healthy Eating
- Time Out
- Sleep Patterns
- Unplugging
- Staying cool and calm
- Belief

Divide your week into hour-long slots and colour-code them according to what you do, e.g.

- Sleeping
- Eating
- Commuting
- Lectures
- Socialising
- Hobbies



Highlight the remaining slots for study. It is a good idea to have extra slots that you can use to catch up if you fall behind or if something affects your regular study schedule.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.30-4.30pm	Recover from school!	Recover from school!	Recover from school!	Recover from school!	Recover from school!
4.30-5.30	REVISION 1 or HWK	REVISION 1 or HWK	REVISION 1 or HWK	REVISION 1 or HWK	REVISION 1 or HWK
5.30-6.15pm	Dinner	Dinner	Dinner	Dinner	Dinner
6.15-7.15pm	Maths Tutoring	NETBALL	REVISION 2 (6.00 – 6.45)	REVISION 2	TRIATHLON
7.15-7.30	BREAK	NETBALL	TRI - Swimming	BREAK	TRIATHLON
7.30 -8.00pm	REVISION 2	NETBALL	TRI - Swimming	REVISION 2	EVENING OFF
8.00-8.30pm	REVISION 2	REVISION 2	TRI - Swimming	REVISION 2	EVENING OFF
8.30-9.30pm	Screen free wind down / shower / supper / resting / sleep meditation / game / reading	Screen free wind down / shower / resting / sleep meditation / game / reading	Screen free wind down / shower / resting / sleep meditation / game / reading	Screen free wind down / shower / resting / sleep meditation / <u>game</u> / reading	Movie Night
9.30 – 10pm	BED	BED	BED	BED	

Physical Activity

Sleep

Rest / Wellbeing

Keeping Active

- Aim to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Go out for a walk and get some fresh air
- After exercise your brain functions well, so do a revision session afterwards



Healthy Eating

A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates Macro Cheat Sheet

Breads				
Rice				
Couscous				
Cereals				
Bran				
Potatoes				
Pasta				
Oats				
Cream of Wheat				
Corn				
English Muffins				
Pancakes				
Whole Wheat/ Whole Grains				
Vegetables				
Squash				
Pumpkin				
Berries				
Fruits				
Sugars				
	Beans			
	Sprouted			
	Grains			
	Quinoa			
	Most Yogurts			
	Skim Milk			
	Peas			
		Proteins		
		Chicken	Eggs	
		Turkey	Salmon	Acocado
		Egg Whites	Bacon	Nut Butters
		Fish	Chia Seeds	Egg Yolks
		Buffalo	Cottage Cheese	Nuts
		Bison	Whole Fat Milk	Oils
		Whey Protein	Duck	Olives
		Turkey Bacon	Whole-Fat Yogurt	Flaxseed
		Lean Beef		
		Low/Non-fat cottage cheese		
		Low/Non-fat greek yogurt		
				Fats

Eating the right food and drink can energise your system, improve alertness and sustain you through the long exams

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

Time Out

Build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Aim to create a relaxing evening routine
- Make sure not to eat too late at night
- Avoid caffeine or sugary drinks late at night
- Do not work or revise too late before going to bed
- Switch off from social media / technology at least an hour before bedtime



Unplugging

- ✓ Aim to unplug from technology everyday
- ✓ Switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Make sure you put their phone away, & on silent, while they are concentrating on tasks / revision / homework

Try this:

[Flora - Green Focus \(appfinca.com\)](https://appfinca.com)




Staying Cool & Calm

- Plan out some coping strategies to deal with stress
- Focus on controlling the controllables
- If you are struggling speak with somebody – teachers, tutor, parents, friends



Belief

A person with long dark hair, wearing a light-colored long-sleeved shirt, is seen from behind, sitting on a dark rock by the sea. They are holding a string attached to a bright red balloon that floats in the sky. The background shows a vast blue ocean meeting a bright, hazy sky at the horizon. The overall mood is peaceful and hopeful.

