



Study Skills:

First Time Exams Tips

- Manage your time
 - Mark the examination period (1 week block etc) in your diary.
 - Print a copy of your examination timetable
 - Enter your examinations – time and days into your diary
 - Stick an examination timetable up somewhere in the room
 - Use your diary to keep organised and plan your day and set time limits
- Manage your distractions
 - Electronic devices can be VERY distracting.
 - Limit your time on these devices.
 - Give yourself set times to use them – schedule in your study timetable ‘device time’
 - It doesn’t matter where you study as long as your space is quiet, comfortable and distraction free
 - clean your desk
 - only have study support items within reach
- Create a study timetable (overleaf) that you will stick to and is realistic.
- Revise Effectively
 - **Don’t just read over your notes because you will not be processing information.**
 - Summarise notes/ re-write (not type)
 - write key terms and examples
 - create concept maps of the topic, diagrams/flow charts -
 - make cue/study cards for terms and include diagrams
 - Use mnemonics such as acronyms or acrostics
 - Change lyrics (science has songs, and add subject content ie English quotes
 - Use the ‘coach it’ style- so teach the content to someone else/friend/parent/stuff toys
 - Test each other
 - Write a booklet of questions/answers and swap with friends
 - Quiz yourself or ask your parents to quiz you
 - Speak aloud and discuss the content
 - Use revision sheets if you get them
 - Re-do past tests
 - Write/plan practise essays
 - Use old exams (if your teachers have them for you)
 - Complete review questions at the end of the chapter
 - Make appointments with teachers in exam week to clarify concepts
 - Stick to your study timetable
 - **If you are not writing, you are not studying! Practise Practise Practise**
- You can use APPS
 - -Simplemind – concept maps
 - -Cram – flashcards, and allows you to play memory games
 - -Flash cards Flashcards maker
 - -Quizlet –form a group/classes to add your own questions or study notes. Invite each other and study.

- Check the time and place of your exam and plan to arrive 10–15 minutes before
- Exam Kit, Water – no label on it, No mobile phones
- During the exam
 - What is the question asking you to do?
 - Complete harder questions first (while fresh) but don't be afraid to mark something and return to it.
 - Watch and manage your time (30 – 40 mins for an essay?)
 - Plan your essays – 10 mins (points on the side)
 - Make sure your handwriting is legible
- Stress management
 - Organising yourself will help reduce stress
 - Use music before entering the exam if you are stressed
 - Do something physical – walking, running etc leading up to the exams
 - Talk to someone
 - Do something calming – mindfulness/meditation
 - Ask for help from parents/teachers
 - Email and arrange a time to meet a teacher – but have questions
- Remember it takes EFFORT & GRIT
- Work hard
- Create and Learn new study habits
- Be positive
- And use your strengths! Audio/visual learner

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
8am							
9am							
10am							
11am							
12noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							