

Top Ten Tips for Success in Your Exams

Good luck to everyone taking exams. Thanks to everyone who is supporting you. Make the most of the lessons remaining: help yourself by concentrating, correcting your mistakes, helping your class to stay focused. Ask yourself why you want to be as successful as you can be. Is it to make you and your parents/carers proud? Do you want to increase the quality of your life in the future? Try to have a goal in mind and revisit this as much as possible when the revision and exam period becomes challenging.

Here are a few ways you can make success a little more likely.

1. **Health**. Try to maintain a healthy lifestyle throughout the exam period. Make sure you get the right amount of sleep: eight hours is recommended for most people. Make sure that you eat more healthily (adopt a balanced diet) as this will help your performance. Bananas are highly recommended as a slow burning carbohydrate; make sure you drink plenty of water to stay hydrated and focused.

2. **Resilience**. You may get tempted by friends who do very little preparation for the exams. They want you to do the same. They'll try all kinds of things such as: 'Oh, you can't revise for that subject,' or 'It's too late now, you either know it or you don't.' Neither of these things are true. They are both excuses for not bothering.

3. **Self talk**. You are more likely to succeed if you think success. Think positively throughout the exam period, even if an exam goes badly or you feel overwhelmed by the revision and work. Imagine yourself arriving at school in August to collect your results and try to feel the satisfaction of knowing that you did everything you could and worked hard. **All anyone can ask of you and all you can ask of yourself is that you do your best.**

4. **Learn from successful people**. Talk to students who have taken and achieved good grades in the subjects you are studying. What did they do to prepare?

5. **Routine**. Successful people have quite tight routines, such as: working from seven 'til nine-thirty every night for six nights a week; having one night a week for seeing friends and relaxing; taking regular timed breaks for five minutes after every twenty five minutes of revision.

6. **Planning**. Keep it simple. If you have 10 exams, make sure you revise specifically for those 10 exams and in your planning, give equal time to them all.

7. **Memory post its**. If you have to remember key formulae, dates, terms and so on, put them on different coloured post it notes and stick them around your house where you regularly look: on your bedroom wall, near your mirror, on the fridge, around your computer screen.

8. **Study groups**. Teaching others what you know is a highly successful means of revising. Having a supportive study group that learns, shares and is there for one another during exam time, can help your memory and provide emotional guidance for you.

9. **Attend lunch time, after school and 'on the day' revision sessions**. Your teachers have put on a wide range of lunch time, after school and 'on the day' support. You have the full list of what's happening, when and where. If you need another copy, please ask Mr Davies or Mr Banks.

10. **Past papers**. This is by far the most effective study technique. Getting past papers, trying them out under timed conditions, having them marked by your teachers or using the online mark schemes available on exam board websites and acting on the advice you receive

is the best way to learn how to answer the exam questions and key phrases which will be required to gain marks and to increase your self-confidence. It also helps you identify areas of weakness and parts of the course that you need to work on.

Remember that your teachers and parents/carers and friends all believe in you. We want you to have a great future! Remember those summer holidays ahead: only THEN can you relax without regrets, knowing you did the best you possibly could!