

Exam Revision

Top Tips for

Success!

Be positive:
"If you think you can, you can."

In the Exam

- No post-mortems! It won't do your confidence any good for the next exam!
- If you are running out of time, answer in note form.
- When you finish, check the questions and your answers.
- Don't panic if everyone else around you seems to start writing furiously from the word go—don't be tempted to follow their example!
- Keep an eye on the clock.
- Remember things you have learnt from practising questions. Plan your use of time. Plan each answer.
- Mark which questions look possible—and those to be avoided! Start with the ones you can do easily to give you confidence but don't forget to mark your answer clearly with the correct question number.
- Underline any key instruction words or words that indicate how the question should be answered. Perhaps jot down brief notes.
- Check instructions again—how many questions, from which sections?
- Read right through the exam paper very carefully.

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The Exam Day

- Try not to talk about the exam to friends before you go in.
- Give yourself plenty of time to arrive at College.
- Set the alarm!

The Night Before

- Don't stay up 'cramming' late into the night.
- Get a good night's sleep so that you are fresh the next day.
- Don't try learning any new material.

- Get together anything you need for the next day.



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Planning Starts HERE

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- Make sure you know what will be examined in each subject.
- How the questions will be asked.
- Be familiar with past exam papers.
- Ask your teacher.

| Exams I am taking | Important Dates/Deadlines | Weaker Areas | Revision classes |
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2-3 Months Before

Make a calendar for your wall

- Put the dates and times of all your exams in the correct slots (use a distinctive colour like red).
- Blank out times that you know you can't revise i.e. football match, music lesson (perhaps in black).
- Plan a revision programme working back from the exam (be precise about the subject and topic for each day).
- Cover a variety of subjects each day. Revise topics you enjoy followed by boring or difficult ones!

- However, don't make the timetable too ambitious—you will not stick to it. Discuss this with your parents or teachers.
- Reward yourself for keeping on target.

BUT... If this looks TOO complicated...

Why not set yourself target tasks and target dates and put these on your wall? i.e. "By the end of April I will complete revision cards on ..."

Whatever method:

- ⇒ Set realistic targets
- ⇒ Tick off what you've achieved
- ⇒ Feel good about it



These tips are intended to help you with your revision so that you can make the most of what you know. It does not offer a way round the problem of lack of effort in the past but can help you make the best use of the time you have left!

How? "Read and understand"

- Don't revise continuously. Your concentration will go. Have a 5 min break every hour (3hrs. max. at a stretch). Get plenty of fresh air and drink plenty of water. This will help clear your mind and help you concentrate.
- Make your revision ACTIVE! Don't just sit in front of a book staring at it—it won't work! Revise in small sections for 5-10 mins. Take notes. Make summaries of notes. Recite aloud, make diagrams, etc (condense into key headings on cards perhaps?).
- Test yourself—talk into a tape recorder or write it down. Include your family—try explaining something to them!
- Work through past papers to test your knowledge.
- Log what you have done so you can see your progress.

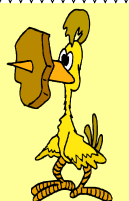
Writer's Cramp?

Can be caused by gripping pens and pencils too tightly. You need to rest your hands for a few moments. Stretch it out flat (palm down) on the desk and let the muscles relax. If your fingers feel sore change to pen with a different shape.



Getting Stuck?

You write part of an answer then suddenly dry up. Don't waste time waiting for new ideas. Re-read what you have written. This might provide a kick-start. Leave space for ideas later and turn to another question.



Where? "Somewhere you can concentrate"

- Don't let anyone interrupt you!
- Some people find it useful to work in the same place all the time; others like to shift around, working for an hour in one place, having a break then move to somewhere different to work on another topic.
- Music can sometimes help to shut out other distractions.
- It is good if you can leave your work set out for next time but don't worry if you can't. However, try not to work in an untidy environment—it's depressing and stops you working efficiently.

When? "Don't leave revision to the last minute"

- "A little and often" should be your motto!
- Don't work right up to bed time. Leave some time for relaxation.

Why? Think about why you want to do well ...

Worried or Anxious?

Anxiety is normal but if you become very anxious try one of the following:

- Relaxation—e.g. listen to music, chat to friends, yoga, hot bath.
- Distraction—take your mind off it e.g. TV, sport or exercise, a good novel.
- Think positively—Instead of concentrating on how little you know, concentrate on how much you have learned so far.

However worried you are, don't bottle it up. Speak to parents, friends, teachers—get it sorted out. YOU CAN SUCCEED YOU CAN DO IT!

Remember—Don't Panic!

Exams are not designed to catch you out but to find out what you know, what you understand and what you can do. STAY CALM.

Sheer Panic!

If you suddenly feel you can't cope try this.... Stop what you are doing—close your eyes. Sit up straight in your chair and take some long, deep breaths (count 7 in and 11 out). You can repeat this at any time but of course when in an exam you must do this quietly and without disturbing anyone else!



You are not alone

Many people around you who are keen for you to do well. Don't be afraid to ask for help. Your friends may well be taking the same exams—why not work together on the topics that you find boring or difficult?

Remember if you can explain something to someone else before the exam the chances are you can explain

it in the exam.

Beware

- Of others telling you either they are doing very little or a great deal! The first may be doing a great deal, but kid you into doing less. The second lot panic you into overdoing it!
- Of past questions and the variety of ways a question may be asked.

Ways of Revising

There is no right way—whatever suits you. Have you tried ...mind maps, diagrams, colour, mnemonics, recording yourself and listening back to it?

What does the question mean?

Examiners choose their words carefully e.g. If asked to 'name' a piece of equipment you will get no marks for a description of what it does. If you are asked to show your working—then show it! The number of marks for each question (or part of a question) is a guide to how much detail the examiner wants.

Writer's Block?

Something is stopping you from moving the pen across the page! You feel you can't get started. Switch to a different question—this might break the block. Start writing anything—you can always cross this out once you're underway!



All you are doing is showing the Examiner what you know. Go on, enjoy showing them what you know and what you can do! Good Luck.

Useful Revision Websites /Notes

Bitesize: bbc.co.uk/bitesize

www.aqa.org.uk

www.ocr.org.uk

www.edexcel.com

1 Month Before

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- Check dates, places and times of exams.
- Revision Pyramid—make a pyramid for each subject. At the top write down what you absolutely MUST cover. In the middle write down the second priority. At the bottom write what you'd like to cover when you've done the essentials.
- Equipment—know what equipment will be provided. Check with your teacher—look at your Exam Guide.
- Sleep—make sure you get enough sleep. Late hours won't help—you can't revise when you're tired.



| The Final Week | 2 Weeks Before | 3 Weeks Before | 4 Weeks Before |
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