



# Exam Preparation Tips

Summer Exams 2019

# Tip 1: Set a routine and stick to it!

In the run up to exams and during the exam season have a clear idea of:

1. What each day should be like
2. The time you get up
3. The time slots throughout the day when you study independently
4. The time that you have dinner
5. The time that you rest
6. A time to go to sleep

Each day should be similar in approach so you can get in to a flow.



## Tip 2: Use the 5 R's approach to revision

**Reduce**- summarise each part the course content in just a few sentences / paragraphs

**Recall** – test yourself to see if you can remember what you've learnt

**Review** – spot areas where you are struggling, performing not so well in

**Re think** - think about the content you've learnt in the context of exam questions then group exam questions in to categories and prepare that way

**Repeat** - 'Spaced Learning' – evidence suggests that students do better when they go over revision again and again, but with gaps in between.

# Tip 3: Leave that phone alone (for a while at least)

- Avoiding mobile phone and music when revising
- Research shows your brain cannot absorb and process information as fully when listening to music / checking your phone. FACT! No one is an exception to this! Don't even try to convince yourself that you are!



- Access these things only when on your break / rest time away from revision.

Tip 4: “Early to bed, early to rise , makes a person healthy, wealthy and wise!”

- Go to bed before midnight! 100% guaranteed that you will feel better the next day if you do!
- Definitely don't revise right up until bed time! Your brain needs time to rest and unwind in order to have a sleep that refreshes you.

# Tip 5: Short Bursts of Intense Revision, daily, are best!

30-45 minute bursts of revision  
with frequent breaks  
on a daily basis

No cramming!

No 'up all night'

You need a good sleep the night before



# Tip 6: Balanced diet + plenty of water

- Vitamin C and Zinc tablets that fizz in a glass of water, give you a good boost around exam time (one a day)
- 99p

*Follow instructions regarding dosage*



# Tip 7: Have a weekly revision timetable

- Have a revision plan for each day of the week
- Stick to it
- Make the plan according to one hour 'windows of opportunity' throughout each day.

The image shows a handwritten 'weekly plan' timetable. The title 'weekly plan' is written in cursive at the top center. Below it, the days of the week are listed in cursive: 'sun', 'mon', 'tues', 'wed', 'thurs', 'fri', and 'sat'. The timetable is a grid with 13 rows representing hours from 8:00AM to 8:00PM and 7 columns representing the days of the week. The grid is empty, ready for planning. In the bottom right corner, there is a small logo for 'BUTTERED COFFEE DESIGNS'.

	sun	mon	tues	wed	thurs	fri	sat
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM							



Tip 8: Check out the revision **techniques** and **motivational videos** on our school website

- Check out our school's website
- Check out these links in the **Student Section Revision Guidance**



# Tip 9: On the day of the exam...

1. Eat a decent breakfast
2. Bring water along. A hydrated 'you' will perform better.
3. Arrive early – it's stressful rushing about!
4. Take some deep breaths! It really does work! Count 7 seconds in and 7 seconds out. Do this a few times to feel you are calm and in control.
5. Keep your inner self as still and as centred and as in control as possible. Avoid distractions. Find your quiet space before going in!

# Tip 10: Believe!

Try, try, try again and keep trying!!



But remember....