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

Session 3:

EXAM DAY – YOU'VE GOT THIS

- Before the exam starts
- Exam guidelines
- During the exam
- After exams
- Good Luck!

EXAM DAY – YOU’VE GOT THIS

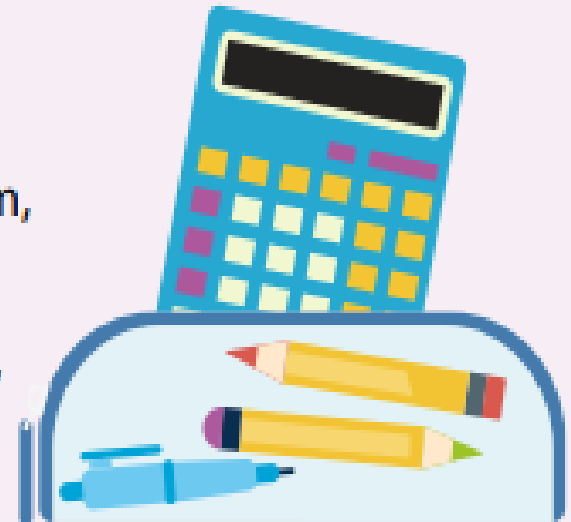
Before the exam starts

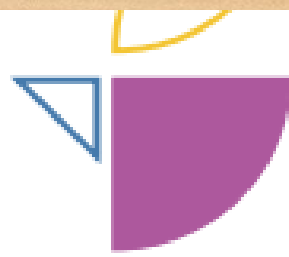
- Pack everything you need the night before (this might include black pens, pencils, erasers) and try to get a good night’s rest.
- Fuel up with breakfast, including a drink. Remember to check in advance with your school or college if you’re allowed to take a water bottle in with you.
- Aim to arrive at least ten minutes before it starts. If you’re going to be delayed, be sure to phone your school or college immediately.



Exam guidelines

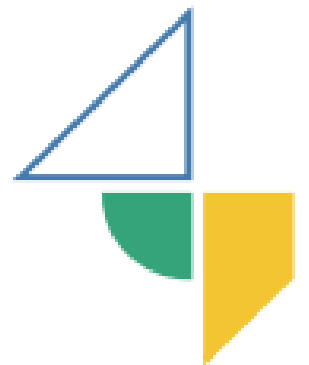
- Watches and electronic devices (including smart watches, mobile phones, tablets, iPods, wireless earphones, electronic dictionaries) must **not** be taken into the exam room.
- You may use a calculator unless you're told otherwise.
- Only take into the exam room the equipment which you'll need for the exam, in a clear pencil case.
- You must write in black ink. Coloured pencils can only be used for drawings, charts and rough notes.
- For more information, be sure to read the JCQ's candidate information for written examinations.





During the exam

- Always listen to the invigilator and follow their instructions.
- You must not talk in the exam room. If you have a question, raise your hand and wait for the invigilator to come to you.
- When you're given your exam paper make sure to check it's the correct title, subject and level.
- The invigilator will tell you when you can start writing.
- When told to start, breathe and take your time to read and understand the instructions on the question paper and/or the answer booklet.
- Take your time to read each question carefully before answering.
- Look out for command words – for example: analyse, compare, describe, explain – these will help you determine what is being asked.
- Use the allocated marks as a rough guideline for how much time to spend on each answer.
- If you can't answer a question, move onto the next and come back to it later.
- Allow time to check your work before the end.
- The invigilator will tell you when the exam is finished.



AFTER EXAMS

Hooray!

You've finished and hopefully you'll feel a sense of relief.

Try to take some time out to relax.

2022 results days:

- **18 August – A Levels, Cambridge Technicals and other Level 3 qualifications**
- **25 August – GCSEs, Cambridge Nationals and other Level 2 qualifications**