

ReVISION



Revision Tip of the Week

IF YOU STUDY TO
REMEMBER,
YOU WILL FORGET,
IF YOU STUDY TO
UNDERSTAND,
YOU WILL
REMEMBER!

KNOWLEDGE IS
POWER,
BUT
ENTHUSIASM PULLS
THE
SWITCH!

FOR EVERY
MINUTE
SPENT ORGANISING,
AN HOUR IS
EARNED!

AN ORGANISED
SPACE
CREATES CLARITY
AND
CLARITY ATTRACTS
SUCCESS!

IT'S **All** ~~THE~~ **STATS**



One in **three** students admits to which **good luck charm** to help them in exams?



IT'S **All** ~~THE~~ **STATS**



One in three students admits to wearing “**good luck underwear**” to try and boost exam performance.

Others admit to having lucky **jewellery, charms** or **pencil cases!**

60% of students change their **diet** to help boost brain power and memory!



Some just eat a good **breakfast** or **banana** before each exam

What is your exam ritual?



8 Tips for Exam Days



Physical Strategies

Sleep:

You won't perform well if you are tired! Getting a few extra hours sleep may be better than revising for an extra hour or two!



Food:

Avoid a heavy meal before an exam. If you eat too much your brain will use its energy to digestion!

But...don't skip a meal because your brain does need fuel!



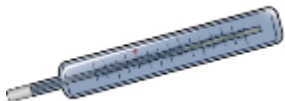
Drink:

Avoid drinking diuretics. These are the drinks that contain caffeine. Drink water instead. Diuretics will make you need the toilet more during your exam!



Temperature:

Exam rooms can be very cold even when it's hot outside. Make sure you wear layers – this way you can add on or take off depending on the temperature.



Breathing:

Calm yourself down at the start of an exam by controlling your breathing. Inhale through the nose for a count of 6 and out through the mouth for a count of 6.



8 Tips for Exam Days



Psychological Strategies

Positive Thinking:

The mind and body are interconnected. Positive thoughts can help to manage your heart rate, skin temperature and help you keep calm. Think positive thoughts before the exam!



Arrive Early:

Make sure you set off to arrive at the exam without having to rush and increase stress levels. Don't arrive too early though – this can be as bad!



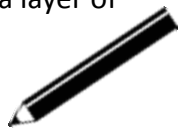
Avoid Negative Conversations:

Avoid speaking to anyone who is negative before the exam. There will always be that person who says "I am dreading this", "I haven't done enough revision". This negative energy is not useful to you!



Come Equipped:

Pack your bag the night before your exam. Make sure you have the right equipment to do the exam, plus water, plus snacks, plus an extra layer of clothing!



Focus Your Time:

Don't get distracted by others – you start to image all sorts – "why are they still writing?", "Oh no, I've not finished yet and everyone else has". Concentrate on you and your performance.



Read Carefully:

Read instructions and each question carefully so you know what to do for papers / questions. Budget your time so you finish the paper. Don't leave the exam room early – as soon as you get out, you will remember something!



One final thought...



Mrs Brooke says...

I read an article about exam stress and one of the things it said was, “15- 30 mins before an exam write down on a piece of paper anything you are worried about, stressed about, stuff that’s buzzing around in your mind – this will help to clear you mind”.

The theory says that when you sit down in the exam all the things that were at the front of you mind are now written down on paper, so you can focus on the exam with a clear head.

The research found that results improved for students that did this!

