

7 tips for during and after exams

1

Read all titles and subtitles.
Read the instructions on the paper and ensure that you pay attention to what is compulsory and optional.

2

Check every page of the paper.
At the end of the exam, go over the paper again. Ensure that you didn't miss any questions hiding on the back!

3

Make enough points to get all the marks.
Every exam question comes with a certain number of marks assigned. If it's a 4 mark question, make 5 points.

4

Own the paper.
Use the spare space on the paper to make notes, underline key words, write out an equation triangle. Whatever you need to do.

5

Choose your own order.
If a question has confused you, move on and come back to it. You can choose to do the questions in any order. It's your call.

6

Pay no attention to anyone else.
Someone near you will ask for extra paper after five minutes, another will keep dropping their pen. Ignore them all.

7

Pay no attention to post-exam chit-chat.
You wrote or drew what you thought was best at the time. It's done. Move on.



7 tips to get you ready for exams

1

Know your content.
Spend time and energy memorising the important knowledge points. These could be formulae, quotes, units or definitions.

2

Know the meaning of command words.
Do you know your 'analyse' from your 'evaluate'? What is the difference between 'explain how' & 'explain why'?

3

Look after yourself.
Eat and drink properly. Sleep well. Exercise every day.

4

Concentration is key.
The average for peak concentration is 14 minutes. If you can keep going for hours, it probably means you're not concentrating. Take a break.

5

Decide what to do in between exams.
If you decide to rest, rest. If you decide to socialise for an hour, socialise for an hour.

6

Avoid cramming.
Cramming means you are not prepared. Start revising early and avoid the need for the last minute cramming.

7

Check your equipment.
Check you have the equipment that you need and ensure it is working. Oh, and take a spare pen!



5 tips for parents during exams

1

Define revision.

Try to define the difference between "They've been revising" and "They've spent valuable time revising". The latter is going to feature lots of concentration and the need for breaks.

2

Agree to the role of devices.

The internet can be very valuable during revision and there are many great online resources out there but ensure that your child is genuinely concentrating and learning without the incessant ping of notifications. Consider "distraction-free zones".

3

Listen a lot and talk a little.

The best gift you can give your child is your time and your ear. Try to listen more than advise. Remember that when someone is stressed they don't always need a solution, they often just need to share it. Support them and listen to them. Oh, and give hugs. All teenagers love a hug, right?

4

Set a bedtime.

Something your child will thank you for is agreeing on a routine bedtime that all of you stick to. Talk to your child, negotiate a sensible time and stick to it. Ensure that when they go to bed, their devices are off. Genuinely off!

5

Become a coach.

One of the skills of a great coach is asking great questions. Try these:

1. Can you convince me that X is true?
2. Give me two examples/ applications of X?
3. Explain to me how X happens (this helps with processes).



5 ways to stay healthy during exams

1

No devices in bed.

Ensure that you **never** take your device to bed with you. Decide on a time that your phone will be turned off and stick to it. We guarantee you that messages and notifications can wait until the morning. If possible, ask a family member to do this with you and to switch their device off at the same time.

2

Revise in the morning.

Research shows that revising in the morning can cause less stress than learning at night. Try to get a chunk of your revision done before lunch and this will help for a calmer afternoon and evening. It will also mean that you feel you have time for other things.

3

Move every day.

This is important. Do whatever you enjoy. Walk the dog, play football, go for a run, take your bike out for a bit. Exercise has two major benefits to the mind. Firstly, your brain receives a greater supply of oxygenated blood. Secondly, your body releases endorphins which make you feel happier and less stressed.

4

Be careful with caffeine.

Caffeine, in low dosages, can help with alertness but caffeine can also have two major negative impacts if you take too much. Firstly, it can increase anxiety. This is not good for someone already under pressure. Secondly, it can prevent you from sleeping or reduce the quality of your sleep.

5

Talk.

If you are worried, share that worry. Talk to a parent or trusted friend. If that is not possible, speak to someone in a position of responsibility such as a teacher or counsellor. Remember that there are brilliant support services around you if you need them. Try The Samaritans or Childline if you need to.

