

# Excellent Exam Preparation



## 1. Lose the Mobile!

Every text, every whatsapp message, every notification is a distraction. Put your phone in another room and you won't be tempted to check it. Also, music may be relaxing, but research shows it doesn't help you learn.

## 2. Replicate Exam Conditions

Build resilience to exams by building up time spent in silence.

Your longest exam is just over 2 hours - so the more 2 hour blocks you do in silence, the more normal it will feel.

## 3. #Revise100Hours

Record your revision, set your targets and see your confidence grow!

The more quality revision you do - and the more evidence you have that you've done it - the better you will feel. (Little and often is better than a few long sessions)

## 4. Find your routine

The most successful people have a strict routine. Find the best times for you to revise each week and make the most of your spare time.

## 5. Be fully equipped

EVERY DAY:

Black pens

Pencil/Ruler

Scientific Calculator

FOR HOME REVISION

Flash cards (A5 Card)

Different coloured pens

Lots of paper

## #MakeItStick

### Try these revision techniques

**Brain drain** - think of everything you can about a topic and write it down. Now use your notes to add to it in a different colour. Repeat until you can remember all the information.

**Go from big to small** - turn paragraphs into key points. Link ideas. Order information in terms of importance.

**Dual coding** - turn words into pictures to improve memory.

**Create flash cards** - leave blank spaces to force retrieval of facts.

**Teach to learn** - try teaching someone what you have learnt to prove you really understand it.

**Answer exam questions** - The only way to prove you have learnt the topic. Go back over your mistakes until everything is correct.

Use cognitive science to get the most out of your revision.

You can't just read your notes and expect to remember.

You must do something with the information to

**#MakeItStick**

These techniques will be discussed in assemblies and

practiced during tutor times and @Revise100Hours 