

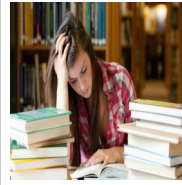
Exam Preparation Hints and Tips

The Starting Point—Have the right MINDSET



Believe that you can be successful. Intelligence is not fixed. Studies show that the brain can grow and learn new things throughout life and has an amazing ability to reorganise itself by forming new connections between brain cells (neurons).

Have a GROWTH Mind-set. Anybody can get better at something if they have the right **ATTITUDE** and devote enough **TIME** and **EFFORT** to it. Think about something you have got better at, playing a video game, riding a bike or playing a sport.



Take responsibility for your own learning. You must be prepared to learn outside of school. Plan your time in 20/30 minute sessions and make sure you do regular revision sessions.

Aim for YOUR personal best. Based on your past performance in exams, you will have been given a challenging target grade that school believe you can achieve. Have **YOU** devoted enough **TIME** and **EFFORT** to make it happen?

BEAT YOUR PERSONAL BEST

What you need to do NOW to be successful



Know when all of your exams are and keep a record of dates so you are well prepared. Know who your **exam board** is for each subject so that you can easily access **past exam papers** to help with revision.



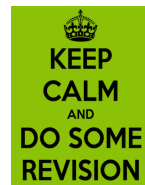
Organise your time well. Work out how much time you have before the exams start and know which topics might be your **weaker areas** for targeted revision. Use **past exam papers** to test your knowledge.



Create a revision timetable. Short term and long term planners can be used to make sure you know how much time you need to spend and also keep you **motivated** and **on task**.



Create revision resources and memory aids to help you to learn. This is best done 24 hours after you have first learned the information. Use them regularly to revise the information along with **revision guides**.



Use the revision resources that your teachers provide or suggest for you. Ask questions of your teachers if you are unsure of anything.



Eat, Sleep, Revise, Repeat!!

Make sure you are eating well, avoiding sugar highs. Get plenty of sleep and make time for yourself as well as for your revision.



Take time out for yourself. Make time to do the things you enjoy doing too. Play some Xbox or PS4, go shopping, listen to music, go for a walk or just spend time hanging out with friends or family.

These exams **are** important, but keeping a good balance between revision, homework and enjoying life and having fun is important too!!



The Key to Success: Use the past exam papers. The only way you will get better at sitting exams is by **doing** exams. You can't get better at football by reading how to play better football. Likewise you can't get better at exams by simply reading the revision guides or notes in your exercise books. Successful pupils start preparing months before the exams. At first, go through **past exam papers** with your notes and books to help you find information that you don't know. As well as identifying areas that you don't know, you will learn how to tackle the different types of questions that regularly come up. As you get nearer to the exams you should start to do them without your notes and under timed conditions. You should aim to complete at least 3 past papers for each subject.



After your MOCK Exams



Act on FEEDBACK. Why did you lose marks in previous exams? It's like losing water from a bucket, if you don't fix the holes, the water will only ever get to a certain level. The same applies to your learning. Fill in the holes.

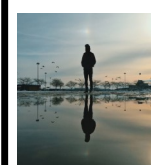


If you know why you lost marks you can fix the mistakes and raise your grade. **How?** By devoting enough **TIME**, practicing past exam papers and asking for and acting on **FEEDBACK** from your teachers.



Get help from your TEACHERS. Go to any extra lunchtime or after school sessions

and attend extra sessions laid on in school holidays. Your teachers will provide feedback to help you overcome **YOUR** weak areas.



Reflect on your study habits. Are you having enough **sleep**? NHS research suggests 9-10hrs for **16 year olds**. Turn off distractions e.g. social media, computers etc. Get enough **fresh air**, **exercise** and **eat** and **drink** the right things.