

Roadmap to exam success

You have studied for many years to reach this summer's examinations. The last two years have been focused on the subjects that you need to go on to the next stage of your education. It is your job to make sure that you give yourself the best chance that you can of doing well.

Stay calm, stay active, take control.

1. Be organised - Space your revision

Make sure that you have a topic checklist for each subject.

Use your topic checklist to make a **revision plan**.

Here are some examples of how to **plan your revision** and relaxation time using the blank timetable.

Share your plan with friends and family - you will be more likely to stick to it!

Make sure that you study the topics that you find hardest first, not at the end of the day when you are tired.

Focus on tasks not time spent on a session; decide what you want to have completed by the end of the revision period. Make the tasks specific and realistic.

2. Revise effectively - Self quizzing

The most effective way to put knowledge into your long term memory is to self quiz. The struggle that you feel when you are trying to remember a fact or technique builds connections in your brain and into your memory.

Revision is active - always work with a pen and paper, look for key points, test yourself. Never just sit down and read for a set period.

Ask yourself these 4 questions:

1. What do I need to revise for each subject?
2. Which resources do I need to help me study?
3. Why are these resources helpful?
4. How will I use each resource?

Topic lists, past paper questions and mark schemes for each subject

Recap and check what you know:



Look cover check



Voice memo



Flappy



Online quizzing



Flashcards and how to use them



Blurt



Practise questions



Power Hour

3. Look after yourself

Build in time to **exercise and relax** - do things that you enjoy. Aim for 60 minutes of exercise every day - this could be as simple as going for a walk.

Sleep well - get a **routine in place** to help you sleep. 8-10 hours is recommended for teens (that's bed by 11pm on a school night).

Eat well - have a good breakfast.

Avoid burnout - Chunks of 30 minutes revision, 10 minutes break.

Avoid distractions - put your phone in another room whilst you revise.

Youngminds top tips for staying well during exams.

4. In the exam

Clear pencil case:

2 black pens, 2 pencils, sharpener, highlighter, eraser, ruler, scientific calculator, protractor, compass.

Read each question carefully, highlight key words.

Plan long answers.

If you are stuck on a question, move on and come back to it later, there will be other questions that you can answer.

Keep an eye on time - make sure that you have a go at all the questions that you can answer. **It is usually easier to get the first 20% of the marks for any question than the final 20%.** You can always polish an answer further but, if there is no attempt made at a question, the examiner can't give you any marks.

If your mind goes blank, no problem. **Take a moment**, breathe, think about something else for 60 seconds and then come back to the question.

