



STOPSLEY HIGH SCHOOL & COMMUNITY COLLEGE

Exam Survival Guide

A simple guide to exam revision

Name: _____

Candidate Number: _____

Centre Name: _____

Centre Number: _____

Exam Entries

Copy from your subject entry form the subjects in which you are taking final exams.

Tips on Avoiding Stress

- Eat the right kind of food. Milk, bananas and chocolate contain a variety of natural substances which help relax muscles and calm the body.
- Avoid sugary products, caffeine and those with a high number of additives as these have the opposite effect.
- Revise at times when you know you will work at your best. It is never too late to start revising, although hopefully you will have started by now.
- Exercise. A short walk around the block will refresh both mind and body.
- Get enough sleep. Tiredness and lethargy will dull the brain.
- Get organised. Make sure you have the necessary equipment ready the night before your exam.
- Be positive. Thinking about failing will only add to your stress.
- Avoid friends who want to talk to you about what they don't know and don't do the same to other people.
- Do the best you can.

Answering the Questions

- Stay calm. Breathe slowly and deeply.
- Before you begin to write, read the paper all the way through and make sure you know exactly what you have to do.
- Plan your time. Work out how much time you should spend on each question, based on how many marks it has.
- Complete the easier questions first. This should leave you more time to answer the harder questions later.
- Follow the instructions to the letter. Marks will only be awarded for precise answers to the question.
- Try and leave time for checking your answers through at the end.
- Take care with spelling, handwriting and labelling of diagrams, presentation makes up part of the marks.

Revision Techniques

Sticking to your revision timetable should help you plan your revision time.

- Define your study space. Choose a location that is away from distractions such as family and television, but also gives you space to spread out your materials and sit comfortably.
- Organise your notes and keep them organised!
- Take short rests during your revision. If your mind is tired it won't retain information.

You may find that using one or more of the following methods help you to remember important facts:

- Use highlighting pens/pencils to identify important points.
- Use index cards to condense revision notes. Focus on bullet points and key words to prompt memory.
- Use the internet as a source for revision; there are several excellent websites, for example:

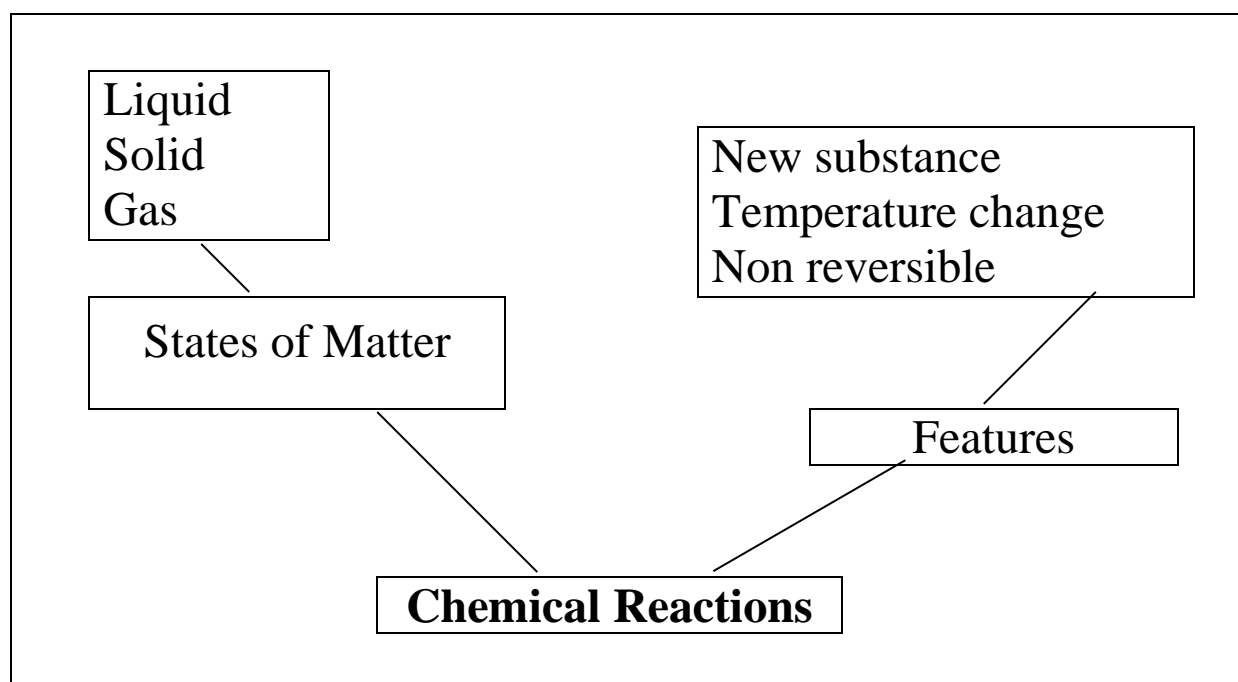
www.bbc.co.uk/schools/gcsebitesize

www.s-cool.co.uk

www.revision-notes.co.uk/GCSE/

- Mind-map or brain-storm your knowledge. Write a topic name in the middle of a sheet of blank paper and build a mind-map or brain-storm a website around it by adding ideas as they come to you and drawing lines to show how they relate to one another.

The following is an example of part of a brain-storming web:



- Revise with a friend if that works for you. Test each other on any lists or data you have to memorise.
- Prioritise. Decide which subjects are most important for your future. Concentrate on those.
- Aim to have something to look forward to at the end of your revision period.

Get Organised!

Before you leave school for the revision period you need to check and make sure you have **all** of the following information. Tick the boxes to see how prepared you are.

YES

NO

Do you know how many papers you are taking and when?

Have you got a syllabus, or list of the topics to revise?

Do you know which topics are on which papers?

Do you know what equipment you will need?

Have you got all of your notes and are they in order?

If you have any ticks in the NO boxes above, you need to speak to your teacher and ask for help.

Exam Techniques

Preparing for Exams

- Make sure you know when and where each exam is taking place.
- Make sure that you have the correct equipment for the exam, plus spare pencils and pens.
- Go to bed on time and remember in the morning to eat breakfast. Hunger can distract you from your thoughts.
- Aim to arrive at least 15 minutes before the exam is due to start.

In the Exam Room

- Synchronise your watch with the exam clock or make sure you can see the exam clock.
- Organise your equipment around you.
- Listen carefully to instructions.
- Check that you have been given the correct papers and materials.
- Make good use of any reading time.

Other Sources of Help

Support Line:

www.supportline.org.uk

info@supportline.org.uk

Tel: 01708 765200

Childline:

www.childline.org.uk

Tel: 0800 1111

The Samaritans

www.samaritans.org

Tel: 116 123

