

# WHAT DO I NEED TO DO?



**Do take regular breaks during revision!**

**Don't be late to the exam!**

**Don't cram at the last minute!**

**Do get an early night before the exam!**

**Don't forget to double check your exam timetable beforehand!**

**Do ask for help if you need it!**

**Do plan when you will revise!**

**Don't leave the subjects you dislike until the end!**

**Do keep up the healthy eating and exercise!**

**Don't get distracted during your revision!**

exams are important but they are not the end of the world so do not panic if things go a bit wrong



# ON THE DAY...

Give yourself extra time in the morning to get up, get ready and get into school

Have a decent breakfast to prevent distracting rumbles

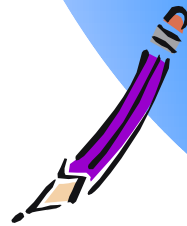
Pack all the equipment you will need (including extra items just in case)

Remind yourself where and when you need to turn up for your exam

Go to the loo in advance so as not to waste exam time once it has started

Pack a bottle of water to sip during the exam

Take deep breaths to calm your nerves



WHAT OTHER ADVICE HAVE YOU BEEN GIVEN?

WHAT IS THE BEST WAY TO REVISE?



1 There isn't a right or wrong way to revise, it's about finding out what is right for you...

2 Try working in silence and then with some gentle music to see which makes it easier for you to focus.

3 See if you prefer working at a desk/table, beanbag, sofa or bed.

4 Have a go at revising both inside and outside to find out which environment you feel helps you to concentrate best.

5 Try asking someone to help you by testing you out loud with questions or try writing out your answers.

6 Try memorising information in these different ways and see which way helps you remember the most:

- \* repeat it out loud
- \* turn it into a rhyme
- \* draw it as a picture
- \* sing it
- \* visualise objects in your room and mentally attach key words to help jog your memory
- \* write it down again and again
- \* make colourful notes with headings
- \* use a revision guide
- \* explain to someone else

TRY THIS OUT!



Imagine that you have to memorise this sequence:

**AGBBOJWICOT**

Which one of the following ways helps you remember most?

Use the letters as the first letters of words to make up a memorable sentence.

Start with 3 letters and write them down several times adding an extra letter every so often.

Draw a picture of an object or scene using all the letters as shapes.

Turn it into a song.

Stick each letter on a post-it-note on objects around your home.



## TOP TIPS...

Never take a mobile phone, iPod, MP3 player or any other banned electrical equipment into the exam as your paper can and will be disqualified!

\*

Check any notes, books or calculator you are allowed to take into the exam to ensure they meet regulations.

\*

Check you know your candidate number and make sure you fill in your details on your answer booklet and every additional sheet.

\*

Do not communicate in any way with any other candidate once you are in the exam room as this will count as cheating.

\*

Write down the name of your Exams Officer in school and the telephone number you need to call in case of an emergency on the day:



Dealing With...

# TESTS & EXAMS



**ON YOUR MARKS**



**GET SET**

**GO!**

