

- * Most of us wish that we had started revision sooner and that we had more time - but do not underestimate the time that is still available.
- * So what can you do to ensure that you are in peak condition and that you perform to your best in that exam room - every time? It is not too late to learn.



Exam doctor's top tips for revision

- * Texting friends or twittering for three hours - with good intentions to revise - will not help.
- * But 10 minutes will - if you work in that time and do nothing else.
- * Have a 10 minute break and then start again, gradually building up to 20 or 40 minute periods, whilst keeping breaks to 10 minutes, or less.
- * It works - try it and see.
- * If your concentration holds, then work for longer before that break.

- * Adopt this technique whenever your mind wanders, and you will make progress.

- * Vary the subjects you revise in an evening, starting with the one you hate and finishing with the one you like best.
- * Get smart and grab extra time during the day by getting up earlier or shortening your lunch break.
- * Thirty minutes each school day would give an extra two-and-a-half hours a week, which may allow you to have a night off.
- * Think now what an extra hour a day could do, and work from there.
- * Recreation should be built in to your schedule.

- * Use the time between exams wisely and keep your revision on track. Forget the exams that you have just taken.
- * There is nothing you can do to influence them now and you are in the worst position to judge how well you performed - but there is a lot you can do to improve your performance in the ones yet to be taken. That is where your efforts should lie.

* **During the exams...**

- * A leisurely breakfast and a walk to school is a good start on any exam morning. Do not rush but do not be late. Avoid friends, they can be off-putting and may confuse your thoughts. Do not cram new information in the night before an exam.
- * Relax, if you can, by lightly reading over your notes for the next day. Do not worry if you can't, most of us can't either, so you are no different - but stick to the no-cramming rule.
- * A little anxiety is generally to be expected and will help keep you on your toes.
- * have a glucose sweet to help energy get to your brain. Take six deep breaths to relax and ignore those around you in those agonising moments before the exam starts.

* On the day.....

- * read through the questions in that time, jotting down formulae and points to remember on the question paper. Time is allowed for this.
- * Choose your questions, starting with the ones you know you can do, to build confidence.
- * Do not spend too long on any one question and try to do the number required. Use the number of marks for each question as a guide and make sure you do the compulsory questions, if there are any.
- * Be familiar with what you have to do by checking the instructions on the front of the exam paper.

* Focus

* Insufficient time with only 10 minutes left for a 30 minute question at the end of the exam needs a special approach. Do the question in outline only and let the examiner know. State the main points, facts and arguments, if an essay - and by jotting down formulae and how you would use them to reach a solution, if science or maths. More marks can be gained that way with limited time available.

* **Don't Panic!**

- * **What is Exam Stress?**

- * Stress is natural part of being human. It's your body responding to changes in the world around you. It changes how your body works and puts your mind into different moods. When you're getting stressed about an exam - it just means that you really care about the result you will get. That can be a good thing if it pushes you into working extra hard as you try to get a good result. But it can be bad if you get too worried and the effects of the stress stop you doing well. When exams get too much, the stress can show in your body.

* **Exam Stress**

- * You could be showing signs of stress if you're:
- * feeling tired
- * ache all over
- * cry and feel sad
- * have panic attacks
- * have broken sleep
- * suffer from stomach upsets
- * have itchy skin rashes
- * more likely to get colds and 'flu

* **How to spot if you're stressed**

*When we become anxious we begin to have negative thoughts ('I can't answer anything', 'I'm going to panic' etc). If this is happening, halt the spiraling thoughts by mentally shouting 'STOP!'. Or picture a road STOP sign, or traffic lights on red. Once you have literally stopped the thoughts, you can continue planning, or practice a relaxation technique.

*Thought-stopping technique

* Derived from meditation, a mantra is a word or phrase which you repeat to yourself. Saying something like 'Aum' or 'relax' under your breath or in your head, over and over again can help defuse anxiety.

* **Use a mantra**

* Looking out of the window, noticing the number of people with red hair, counting the number of desks in each row... all help to distract your attention from anxious thoughts and keep your mind busy. Mental games such as making words out of another word or title, using alphabetical lists etc are all good forms of distraction.

* Focus

* It can help to carry or wear something with positive associations with another person or place. Touching this bridging object can be comforting in its own right, then allow yourself a few minutes to think about the person or situation which makes you feel good. This can have a really calming effect.

* **Bridging objects**

* In exam anxiety or panic we often give ourselves negative messages, 'I can't do this' 'I'm going to fail' 'I'm useless'. Try to consciously replace these with positive, encouraging thoughts: 'This is just anxiety, it can't harm me', 'Relax, concentrate, it's going to be OK', 'I'm getting there, nearly over'.

* **Self-talk**

- * Students who can test themselves or try to retrieve material from their memory are going to learn that material better in the long run
- * Start by reading the text book then make flash cards of the critical concepts and test yourself.
- * "A century of research has shown that repeated testing works."
- * This is because the student is more engaged and it is harder for the mind to wander.
- * Testing oneself when you get the correct answers appears to produce a more elaborative memory trace connected with your prior knowledge, so you're building on what you know".

Practice testing - Self-testing to check knowledge - especially using flash cards

* Use your text books and the computer to identify key points and create flash cards to test yourself

* **Task....**

Practice meditation....

[Yoga Meditation exercise for beginners - YouTube](#)

*Plenary....